

USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

Message Recap: At some point in our attempts to get the most out of life, we lose control of our lives. We try to force one more thing into our already busy lives, and we reach a breaking point. Too much pressure causes an emotional breakdown. Too much debt causes a financial breakdown. Or maybe you're on the verge of a breakdown in your relationships.

» Main Points

- When we cheat our families for work, it's like asking our spouses and kids to "hold a rock."
- Decide to cheat at work rather than at home.
- Who, what, or where will you choose to cheat?

» Getting Started

- Are you a homebody, or do you like to get out and do something whenever possible?

» Observation

- Read and reflect on Ephesians 5:21-25; Matthew 6:31-33
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?



- One of the reasons we need margin on our relational lives is that God calls us to be ambassadors for him to the people around us. If we don't have any margin we won't have time to reach out to the people around us. What are some things that take your time away from your neighbors, co-workers and friends who are close to you and far from God?



- How much do you tend to be at ease at work but restless at home because work gives you a sense of progress and accomplishment?
- "Mutual submission is the key to great relationships." How does that statement sit with you? What are some things that make it difficult for us to submit to the needs of the people in our lives?
- Think about the way you balance your work and home life. To what extent do you find yourself absent from important family events and promising to do better by pointing to a future that will make up for the past?
- What do you do when your work life is so full you don't have time for the people who matter most? What might be some challenges you would face if you chose to cheat at work?



- Parenting is one of the greatest gifts and responsibilities God has given us, and you can never be replaced as a parent. Just like you schedule meetings for work, this week schedule out the next month for you and your family.
- Pick some activities to do as a family and with each child individually. They don't have to cost money, just your time!

» Next Steps and Prayer

- There may not be enough time to get everything done that you want to get done, that culture tells you you need to get done. You may have to cheat. But where are you going to cheat? Who are you going to cheat? In your desire to get the most out of life, don't lose control of your life. How can you create breathing room?
- Close by praying that God would give you wisdom about the relationships that matter most - and for you to prioritize them.