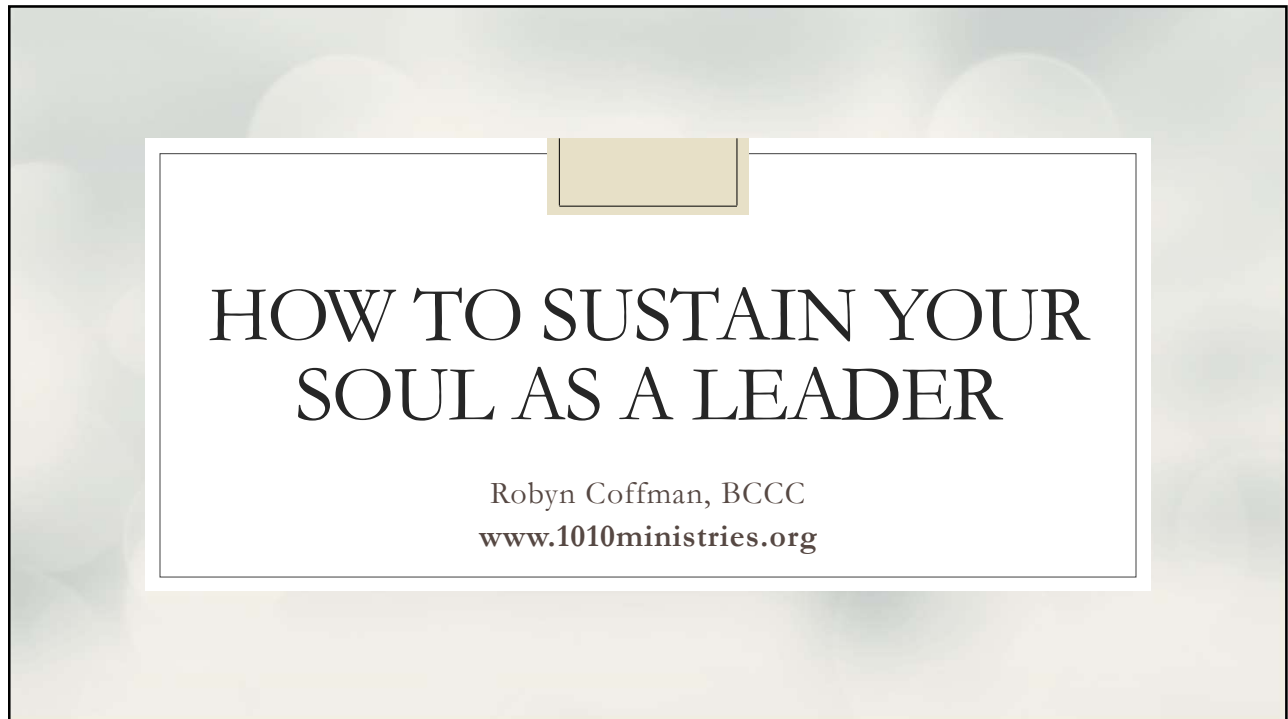
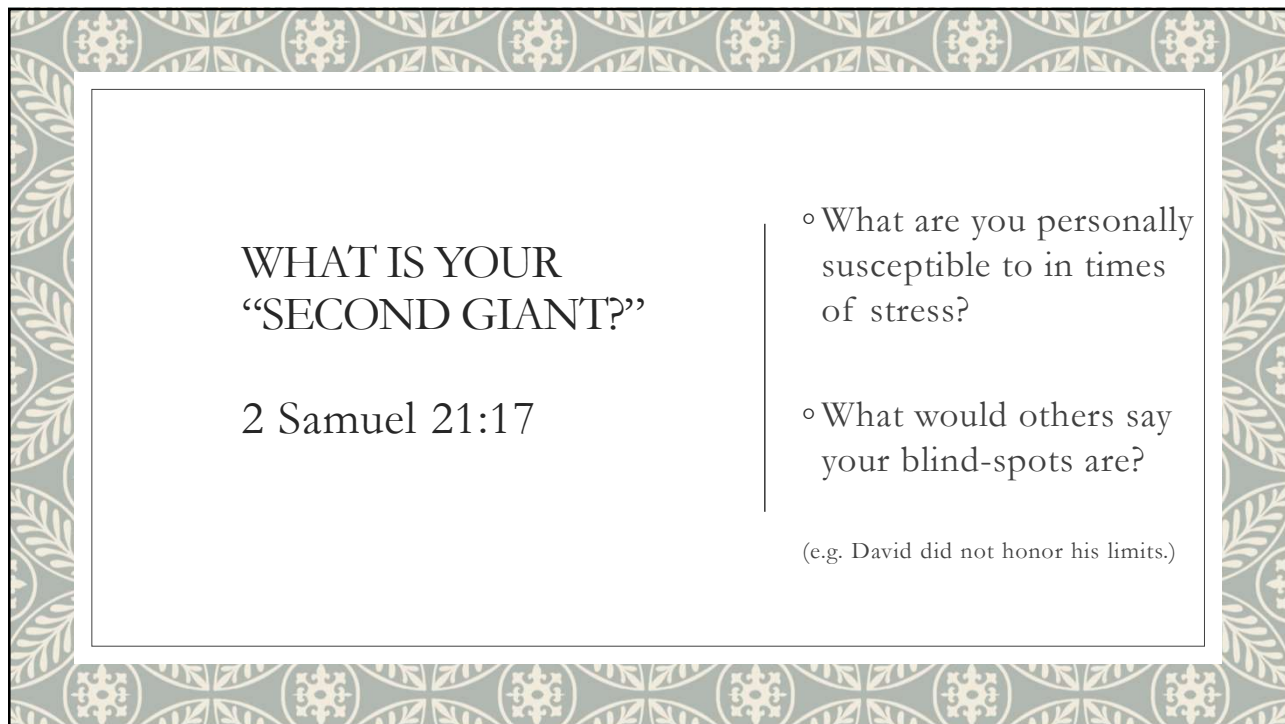




