

# VITAMIN **K**

HOW **KINDNESS** CAN CHANGE YOUR WORLD

Jordan Brawner | May 9, 2018  
Part 2: How to be Kind to Yourself!

Mark 12:29-31 (NIV)

"The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. <sup>30</sup> Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' <sup>31</sup> The second is this: '**Love your neighbor as yourself.**' There is no commandment greater than these."

[1] \_\_\_\_\_ is both cleansing and energizing!

1 Thessalonians 5:15-18 (ESV)

See that no one repays anyone evil for evil, but always seek to do good to one another and to everyone. <sup>16</sup> Rejoice always, <sup>17</sup> pray without ceasing, <sup>18</sup> give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

[2] Treat yourself the way you'd treat someone you \_\_\_\_\_ about!

- Don't be a tyrant with yourself!
- Be gracious!
- Negotiate with yourself!
- Stop beating yourself up!

[3] Bring \_\_\_\_\_ to the mess!

- If you're overwhelmed clean your room!
- If you're financially stressed follow a financial plan!
- If important relationships are stuck talk to a wise and honest friend or a counselor!
- If the kids are out of control study some parenting materials!

[4] \_\_\_\_\_ yourself and others!

Ephesians 4:31-32 (ESV)

<sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

[5] Remember the \_\_\_\_\_!

Exodus 20:8-11 (ESV)

"Remember the Sabbath day, to keep it holy. <sup>9</sup> Six days you shall labor, and do all your work, <sup>10</sup> but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. <sup>11</sup> For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Mark 2:27 (ESV)

And he said to them, "**The Sabbath was made for man**, not man for the Sabbath.

- Rest well!
- Rest regularly!

[6] Take \_\_\_\_\_ of your whole being!

1 Kings 19 (CEV)

Ahab told his wife Jezebel what Elijah had done and that he had killed the prophets. <sup>2</sup> She sent a message to Elijah: "You killed my prophets. Now I'm going to kill you! I pray that the gods will punish me even more severely if I don't do it by this time tomorrow."

<sup>3</sup> **Elijah was afraid** when he got her message, and he ran to the town of Beersheba in Judah. He left his servant there, <sup>4</sup> then walked another whole day into the desert. Finally, he came to a large bush and sat down in its shade. He begged the Lord, "**I've had enough. Just let me die! I'm no better off than my ancestors.**" <sup>5</sup> Then he lay down in the shade and fell asleep.

Suddenly an angel woke him up and said, "**Get up and eat.**" <sup>6</sup> Elijah looked around, and by his head was a jar of water and some baked bread. **He sat up, ate and drank, then lay down and went back to sleep.**

<sup>7</sup> Soon the Lord's angel woke him again and said, "Get up and eat, or else you'll get too tired to travel."<sup>8</sup> So Elijah sat up and ate and drank.

The food and water made him strong enough to walk forty more days. At last, he reached Mount Sinai, the mountain of God,<sup>9</sup> and he spent the night there in a cave. While Elijah was on Mount Sinai, the Lord asked, "Elijah, why are you here?"

<sup>10</sup> He answered, "Lord God All-Powerful, I've always done my best to obey you. But your people have broken their solemn promise to you. They have torn down your altars and killed all your prophets, except me. And now they are even trying to kill me!"

<sup>11</sup> "Go out and stand on the mountain," the Lord replied. "I want you to see me when I pass by."

- We need to sleep right!
- We need to eat right!
- We need to process how we got here!
- We need time in God's presence!

[7] \_\_\_\_\_ faith building words!

Psalm 19:14 (CEV)

Let my words and my thoughts be pleasing to you, Lord, because you are my mighty rock and my protector.

Psalm 40:16 (NIV)

But may all who seek you rejoice and be glad in you; may those who long for your saving help always say, "The Lord is great!"

[8] Train yourself to be \_\_\_\_\_!

Philippians 4:11-13 (NLT)

Not that I was ever in need, for I have learned how to be content with whatever I have.<sup>12</sup> I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.<sup>13</sup> For I can do everything through Christ, who gives me strength.

[9] Develop good \_\_\_\_\_!

Proverbs 17:17 (NLT)

17 A friend is always loyal,  
and a brother is born to help in time of need.

Proverbs 17:17 (NIV)

17 A friend loves at all times,  
and a brother is born for a time of adversity.

[10] \_\_\_\_\_ wins!

Nehemiah 12:43 (NLT)

Many sacrifices were offered on that joyous day, for God had given the people cause for great joy. The women and children also participated in the celebration, and the joy of the people of Jerusalem could be heard far away.

## QUESTION TO CONSIDER

If you had to pick one way you could be kinder to yourself, what would it be and how would you do that?

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## PRAYER

Take a moment to ask God for help in this area.

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