



Managing The Dashboard Of Our Lives

Are you tired? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with Me and you'll learn to live freely and lightly. Matthew 11:28-30 Message

Note: COME, WALK, WATCH, LEARN

I've told you all this so that trusting Me, you will be unshakable and assured, deeply at peace. John 16:33 Message

The Lord is My Shepherd I shall not lack anything I need. He makes me lie down in green pastures, He leads me beside the quiet (still) waters, He restores my soul. Psalm 23:1-2 NIV

God Wants His Children To Live Lives:

- Characterized by stillness and quietness of soul.
- In His unforced rhythms.
- Freely and lightly.
- Deeply at peace.
- Replenished and restored.
- With room in our lives to help hurting people.

God created us as three-part beings. Our 'whole person' includes our physical, spiritual and emotional beings. And they are all inter-connected. All three are critical areas of our lives that we need to be aware of, monitor and take care of.

RPM GAUGE:

- Measures how hard your engine is working.
- Measures how steep you're climbing.
- Measures how much load you're pulling.

Just like the engine in your car—your physical body, emotions, and spiritual being—are all designed to operate within certain limitations. When you go past the RED LINE, you are exceeding your God-designed limitations and you need to be careful!

FUEL GAUGE:

- Measures how much physical, emotional and spiritual energy you have in reserve.
- When you redline too much of the time or don't take the time to refuel—that's when you get stressed, that's when you get overloaded.

STRESS COMES OUT OF YOUR BODY!

To be your best—YOU NEED TO STAY FULL IN ALL THREE AREAS!



- Learn what depletes you.
- Each of us is responsible for monitoring and managing our own dashboard.
- If you ignore the warning signs and keep pushing and keep going at the same pace and the same intensity, there will be consequences.
- How you manage your dashboard not only affects you, it affects those closest to you.

How To Refuel And Replenish Yourself Physically:

- Create a manageable pace for your life—not burning the candle on both ends.
- Get in a pattern of regular rhythms of physical rest. Can't be all out 24/7/365 days a year.
- Make it a priority to get a good night's sleep—most people need at least 7 hours/night.
- Get into a regular rhythm of a healthy diet.
- Get into a regular rhythm of exercise—at least 5 days a week. Our bodies weren't designed to be sedentary. God designed our bodies to move, work, bend, push, lift, walk and run.

How To Refuel And Replenish Yourself Spiritually:

- Get into a rhythm of spending time every day ALONE with God—to connect with God—think about Him, abide in Him, be grateful to Him, worship Him.
- Listen for His voice—as you read His word or listen to sermons or sit quietly in His presence.
- All through the day, talk to Him—pray—ask Him for wisdom, direction, and forgiveness. Cast your cares on Him, bring your requests to Him, and make declarations about who He says you are.
- Be a part of a local gathering of believers—community of faith, under the care of a pastor, hearing God's word taught on a regular basis.
- Be a 'doer' not just a 'hearer'. Let God's Word re-program your thoughts and transform your life.

How To Refuel and Replenish Yourself Emotionally:

- What depletes you emotionally? (This requires a continual journey of self-awareness.)

- Where are your green pastures? Where are your quiet waters? What restores your soul?

Resources:

- *StrengthsFinders* (Tom Rath)
- *The Road Back To You—An Enneagram Journey To Self-Discovery* (Ian Morgan Cron & Suzanne Stabile)
- *The 5 Love Languages – The Secret to Love that Lasts* (Gary Chapman)