Sermon Sketch: Caring well for others demands that we first care well for ourselves. God has given us some clear instruction with regard to this. This is part of being a Jesus follower...

1) Introduction
   a) A cautionary tale – ______ ________
   b) Care for yourself first: a couple of examples
      i) ___-______ instructions
      ii) ______ ______ _______ in College:
      iii) The Great commandments - Matthew 22:36-40
      iv) Ministry is a ________, not a ___ ____ ____
      v) Resource: Margin – Richard Swenson

2) S – E – L – F Care
   a) S______
      i) Exodus 31:13 ________ you
      ii) Exodus 31:16 ________ forever
      iii) Leviticus 23:1-3
         (1)Appointed Feasts מֹעֵד mo-ade
           appointed time, place or meeting
         (2)Holy convocation מִקְרָא mikraw
           assembly, convocation from the verb to call
      iv) Switch the day – Matthew 5:17-20
      v) Enter into rest
         (1)Matthew 11:28-30
         (2)Hebrews 4:9-10 9 ________... a rest
vi) Resources
   (1) God’s Appointed Times – Kasdan

b) S____
   i) Psalm 4:8
   ii) Psalm 127:2 ______... sleep
   iii) Proverbs 3:24 ______
   iv) Proverbs 6:9-11
   v) Shut your ______ off an hour before bed time
   vi) Shut the brain off with _____ ______

c) E_______
   i) 2 Maladaptions 4:7 “You are what you eat…”
   ii) Psalm 139:13-14 _____________ made

d) E________
   i) 1 Corinthians 9:24-27
   ii) 1 Timothy 4:8 _____ value
   iii) Set some kind of goal to give you something to be responsible to

e) L________
   i) Psalm 126:2 2
   ii) Proverbs 15:15
   iii) Proverbs 17:22
   iv) Ecclesiastes 8:15
   v) Good Christian humor
      (1) Tim Hawkins
      (2) Ken Davis
   vi) Laughter may bring ______. That is okay. Really.

f) L_______
   i) Take regular ______
   ii) Find something that makes you come ______ – _______ you

g) F__________

i) God
   (1) Celebration of Discipline – Foster
   (2) Divine Hours - Tickle
   ii) Spouse – ____ your spouse
   iii) Children – Date your children

h) F__________
   i) Someone ______ your Fellowship
   ii) Someone ______ your Fellowship

i) Miscellaneous
   i) It is okay to be in ____________
   ii) Laughter – seriously: you need to be intentional about this

3) Conclusion
   a) Following the Owner’s Manual – The ____
   b) S – E – L – F Care
      i) Sabbath/Sleep
      ii) Eating Well/Exercise
      iii) Laughter/Leisure
      iv) Fellowship/Friendship
   c) Maralea and the _____________
      i) This won’t happen by __________
      ii) Must make the __________
   d) Yield to Christ – Surrender your will
1.a- David Brainerd; 1.b.i- Pre-flight; 1.b.ii- Water Safety Instruction; 1.b.iv- Marathon, 100 yard dash; 2.a- Sabbath; 2.a.1- sanctify; 2.a.ii- covenant; 2.a.v.2- remains; 2.b- Sleep; 2.b.ii- gives; 2.b.iii- sweet; 2.b.v- devices; 2.b.vi- deep breathing; 2.c- Eating Well; 2.c.ii- wonderfully; 2.d.- Exercise; 2.d.ii- some; 2.e- Laughter; 2.e.vi- tears; 2.f- Leisure; 2.f.i- vacations; 2.f.ii- alive, restores; 2.g- Fellowship; 2.g.ii- date; 2.h- Friendship; 2.h.i- inside; 2.h.ii- outside; 2.i.i- counseling; 3.a- Aveo; 3.c- marshmallows; 3.c.i- accident; 3.c.ii- decision