

KNOW YOUR “FILLS AND DRAINS”

It is good for us to cultivate rhythms of work and rest, to be filled up and to pour out. If we consistently run on fumes, we may burn out causing harm to ourselves and those around us. But, if we only focus on filling ourselves and not giving the sacrificial love Jesus commanded, we won't fulfill the great commandment to love our neighbors as ourselves and we will miss out on the joy of serving others.

In order to pour out we must cultivate rhythms and habits that fill us.

» List three things that fill you. These are things like hobbies, activities, relationships, etc. that leave you feeling energized and fulfilled.

» List three things that drain you. These are things like activities, relationships, responsibilities, interactions, etc. that leave you with less emotional/mental/physical energy and needing to rest.

» Think about your schedule over the past several weeks or months and consider these questions:

- How much of your time was spent on fills? On drains?

- Are you consistently running on empty or overflowing?

- What do you need to do to create healthier rhythms in your life?

» Share your responses with your spouse or close friend for encouragement and accountability.

Tips for Sabbath

The invitation to sabbath rest is the invitation to abide in Christ and allow ourselves to once again be filled up as we remember the atoning work of Christ.

» Prepare.

- The day before take care of any household chores or errands so you can rest well on Sabbath.
 - Talk with your family about how you will sabbath together or individually.
 - Know what stirs your affections for the Lord, what causes you to love God more and feel His great love for you.
- » Spend intentional time with the Lord by reading the Bible, worshiping through music, practicing solitude and praying.
 - » Replace screens (tvs, phones, tablets, computers) with books, being outside or being active.
 - » Avoid what you consider work and do what stirs your affections for the Lord and causes you to see His beauty.
 - » Light a candle to remind yourself of the presence of the Holy Spirit.
 - » Refrain from shopping; express gratitude for what you already have.
 - » Make a meal for yourself or for your family or friends if that causes you to delight in the Lord.