

Secrets for Creating all of the energy you need

Rid yourself of Toxins:

Toxic Thoughts - Toxic Chemicals - Toxic Emotions - Toxic Faith - Toxic Relationships

Mental

- Create small Pleasures - Indulging in seemingly unimportant things that we enjoy can renew our spirit on a regular basis.
- Unhook yourself from responsibility –play in nursery –let someone else be in charge –and play! Helps us slow down and get perspective. Helps us focus outward instead of becoming myopic. As we slow down we again realize - Psalm 121:1 “I lift my eyes to the hill from whence my help comes from.”
- Live with an attitude of gratitude
- Develop your sense of humor
- Quiet your mind –meditate
- Stop Toxic thinking

Physical

- Make Exercise Fun - Gentle exercise pays off. Start slowly. Focus on Enjoyment.
- Allow Food to nourish you again –Proper nutrition –eat healthy and use supplements
- Rest

Emotional

- Dump toxic emotions: Anger, Guilt and Un-forgiveness /Bitterness = toxic waste for the soul
- Enjoy the moment
- Allow yourself to feel the full range of emotions God gave you
- Settle issues of the past - Proverbs 13:12a “Hope deferred makes the heart sick.” - John 8:36 “So if the Son sets you free you will be free indeed.”
- Let go of disappointment, discouragement and disillusionment.

Spiritual

- Do no more or less than God asked you to do (Matthew 6:33)
- Purpose –your specific -drives you, joining God’s = anticipating what He might be up to –look for it.
- It is quite a charge to realize you have been used by God.
- Settle your issues with God
- Ask God to increase your Faith
- Notice and own your worth –esteem yourself as God esteems you.

Relational

- Develop 3 Relationships of Significance: Paul-fed, Timothy-feed, Barnabus-fellowship. All three can be all three – can learn from all, gain from all, feed and inspire all.
- Walk with the wise and you will become wise – Proverbs 13:20a
- Refresh another – you will also be refreshed. People can be a refreshment (1 Corinthians 16:17-18)
- Practice becoming a life-giving person - 1 Thessalonians 2:1 “Grow in Grace.”
- Limit time with toxic people