

A Breathing Lesson

But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. But Jesus often withdrew to the wilderness for prayer.

Luke 5:15-16

Our society wants us to spend every waking second of our lives doing something. As a result, the pace of life can become quite daunting. There are clients to meet, deadlines to make, calls to return. We run at 10,000 RPM for the entire day, then make our way home and have to deal with cooking dinner, washing laundry, and getting the kids to bed.

We *must* learn to slow down in life. Racecars cannot be repaired while on the track, so why do we think we can “be still, and know” God (Psa. 46:10) when we cannot find the time to take a lunch break?

But there is a way to slow down when we're running full throttle all day and night. It's called margin. Put another way, it could be considered a reserve or simply breathing room. Jesus thought it was important enough that he made it a routine part of his life on earth—he recognized his earthly limits and took time to get recharged.

Consider this: When you don't have any margin in your life, you cannot fully accomplish the things God reveals for you to do.

There are numerous ways we can introduce breathing room into our lives. We can learn to say no when we're already overloaded with tasks. We can anticipate the unexpected and add some time to the front end of meetings. We can take opportunities to laugh, cry, and rest. We can also take time to help others in ways that allow them to experience breathing

room in their lives.

Don't move so fast that God's voice is lost in the everyday. Take time to slow down and breathe so you can grow and get to know the Savior as a friend.