

REVIVED & REFRESHED

The goal of today is for each person to BE

LOVED BY GOD MORE,

LOVED BY THEMSELVES MORE, AND LOVED BY OTHERS MORE

It is not that God has withheld any love, it is that we as His creation need to BE open for more of HIM every day.

What do you need more of?

More of God's love for you gives capacity for more of God's love for you and mankind

The greatest gift we can give ourself is love. Love is a gift of God that gives, is thankful and forgiving

Hebrew- love- Ahav אָהַב- to desire, to breath after a thing as in longing

Deuteronomy 4:37, 10:14, 15 God's love chooses man, but man's receiving of His love causes him to be Chosen Isaiah 43:3

For God so loved the world that He gave His only begotten son that whosoever believe in Him shall not perish, but have everlasting life John 3:16

Greek-agape God is love is really God loves YOU

Love your neighbor as you love yourself

Faith, Hope, Charity, but the greatest is love

Taking Inventory:

- 1) I am a high energy person meaning I think positive thoughts most of my day**
- 2) I am a low energy person meaning I think negative thoughts most of the day**

- 3) I go to bed at night and fall right to sleep because...**
- 4) I go to bed at night and struggle to go to sleep because...**

- 5) I wake up listening to the Holy Spirit (Matthew 6:31-34)
- 6) I wake up listening to an alarm and thinking work, family, school
- 7) I know my limits and make the adjustments
- 8) I am a driven person and feel out of control of my limits
- 9) How do I rest?
- 10) What is rest?
- 11) I am led by the Holy Spirit and am a peaceful person
- 12) My boss drives me by
- 13) I drive myself by
- 14) What is praising the LORD?
- 15) The purpose of a believer in JESUS praising the LORD is?
- 16) I praise the Lord with or without music daily
- 17) I just listen to praise music
- 18) I don't listen to praise music or praise the Lord
- 19) I live thinking good about myself
- 20) I live thinking I should eat right, exercise, rest...but I don't do anything about it

21) I don't really know what is normal for me

22) I power nap when needed and have a full understanding of what it is.

23) I nap at times but don't know what a power nap is.

24) I never power nap and don't know what it is and think only children, old people or lazy people nap.

A **power nap** is a short sleep which terminates before the occurrence of deep sleep or slow-wave sleep (SWS), intended to quickly revitalize the subject. The expression was coined by Cornell University social psychologist James Maas.^[1] The power nap is thought to maximize the benefits of sleep versus time. It is used to supplement normal sleep, especially when a sleeper has accumulated a sleep deficit.

Various durations are recommended for power naps, which are very short compared to regular sleep. The short duration of a power nap is designed to prevent nappers from sleeping so long that they enter a normal sleep cycle without being able to complete it. Entering a normal sleep cycle, but failing to complete it, can result in a phenomenon known as sleep inertia, where one feels groggy, disoriented, and even more sleepy than before beginning the nap. In order to attain maximum post-nap performance, it is critical that a power nap be limited to the beginning of a sleep cycle, specifically sleep stages I and II.

Scientific experiments (see Benefits section below) and anecdotal evidence suggest that an average power nap duration of around 15–30 minutes is most effective. Any more time, and the body enters into its usual sleep cycle. People who regularly take power naps may develop a good idea of what duration works best for them, as well as what tools, environment, position, and associated factors help induce the best results. Others may prefer to take power naps regularly even if their schedules allow a full night's sleep. Mitsuo Hayashi, PhD and Tadao Hori, PhD^[1] have demonstrated that a nap improves mental performance even after a full night's sleep. New sleep sensors and sleep timers available on several mobile devices allow advocates of power naps to sleep for exactly as long as they'd like to.

25) My work is highly physical

26) My work is highly physical and mental

27) My work is highly mental

28) My work is highly spiritual and mental

29) My work is highly spiritual, mental, and physical

What does it mean to BE?

Hebrew word hayah, to exist from the root word meaning to breath life into meaning God is to be a part of the person in all aspects of life

First mention: Genesis 1:3 And God said, Let there be light; and there was light.

What does it mean to DO?

