



# February Wellness Devotional

Nourish with Love · Body, Mind & Soul



[traceyjorose.com](http://traceyjorose.com)

“Love the Lord your God with all your heart  
... and love your neighbor as yourself.”

– Matthew 22:37-39

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# A SEASON OF NOURISHMENT

February often speaks of love — but not the kind found in quick gestures or temporary feelings. Biblical love is steady, intentional, and rooted in care. It is patient. It nurtures. It sustains.

This month invites you to view wellness through the lens of love — not just love for others, but love that includes yourself. Caring for your body is not selfish. It is stewardship. It is gratitude for the life God has entrusted to you.

Nourishment is not about excess or restriction.

It's about choosing what supports life, strength, and peace.

Let February be a reminder that love shows up daily — in how you eat, rest, move, and speak to yourself.

## SCRIPTURE FOCUS

*“Love the Lord your God with all your heart... and  
love your neighbor as yourself.”*

*— Matthew 22:37-39*

# DAILY WELLNESS FOUNDATIONS (NOURISHMENT OVER NEGLECT)

Food is one of the most practical ways we practice care.

## ***This month, focus on:***

- Eating regular meals without skipping
- Including protein and nourishment at each meal
- Choosing foods that make you feel supported, not depleted
- Letting go of guilt around food choices

## ***Gentle Movement as Self-Respect***

Movement doesn't have to be intense to be loving.

Try:

- Walking outdoors when possible
- Stretching or mobility work
- Movement that feels kind to your joints and energy

Movement is not punishment — it is care.

## ***Rest & Emotional Nourishment***

Love creates safety. So does rest.

This month, aim to:

- Protect your sleep
- Create calming transitions into the evening
- Notice emotional exhaustion and respond with grace

You are allowed to slow down.

*“So God created mankind in His own image.” — Genesis 1:27*

*Your body carries value because you carry value.*

# DAILY WELLNESS FOUNDATIONS (BODY CARE WITH PURPOSE)

Gentle Movement (Honor, Not Exhaust)  
Movement doesn't need to be intense to be effective.

Try:

- A 10–20 minute walk
- Light stretching in the morning
- Movement that feels life-giving, not draining

Your body thrives when it feels supported, not forced.

Rest as a Health Practice

Rest is not a reward — it is a requirement.

This month, aim to:

- Create a calming evening routine
- Limit screens before bed
- Go to sleep at a consistent time

God restores us in rest just as much as in action.

*“Whether you eat or  
drink, or whatever  
you do, do all to the  
glory of God.”  
— 1 Corinthians  
10:31*

# FEBRUARY WELLNESS RESET (DAILY HABITS)

Choose ONE primary habit to focus on this month.

- Drink water first thing each morning
- Eat balanced meals without restriction
- Practice daily stillness or prayer
- Move your body gently each day
- Create a calming evening routine

Optional Daily Add-Ons:

- Add one vegetable to a meal
- Take a short walk after eating
- Pause before meals to give thanks
- Prepare one nourishing meal at home

Small steps, done consistently, create lasting health.

*“Whether you eat or  
drink, or whatever  
you do, do all to the  
glory of God.”  
— 1 Corinthians  
10:31*

# Weekly Meal Inspiration

“He satisfies the thirsty and fills the hungry with good things.” — Psalm 107:9

## **Week 1 – Comfort & Stability**

Focus: Warm, grounding meals that support energy and digestion

Meal Ideas:

- Chicken soup with vegetables and bone broth
- Scrambled or baked eggs with sautéed spinach
- Roasted root vegetables with olive oil
- Oatmeal or overnight oats with nuts and berries
- Warm herbal tea or broth in the evening

Gentle Reminder:

Warm foods can be soothing for the body, especially during colder months.

## **Week 3 – Simplicity & Ease**

Focus: Reduce decision fatigue with easy, repeatable meals

Meal Ideas:

- Sheet-pan chicken, fish, or sausage with vegetables
- Slow cooker chili or stew
- Leftover bowls with protein, vegetables, and grains
- Simple sandwiches or wraps with whole ingredients
- Pre-cut veggies with hummus or dip

Gentle Reminder:

Simple meals are still nourishing — ease supports consistency.

## **Week 2 – Balance & Energy**

Focus: Steady meals to support blood sugar and mood

Meal Ideas:

- Grilled or baked chicken with rice or quinoa and vegetables
- Salmon with roasted broccoli and sweet potatoes
- Big salads with protein, healthy fats, and fiber
- Yogurt or cottage cheese with fruit and seeds
- Balanced snacks: apple + nut butter, cheese + crackers

Gentle Reminder:

Balanced meals help prevent energy crashes and cravings.

## **Week 4 – Mindful Enjoyment**

Focus: Presence, gratitude, and enjoyment without guilt

Meal Ideas:

- Sit-down family meals without screens
- Comfort foods enjoyed slowly and intentionally
- Homemade desserts or favorite treats in moderation
- Shared meals with friends or loved ones
- A meal prepared with gratitude and prayer

“Taste and see that the Lord is good.” — Psalm 34:8

Gentle Reminder:

Food is a gift meant to be enjoyed, not controlled.

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 1: AWARENESS

HOW DO I CURRENTLY SHOW CARE TOWARD  
MY BODY?

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GOALS

TO DO

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 2 - INTENTION

WHERE CAN I CHOOSE NOURISHMENT  
INSTEAD OF NEGLECT?

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GOALS

TO DO

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 3 - COMPASSION

WHAT WOULD CHANGE IF I TREATED MY BODY  
WITH PATIENCE AND KINDNESS?

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GOALS

TO DO

# WEEKLY REFLECTIONS (MIND & HEART)

## WEEK 4 - GRATITUDE

WHAT IS MY BODY ALLOWING ME TO  
EXPERIENCE AND DO RIGHT NOW?

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GOALS

TO DO



# CLOSING PRAYER

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LORD,

THANK YOU FOR THE GIFT OF THIS BODY AND THE  
LIFE IT CARRIES.

HELP ME CHOOSE NOURISHMENT OVER NEGLECT,  
COMPASSION OVER CRITICISM,

AND FAITH OVER FEAR.

TEACH ME TO CARE FOR MY HEALTH AS AN  
EXPRESSION OF LOVE —

FOR YOU, FOR OTHERS, AND FOR MYSELF.

AMEN.