Sermon Notes

“Self-Care to the Glory of God”

John 15:1–11

1 “I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. 3 You are already clean because of the word I have spoken to you. 4 Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. 5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8 This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples. 9 “As the Father has loved me, so have I loved you. Now remain in my love. 10 If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. 11 I have told you this so that my joy may be in you and that your joy may be complete.

Mark 8:34-35

34 Then he called the crowd to him along with his disciples and said: “If anyone would come after me, he must deny himself and take up his cross and follow me. 35 For whoever wants to save his life will lose it, but whoever loses his life for me and for the gospel will save it.

**Self-care to the glory of God and good of neighbour**

* *“How can I best structure my life so that I can effectively and sustainably grow in my ability to love God and serve others?”*

**Core Priorities of Self-Care**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Jeremiah 31:25–26

25 I will refresh the weary and satisfy the faint.” 26 At this I awoke and looked around. My sleep had been pleasant to me.

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1 Timothy 4:7–8

7 train yourself to be godly. 8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1 Corinthians 10:31

31 So whether you eat or drink or whatever you do, do it all for the glory of God.

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Psalm 95:7–11

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 1 Timothy 6:17

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Ephesians 4:26

26 “In your anger do not sin”: Do not let the sun go down while you are still angry,

Questions for discussion:

1. Many Christians associate the term “self-care” with the concepts of self-indulgence and selfishness. Where do you think these associations comes from? How do you feel about the concept of self-care?

2. What is your current pattern around rest and re-creation? After listening to this message, how have you been challenged to change your current patterns?

3. Are there any aspects of your work that you value too highly? How do they keep you from rest and recreation?

4. Where do you have time and space for reflection and learning?

5. What is one bad habit that you would like to replace with a new routine toward better physical health?