The Safety Zone: How to De-Stress Your Life Pt 1 by Joyce Meyer / Session 7 of 8

Boundaryless living is dangerous living!

Margin - free space in between the things you are doing each day.

Stress is the major disease that people deal with today.

It's amazing what would happen if we learned to put margin in between things!

People think that living without boundaries means they're free, but it's bringing bondage that is quite unbelievable.

Let God's Word be the boundary you live in – your safety zone!

There is a humanistic movement to get God out of everything because they simply don't want to live in boundaries.

Doing what you always feel like doing is what's destroying people.

Less is more! Too much of anything can become destructive.

The only way we can live in balance is by taking some time to examine your life.

*1 Pet 5:8 (AMPC) - **8** Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour.*

Excess is the devil's playground. Any area in your life that is out of balance and where you're being excessive is an open door for the enemy to mess with you.

Everything that we do is a seed we sow, and seeds produce harvest!

*Luke 10:38-39 (AMPC) - **38** Now while they were on their way, it occurred that Jesus entered a certain village, and a woman named Martha received and welcomed Him into her house. **39** And she had a sister named Mary, who seated herself at the Lord's feet and was listening to His teaching.*

It's amazing how God can redeem your time, and it's also amazing how the enemy can steal your time.

We've got to learn to do it God's way and not our way!

Stop letting God opportunities pass you by.

*Luke 10:40 (AMPC) - **40** But Martha [overly occupied and too busy] was distracted with much serving; and she came up to Him and said, Lord, is it nothing to You that my sister has left me to serve alone? Tell her then to help me [to lend a hand and do her part along with me]!*

We need to slow down in our thinking and about some of the decisions we make.

In our society people applaud busyness.

*Luke 10:41-42 (AMPC) - **41** But the Lord replied to her by saying, Martha, Martha, you are anxious and troubled about many things; **42** There is need of only one or but a few things. Mary has chosen the good portion that which is to her advantage], which shall not be taken away from her.*

We need to figure out the things that are important in our life.

Every day, every moment that God gives you is a precious gift!

The greatest present that God gives us is the present moment that we have.

The Kingdom of God is not stuff!

*Matthew 6:33 (AMPC) – **33** But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given you besides.*

The kingdom of God is within you, it is righteousness, peace, and joy in the Holy Spirit.

<u>The Bible is about relationships:</u>
1) Your relationship with God

You can have as great of a relationship with God as you want. You just must put the time into it!

2) Your relationship with Yourself.

Take the time to get to know yourself.

Let God deal with the stuff that's not good and learn to appreciate the things about you that are good.

Stop comparing yourself with everybody else.

3) Your relationships with Others.

Jump off the world's treadmill.

Stop wasting your days!

I want Heaven and God to be proud of me.

When we are in a hurry all the time we miss the most important stuff.

When you're in a hurry you're not sensitive to the people around you.

You're not nearly as important as you think you are when you can instead be helping someone else!

Whatever you're doing, when you're doing it in a hurry, you are not even aware you're doing it.

Slow down! Get some margin in your life.

Work a little bit less and accomplish more!

*Ex 20:8-11 (AMPC) - **8** [Earnestly] remember the Sabbath day, to keep it holy (withdrawn from common employment and dedicated to God). **9** Six days you shall labor and do all your work,*

[10] But the seventh day is a Sabbath to the Lord your God; in it you shall not do any work, you, or your son, your daughter, your manservant, your maidservant, your domestic animals, or the sojourner within your gates. [11] For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. That is why the Lord blessed the Sabbath day and hallowed it [set it apart for His purposes].

If God rested than we need to rest.

We need to honour the principle of the Sabbath.

When you rest, don't work, spend time with your family and do something for yourself that you really enjoy.

When you rest you get refreshed.

The world will pressure you to not rest and plenty of people will find something "you should" be doing.

*Matthew 11:12 (AMPC) - **12** And from the days of John the Baptist until the present time, the kingdom of heaven has endured violent assault, and violent men seize it by force [as a precious prize—share in the heavenly kingdom is sought with most ardent zeal and intense exertion].*

Don't become a martyr.

You need to take care of yourself.

Balance!

REFLECT QUESTIONS:

1) Is there any area in my life that is out of balance and where I'm being excessive?

2) Do I feel too busy?

3) When all is said and done and I'm facing God, what are the things that I spend so much time doing that really isn't that important after all?

4) Am I opening the gifts of God and getting the most out of every day?

5) What do I enjoy and what do I like to do for myself?

VERSE MEDITATION:

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DAILY CONFESSIONS:

"I live inside of the Word of God!"