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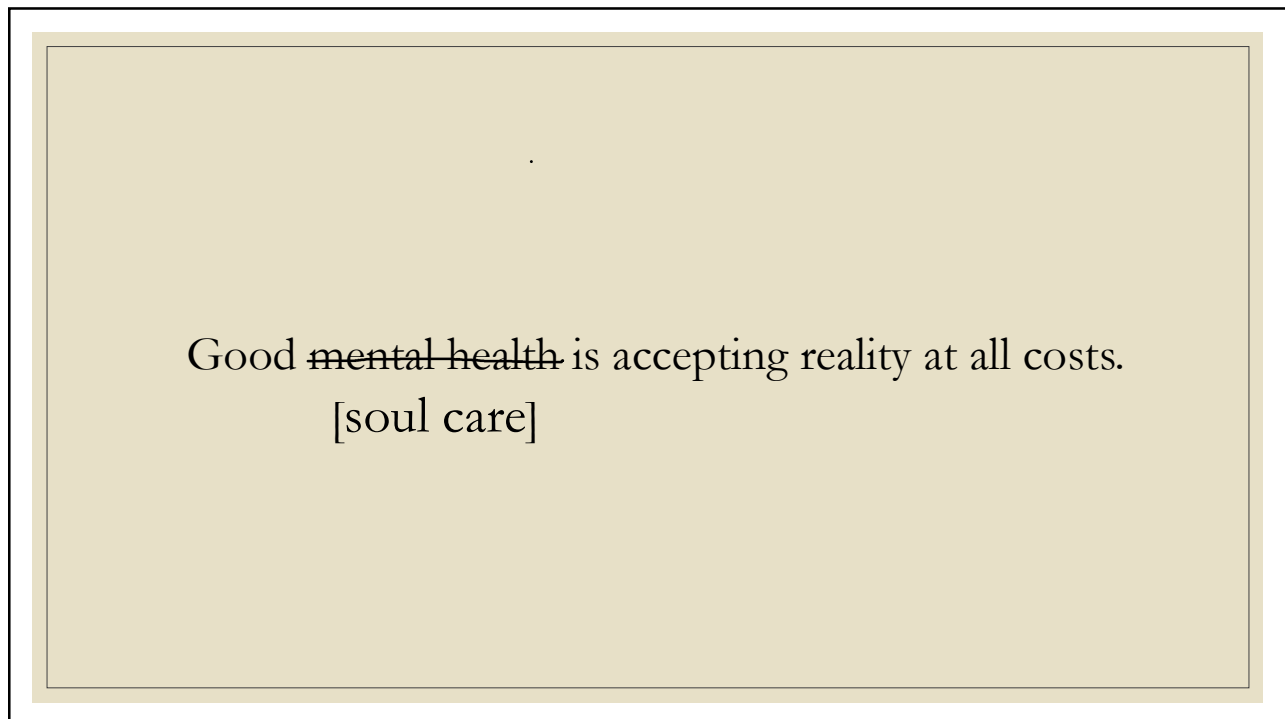
WHAT IS YOUR  
“SECOND GIANT?”

