

SELF-CARE IS NOT SELFISH

“Do you not know that you are the temple of God and *that* the Spirit of God dwells in you?” 1 Corinthians 3:16 (NKJV)

Self-care is about good stewardship! As women, we often have the responsibility of taking care of many tasks simultaneously. We are constantly juggling many tasks and assignments: career, ministry, family relationships, home management, school studies, marriages, etc. We cannot take care of others effectively when we feel run down, beat down, tired, weary, exhausted...

Physical components of self care:

1. Eat healthy foods
 - a. Fruits, vegetables, protein, lean meats, whole grains
2. Limit processed foods
3. Limit high-calorie, sugary drinks
4. Drink water
 - a. A good rule of thumb is to take your weight and divide it by 2. That number equals the number of ounces of water to drink per day. Divide that number by 8 and you know how many cups of water you need.
 - b. Example: 192 lbs = 96 ounces = 12 cups of water per day
5. Exercise regularly
 - a. Heart disease is the number one killer of women, more than all forms of cancer combined.
 - b. Walking as little as 30 minutes per day may lower our risk of heart disease.
6. Get enough rest (Genesis 2:2-3; Psalm 46:10)
7. Get enough sleep

Emotional components of self-care:

1. Participate in your favorite hobbies.
 - a. Do you remember them? How long has it been since you and your hobbies got together?
2. Expand your mind by learning something new.
3. Spend quality time with people who love and appreciate you.
4. Develop a tribe of people working on their best selves. (Joshua 24:15)
5. End relationships with people who do not love or appreciate you. (Matthew 7:6)
6. Leave work problems/stresses at work.
7. Forgive yourself. (Psalm 103:12)

Spiritual components of self-care:

1. Pray *daily* (Matthew 6:5-15)
 - a. Learn how to spend time with God and not ask for anything. (Psalm 1:1-3)
2. Fast *regularly* (Matthew 6:16-18)
 - a. Increase the power you have in the spirit realm.
3. Study the Bible *daily* (John 10:27)
 - a. Learn about God's promises and plans for your life. (John 8:32)
4. Attend worship service *weekly* (Hebrews 10:19-25)