

# 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. *Enthusiasm 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**