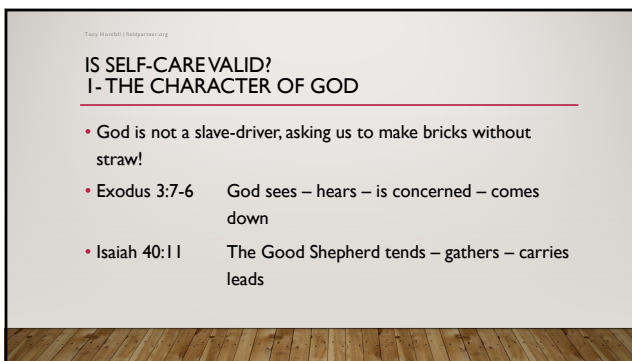
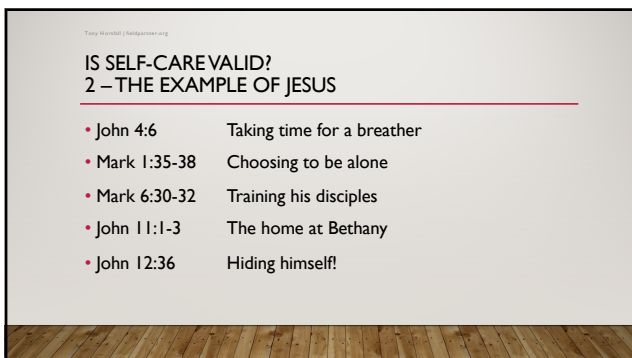




1



2



3

Tony Horsfall | fieldpartner.org

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11 :28-30 The Message

4

IS SELF-CARE VALID? 3 – THE TEACHING OF SCRIPTURE

Psalm 23:2-3 He restores my soul

Proverbs 4:23 Guard your heart

Philemon v7 Refreshing the hearts of the saints

1Cor 16:17-18 Men who served others and refreshed them

5

IS SELF-CARE VALID? 3 – THE TEACHING OF SCRIPTURE

- Romans 16:23 Gaius and his hospitality
- 2Timothy 4:13 Blankets, books and something to write on
- 1Timothy 4:16 Watch your life closely
- Ephesians 5:15 Be very careful how you live.
- Lev 19:18 Loving others as we love ourselves (also Matt 23:37-40)

6

Tony Horsfall | fieldpartner.org

IS SELF-CARE VALID? 4 – THE WISDOM OF LIVED EXPERIENCE

We steward our souls by caring for them well. How can we continually give what we do not have? Caring for the soul is an act through which God can replenish your heart, restore your soul, and revive your day so that you can meet the challenges of life, work, and relationships...

Stephen W Smith

7

Tony Horsfall | fieldpartner.org

IS SELF-CARE VALID? 4 – THE WISDOM OF LIVED EXPERIENCE

We forfeit our souls every single time we choose to drain ourselves and not replenish ourselves; run on empty rather than stopping and intentionally doing the things that will bring us life; burnout rather than live meaningful, significant, and impactful lives that are enjoyable and life-giving to others.

Stephen W Smith

8

Tony Horsfall | fieldpartner.org

IS SELF-CARE VALID? 4 – THE WISDOM OF LIVED EXPERIENCE

To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone is to succumb to violence.

Thomas Merton

9

Tony Horsfall | fieldpartner.org

DANGER SIGNALS (1)

- A persistent pattern of broken sleep
- Feelings of fatigue and low motivation
- Having a holiday but still feeling tired
- Operating on a short fuse (especially towards loved ones)

10

Tony Horsfall | fieldpartner.org

DANGER SIGNALS (2)

- Feeling overwhelmed, ready to quit
- Minor illnesses
- Feeling resentful of others, cynical
- If so, it's time to make some adjustments to your life!

11

Tony Horsfall | fieldpartner.org

HOW ARE YOU DOING?

- 1. Review your energy level

If your output exceeds your input, the shortfall will be your downfall

- 2. Establish healthy boundaries – say NO so that you can say YES

12

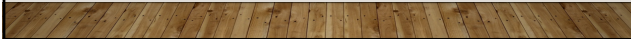
Tony Horsfall | fieldpartner.org

HOW ARE YOU DOING?

- 3. Know the difference between your load and your limits

'It is God the Creator who has made limits, and it is the same God who placed them within us for our protection. We exceed them at our peril.' Richard Swenson

'Our unwillingness to live within limits – both personally and in community – is one of the deepest sources of depletion and eventual burnout.' Ruth Hayley Barton

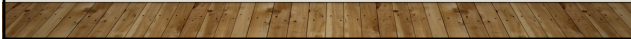


13

Tony Horsfall | fieldpartner.org

HOW ARE YOU DOING?

- 4. Live with margin – physically, emotionally, mentally, spiritually
- 5. Know yourself, be kind to yourself
- 6. Learn to work from a place of rest

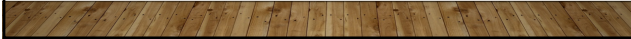


14

Tony Horsfall | fieldpartner.org

THE DISCIPLINE OF STOPPING

Stopping is pausing for a few minutes, or a few hours, or a few days, to remember who I am, why I am here, and to receive strength for the next part of the journey.



15

Tony Horsfall | fieldpartner.org

PRACTICE SABBATH REST

- Genesis 2:2-3 The rhythm of creation; starting with a day of rest
- Exodus 20:8-11 Remember the Sabbath (creation)
- Deuteronomy 5:12-15 Observe the Sabbath (exodus)

16

Tony Horsfall | fieldpartner.org

KEEPING SABBATH

- It is not so much about a particular day, as a spiritual principle
- It is not about a legalistic observance but a spiritual practice
- Sabbath gives us our pattern for a healthy and sustainable approach to ministry and life. We are to work from rest not into rest; rest is the foundation for work, not the reward of our labours.

17

Tony Horsfall | fieldpartner.org

Whereas God worked six days and then enjoyed His sabbath rest, Adam began his life with the sabbath; for God works before he rests, while man must first enter into God's rest, and then alone can he work.
Watchman Nee

To 'keep the Sabbath holy' means to recognize that the rhythm of six days work and one day of ceasing work is written into the very core of our beings.
Marva J Dawn

18

Tony Horsfall | fieldpartner.org

THE IMPORTANCE OF LEISURE

- Psalm 46:10 Be at leisure and see that I am God. Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything. (The Message)
- Rest – recreation – play
- 'The bow that is never unstrung will quickly break – John Chrysotom
