

## Self-Care Recap



Over the last 5 months we have been focused on self-care and the nine pillars of self-care: Spiritual, Environmental, Emotional, Physical, Mental, Recreational, Social, Psychological, and Financial.

What did the bible say about each of these:

### 1. Self-care

Self-care may be defined by the term itself – caring for yourself. Self-care includes anything you do to keep yourself healthy – physically, mentally, and spiritually.

*“Come to me, all who labor and are heavy laden, and I will give you rest.”*

**Matthew 11:28 ESV**

*Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?*

Seek first His Kingdom and His righteousness.” Why? Because then all of the necessities of life are freely given! Food, drink, clothing, reassurance of safety and care. These things are part of God’s blessing to those who seek His kingdom. **Mathew 6:25,26 & 30-34**

### 2. Spiritual Self-Care

Spiritual self-care involves anything that helps you develop a deeper sense of meaning and understanding. Spiritual self-care can also help you get in tune with the beliefs and values that guide your life.

**Along Jesus' journeys it is recorded that he stopped to rest and ensured His followers physical needs were taken care of on many occasions.**

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### **Self-Care for Pastors**

Pastors, take care of the congregation. But who takes care of them? Unfortunately, the task often still falls upon the pastors themselves.

Pastor Todd Stubblefield was our guest speaker.

### **3. Environmental Self-Care**

Environmental self-care simply means designing your environment to work for you. Your environment needs to motivate you rather than overwhelm you and stress you out. And environmental self-care allows you to create the right environment so you can truly thrive.

God has clearly placed humans in a position of responsibility over the creation. (1) Genesis 2:15 says "The Lord God took the man and put him in the Garden of Eden to work it and take care of it."(2) We recognize that all created things belong to God (3) and that we are accountable to Him as stewards of the creation.

### **4. Physical Self-Care**

Physical self-care involves activities that improve your physical health such as diet and exercise. It also means seeing a doctor when you are sick and taking the time to rest. Caring for your physical health might prevent an early death.

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. **1 Timothy 4:8**

## 5. Emotional Self-Care

Emotional self-care refers to the act of becoming aware of and identifying what you are feeling and allowing yourself to channel those feelings in a way that benefits your overall wellness.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God  
*And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus” Phil. 4:6-.*

## 6. Social Self-Care

Self-care is important for everyone, but it’s essential for those who enjoy being around others. It can be easy to get burnt out if we don’t take the time to recharge, and that’s where social self-care comes in!

Since every part of us has been given to us by God, both our body and souls are to be used and cared for wisely. Worship isn’t just the “spiritual” things like reading our Bibles or praying. It’s surrendering all of ourselves to God’s best for our lives. Consider **Romans 12:1–2:**

## 7. Psychological Self-Care

Psychological treatment is sometimes called 'psychotherapy' or 'talking therapy'. It involves talking about your thoughts with a professional to: better understand

your own thinking and behavior. understand and resolve your problems.  
recognize symptoms of mental illness in yourself.

Psychological Self-Care involves learning, thinking, and growing. Psychological self-care activities might include personal and professional development. Give attention to things that are in your control (your sphere of influence). Take time for personal reflection.

***If an individual is living by obtaining physiological needs without spiritual, then there would be no substantial life coming out of the physical elements (Matthew 6:27).***

## 8. **Mental Self-Care**

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy.

Mental health includes emotional, psychological, and social well-being.

The Bible does not specifically refer to the topic of mental health, however, it does speak a lot about a person's emotions, their mind, their soul, and their heart. Mental health is an extremely important topic that all people need to be familiar with today.

***God is always with you — no matter where you find yourself today or any day in the future. God can turn your sadness into dancing in time ([Psalm 30:11](#)).***

## 9. **Recreational-Self-Care**

Recreational self-care also means **taking out time for fun!** Recreational self-care encourages you to tap into your inner child by taking part in hobbies that don't require too much brain power. It is all about enjoying moments that bring you joy.

God never says, “Thou shalt not have fun, nor shalt thou smile in all thy days.” Having a good time is not a sin, but we should pay attention to the principles God has laid out for godly living when we do engage in leisure activities. First and foremost is **Colossians 3:17**: “And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.” When we are relaxing and having fun or when we are seeking entertainment, we should always make sure these activities are pleasing God.

## 10. Financial Self-Care

Practicing financial self-care means focusing your time and energy on your money situation, making concrete plans and goals to cultivate a better financial future, and finding ways to support a healthy money mindset.

According to God's Word, there are four fundamental purposes for money: to provide for basic needs, to confirm direction, to give to those in need, and to illustrate God's power and care in provision. Understanding these purposes allows you to see how money relates to God's work in your life and community.

God does not supply money to satisfy our every whim and desire. His promise is to meet our needs and provide an abundance so that we can help other people.

Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.” **Philippians 4:19 ESV**

Linda Howard