



Matthew 11:28 (TEV)

*Come to me, all who are tired from carrying heavy loads,
and I will give you rest.*

The NOVA Syndrome defined

The belief that living life without margin and balance due to unhealthy and un-prioritized load is "normal."

Margin: *making space* for the things that matter most

Balance: *preserving space* for the things that matter most

Load: is all the things *I have to do*

When you are overloaded, you have:

- No margin
- No balance
- No time for your priorities (the things that matter most)

Biblical Truth: Life is all about _____.

1 Corinthians 14:1

- *Make love your greatest aim* (LB)
- *Let love be your highest goal* (NLT)
- *Love should be your guide* (CEV)
- *Pursue love* (NKJV)
- *You should seek after love* (NCV)
- *Go after love as if your life depended on it — because it does.* (Mes)

Biblical Truth: Love is a _____.

In all your relationships ...

1. Unless I love, everything I _____ is just noise.

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging symbol. _____ 1 Corinthians 13:1

2. Unless I love, everything I _____ is deficient.

If I had the gift of prophecy and knew all about what is going to happen in the future, knew everything about everything, but didn't love others, what good would it do? _____ 1 Corinthians 13:2a

3. Unless I love, everything I _____ is inadequate.

If I have faith that says to a mountain, "Jump," and it jumps, but I don't love, I'm nothing. _____ 1 Corinthians 13:2b

All that matters is your faith that makes you love others.
Galatians 5:6b

4. Unless I love, everything I _____ is of no value.

(...If I gave everything I have to poor people, but didn't love others... it would be of no value whatsoever...)

Biblical Truth:
I can give without loving, but I can't love without giving

If you agree that all of the above is true, then it makes sense that...

- **The Best Use of Life is Love**
So, no matter what I say, what I believe, and what I do, I'm bankrupt without love. 1 Corinthians 13:3 (Mes)
- **The Best Time to Love is Now**
Now I tell you to love each other, as I have loved you. John 15:12