

DEVELOPING MY LEADERSHIP: Soul Care Pt. 1

“Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

Exodus 20:8-11

PURPOSE

Reflect on the key elements necessary for a healthy soul, and be challenged to re-evaluate your current rhythm of life.

REFLECTION

Read the verses above and then consider the questions below...

- Rewrite this verse in your own words.
- What principle does this verse teach?
- How does it apply to your life right now?

KEY PRINCIPLES

1. God cares.

What is the current state of your soul?

2. Commanded to rest.

How might you need to re-order your priorities, in order to incorporate more rest?

3. Cycle of work & refreshment.

What type of cycle of refreshment might God be calling you to model to those you lead?

4. Take time for yourself.

What refreshes your soul?

5. Saying no to say yes.

What might you need to say no to, in order to say yes?

6. Rely on Gods provision.

What area of your life might you need to release to God, in order to more fully experience His presence?

NEXT STEPS

Considering the content of this video, what are my next steps as a leader?

How can I apply these principles in my relationships at home, work and church?