

Love the Lord your God with all of your Heart, and with all your should and with all your strength, and with all your mind, and you neighbor as yourself.



*Luke 10:25 And behold, a lawyer stood up to put him to the test, saying, “Teacher, what shall I do to inherit eternal life?” 26 He said to him, “What is written in the Law? How do you read it?” 27 And he answered, “You shall love the Lord your God with all your **heart** and with all your **soul** and with all your **strength** and with all your **mind**, and your neighbor **as yourself**.” 28 And he said to him, “You have answered correctly; do this, and you will live.”*

*Luke 2:52 And Jesus grew in **wisdom** and **stature**, and in **favor with God** and **man**.*

Think and pray through the following self-test. On a scale of 0 (not at all) to 25 (totally), rate how full you are in each area below.

_____ **Emotionally (heart)**

You can get full emotionally by understanding and identifying your feelings and expressing them appropriately, sharing in healthy edifying relationships, journaling, grieving losses, celebrating successes, playing, laughing, and allowing yourself to be deeply touched.

_____ **Spiritually (soul)**

You can get full spiritually through connection with God, worship, Bible study, prayer time, listening to God, being still, breathing deeply, and small group fellowship.

_____ **Mentally (mind)**

You can get full mentally through positive thoughts, sense of value and worth, growing intellectually, reading, exchanging ideas with others, and avoiding feeding your mind with unhealthy images or thoughts.

_____ **Physically (strength)**

You can get full physically through eating healthy food, getting cardiovascular exercise, sleeping, drinking water, lifting weights, experiencing adventure, and stretching.

_____ **Total**

Add up your scores in the 4 areas and place the total number above
How did you do? Because there were 100 total points, your score is a rough indicator of how full you are.

Would you have any energy left to love your neighbor? Which areas could you put a little more effort into to stay whole and full?

As a reminder, this is how much energy you have to share with others.

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If you are married with the kids, the first 50 to 75 percent of their energy goes into work and the children. If that were true for you, would you have anything left for your spouse.

Self Care

You can't give to others what you don't already have

A great way to enhance emotional self-care is to change your self-talk. On average, about 80 percent of what the average person tells him- or herself is negative and 20 percent is positive. Those percentages need to be swapped so that a person becomes his or her own advocate.

The idea here is to stay in touch with how you're doing by listening to your feelings, identifying your emotions, and then coming to a conclusion about what they mean and what you should do about it.