

REVIEW

- Week 1: Steward Our Days
- Week 2: Steward Our Finances
- Week 3: Steward Our Hearts (Gratitude)
- Week 4: Steward our Health

We have been called to steward what God has given us. All that we have and all that we are. We are commanded to love God with all of our being.

Mark 12:30 (NIV) Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

- We are multi-faceted individuals and we are supposed to steward our life in a way that brings God glory in every aspect.
- We are to steward our lives which includes stewarding our health.
- Stewarding our overall health includes spiritual, mental, physical, emotional, and relational aspects of who we are.

Mental Health

- Our mental health is incredibly important. Its connected to all of the other forms of health and the Bible gives us ways to help keep us in good mental health
 - Take every thought captive (2 Corinthians 10:5), Mind Renewal (Romans 12:2), Think on the right things (Philippians 4:8)
 - Practical ways to promote strong mental health - Evaluate what occupies your mind most. Evaluate what scripture says about what you think. Keep a list of God's promises.
-
-

Physical Health

- We are physical beings, created that way on purpose by God. (Genesis 1:26-27, Psalm139:13-16)
 - Our physical health affects our mental and emotional health.
 - Make sure you care about what God cares about in regard to your physical health.
 - Practical things most of us can control that promote good physical health:
 - Sleep schedule, what you eat and drink, and having some form of activity
-
-

Emotional Health

- Our emotions are God-given and make life better. But what we feel doesn't always represent the reality of a situation. We need a right perspective to guide how our emotions impact our life.
 - Emotions are a part of life, but they aren't supposed to dictate how we live (Philippians 4:4-7)
 - Practical ways to promote good emotional health - Don't make important decisions while emotional, Choose gratitude, even when you don't feel grateful
-
-

Spiritual Health

- The most important aspect of health we steward is our spiritual health.
 - We cannot do this in a God-honoring way alone. We can only do it by cultivating an abiding relationship with Jesus. (John 15:1-11)
 - Practical ways to keep a healthy spiritual life - Bible reading/study, prayer, quiet times to listen to God, journaling
-
-

Relational Health

- Who we spend our time with impacts our overall health. (1 Corinthians 15:33)
 - We need encouragers in our life! (1 Thessalonians 5:11)
 - We need people who will speak wisdom. (Proverbs 13:20)
 - We need people who will call us out. (Proverbs 27:6)
 - Practical ways to promote relational health – Evaluate whether the relationships in your life point you toward Jesus or away. Examine your relationships to see if they are the kind of deep, life-giving relationships God desires for you.
-
-

God has given us one life here on earth. How we steward it matters. While God doesn't need us, how we steward our life does impact what we get invited into. (Luke 16:10)

To watch the Overtime Podcast, go to: <https://bit.ly/RLOvertime>

Overtime Podcast

