

# WHO WILL TAKE CARE OF YOU?

10<sup>th</sup> District Lay Organization

State Lay Convention

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# THE IMPORTANCE OF FINDING BALANCE IN OUR LIVES

Two sides of the same coin

## Inward Focused

- I have to take care of me!
- If I can't take care of me then I can't help with other things.
- I'm just doing too much.
- I'm going to put me first.

## Outward Focused

- If I don't do it, it won't get done!
- "They" just don't know what they are doing.
- I've been doing this for (blank years) and no one wants to do the work.

# THE IMPORTANCE OF FINDING BALANCE IN OUR LIVES

You Can Be Both: Inward and  
Outward Focused



BUT HOW?!?

Listen to what God would have  
you to do.

Realize that you can't do  
everything.

Learn to say no.

WHAT IS  
GOD  
SAYING TO  
ME?

Only you know the answer. Take time to pray and listen to His voice.

The more you listen the more confident you will be.

Take action when you know it is God and not your friend, neighbor, president, etc...that you are hearing.

REALIZE YOU  
CAN'T DO  
EVERYTHING.

But I think I can!

-No! You can't.

But I want to do it! (Whatever it  
is.)

-But you can't.



LEARN TO  
SAY NO.

It is easier to say yes to avoid  
disappointing someone.

*This is how you say "no".*

*No. Nope. Nada. No way.*

*No thank you.*

*I'm sorry but I can't.*

*Not at this time.*

*I said no!*

# BENEFITS OF FINDING BALANCE

You will be drawn closer to God as you spend time with Him.

Relationships will improve with more time to focus on self and others.

You will have a more effective ministry if you are not stretched too thin.

You will be in a better position to help grow the ministry by preparing others.

Your mental and physical health will improve when you take care of yourself.

The work will not stop if you are not there. Others will be forced to step up.



# IDEAS TO FIND BALANCE

- Morning devotion and meditation
- Physical and mental exercise
- Eat a balanced meal
- Read poetry
- Perform random acts of kindness
- Take some things off your plate
- Do away with either/or thinking
- Listen to music
- Go to a cultural event

# IDEAS TO FIND BALANCE CON'T

- Build healthy self-esteem
- Give others an opportunity to serve
- Determine what is most important and work on that item
- Accept help
- Don't insist on perfection
- Take a chance
- See your doctor regularly
- Take time to think and reflect

# CONCLUSION

- Self care is critical but not to the exclusion of everything else in life.

There is a time for everything, and a season for every activity under the heavens... Ecclesiastes 3:1

- *“Lord, do You not care that my sister has left me to serve alone? Therefore, tell her to help me,”* she said to Him.

*“Martha, Martha, you are worried and troubled about many things.*

*But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.”* Luke 10:40b-41

- *Experience balance for a more complete life.*



QUESTIONS/COMMENTS