

The
marginless
lifestyle is
toxic to
relationships!

"Session 4: Charging Your Batteries Restoring Margin in Emotional Health"

Why do we
like to
brag about
how busy
we are?

WPC Spiritual Fitness Sunday School Class: 3 Oct 2004

www.wpclubbock.org

"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up! Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."
Ecclesiastes 4:9-12 (New International Version)

Where should recharging our batteries fit in our priority system?

1- Cultivate social support systems (good relationships)

2- Pet a surrogate

3- Reconcile Relationships

Slow forgiveness is little better than no forgiveness

"Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you."
Colossians 3:13 (New International Version)

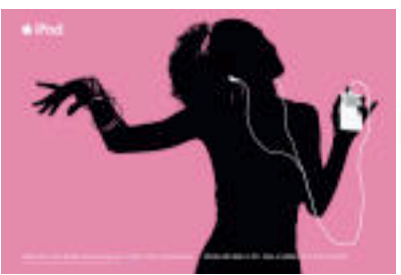
4- Rest

5- Laugh!

6- Enjoy Music



"The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place."
Mark 6:30-32 (New International Version)



Remember we have limits!
- of emotional energy & other things
- God made us this way!

7- Serve One Another

National Institute for Health Care Research study:

People who forgive have better immune functioning, lower blood pressure, better mental health, feel better physically, lower amounts of anger, fewer symptoms of anxiety and depression,, maintain more satisfying and longer lasting relationships



Happiness cannot be an expense category in Quicken

Prayer: Dear God, Help me to seek your kingdom first. Help me take time to rest in your loving arms and find refuge in the laughter and service which you bless me with this day.