

May 2023 Round Table Meeting Agenda

Opening Prayer and Pledge of Allegiance

Vision: Reflect Christ's glory in the workplace and Expand the Kingdom.

Mission: To bring Christ to the marketplace, foster fellowship and promote the adoption of Christian values through the influence of senior business leaders.

Topic: "Work/Life Balance"

1. What does "self-care" mean for a Christian?
2. What are the three areas of personal well-being that you are attending to the best: physical, mental, social (marriage, children, family, friends), or spiritual?
3. What goals have you set for your personal well-being and who holds you accountable for your personal well-being?
4. What signs of burnout do you see in yourself?
5. What is a one-time commitment in your calendar you can eliminate to create room for self-care?

Applicable Bible Verse(s) ---

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, honor God with your bodies. (Philippians 4:13)

VIRTUE discussion and application ---

Temperance — Am I balanced using created goods, using pleasure in moderation, and seeking that which is good?

Individual takeaways and "Wisdom to Share" from today's meeting.

1. What action can I take today based on the outcome of this meeting?
2. How can I challenge others with this information?
3. What "Wisdom to Share" was gained to include in CBRT's monthly blog?

Proverbs 27:17 *"As iron sharpens iron, so one man sharpens another."*

Closing with prayer: All participants engaged with a prayer close.