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**BiG iDEa:** Jesus comes to save me from myself.

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*Growing Deeper* this week...

Our lives are busy and fast-paced. A lack of margin can increase our stress and shorten our tempers. Take some time throughout this week to read and reflect on what God's word says on the subject from the Bible passages below. Some questions are provided for you or a small group of friends to provide focus for your reflection. Before your start: Breathe, pray, ask the Holy Spirit for help.

### **Identify**

When was the last time your responsibilities felt like a rock too heavy to bear? How did you respond?

### **Read**

*Scriptures to grow by...* Ruth 2:1-9; Ephesians 5:21-27, John 10:9-11, Matthew 11:28, 1 Peter 5:7.

### **Reflect**

1. What words, phrases or ideas stand out to you from the Bible readings you read today? What do you think God may be leading you to consider about how you have handled the margins between your relationships and responsibilities in the last year? What would you like to do differently going forward?
2. How do these words, phrases or ideas connect with your everyday life? What do they lead you to think or to do?
3. On Sunday, Doug said *"Problems occur when we shift our responsibilities, or our stress, or our choices onto others who can't help us."* At the same time we are called to "submit to one another out of reverence for Christ" (Eph. 5:21). What are some things that make it difficult for you to submit to the needs of the people in your life? What problems might be averted if you did?

### **Respond**

*Moving forward...* Challenge yourself to read the Book of Ruth (4 chapters). Boaz, Naomi and Ruth cheated their circumstances when they offered their faith-margin to God. And He *redeemed* each of them through each other. What might God be saying to you about redemption in your relationships? What do you want to say to Him?