



PASTOR BOB
April 7th, 2019



“SUSTAINABLE MINISTRY”
Caring for Body and Soul
MARK 1:35-45

“Waiting for our _____ to catch up with our _____”

Sustainable Ministry Involves...

1. CARING for _____ BODY and SOUL vs. 35; MATTHEW 10:28

➤ **Body** = _____ + _____ + _____

➤ **Soul** = _____ + _____ + _____

- _____ **Time Restores _____ for the Body** MARK 2:27
- _____ **Time Restores _____ for the Soul** PSALM 46:10; ECCLESIASTES 10:10
“Cease striving” → sink down, relax, hands drop from work, easy life

Sustainable Ministry Involves...

2. CARING for _____ BODY and SOUL vs. 36-45

Jesus Met the Leper’s...

- _____ **Need** “touched”... “I am willing.” ROMANS 15:7
- _____ **Need** “Be Clean!” 1 JOHN 3:17, 18
- **No Strings Attached!** vs. 43-45;
- 2 TIMOTHY 4:7

LIFE GROUP STUDY NOTES
“SUSTAINABLE MINISTRY”
Caring for Body and Soul

GETTING STARTED *“In your opinion...”*

1. Sunday’s sermon focused on Jesus’ example caring for His body and soul in order to continue ministering to others. Of anything that you remember, was anything helpful, unsettling, questionable?
2. Do you think the health of our body affects our soul and the health of our soul affects our body? How can an unhealthy body damage a soul, and an unhealthy soul damage a body?
3. What makes it easy to *begin* serving in a ministry and difficult to *continue* serving over the long haul? What are some things that might prevent people from continuing?
4. Do you know anyone who has served Christ and others over a long period of time? What was their secret for continuing to serve?

GOING DEEPER *“According to the Bible...”*

Answer the following questions from what the Bible says in the suggested reading

- **Read Matthew 24:13. What is so important about remaining faithful to Jesus our entire life?**
- **Read Romans 8:22, 23 and Hebrews 9:27. What are the current limitations regarding the health of our bodies? How should this affect our expectations for our physical health?**
- **Read Psalm 37:7, 8 and Proverbs 24:19, 20. How is worry and fret harmful to the soul? What are we commanded to do instead of worry and fret? How might this affect anger, rage, and temper?**
- **Read 1 Peter 2:11. What “wages war” against our soul? How does it do this? How can it be avoided?**
- **Read Hebrews 12:15. How might a “bitter root” harm a soul? What does this verse say is necessary to protect ourselves from this bitterness?**

LIVING OUT

- **Are you willing to start caring for your own body and soul in a way that helps you help others care for theirs?**