

Self-Care

Self-care is very important for our lives as Christians. Most wouldn't think of this as a spiritual discipline but if we really get down to it, taking care of ourselves is just as important as anything else. Remember we have one body and we must do all that we can to take care of it. Self care covers a wide variety of things that we need to do and consider. I won't cover every self care habit and thing that we need to take care of but I will cover the most important ones. I'm breaking this into two separate lessons, both focusing on self care. This week we are going to be talking about the practical things of self care such as sleep, exercise, play, and social/emotional and touching on mental health and expanding on it the next week. Self care for Christians can be tricky. The idea of doing something to take care of yourself, when God says he will supply all our needs. Our minds, bodies, and hearts are all blessings and gifts from God. When you think of traditional self-care and ways of taking care of yourself, this is what normally comes to mind. Self-care as a Christian implies we think of our health as a gift. We should consider the health of our mind, bodies, and souls as a way to be good steward of the blessings that God has given us.

Good self-care is attending to and respecting the limitations and needs that God has designed for humans. A good example or analogy for self care is caring for our car. I know not all of us can drive but basic car maintenance is important. If you don't do the small tune ups like changing your oil, checking tire pressure, and things like that. We as people need to be doing the basic maintenance in our lives. For cars there are warning signs or warning lights that tells us when something is wrong. If we ignore these light further problems could happen. The same can said about us. Our bodies gives us warning signs and sometimes we ignore those signs and further problems can happen. This brings us to our first point;

- Physical self-care. In general we understand that physical self-care means diet, exercise, and sleep. More often than not, we tend to live a life that says we value the opposite. Busy schedules and poor time management leads us to fast food, late hours. MARK 6:31 says "And He said to them, come aside by yourselves to a deserted place and rest a while. For there were many coming and going, and they did not even have time to eat." Did that ever occur to you that rest was self-care. So often we neglect physical care but there are so many bible verses about taking care of your body. Many of these verses speak to the importance of rest in your physical health. In the scripture above Jesus is encouraging his disciples to care for their health. Basically what I'm saying here is take a nap and if you need to take one then you should take one. In addition to speaking about rest, there are many scriptures about a healthy body. These can help encourage you to build schedules and routines for a healthier you. I've found it easier to follow a routine when I have a scripture to remind me of why I am choosing health. As I said earlier your body is a temple. 1 CORINTHIANS 6:19-20 says "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefor glorify God in your body and in your spirit, which are God's. Another verse is 1 CORINTHIANS 10:31 which says, "Therefore, whether you eat or drink, or whatever you do, do all for the glory of God. There are other verses that state that taking care of our bodies is key. There are some of us here who are athletes and former athletes(us leaders) and something I remember most and miss and that set routine of working out and being on a schedule. We all don't have to have the same work ethic as an athlete does but taking time and doing basic workouts keeps your body healthy and feeling good. What I find works best for me is that I have a goal or motivation for it. I want to be able to keep up with you guys as much as possible, that doesn't mean speed wise that I can keep up but being able to hang physically. Another motivation is that I slacked off between years and gain lots of weight so I want to lose that and the only way that happens is with working out and eating right. Everyone has to find their own motivation whether its a goal or someone pushing you. Like I just mentioned eating right is also key. If you eat junk food and fast food, you are most definitely not eating right, Now I am guilty of eating more fast food because for the simplest excuse, because it's easy and fast. This means we shouldn't be putting things into our body that harms us such as drugs and food that is poisoning to our bodies.
- Spiritual Self care. When I think of spiritual self care, that's things that help grow our faith. It is, if not one of the most important part of self-care. JOHN 3:16 says, "For God so loved the world, that he gave his only son, that whoever believes in him should not perish but have eternal life.

Another verse for us to look at here is ISAIAH 58:11, "The Lord will guide you continually, and satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail." And the last verse I want us to look at is 2 PETER 1:5-8, " But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, to brotherly kindness love. For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ."

- Mental health and therapy. When we think of mental self care we think of that overwhelmed feeling we get when we pour every last we have in situations and areas we were never called to.

OTHER RESOURCES:

[Dear Christian, It's Okay to Practice Self-Care | Equipping Godly Women](#)

[What God Says About Self-Care \(dayspring.com\)](#)

[How to Exercise at Home During Coronavirus Outbreak \(verywellfit.com\)](#)

[4 Encouraging Truths for Christians with Mental Illness \(thegospelcoalition.org\)](#)

VIDEOS: Martin Luther King Jr.

https://www.youtube.com/watch?v=3ank52Zi_S0