EXTENDING YOUR ENERGIES

outline

INTRODUCTION

I. Quality Input

A. Food

*1. "You are what you eat"*

*2. There are foods that we need + plus need to do without*

*3. The amount of food is important*

*4. An eating schedule is important*

B. Sleep

*1. A sleep schedule is personal + plus vital*

*2. The effects of too little*

*3. The effects of too much*

*4. Do not eat just before going to bed*

C. Exercise

*1. Too much may not be instructive*

*2. Too little may be destructive (Exercise does give spiritual results)*

*3. The right amount is constructive*

D. Chemicals, Drugs and Poisons

*1. Become a label reader (closely)*

*2. Are you a chemical zombie or a creation of God?*

*3. Most drugs are derived through a mixture of chemicals*

*4. Adverse reaction to stress can poison our entire system*

E. Fasting

*1. Biblical examples of fasting*

*2. Regular fasting was assumed by Jesus*

*3. Fasting is abstaining from food, not drink*

*4. Partial fasts*

*5. Fasting for physical benefits*

*6. Fasting brings spiritual sustenance*

*7. Spiritual fasting equates spiritual fellowship*

F. Spiritual

*1. Fellowship with Lord*

*2. Fellowship with Christians*

*3. Fellowship with family (Family altar is a must)*

G. Organization

*1. Time*

*2. Duties*

II. Quality Output

A. More Enthusiasm

*1. Enthusiam is a product of good health—both physical and spiritual*

*2. Enthusiasm is catching*

B. Better Spirit

*1. A better spirit toward the students*

*2. A better spirit toward the team and leaders*

*3. A better spirit toward obstacles*

*4. A better spirit toward maturity*

C. Better Example

*1. A better example to students*

*2. A better example to those who look to us for guidance*

D. Better Witness

*1. A better witness to the saved*

*2. A better witness to the unsaved*

E. Better Service

*1. Better able to work for church or CBLT Center*

*2. Better able to serve those less fortunate*

F. Better Concentration

*1. Better concentration in Bible reading*

*2. Better concentration in detecting progress in CBLT MINISTRY*

*3. Better concentration in individual student’s lives*

G. More Creativity

*1. More creative ways to work*

*2. More creatively meeting the needs of people*

CONCLUSION

Practical assignment