2 Samuel 21:17

- What are you personally susceptible to in times of stress?
- What would others say your blind-spots are?

(e.g. David did not honor his limits.)

3








Good ~~mental health~~ is accepting reality at all costs.  
[soul care]

4

## Framework for Sustainability


Mark 12:29-31

-  HEART- emotional cycles
-  SOUL- rhythm and care
-  MIND- thought boundaries
-  STRENGTH- capacity awareness
-  AS SELF- pour in to pour out

5

## Framework for Sustainability

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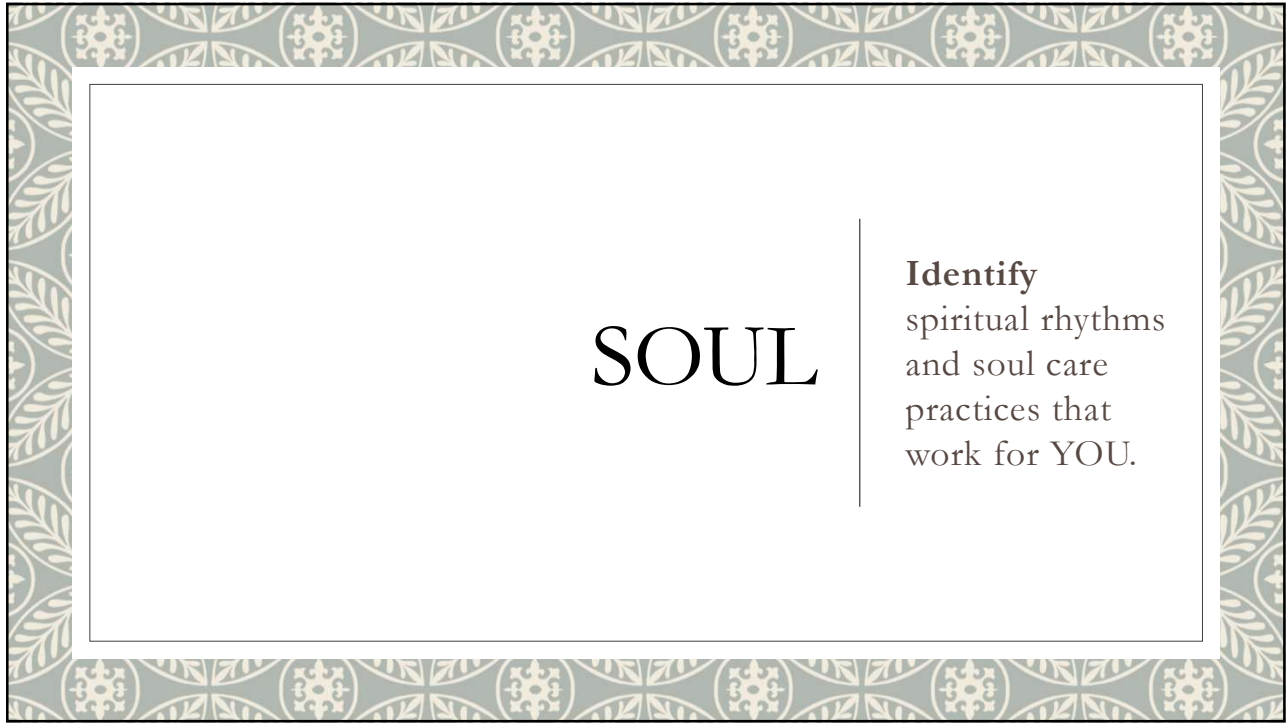
## Framework for Sustainability

