**Sacred Self-Care: Honoring God’s Temple**

**Week 1**

**The Stewardship of Self**1 Corinthians 6:19-20 - *"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. Self-Care as Stewardship**

* God has entrusted us with our \_\_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_\_.
* Genesis 1:26 – We are created in God’s \_\_\_\_\_\_ and given responsibility over His creation.
* Stewardship means taking \_\_\_\_\_\_, not neglecting or abusing what God has given.

 **2. The Connection Between Body, Mind, and Spirit**

* Proverbs 4:23 – *"Above all else, \_\_\_\_\_\_ your \_\_\_\_\_\_, for everything you do flows from it."*
* What affects the body impacts the \_\_\_\_\_\_, and what affects the mind impacts the \_\_\_\_\_\_.
* Mark 12:30 – We are called to love the Lord with all our \_\_\_\_\_\_, \_\_\_\_\_\_, \_\_\_\_\_\_, and \_\_\_\_\_\_.

 **3. Breaking the Burnout Cycle**

* Mark 6:31 – *"Come with me by yourselves to a \_\_\_\_\_\_ place and get some \_\_\_\_\_\_."*
* Even Jesus took time to \_\_\_\_\_\_, \_\_\_\_\_\_, and be alone with God.
* Burnout is not a \_\_\_\_\_\_\_\_\_ of honor; it is a sign that we are \_\_\_\_\_\_\_\_\_\_\_ more than we were meant to.

**Challenge:**

**Reflect:** Where have you neglected self-care?

**Act:** Make one intentional change this week to care for yourself better.

**Pray:** Ask God for wisdom to steward your body, mind, and spirit well.****