

# CREATING MARGINS

Making time for what's important in life

In his book *The Busy Christian's Guide to Busyness*, Tim Chester suggests 12 diagnostic questions to determine how much time pressure is affecting our wellbeing.

1. Do you regularly work thirty minutes a day longer than your contracted hours?
2. Do you check work emails and phone messages at home?
3. Has anyone ever said to you, "I didn't want to trouble you because I know how busy you are."?
4. Do your family and friends complain about not getting time with you?
5. If tomorrow evening were unexpectedly freed up, would you use it to do work or a household chore?
6. Do you often feel tired during the day or do you find your neck and shoulders aching?
7. Do you often exceed the speed limit while driving?
8. Do you make use of any flexible working arrangements offered by your employers?
9. Do you pray with your children regularly?
10. Do you have enough time to pray?
11. Do you have a hobby in which you are actively involved?
12. Do you eat together as a family or household at least once a day?

If you mainly answered 'yes' to questions 1-7 and 'no' to questions 8-12 then Chester suggests you have a busyness problem that needs addressing. The good news is that you've taken the time out today to consider your situation and to listen to how the teaching of the bible might help you to make changes to the way you live, with God's gracious help.

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