

*Margin*  
Swenson, Richard, M.D.  
Book Discussion  
July 10, 2006

Margin has to do with the core of our lives.

It is a spiritual issue—because it has to do with hard priorities

Has to do with choosing between good and what is best.

Do we choose the best?

So easy for our life to go by and miss out on the important things in life.

Such as overlooking the children in our family; because you cannot recapture that which has been lost.

Not an issue where we're looking to see guilt, but to see people reclaim that which is important.

Best question: Are we pursuing ministry that our children will be attracted to what my parents are living?

Assessment #2--Four Areas of Assessment

1. Physical (health, sleep, exercise, nutrition, eating)
2. Emotional area (patience, anger, energy levels)
3. Time (schedule, hurry, friends, family, devotional time)
4. Finance (debt, credit cards, lifestyle [new car, furniture])

Sabbath resting comes in.

Margins may be different for individuals, but what about the principles of Sabbath-keeping?

*Space for God* by Don Postema