

# STRESS FRACTURE

## Fractured Days

Ephesians 5:15-17

### The Most Common Contributors to Fractured Days

*Be very careful, then, how you live—not as **unwise**... (Ephesians 5:15, NIV)*

- 1) The **J. R. Ewing** Factor - the **Money** Pit!
- 2) The **Sheldon Cooper** Factor - the **Comparison** Trap!
- 3) The **Jeanie** Factor - the **Affirmation** Addiction!
- 4) The **R2D2** Factor - the **Technology** Distractions!
- 5) The **Downton Abby** Factor - the **Status** Obsession!

### The Necessary Margins for Fractured Days.

*Be very careful, then, how you live—not as unwise **but as wise** ... (Ephesians 5:15, NIV)*

#### 1) Prioritize Your **Options**.

*Be very careful, then, how you live—not as unwise but as wise, **making the most**... (Ephesians 5:15–16, NIV)*

#### 2) Accept your **Limitations**.

*Be very careful, then, how you live—not as unwise but as wise, making the most of every **opportunity**... (Ephesians 5:15–16, NIV)*

#### 3) Expect your **Problems**.

*Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, **because the days are evil**. (Ephesians 5:15–16, NIV)*

#### 4) Entrust your **Plans**.

*Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what **the Lord's will** is. (Ephesians 5:15–17, NIV)*

*“Come to me, all of you who are tired and have heavy loads, and I will give you rest” - Jesus  
(Matthew 11:28, NCV)*