

*"Encourage one another and build up each other... Be at peace among yourselves... be patient with all... always seek to do good to one another and to all. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*

*1 Thessalonians, Chapter 5*

1. I will reserve time each day for personal devotions and exercise.
2. I will have regular family meetings or discussion with significant friends about the ongoing transitions in our daily life.
3. I will identify helpful resources and spiritual counseling needed for dealing with personal issues and stresses on the journey.
4. I will schedule a time for rest and renewal with loved ones, both planned and unplanned.
5. I will develop clear expectations with my ministry setting about what I need as a single person or married person for good self-care.
6. I will remember that my family and friends are not appointed to the church: I will plan sacred times for myself and others. If I have a spouse/children, I will plan key times to be attentive to them. I will be aware of what seasons will require more of my time.
7. I will build and surround myself with healthy friendships that help me to reflect "best practices."
8. I will laugh a lot with those dear to me, and enjoy silent moments. I will not lose sight of opportunities with them, even with limited finances, and seek to grow spiritually together inwardly and outwardly.
9. I will be the first to say "I am sorry" and "forgive me" when I have laid all my stuff on someone else because I am mad at the church or the system.
10. I will reclaim continually my call to serve with visions and dreams and to respond to the needs of loved ones and the church with excellence.

