

Margin

Text: Mark 1:29-39

Purpose: In this series we will look at how Jesus managed stress and pressure in His life and how we can find margin to live the Christian life.

Opening Question: *What movie most reflects your life?*

Read and Discuss: Mark 1:29-39

1. After Jesus taught in the synagogue, He spent the rest of the day healing the sick. What do you think that was like for Jesus? What were some of the great things that He experienced? How might He have felt emotionally, physically, mentally and spiritually at the end of the day?
2. How did Jesus recover from a day of ministering to others? What do you think He said to God in those times?
3. What causes less margin in your life? Or at what times do you tend to lose margin and cause life to feel unbalanced?
4. Which of these reasons for stress can you most identify with? Why?
 - a. Busy is better
 - b. More will always fulfill me
 - c. I have to please this person
 - d. Busy makes me look good
5. What can you say “no” to in 2020 to create more margin for your life?