

YOUR MOVE

WITH ANDY STANLEY

Breathing Room Part 1: Ex-Squeeze Yourself

INTRODUCTION

Our lives are busy and fast-paced. The lack of margin increases our stress and shortens our tempers. It can distract us from the most important things in our lives...and our relationships suffer.

Life is better with breathing room.

ICEBREAKER

Throughout your life, have you tended to keep your personal space messy or tidy? Does that at all reflect the way you manage your life?

DISCUSSION QUESTIONS

1. Do you prefer a clutter-free life or do you tend to gravitate toward a lack of structure? How does that preference affect your daily life?
2. Over the last year, how much breathing room did you have in your schedule? In your relationships? In your finances?
3. Where do you need some breathing room in your life? What is one thing you can do this week to begin to create it?

MOVING FORWARD

No matter what you do, you're going to live within limits—the limits culture drives you to . . . the limits fear places on you. What's at stake isn't your progress. It's your peace. Trying to live outside of your limits deprives you of peace. Life is better with breathing room.

Breathing Room Part 2: Time

INTRODUCTION

We're all busy. Our schedules are packed with career, family, friends, and other responsibilities. Sometimes our days are so full that we don't enjoy *anything* because we're trying to do *everything*. Our relationships with God and with others benefit when we create breathing room in our schedules. But where do we start?

ICEBREAKER

Talk about something in your life that took a lot of time—a hobby, a goal, etc.—time that you consider well spent.

DISCUSSION QUESTIONS

1. Talk about one of the happiest times in your life. What was your schedule like during that period of time?
2. Think about how you managed your time last year. What would you like to do differently this year?
3. What is one thing you need to add to your schedule? What is one thing you need to subtract?

MOVING FORWARD

Whether it's work, family, or other obligations, something is going to control your time. Creating breathing room in your schedule begins when you recognize that time is limited, and therefore valuable. Use your time wisely.

Breathing Room Part 3: Money

INTRODUCTION

We live in a culture that continually tells us to pursue a higher standard of living in order to improve our quality of life. But “standard of living” and “quality of life” are not the same thing. One has to do with the stuff we accumulate. The other is about the peace we experience regardless of our circumstances.

What if your pursuit of a standard of living is undermining your quality of life?

ICEBREAKER

Talk about a time when you were or were not satisfied with your quality of life.

DISCUSSION QUESTIONS

1. Talk about one of the happiest times in your life. What were your finances like during that period?
2. How well do you document your expenses so that you know where your money is going? What influenced you to document your expenses the way you do?
3. What is one thing you can do this week to begin to create breathing room in your finances?

MOVING FORWARD

Money doesn't raise your quality of life—financial breathing room does. In fact, you may need a lower standard of living in order to improve your quality of life.

Don't let your finances control you.

Breathing Room Part 4: Choosing to Cheat

INTRODUCTION

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.

What do you do when your work life is so full you don't have time for the people who matter most?

ICEBREAKER

Are you a homebody or do you like to get out and do things whenever possible...or somewhere in between the two?

DISCUSSION QUESTIONS

1. Do you tend to feel that your time at work accomplishes more than your time spent with family and friends? Why is it that the tangible results from working hard can seem more valuable than the intangible results of investing time in relationships?
2. Think about the way you balance your work life 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?
3. What is one thing you can do this week to begin to create breathing room in your personal life?

MOVING FORWARD

There may not be enough time to get everything done that you want 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 lost control of your life. Create breathing room.