Breathing Room
Sunday, April 27th 2014
Week 1

Breathing Room: The space between our current pace and our limits

When there is no breathing room, three things happen…

1. Stress levels go up.
2. Focus narrows.
3. Relationships suffer.

Why do we not have Breathing Room? _____

- Fear of missing out
- Fear of falling behind

Our fear of not mattering much has the potential to draw us away from what matters most.

God created Breathing Room

- Sabbath
- Tithe
- Law of Gleaning

9 "When you reap the harvest of your land, you shall not reap your field right up to its edge, neither shall you gather the gleanings after your harvest. 10And you shall not strip your vineyard bare, neither shall you gather the fallen grapes of your vineyard. You shall leave them for the poor and for the sojourner**. I am the Lord your God.**

Leviticus 19:9-10 ESV

19 “When you reap your harvest in your field and forget a sheaf in the field, you shall not go back to get it. It shall be for the sojourner, the fatherless, and the widow**, that the Lord your God may bless you in all the work of your hands.**

Deuteronomy 24:19 ESV

31Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink? or ‘What shall we wear?’ 32For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Matthew 6:31-14 ESV