

## **Emotional Resources—Their Conservation and Expenditure**

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### **I. Introduction.**

A. We must be diligent to know the state of our flock. (Proverbs 27:23)

B. We seek total well being. (I Thessalonians 5:23)

### **II. The conservation of emotional resources.**

A. We are to enjoy all things. (I Timothy 6:17, Acts 14:17)

1. If we have something, the Lord wants us to enjoy it.

2. We should enjoy our activities also, such as work and recreation.

3. We should enjoy our relationships.

B. We conserve our emotional resources so that we can pour out our energy towards others.

### **III. People demand our resources so we must be careful spending it. (II Corinthians 11:28, Colossians 2:1-2)**

A. Our struggle is to give others courage.

B. Our struggle is for the unity of others.

C. Our struggle is also to help others experience the sufficiency of Jesus.

### **IV. Suggestions.**

A. Make sure you and those around you really enjoy your possessions. (I Timothy 6:17)

B. Make sure that you pour out your resources into people.

### **Application questions:**

1. How would you respond to someone who says that having fun is a waste of time?

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2. How do you charge your emotional “batteries?” Explain.

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3. What is the goal of emotional “conservation?”

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