Mark 12:29-31

# HEART

**Invite** emotions and **allow** them to complete their cycle.

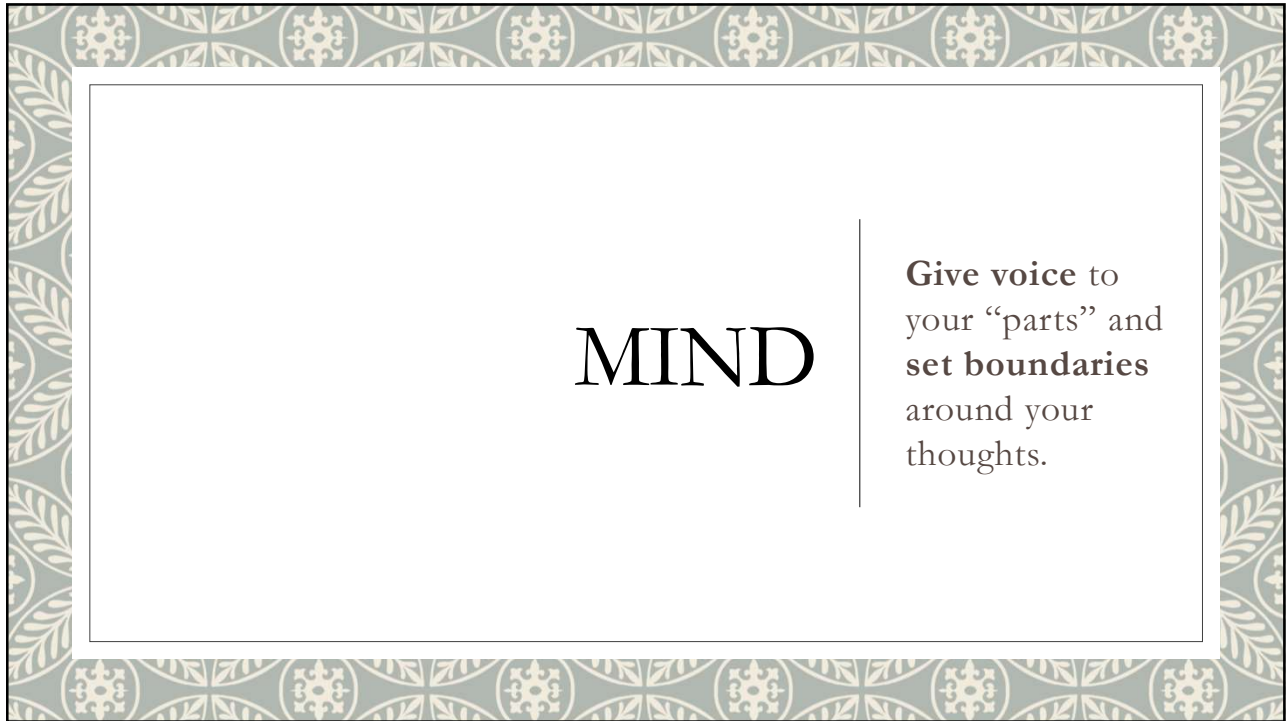
6



**SOUL**

**Identify**  
spiritual rhythms  
and soul care  
practices that  
work for YOU.

7



**MIND**

**Give voice to**  
your “parts” and  
**set boundaries**  
around your  
thoughts.

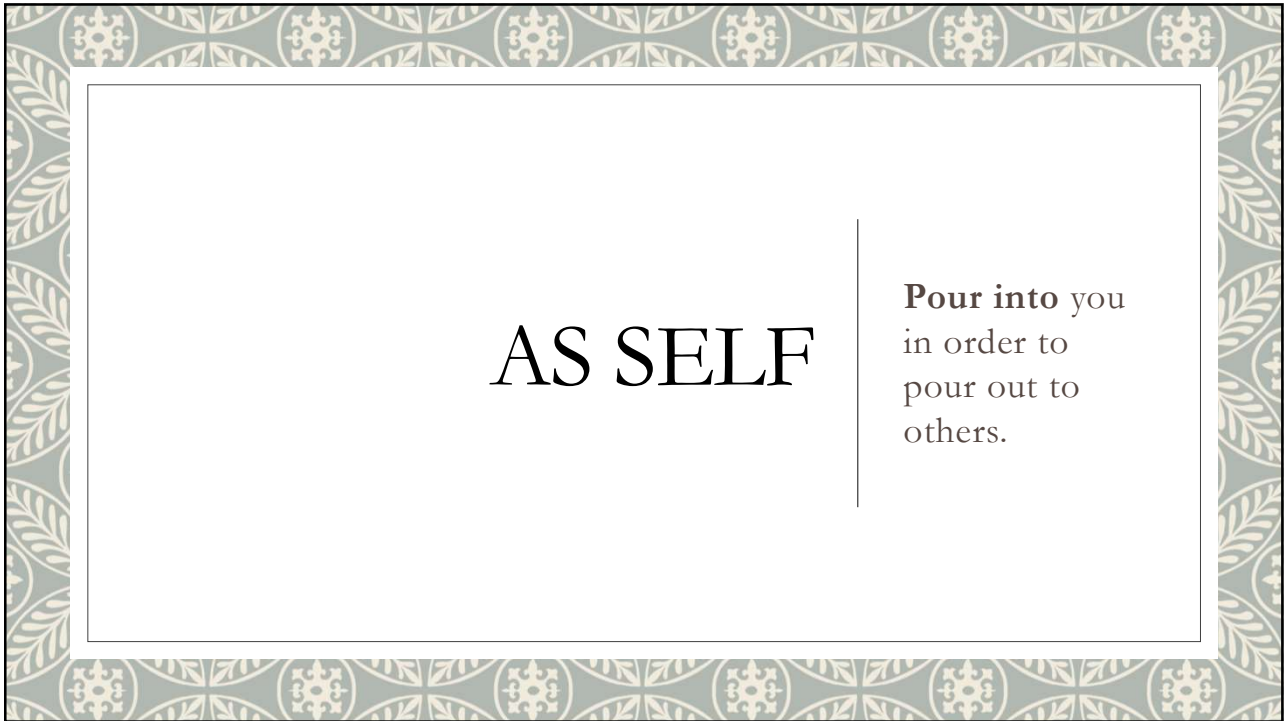
8



# STRENGTH

**Know** your capacity and **respect** your limits.

9



# AS SELF

**Pour into** you in order to pour out to others.

10

## Tools to Resiliency

(What to do when you're feeling stretched.)

Invite laughter	Translate	Adjust expectations
Embrace liminal space	Grieve	Hold Truth

11

### New Couples Group Retreat!

June 24 - 26, 2022 | \$1,275 per couple  
*10 Spots Remaining!*

**Are you looking for a marriage refresher?**

We are hosting a weekend getaway that would be perfect for you. Joey and Robyn Coffman are leading a couples group retreat at Bob Goff's retreat center, The Oaks.

- Two nights lodging in a well-appointed room
- Four relevant and practical sessions led by Joey and Robyn
- First-class hospitality
- Five delicious meals
- Beautiful setting and amenities on 240 acres in San Diego County
- Optional couple's themed yoga session
- Ample time to rest, connect, and have fun!

**\$650 for ministry couples!**



[Request to Join](#)

### Want to get away?

**Special rate just for you!**



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