

**Ex-Squeeze Yourself**

*Andy Stanley*

*Scripture: Leviticus 19:9–10; Deuteronomy 24:19; Matthew 6:31–34*

**Ideas:**

- Life is better with *breathing room*.
- **Creating breathing room is an exercise of faith.**
- In your attempt to get the most out of life, don't lose control of your life.

**Introduction**

1. When I was growing up, my parents had a tradition that my sister and I found amusing.
2. Every year between Christmas and New Year's Day, my dad would go down to our unfinished basement and "organize" it (throw things away). Then he would bring us down and show us where everything went. On January 1, my mom would begin unintentionally undoing everything he had done.
  - My mom is an artist.
  - She thrives in clutter.
  - She's not greedy, but she doesn't like to throw things away.
3. My dad is a minimalist—like Jesus. He loves a clutter-free environment—like Jesus. *Have you noticed how much space there is between the planets?*
4. Now, I threaten my mom with a "basement steal."

*Who here is comfortable with mess?  
Who among you is like Jesus?  
Not sure? Look in the backseat of your car.*

5. That's pretty much a personality thing. *God's fault.*

**[GO TO VISUAL]**

***It's one thing for your closet to look like this; it's another thing for your life—schedule, budget, relationships—to look like this.***

6. Somewhere there is a *breaking point*—a limit.
  - It is not fun to watch a married couple get to the end of their emotional reserves.
  - There is nothing entertaining about a friend who is living on the edge financially and goes over his or her limit into bankruptcy.
  - There is nothing enjoyable about a schedule with no margin of error—where you don't enjoy **anything** because you're worrying about the **next thing**.
7. Too much stuff in your basement, attic, or closet is one thing. Too much stuff in schedules and finances is something else.

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