

## Growing Connected

1) Some of the most active people in our churches struggle with the discipline of self-care. Imagine four different gas tanks within yourself. Rate where you are in the following tanks. Share one reason why one or more of your tanks is near empty.

Spiritual Tank	Relational Tank	Physical Tank	Emotional Tank
Full ⋮	Full ⋮	Full ⋮	Full ⋮
⋮ Empty	⋮ Empty	⋮ Empty	⋮ Empty

## Starters

2) On a scale of 1-4 (1 = not true, 2 = sometimes, 3 = mostly true, 4 = very true), rate yourself on the following:

\_\_\_ too little time and too much to do

\_\_\_ constantly feeling pressured or restless

\_\_\_ feeling inflexible or trapped in your schedule

\_\_\_ endlessly rushing from deadline to deadline

\_\_\_ breaking promises of quality time with family or friends

\_\_\_ never feeling "finished" with work

\_\_\_ resenting some of your commitments and projects

\_\_\_ trying to live beyond who you are or what you can do with the limits God has given you

How does this impact your inner joy in God, your close relationships, and your service for Christ?