Hebrew word asa to do work; act; therefore a person can be inside or outside the will of God and do

First mention: Genesis 11:6 And the Lord said, Behold, the people is one, and they have all one language, and this they begin to do: and now nothing will be restrained from them, which they have imagined to do.

Only a person who first learns to BE with God will ever do the work of the service to God!

Story: "I learn from Being with you!"

Am I more of a Being or a Doing person?

BALANCE-stable

Job 31:5, 6 If I have walked with vanity, or if my foot hath hastened to deceit; let me be weighed in an even balance, that God may know mine integrity

Proverbs 11:1 A false balance is abomination to the Lord, but a just weight is his delight

Where do I need to be more stable? From a rate of 1-10 how stable am I?

Spiritually-

Mentally-

Emotionally-

Physically-

Work

Genesis 1:1 In the beginning God created the heaven and the earth...

Beginning- Hebrew word b' reyshith; from the same as rosh the head- first, best, chief, choice part; b' means first

Hebrew – B'reyshith bara elohim ath (aleph and tav, the first and last letter of alph-bet meaning with or you) hashamayim veet haaretz

Created- bara heavens

Form- yasar earth

Make- asah mankind

The verb bara is of profound theological significance, since it has only God as its subject. Only God can 'create' in the sense of implied by bara. The verb expresses creation out of nothing, an idea seen clearly in passages having to do with creation on a cosmic scale. All other verbs for creating allow a much broader range of meaning; they have both divine and human subjects, and are used in contexts where bringing something or someone into existence is not the issue.

Amen (0543) (from **aman** = to be firm, dependable, durable, steady, stable, sure, established, trustworthy) and was used to acknowledge and emphasize what was valid. When Abram believed (aman) God in Genesis 15:6, in a sense he gave a heart felt "**amen**" to God's promise in Genesis 15:5. He said in essence God's promise "is dependable and trustworthy"! Have you ever shouted "**amen**" after reading or hearing a promise from the faithful, sure and true, or important and significant.

So God is the Head of order, energy, light and all that we need and just as He ordered the universe, He has ordered our thoughts and steps

Genesis 22:9 laid the wood in order (to set or arrange in order)

Psalm 119:133 Order (establish) my steps in thy word and let not any iniquity have dominion over me

When our desires are in order our steps will be established by the revealed speaking word of the Lord to us!

Where do we begin:

After we take inventory of our lives we must then seek the Lord not for a To Do list, but for His existence to begin to fill our beings. It is only when we are separated from Him in an area of life that our lives become disorderly. It may feel like you're dealing with an unbroken horse in your mind and body, but the restraining or should I say re-training of our BEING must begin afresh with him. Even the most healthy person naturally may be eternally ill spiritually, so the goal is WHOLENESS, not just health!

MY LIFE: Where am I in order and where am I needing more order?

Man, Woman- spiritual- how much truth do I need put in me?

Soul- where does my mind and emotions need more order?

Physically- where do I need more health

Husband, Wife-where do we need more agreement with the LORD; working together on our call as Husband and wife; our intimacy

Single-am I satisfied or do I long to be married? What is my purpose as a single person?

Single/dating-am I just friends, or serious about marriage with this person? If so where is our agreement with the LORD going?

Father, Mother- Do I need more resources as a parent? Am I training my children in the WAY they should go?

Single parent-Do I need more resources as a parent and more support from other believers?

Teen-am I learning God's ways

Child – Have I met JESUS as my LORD?

CARING FOR YOURSELF:

- 1) Every day love yourself in 1 specific way**
- 2) Decide what needs to be discarded from your life**
- 3) Live in the moment with God**
- 4) Look at something alive with wonder!**
- 5) Relax your mind by thinking on good for a whole day**
- 6) Relax your body by consciously paying attention to your breathing slowly**
- 7) Relax yourself around those that are unrelaxed**
- 8) During a work day, find a quiet place and learn to have a BE moment**
- 9) Prioritize your life afresh**
- 10) Meditate on your goal (not what you don't want)**
- 11) Laugh (what makes you laugh and joyful)**
- 12) Realize who are toxic friends and give yourself a break from them**
- 13) Spend time with people who energize you**

