

SELF-CARE FOR YOUR SOUL

Blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. (Jeremiah 17:7-8a)

1. **Pray about everything.** The Lord is ready to hear about your day-to-day activities, raw emotions, and heavy burdens. When you share it all with Him, you grow to trust Him more and more.
2. **Rely on the Holy Spirit's prayers** when you can't find words of your own. *In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.* (Romans 8:26)
3. **Listen to God. Sit in His presence.** God speaks in many ways: through the Holy Spirit, His Word, music, others, and creation. Take time to open your heart, quiet your mind, and nestle in with Him, knowing He is near.
4. **Think of tangible reminders of God.** For example, every time you see a circle, it can remind you that just as it has no beginning or end, neither does God's love. Consider the many ways God shows His love. Think of tangible reminders of other things you want to remember about God. This can help you redirect your thoughts toward Him throughout the day.
5. **Memorize or meditate on a Bible verse** that you find comforting. You can start with one of these if you'd like:

   ...For the Lord comforts his people and will have compassion on his afflicted ones. (Isaiah 49:13b)

   The Lord is close to the brokenhearted and saves those who are crushed in spirit. (Psalm 34:18)

   He heals the brokenhearted and binds up their wounds. (Psalm 147:3)
6. **Do a word study, read a book, or listen to a sermon or podcast** on a spiritually encouraging topic. Delve in, take notes, and search for Bible verses, songs, and quotes on the topic. Keep your notes handy so you can refer to them when you need a reminder of what you've learned.

SELF-CARE INCLUDES SABBATH REST

On the seventh day—with the canvas of the cosmos completed—God paused from His labor and rested.
(Genesis 2:2 VOICE)

AN ANCIENT RHYTHM OF REST

For six days, God worked. On the seventh, He rested, celebrating all He had made. Sabbath marked the completion of His creation. Today, Sabbath is the nourishing, refreshing, and desperately needed invitation we often feel too guilty to accept. Yet we were created for this ancient rhythm that began in the garden.

Honoring the Sabbath reminds us that we are part of that age-old rhythm. *Also I gave them my Sabbaths as a sign between us, so they would know that I the Lord made them holy.* (Ezekiel 20:12)

Not only is the Sabbath set apart as holy, but we (God's people), are set apart as holy. Remembering the Sabbath reminds us that we are God's children, wholly and dearly loved, holy and set apart. The Sabbath is a living covenant between our God and His people.

Generations from the garden, our bodies are fragile; chronic illness, mental illness, chronic pain, and disability mirror the brokenness of our world. Yet in the midst of the decay, God quietly, gently invites us to rest: *Come to me, all you who are weary and burdened, and I will give you rest.* (Matthew 11:28) Our Heavenly Father's perfect gift is at the point of our greatest need.

Sabbath is more than rest; it is the peace found only in God's Presence. On the sixth day, God created Adam and Eve. On the seventh day, God rested. Adam and Eve's first full day on earth was the day God set apart as holy, prioritizing His relationship with them over His work of creation.

On that very first Sabbath, God chose to rest with Adam and Eve. Now it's our turn. **Will we choose to rest on the Sabbath with our God?**

A PLACE TO BEGIN

Need help figuring out how to begin? Start small—one line, one word, one prayer. Simply relax, anticipating that God will meet you in the quiet, whispering to your soul through a verse, a song, a devotional, or a prayer.