

## **Emotional Resources**

*Skip Gray*

### **I. Introduction.**

- A. We must be diligent to know the state of our flock. (Proverbs 27:23)
- B. We seek total well being. (III John 2)

### **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. The wrong kind of competitive spirit can rob our joy.
- C. We conserve our emotional resources so that we can pour out our energy towards others.
- D. We can conserve our emotional energy through memories that help sustain us.
- E. Our quiet day-by-day interchange fills our spiritual wells.
- F. We need to do something for fun that has no other objective.

### **III. The expenditure of emotional resources.**

- A. It costs to build others for Christ. (II Corinthians 11:28, Colossians 2:1)
- B. We struggle so that others might be comforted, have unity and find sufficiency in Christ.
- C. Make sure you and those around you really enjoy your possessions.
- D. 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?

---

---

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

---

---

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

---

---