WORKSHEET 5

MEDS-Rx

Physiology: Caring for the Vessel

"Do you not know that your bodies are temples of the Holy Spirit?" — 1 Corinthians 6:19

Physiology is the fourth variable of energy. Ministry is demanding, and when the work is sacred, depletion can get spiritualized and rest can feel like failure. It is neither.

MEDS-Rx: Meditation, Exercise, Diet, Sleep, Relationships, and your X Factor.

The Area Most Impacting My Leadership Energy Right Now

(Circle one) Meditation Exercise Diet Sleep Relationships X Factor

What This Area Costs Me When It Is Neglected

One Small, Realistic Practice I Will Commit to This Quarter

(Small enough to keep, specific enough to see)

Integration

Supporting my body supports my leadership and my ministry because: