# NAVIGATE. HOW TO SUCCESSFULLY JOURNEY THOUGH LIFE AND THESE TIMES

*Personally Financially Relationally Socially Systemically*

PART TWO

## SELF-CARE
## Fit for the Voyage

*Therefore bring glory to God both in your body and your spirit, for they both belong to him.* 1 Cor. 6:20 (Phillips)

**Navigation Requires Fixed Points (coordinates)**

**#1 Jesus Christ**

*Jesus Christ, the same yesterday, today, and forever.* (Hebrews 13:8 )

**#2 The Word of God**

**#3 Objective Truth and Facts**

Successful journeys, through COVID, or anything else, have not been a matter of luck.

It has not even been a matter of faith and spirituality alone.

**The difference was how one NAVIGATED!**

When taking a voyage of any type, before starting the navigation to the destination, check the readiness of the vessel.

**3 John 2**

*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*

Prospering in all things begins with prospering in the soul, which is the mind, will, and emotions. **Your soul is the essential you.**

You are not only what you do, **you are the person God created for himself.**

**1 Corinthians 6:19-20 (Phillips)**

*Have you forgotten that your body is the temple of the Holy Spirit, who lives in you, and that **you are not the owner of your own body**? You have been bought, and at what a price! Therefore bring glory to God both in your body and your spirit, **for they both belong to him.***

We are going to focus on self-care, not in a spirit of self indulgence, but in the spirit of being ready to serve the Lord. We want to be **"Fit for the Journey."**

The need for self-care is not evidence of a deficiency within yourself, it is evidence that you've been about the Father's business.

**Luke 9:62**

*But Jesus said to him, "No one, having put his hand to the plow, and looking back, is fit for the kingdom of God."*

**Look at what Jesus did with His disciples:**

**Mark 6:30**

*Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught. 31 And He said to them, "Come aside by yourselves to a deserted place and rest a while." For there were many coming and going, and they did not even have time to eat. 32 So they departed to a deserted place in the boat by themselves.*

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.

After listening to their report, Jesus looked at them and said:

***"Come aside by yourselves to a deserted place and rest a while."***

**Principles of Self-Care:**

**1. REST** – Good rest is one of the most important things you can do for your self care. Rest is not only about sleeping, which is a part of rest. **Rest is a state of mind.** If you don't get rest in your mind, it may be difficult to go to sleep:

Jesus said, *"Come to me, all you who are weary and burdened, and I will give you rest."* Matthew 11:28

**Principles of Self-Care:**

**REST** David wrote:

*He makes me lie down in green pastures, he leads me beside quiet waters.* Psalm 23:1-2

**Principles of Self-Care:**

**2. Self-care is not self-indulgence**.

Christ followers are not **hedonistic** people.

**Definition**: he pursuit of pleasure and sensual self-indulgence.

Never permit a guilt trip over doing what you need to do as it relates to self-care.

**Principles of Self-Care:**

**3. "No." Is A Complete Sentence.**

**Principles of Self-Care:**

**4. Serving others is a form of self-care.**

That seems counterintuitive, but it is a kingdom principle.

*A generous person will prosper; whoever refreshes others will be refreshed.* Proverbs 11:25

**Principles of Self-Care:**

**5. One of the most courageous acts of self-care is to say, "I Need Help."**

**Principles of Self-Care:**

**6. Know your value at all times.**

**Ephesians 2:10,** NLT

*For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.*

**Principles of Self-Care:**

**7. Don't let hurts, offenses, or plots to retaliate linger in your mind.**

**Leviticus 19:18,**

*You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself: I am the Lord.*

## 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:

**The Great Commandment has two parts:**

1) Loving God with your total self

2) 2) Loving God builds proper love of self within which leads to properly loving your neighbor.

## 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?