

FOCUS

WOMEN'S LEADERSHIP CONFERENCE

FOR ALL RESOURCES AVAILABLE
AT THIS CONFERENCE VISIT:

SBCV.ORG/FOCUS



FOCUSING ON SPIRITUAL WELLNESS OUTLINE

HAYLEY WILSON

INPUT

» Physical Food

So, whether you eat or drink, or whatever you do, do everything for the glory of God. (1 Corinthians 10:31)

» Spiritual Food

All Scripture is inspired by God and is profitable for teaching, for rebuking, for correcting, for training in righteousness, so that the man of God may be complete, equipped for every good work. (2 Timothy 3:16-17)

OUTPUT

» Physical and Spiritual Exercise

For the training of the body has limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come. (1 Timothy 4:8)

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REST

» Physical Rest

Do your work for six days but rest on the seventh day. . . (Exodus 23:12)

» Spiritual Rest

Come to me, all of you who are weary and burdened, and I will give you rest. (Matthew 11:28)

PHYSICAL APPLICATION

1. Put in what you want to come out
2. Expend your energy physically and spiritually
3. Rest and meditate on God's Word

Don't you know that your body is a temple of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. So glorify God with your body. (1 Corinthians 6:19-20)