

***Spirit Empowered Discipleship***



2018

"Love the Lord your God with all your heart and with all your soul and with all your mind." This is the first and greatest commandment. And the second is like it: "Love your neighbour as yourself." All the Law and the Prophets hang on these two commandments.

Matthew 22.37-40

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*Matthew 22.37-40*

# ***Spirit Empowered Discipleship***

- *Priorities - No other gods*
- *Worship - No graven images*
- *Perspective - Not taking God's name in vain*
- *Use of our time - Keeping the Sabbath holy*
- *Family life - Honouring our parents*
- *Temperament - Do not murder*
- *Relationships - No adultery*
- *Finances - No stealing*
- *Language - No lying*
- *Imagination - No coveting*

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.*

*Romans 12.1-2*

*"I want you to challenge one another. I want you to get together in your twos and threes and ask each other, what is God doing in your life? Where is he leading you? What aspects of your life are not yet wholly committed to his will?"*

*"This is not going to be easy. It is going to be demanding."*

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*Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.*

*Exodus 20.8-11*



# TIME IN THE OFFICE

*Average hours per week by country*

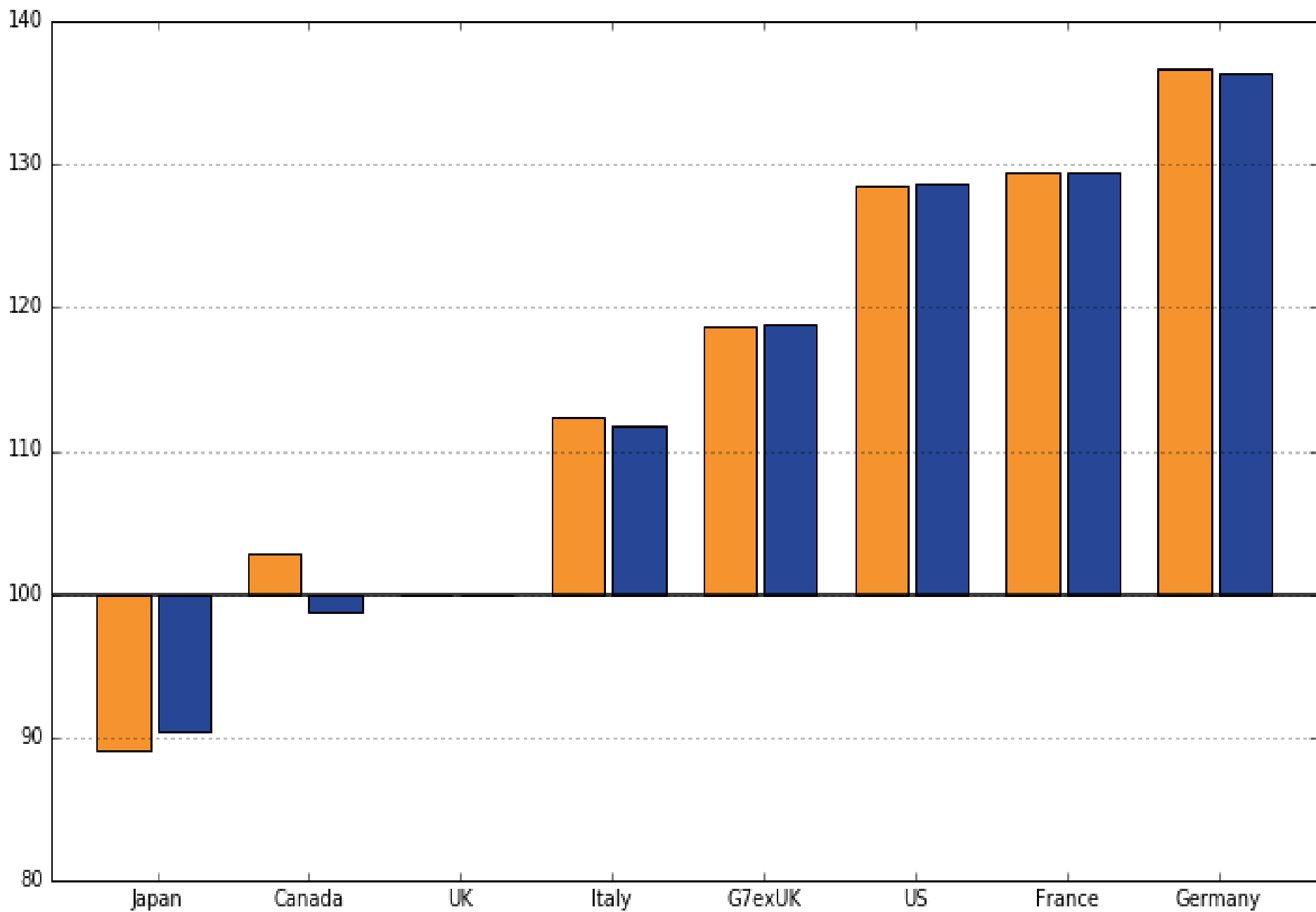
<b>Britain</b>	<b>42.3</b>
<b>Austria</b>	<b>41.4</b>
<b>Greece</b>	<b>41.2</b>
<b>Portugal</b>	<b>41.1</b>
<b>Poland</b>	<b>41.1</b>
<b>Germany</b>	<b>40.4</b>
<b>Spain</b>	<b>39.9</b>
<b>Belgium</b>	<b>39.2</b>
<b>Netherlands</b>	<b>39.0</b>
<b>France</b>	<b>39.0</b>
<b>Italy</b>	<b>38.8</b>
<b>Denmark</b>	<b>37.8</b>

\*\*Source: Eurostat



Index UK = 100

2014 2015



**לתשומת לבכם שומרי  
שבת:**

**השימוש בשירותים  
מפעיל חיישן חשמלי.**

**Shabbat Observers:  
Please be advised,  
this urinal is activated  
by a motion sensor.**





*"The Sabbath was made for man, not  
man for the Sabbath."*

*Mark 2.27*



# ***Spirit Empowered Time***

- *Taking some down time*
- *Resting properly*
- *Living out our call*

*"Sleep (or lack of it) is back in fashion. Two recent books, 'Why We Sleep' by neuroscientist Matthew Walker and 'The Business of Sleep' by clinical psychologist Vicki Culpin, warn in the strongest terms that regularly sleeping less than seven hours a night is a disaster for our mental and physical wellbeing....*

*BMJ Website*



*....As a culture, we in rich countries are in the throes of what Culpin calls "an epidemic of sleeplessness," increasing our risk of depression, anxiety, dementia, stroke, heart disease, obesity, cancer, diabetes, and road traffic crashes. Walker describes "low level exhaustion" as the accepted norm, with the same dire consequences, especially bad for night owls and for teenagers forced to function against their natural circadian rhythms."*

*BMJ Website*

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.*

*1 Corinthians 6.19-20*

*In peace I  
will lie  
down and  
sleep, for  
you alone,  
LORD,  
make me  
dwell in  
safety.*

*Psalms 4.8*



*"Your job as a leader is to gather those who are much better in their particular role than you are. This will make you look much better than you really are."*

*David Stroud – Christchurch*

*London*