

Matthew 22:37b-40 [niv]

“Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

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You Are Worth the Care

Self-Care

- Secular Definition
- Biblical Perspective
- Reflection Time

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Secular Definition of Self-Care

- **Merriam Webster Dictionary:** (noun) The practice of taking action to preserve or improve one's own health.
- **World Health Organization:** Self-care is the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker
- **Global Self-Care Federation:** Self-care is the practice of individuals looking after their own health using the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed.

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Biblical Self-Care Means

- Resting in God's provision
- Maintaining physical and emotional health
- Setting boundaries
- Seeking spiritual renewal
- Loving yourself as God loves you, so you can love others well

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Bible Perspectives on Self-Care

1. Steward of the Body
2. Sabbath and Rest
3. Emotional and Mental Care
4. Boundaries and Saying No
5. Loving Ourselves to Love Others

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1. Steward of the Body

- “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.” – 1 Corinthians 6:19-20
- “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” – Romans 12:1
- “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” - Romans 12:2
- So whether you eat or drink or whatever you do, do it all for the glory of God. – 1 Corinthians 10:31
- “Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.” - 1 Peter 4:10

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2. Sabbath and Rest

- “By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.” – Genesis 2:2-3
- “Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns.” - Exodus 20:8-10
- “Then he said to them, “The Sabbath was made for man, not man for the Sabbath.” - Mark 2:27
- “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” - Matthew 11:28-30
- “There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his.” – Hebrews 4:9-10

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3. Emotional and Mental Care

- “The LORD is close to the brokenhearted and saves those who are crushed in spirit.” – **Psalm 34:18**
- “For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” - Hebrews 4:15–16
- “Cast all your anxiety on him because he cares for you.” – 1 Peter 5:7
- “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” - **Philippians 4:6–7**
- “He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will review their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” - Isaiah 40:29–31

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4. Boundaries and Saying No

- “Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places” – **Luke 5:15–16**
- “Jesus turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns.” - **Matthew 16:23**
- “Above all else, guard your heart, for everything you do flows from it.” - **Proverbs 4:23**
- “Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.” - **Galatians 1:10**
- “There is a time for everything, and a season for every activity under the heavens: a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing,” - Ecclesiastes 3:1,5b
- “All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.” - **Matthew 5:37**

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5. Loving Ourselves to Love Others

- “Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: ‘Love your neighbor as yourself. There is no commandment greater than these.” -**Mark 12:30–31**
- “For you created my inmost being; you knit me together in my mother’s womb. Praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” - **Psalms 139:13–14**
- “We love because he first loved us.” - **1 John 4:19**
- “For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. “ - **Romans 12:3**
- “The one who gets wisdom loves life; the one who cherishes understanding will soon prosper.” - **Proverbs 19:8**

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Practical Self-Care Tools

- Pray daily
- Sleep Well
- Eat nourishing food
- Move your body
- Say “no”
- Ask for help
- Unplug from noise
- Forgive yourself

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Reflection Time

- What is my body, mind, or spirit asking of me right now?
- What might God be inviting you to lay down or pick up?
- How does understanding God’s love for you influence how you care for yourself?
- What are you currently prioritizing over rest?
- What are some of the things you do to recharge and find rest?

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