

# Spiritual Self-Care:

*Peace and Joy in God Alone*

*My Daily Bread*

## Hebrews 10:25 Unplugged

### Do You Struggle?

During our busiest days and toughest times at work, feelings of inadequacy, anxiety, and even darkness can rob us of our peace and even hinder our productivity. But the Lord doesn't want us merely to survive or to just get through the day. Instead, he wants us to experience his interior peace and bless our work so that what was said of Samuel can be said of us: "The Lord was with him, not permitting any word to be without effect."

Fruitful discipleship presupposes that the Lord is with us blessing our work as we proceed through each day. Indeed, when the Lord is with us, we experience the peace only he can give. But we have to do our part and spend time with him!



### Experiencing his Peace:

The Spiritual Self-Care presentation will make reference to the book, *My Daily Bread (MDB)*. The outline of this presentation is divided up into three sections; all of which are inspired by the chapter, "Peace and Joy in God Alone." Each section includes a passage from MDB, a Scripture verse, and a suggested activity.

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#### 1. **The Problem-** *Preoccupied and Distracted*

- ▶ "Give due attention to every person and duty in your daily life without giving them any more attention and time than they deserve." - My Daily Bread (MDB)

*Reflection questions:* When my work is criticized or my efforts go unnoticed, do I get sad or grow resentful? Moreover, do I lose peace and confidence in God as the demands of work increase?

*Discussion Activity:* Choose a partner and discuss these two questions for 5-7 minutes. During your discussion, consider the MBD passage and the Scripture verse below.

“The LORD looked with favor on Abel and his offering, but on Cain and his offering he did not. Cain greatly resented this and was crestfallen.”

- Genesis 4

## **2. The Solution-** *Keeping Close to God During the Day*

- ▶ *“Your main desire must be to give Me all the attention and time possible each day... Repeat your offering at different times, and renew your intention to shut out all worldly self-seeking.”* - My Daily Bread

*Repeat activity* by discussing one or more of the following questions for 5-7 minutes:

1. Does my daily schedule reflect my values in that I love God more than his works?
2. Have I come to understand that drawing people to God through my ministry does not ultimately rest on my efforts?
3. *\*And do I have fixed times throughout the day to spend time with God?*

“Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus.”

I Thess. 5

## **3. The Reward-** *Undisturbed Peace amid Trials*

- ▶ *“Your interior peace will no longer be disturbed by daily events. No more will you be attached to what you have, nor complain about what you lack.”* - My Daily Bread

*Shared Prayer Activity:* Chose the same partner as before. 1. Verbalize a struggle in your ministry that you are currently experiencing or have experienced in the past. If necessary, ensure confidentiality. 2. Then proceed to ask your partner to lead you in a prayer (using his or her own words) about this struggle that may be holding you back. 3. Close with a prayer of thanksgiving in Jesus' name.

“My son, when you come to serve the LORD, prepare yourself for trials.

Be sincere of heart and steadfast, undisturbed in time of adversity.

-Sirach 2