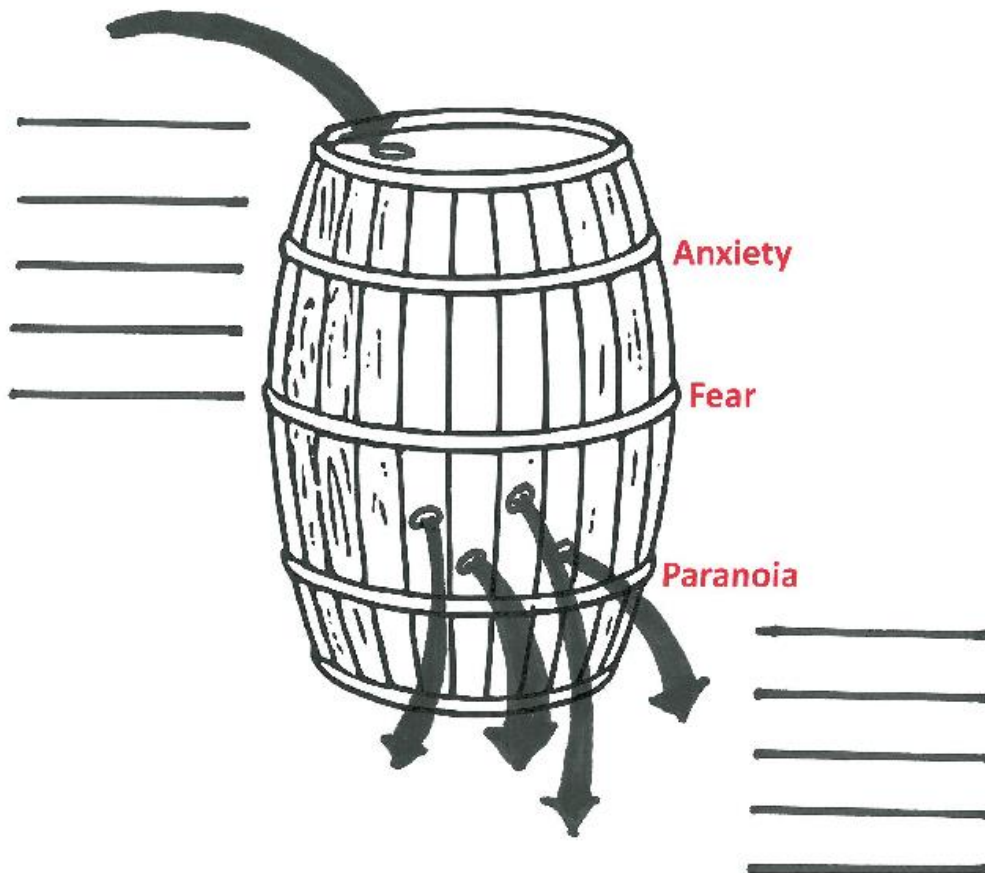


“The Barrel”

Adapted from Wayne Cordeiro – Self-Leadership – Willow Creek Summit (2011)

*I am the gate; whoever enters through me will be saved. He will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; **I have come that they may have life, and have it to the full** (John 10:9-10). For I know the plans I have for you,” declares the LORD, “**plans to prosper you and not to harm you, plans to give you hope and a future** (Jeremiah 29:11-12). Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — **if anything is excellent or praiseworthy — think about such things** (Philippians 4:8-9). Do not conform any longer 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 12:2).*



Every person has a reservoir of physical, emotional, and spiritual energy. We'll call it “your barrel.” If the rate of drainage exceeds the rate of filling, your energy dissipates and can lead to anxiety, fear, paranoia, and neurotic behavior.

Certain things can **drain** your barrel such as day-to-day responsibilities, obligations, and duties. Some of these things are natural and expected such as your job, family, and life in general. Bad

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decisions, dysfunctional activity, unhealthy habits, and sin can drain your barrel. Personal conflicts, workaholism, and addictions can also drain your barrel.

What legitimately drains your barrel?

What dysfunctional behaviors drain your barrel?

What self-induced actions drain your barrel?

What draining actions can you eliminate?

Certain activities can **fill** your barrel such as devotions, prayer, spiritual renewal, true recreation. Other activities that fill your barrel might include bike riding, skating, cooking, hiking, reading or fishing for instance. Healthy habits can provide the energy you need to function effectively and live an abundant life.

What physical activities fill your barrel?

What emotional activities fill your barrel?

What intellectual activities fill your barrel?

What spiritual activities fill your barrel?

What life-giving activities can you add that will fill your barrel?