

## Making Room for Life: Overcoming the Obstacle of Life

**Summary Statement:** This sermon will focus our attention upon the three major obstacles that we are facing in our lives: being *Overwhelmed by Work*, a lack of *Quality Relationships*, and the lack of *Rest and Relaxation*. We will examine three steps in obtaining victory over the obstacles that are robbing us of experiencing joy in our lives.

### Three Essential Steps for Victory

#### Step #1 – Find Balance in your Work

- **Eccles. 4:7-8** – Again I saw something meaningless under the sun: There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. “For whom am I toiling,” he asked, “and why am I depriving myself of enjoyment?” This too is meaningless—a miserable business!
- Two Important Factors = *When* and *Where*
- **Key Element: *The Daily Finish Line***
- **Key Point:** This main point will focus our attention on restructuring our schedule and work load in order to keep the majority of our work day between the hours of 6 a.m. and 6 p.m. This mindset follows the Hebrew Day Planner that we discovered last week. It helps us concentrate on being more efficient with our use of time but it also allows us to have a definite **Finish Line** at the end of each day.

#### Step #2 – Find Balance in your Relationships

- **Deut. 4:9** – Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them.
- **Key Element: *Family Table***

“We haven’t been taught the long-term value of sharing a meal and conversation at dusk; most people, therefore believe that shoveling a high calorie, processed fast-food item down our throats while riding in a seven-passenger vehicle accomplishes the same end.” (Making Room for Life,p.76)

“We were born with the need to unpack our day within a circle of people who know us and deeply care about us.” (Making Room for Life, p.76)

- **Key Point:** This main point focuses our attention upon making time for developing those meaningful relationships where we experience true healing, encouragement, and support of close friends and family members. The key element here is the **Family Table**. The family table needs to become the center of our relational activity each day: for family and friends.

#### Step #3 – Find Balance in Renewal

- **Eccles. 5:12** – The sleep of a laborer is sweet, whether he eats little or much, but the abundance of a rich man permits him no sleep.
- Two Parts = *Rest* and *Relaxation*
- **Key Element: *Sleep***

- “Sleep disorders have hit the American culture in epidemic proportions...The problem isn’t solved by accumulation but by community.” (Making Room for Life, p. 77)
- **Key Point:** This main point focuses our attention upon carving out time of our busy schedule for rest and relaxation, especially sleep. We need to regain balance in our lives between work and relaxation and we can do this by reclaiming the Sabbath day for rest as well as taking the time to get more sleep on the average day.

### Questions to Consider

1. How often do you have a family meal around the kitchen table?
2. Why would God desire for you to have a daily finish line?
3. Explain why God desires for you to have a Sabbath day’s rest. (*Mark 2:27*)

### Application

This week take the opportunity to set a regular time for a family meal. Eat together as a family, or with close friends, at least five times this week and share your day with one another.

### Memory Verse

**Deuteronomy 4:9** – Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them.

