

# Managing Maximum Effectiveness

## Some Important Areas To Maintaining Balance:

**1. Prayer/Spiritual Focus/God's Word**

*Eph. 6:18, Matt. 6:33, Matt 4:4*

**2. Fellowship/Relationships**

*Hebrews 10:25, Acts 2:42, Acts 2:46*

**3. Work**

*1 Thess. 4:11, 2 Thess. 3:6-13*

**4. Ministry/Serving**

*2 Tim. 4:5, Col.3:23,24*

**5. Recreation/Sabbath Rest**

*Matt 11:28,29, Ex. 34:21*

**6. Emotional Health**

*3 John 1:2, 1 Thess. 5:23, Phil. 4:6,7*

**7. Balanced Eating Habits**

*1 Cor. 3:16,17, 1 Cor. 6:19,20*

**8. Margins/Flexibility**

*Luke 14:28-30*

**9. Financial Health**

*Prov. 22:7, Matt 25:14-29*

**10. Sleeping Properly**

*Psalms 4:8, Psalm 127:2*

**11. Fitness/Exercise**

*1 Tim. 4:8*

**12. Mentorship/Accountability**

*James 5:16*

**13. Boundaries (learning to say no)**

*Matt 5:37*

## Questions to ask yourself?

1. Are you aware of the signs of stress?
2. What are they?
3. What are the keys/challenges to you staying balanced?
4. Out of the areas listed above, what are some that you feel you are currently doing well in?
5. Is there one or two areas that you feel God wants you to take some steps forward in during this next season?
6. What are some practical things you can do to put this in motion?

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