



Shepherd Care®

To Care for People Where They Live and Work

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COMMUNITY Care TOPIC

Fill Up The Tank- The Life Tank

Did you know that each person, family, relationship, and home has a tank? Each action can empty or replenish the reservoir from our lives.

Our decisions to invest or withdraw from this container affect the levels and balance of the tank. In the face of multiple responsibilities and diverse demands, we can either feel full or drained.

So How Can We Keep the Life Tank Full?

- **Serve-** Participate in the daily duties in practical ways. Do the dishes, laundry, and help with the ironing or homework. Lend a hand!
- **Love-** Give affection, nurture, and communication. Be sensitive the needs of others.
- **Live-** Pour out your life, constantly sow kindness, and consistently give of your time. Just as plants need water and care, so people need edified.

What Does This Look Like?

For example, if you know that a spouse or family member has a lot on their plate, but you also would like to have the advantage of spending extra time together later, then plan in advance to make a deposit and “top of their tank.” This way of consideration, sharing, and coming alongside is mutually beneficial.

The Life Tank holds the reserves in which we all can to draw strength from. So, fill up someone’s tank today!

Your Community Chaplain

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“Why not invest your assets in the companies you really like? As Mae West said, ‘Too much of a good thing can be wonderful.’”

Warren Buffett

“Bear ye one another's burdens, and so fulfil the law of Christ.”

Galatians 6:2

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