



LIVING WORD ASSEMBLY

WEEKLY

NEWSLETTER

OUR DUTY OF SELF-CARE:
ENHANCING
YOURSELF.

May 8th, 2017



Self
Care

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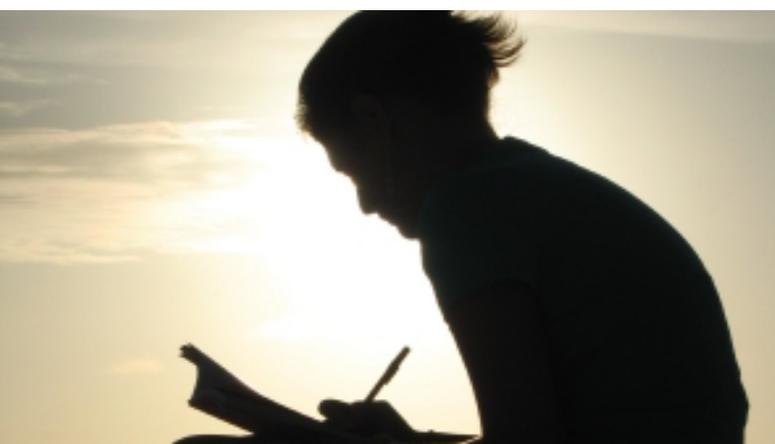
The greatest act of gratitude we can show to God who made us complete and sufficient is self care. To care is to be concerned about and look after something considered important. Let me repeat for emphasis sake that: Self care is not selfish; but the lack of it, is. This is because it actually determines not just your personal success but also your ability to create value for any and every one else. To do otherwise; is self neglect- a big disservice not only to ourselves and others especially our close allies, it is the highest form of disrespect to the Almighty God!

The first result of consistent self care is a discovery of self: our virtues and also our weak points or blind spots so to say. The second outcome is an acceptance and deep appreciation of our virtues with a glowing desire to enhance them. We also grow increasingly comfortable with our weak points as we observe

“ The most pragmatic approach to self enhancement and development is to focus on our strengths and virtues; “

our ability to deliver value despite its presence in our lives. The most pragmatic approach to self enhancement and development is to focus on our strengths and virtues; effectively deploy them, while ensuring that our weak points does not become obstructive.

What would enhance me? In my opinion, the quality and quantity of your value add through the deployment of your talents and skills determines your altitude in life. This is what creates charisma in man. I would quickly add that your character and attitude would sustain that altitude and charisma. I believe practice makes perfect , and thus all you need to enhance your natural strengths and talents is to use them ! This is because they are Intrinsically created as good as they possibly can be. They can however remain under developed and or depreciate through a lack of use!





On the other hand, skills are learnt and are not in born. Practice also makes skills become better. The combined deployment of talents and skills is a leverage, the most powerful being talents with complementary skills. It is possible for a function to be both a talent and a skill. An example is appropriate to illustrate this point. Singing can be both a talent and a skill. One can have an inherent talent to sing and singing can also be learnt. A talented singer who learns the act of singing would excel better than a talented singer with no form of additional learning and skills development. In fact , a well trained singer would compete very favorably with a lazy, untrained but talented singer. My point is, everyone of us has a duty of self care and that involves not only discovering

our selves, but also of loving what we discover , putting it to use and enhancing it by acquiring complementary skills. I believe this not only pleases God , it is a trigger for His blessings upon our lives. It simply opens doors of rewards we may never have imagined possible.

Let me conclude today by emphasizing that there should be no illusion that self care as described above is labour intensive. Proverbs 14:13 says in all labour, there is profit. Productive labour otherwise called work is not a curse, it is a requirement for reward! Next week we will focus on the skills which we must seek to learn and acquire in preparation for a life of proven success.



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