

Self-Stewardship

Caring for ourselves wisely, according to God's Word, enables us to pour into the lives of others effectively. Rest is an act of worship. Rest allows us to see that God will supply all we need as we obey and care for ourselves.

Matthew 11:28-30 "Come To Me, All Who Labor And Are Heavy Laden, And I Will Give You Rest. Take My Yoke Upon You, And Learn From Me, For I Am Gentle And Lowly In Heart, And You Will Find Rest For Your Souls. For My Yoke Is Easy, And My Burden Is Light."

How am I doing as a steward of my body, mind and soul?

Provide responses for each item listed below.

I feel energetic today	____/10
I have a peaceful spirit	____/10
I enjoy fun and play regularly	____/10
I pursue personal growth	____/10
I am thoroughly convinced of God's love for me	____/10
I eat fruit and vegetables daily	____/10
I am pleased with my physical appearance	____/10
I have healthy friendships	____/10
I read and meditate on scripture daily	____/10
I feel emotionally healthy	____/10
I am honest with myself	____/10
I have regular times of solitude	____/10
I eat healthy meals each day	____/10
I spend time each day in prayer	____/10
I am physically healthy	____/10
I rest in God's acceptance	____/10
I feel understood	____/10
I feel loved and appreciated by others	____/10
I experience relaxation and rest regularly	____/10
I sleep at least 7 hours a night	____/10
I feel inspired	____/10
I take time to get daily exercise	____/10
I express my gratitude daily to the Lord and others	____/10

Continue the exercise on the next page

List the 5 lowest scores

What can I do to raise that score?

1. _____

2. _____

3. _____

4. _____

5. _____

What surprised you?

Do you see any patterns?

What else have you noticed from your responses?

What is ONE action step you can take this week to better steward your body, mind and soul?



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