



Study Guide, Episode 95—How to Be a Doer & Not Over-or Under-Do

James

00:00-10:15	"QOTW: How can I be a 'doer' and do 'works,' but not over- or under-do?"
10:16-28:08	"Busyness & Self-Worth: You are not what you DO"
28:09-37:44	"Faith is action & power; Act & do in faith"
37:45-48:16	"Powerful Self-Care; Faith is works, but works is not faith"
48:17-END	"To receive wisdom on what to do/not do, ask in faith"

- 1) What does it mean to you to be a "doer of the word and not a hearer only"? How well do you feel you are doing at being a "doer of the word"? What is one thing you might do this week to DO the word more effectively?
- 2) What does "busy" look like/mean to you? How does "busyness" impact your life (or not)? Positively? Negatively? How does it interplay with your sense of self-worth? Do you feel you need to make changes in your level of "busyness"? How might you begin to be less busy and focus more on doing God's word and work? These articles might help.
 - a) <https://www.drchristinahibbert.com/confession-i-was-addicted-to-busyness-didnt-even-know-it/>
 - b) <https://www.drchristinahibbert.com/addicted-to-busyness-understanding-6-steps-to-overcome/>
- 3) Rate yourself on a scale of 1-5 (1=Very poorly; 5=Very well):
 - a) How well are you *acting in faith* in your daily life?
 - b) How well are you doing the works that show your faith?
 - c) How well are you ensuring you're not just doing works without faith?What is one thing you can do this week to improve in one or more of these areas?
- 4) What does self-care look like/entail for you? How would you rate your current level of self-care (using the scale above)? What might "powerful self-care" entail/look like/be like for you? What is one change you can make today to increase your self-care? The following articles and challenge may help!
 - a) <https://drchristi.mykajabi.com/8day-replenish-challenge>
 - b) <https://www.drchristinahibbert.com/the-3-layers-of-self-care-build-a-healthier-happier-you/>
 - c) https://www.goodreads.com/author/show/7392091.Christina_G_Hibbert/blog

Resources

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