

# SELF-CARE

## Scripture & Stillness

Taking inventory of the health and capacity of your mind, body, and soul is a healthy practice for any believer. When you choose to care for yourself, you are telling God that the body, mind, and soul He has gifted you is worth the energy and care required to be an effective believer.

Self-care does not have to be complicated. A simple scripture and four-step stillness activity is a sure way to align your whole self to Him.

This simple activity can help with calming anxiety, improving mindfulness, and connecting with God and His Word.

01

**Find a  
quiet  
place**

Choose a peaceful place where you can sit comfortably without distractions.

02

**Deep  
breathing  
& prayer**

Close your eyes and take slow, deep breaths (inhale for 4 seconds, hold for 4 seconds, & exhale for 4 seconds).

Whisper a short prayer like, "Lord, calm my mind and renew my spirit."

03

**Meditate  
on a  
scripture**

Pick a Bible verse related to self-care and read it slowly. For example: Psalm 46:10 – "Be still, and know that I am God."

Say the verse out loud. Reflect on what it means for your life.

04

**Journaling  
or  
gratitude**

Write down one takeaway from the scripture and list three things you're grateful for today.