

FOCUS

WOMEN'S LEADERSHIP CONFERENCE

FOR ALL RESOURCES AVAILABLE
AT THIS CONFERENCE VISIT:

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FOCUSING ON SPIRITUAL WELLNESS OUTLINE

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TEACHING
NOTES

INTRODUCTION & PERSONAL TESTIMONY:

- » Introduce yourself
- » Share a personal testimony that showcases why merging physical and spiritual health is important to you in serving in and leading in ministry

EXAMPLE:

Picture your car. You're about to take a long road trip. So, of course, you want your car to be working well. You notice it is low on fuel, you haven't had your oil changed in about a year, and you remember last time you took your car into the shop, they warned you that you should probably look into getting your battery changed soon. That was almost a year ago. So, your car is probably holding on for dear life at this point. But you need to leave for this trip. So, you take your chances. You fill up on gas before leaving, and you make it let's say five out of twelve hours. You're on the highway, and your car starts to slow down and it eventually stops. You're now five hours from home and seven hours from your destination. You've got no one to help you. You're stranded.

Now, let's imagine a better scenario.

You're about to take a long road trip, so about a week out, you take your car into the shop to get your oil changed and a new battery, because you remember them telling you last time that you would need it, soon. You know this trip is going to be a lot of wear and tear on your car, so you want to make sure it is running its absolute best, so you take care of it.

You're all smart women, so I'm sure you've figured out by now that you are your car in this scenario, and the ministry you lead or serve in is the road trip. As leaders, we tend to push ourselves to exhaustion. It's what is honestly expected of us. Culturally, we're considered weak if we need time to rest. We push off thinking of and taking care of ourselves, because we've got others to take care of. But lack of taking care of our physical and mental health can and will result in our not being as strong a leader as we can be.

None of this is new information to you. You all know this, but sometimes we all really need to be reminded of it, especially in the uncertain and ever-changing times we currently live in. We can't lead on an empty tank. So, here's a challenge and some encouragement for you to take care of yourself. When you need fuel, fill up. When you've got energy to expend, expend it. When you need rest, rest. God did fearfully and wonderfully make us, but He also makes it clear in His word, that we are not invincible, and we would do well to take care of what He has given us.

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LESSON:

WHY IS THIS IMPORTANT?

We've all probably heard 1 Corinthians 6:19 in this context. It says, "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," But it doesn't end there. Verse 20 says, "for you were bought at a price. So glorify God with your body." If God's Word is true, and we know that it is, then that means our bodies are a temple for the Holy Spirit, and we are to honor God with our bodies. As leaders in ministry, we know that when we accept Jesus as our Lord and Savior in our hearts, we have the Holy Spirit living inside us. Thinking about the Holy Spirit indwelling within you should inspire you to want to give it the best. We should feed the Holy Spirit the best. We should exercise the Holy Spirit enough. And we should rest knowing that we can serve Him best when my body working at its best. Here are three points to think about in terms of caring for your body.

Think about these three terms: Input, output, and rest. We need these three things every single day. Input is where we are nourished. This is what we are putting in our bodies. Output is what is being expended from our bodies. And rest is...well rest.

INPUT

» Physical Food

Input is our nourishment. What are we allowing to nourish our bodies? Think back to the last time you had fast food. I'm not talking about the decent fast food, but like a double cheeseburger with a large fry and a soda. How did you feel after? Did you feel good and ready to go completing necessary tasks, or did you want to go home and take a nap? What about the last time you had a healthy, well balanced meal consisting of good, nutrient rich foods? You probably felt a bit better. You probably felt fuller and more energized. When your body doesn't like what you put in it, it will tell you, so be sure to listen.

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

That goes back to our bodies housing the Holy Spirit. What we feed it can glorify God.

» Spiritual Food

Along with food nourishment, what are you putting in your brain? Are you reading God's Word? Think deep into your motivation. Are you reading to learn it, not just reading it to read it? Paul reminds us that,

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)

Be careful and cognizant to put in that which glorifies God.

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OUTPUT

» Physical and Spiritual Exercise

Physical exercise does a lot of things for our bodies. To put it in the simplest terms, when we exercise to a point where our heart rates are elevated, there is an increased blood flow to our brain which releases chemicals and hormones that allow us to be more alert, focused, and generally happy. Physical exercise takes time, and leaders are generally busy by nature, but even taking just fifteen minutes out of your day to go for a walk or jog can really help with cognitive function.

While physical exercise is extremely beneficial for us as leaders, in terms of taking care of ourselves, we must also exercise godliness. This goes back to what we're putting into our bodies. What goes in is what comes out. If we're meditating on God's word daily, we're going to live it. Just like if we're feeding ourselves good, nourishing food, our physical expenditure will be better.

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)

Exercise does so many good things for our bodies and keeps us healthy and better able to house the Holy Spirit and lead, but we also have to remember our main priority, and that is serving God.

REST

» Physical Rest

Rest is something we often take for granted. We think we can get away with a few hours of sleep a night and be good to go, but the truth of it is, we were built to need rest. There is a lot to unpack when discussing sabbath, but to just speak on it briefly, God wants us and tells us to rest.

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

Weekly, we should be upholding the sabbath, but daily, we should be resting, as well. A lot happens to our bodies when we sleep. Sleep allows key parts of our bodies to rebuild and grow. It also allows our cognitive function to be much better. This causes us to be better focused and energized for leading our ministries.

» Spiritual Rest

Along with sleep and mental rest, meditating on God's word is also so important.

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

He provides us with mental and physical rest when we allow Him to handle that which we can't and that which we were never meant to carry alone. Being in His Word and allowing His promises to fill our minds will give us so much peace and rest.

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PHYSICAL APPLICATION

1. Put in what you want to come out

- » Be cognizant of what you are fueling your body with
- » Fill up with God before you fill up with the world

2. Expend your energy physically and spiritually

- » Find some time to exercise, even if it is only minimal
- » Be a doer of the word and exercise what God is putting on your heart

3. Rest and meditate on God's Word

- » Set boundaries and timeframes for getting enough sleep each night
- » Meditate on God's Word and allow His promises to ease your mind

CONCLUSION

In closing, here is a simple challenge for you. Look inward and answer a few questions. What drives you in your ministry? What motivates you to keep going? What are you willing to do to make sure you're the best servant of Christ you can be?

WHEN YOU FEEL LIKE YOU'RE RUNNING ON EMPTY AND NOT ABLE TO SERVE TO YOUR BEST CAPACITY, REMEMBER:

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)