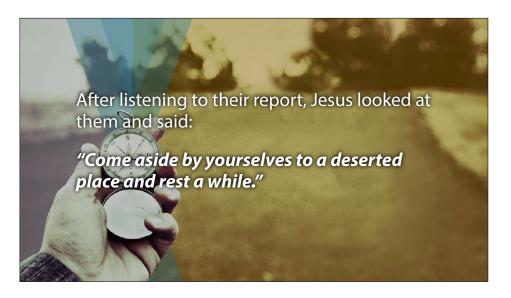


Because they were immature in the work of the ministry, they were full of zeal. Zeal is good, but zeal alone is not sustainable.

Zeal: "great energy or enthusiasm in pursuit of a cause or an objective."

You don't have an endless supply of energy and enthusiasm.



















## Principles of Self-Care: 8. You can't love your neighbor if you don't love yourself. Matthew 22:35 Then one of them, a lawyer, asked Him a question, testing Him, and saying, 36 "Teacher, which is the great commandment in the law?" 37 Jesus said to him, "'You shall love the Lord your God with all your heart, with all your soul, and with all your mind.' 38 This is the first and great commandment. 39 And the second is like it: 'You shall love your neighbor as yourself.'



## **Principles of Self-Care:**

## You can't give what you don't have:

Acts 3:2, And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms from those who entered the temple; 3 who, seeing Peter and John about to go into the temple, asked for alms. 4 And fixing his eyes on him, with John, Peter said, "Look at us." 5 So he gave them his attention, expecting to receive something from them. 6 Then Peter said, "Silver and gold I do not have, but what I do have I give you: In the name of Jesus Christ of Nazareth, rise up and walk."

## **Reflection Questions:**

- 1. What do you need to "fix" on your vessel before continuing the journey?
- 2. Why are you more than what you do?
- 3. What is rest? Why is it more than sleep?
- 4. In what do you need to reach out for help?
- 5. What is your value? (Make a list)
- 6. What are the two parts of the Great Commandment?