### Session Focus

* Work and rest

### Session Aims

* To continue the process of discerning God’s vision for our lives.
* To explore practical ways to live out God’s call on our lives.

### Introduction and Review

* Red zone and tick-over living.

* Big Stones.



### Tracks

* Selfcare 🡪 Self indulgence
* Self denial 🡪 Self damage

**(Could this be put into a box or in a column)**

**Self care**

* Matthew 22:38 ‘Love your neighbour as yourself’
* Acts 20:28 ‘Keep watch over yourselves…’
* 2 Tim ‘Watch your life and doctrine closely’
* Self-care refers to our structural self, being human we need rest, refreshment, encouragement.
* Not rusting out, burning out but running out the race set before us

**Self denial**

* Luke 9:23 ‘If any want to follow me, let them deny themselves, take up their cross daily and follow me.’
* Rom 12:3 ‘not to think of yourself more highly than you ought…’
* Phil 2:4 ‘look not to your interests but to the interests of others’
* This call to self-denial refers to our motivational self. Denying self-interest.
* Changing self-interest for salvation interest

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### Sleepers

1. Keeping God at the centre
2. Servant heartedness
3. Detachment and engagement
4. Accountability
5. Personal Orderliness

#### Practical Steps to live with gods priorities

#### Sleeper 1: Christ-centred

‘The main thing is to keep the main thing the main thing.’

Stephen Covey

SLEEPER 2: IMITATOR OF CHRIST

‘Make sure your life sings the same song as your lips.’

St. August

SLEEPER 3: SABBATH

‘Sometimes our busyness results from our own insecurity.’

Ajith Fernando

SLEEPER 4: ACCOUNTABILITY

‘Sometimes our busyness results from our own insecurity.’

Ajith Fernando

SLEEPER 5: PERSONAL ORDERLINESS

* Working with natural rhythms
* Recognise daily rhythm.

* Recognise weekly rhythm.

* Recognise monthly/termly rhythm.

* Recognise yearly rhythm.

* 3 Big Things

‘In the absence of clearly defined goals, we become strangely loyal to performing daily trivia, until ultimately we become enslaved by it.’

Robert Heinlein

### Questions to Use for Reflection

* What have I learned about God and myself over the last year?

* What has changed in my personal, family or work life?

* What needs changing in the light of the answers to the previous questions to ensure my vision statement continues to reflect where I sense God is leading me?

**Developing our PVS**

#### Plan

#### do

#### review