

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.