

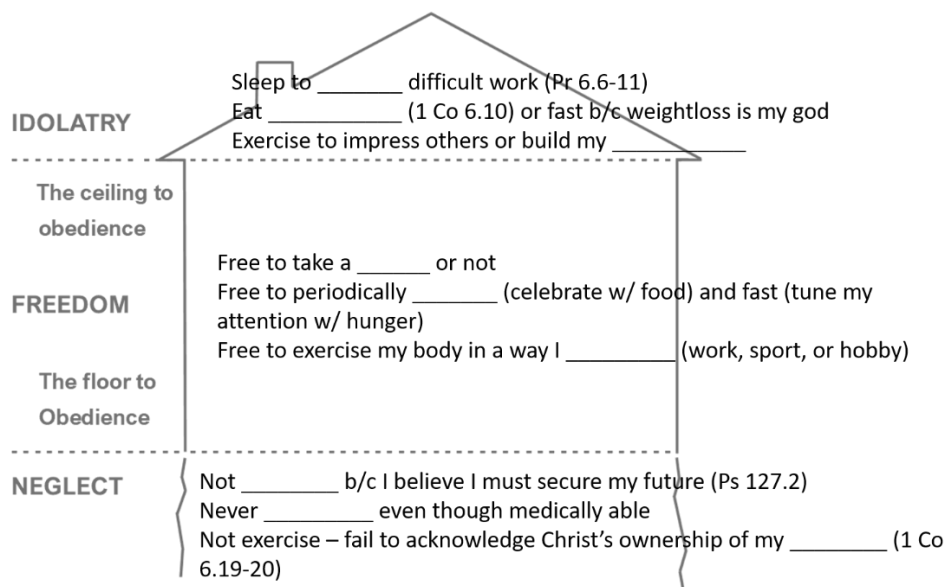
Making Time Use Choices

“Jesus helps us to be busy without being burdened.”ⁱ

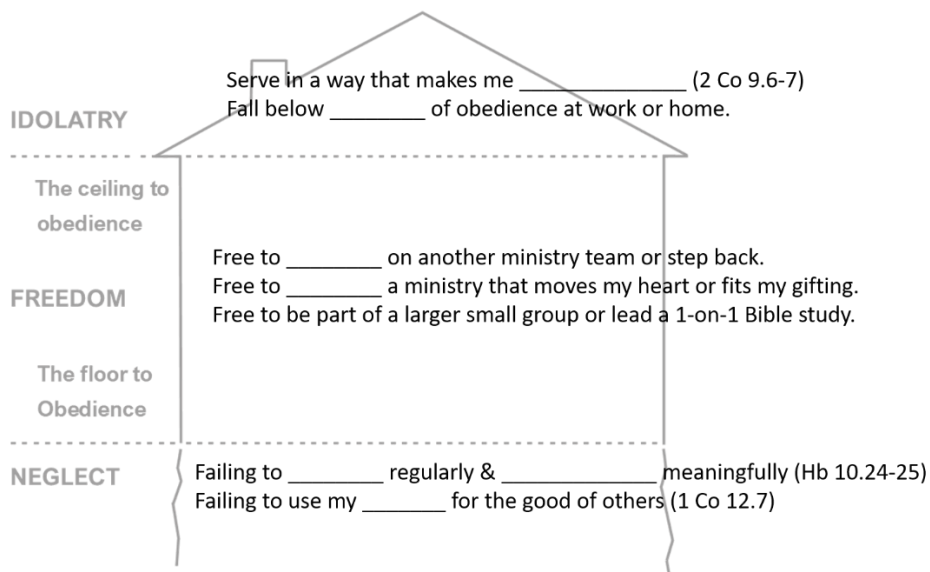
Principle: In each role/area, God sets the upper and lower boundaries. We have complete _____ to choose within those boundaries.

- Floor = anything less than this is falling short of our God-given responsibilities (neglect)
 - Clearly identifying the “floor to obedience” helps us to avoid neglect and burn-out.
- Ceiling = anything more than this is allowing an area of life to become a god to us that we worship and sacrifice to (idolatry)
 - Neglect in one area is often an indicator of idolatry somewhere else.

Example: My Body



Example: Church

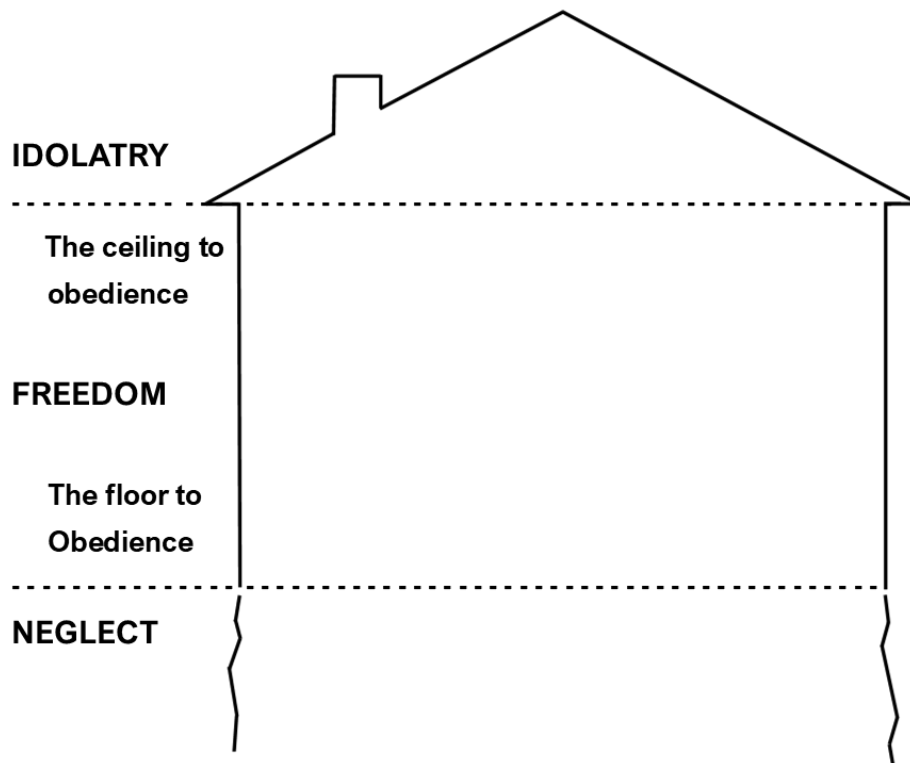


Jesus is willing to teach you the FAB lifestyle

- FULL – usually _____ but with rhythms of rest and you have freedom to make many choices about how to fill your days
- APPROPRIATELY BURDENED – God will likely put something in your life that keep you _____ but he removed the crushing weight of making yourself acceptable, safe, secure and the solution.

Take a step with Jesus on the FAB life

- Flesh out the diagram for another area of your life (work, school, significant other, family, friends, helping others, self-improvement, leisure, etc.).
- Exercise the _____ you have by saying “no” to a demand that doesn’t come from God.
- Exercise the _____ you have by saying “yes” to something life-giving.
- _____ an action you’re doing that is either below the “floor to obedience” or above the “ceiling to obedience”
- Embrace what Jesus did to rescue you. Repeat often “My past is redeemed, my future secure, so in the present I can _____.”



ⁱ The quotes, the house diagram and concept are from *Time For Every Thing?* by Matt Fuller.