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

**Week 4**

### **Nourishing Your Spirit**Matthew 11:28-30 - *"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."*

### **1. Daily Connection with God**

* **John 15:5** – *"I am the vine; you are the \_\_\_\_\_\_. If you remain in me and I in you, you will bear much \_\_\_\_\_\_; apart from me you can do \_\_\_\_\_\_."*
* A healthy spirit comes from consistent time with \_\_\_\_\_\_.
* Spiritual self-care means prioritizing \_\_\_\_\_\_, \_\_\_\_\_\_, and time in God’s Word.

 **2. The Power of Solitude and Worship**

* **Luke 5:16** – *"But Jesus often \_\_\_\_\_\_ to lonely places and \_\_\_\_\_\_."*
* Solitude is not loneliness; it is making space for \_\_\_\_\_\_.
* Worship shifts our focus from our \_\_\_\_\_\_ to God’s \_\_\_\_\_\_.

 **3. Loving Yourself as God Loves You**

* **Mark 12:31** – *"Love your \_\_\_\_\_\_ as yourself."*
* You cannot pour into others if your spirit is \_\_\_\_\_\_.
* Seeing yourself through God’s eyes leads to \_\_\_\_\_\_ and \_\_\_\_\_\_.

**Challenge:**

**Reflect:** Where have you been neglecting your spirit?

**Act:** Make time this week to renew your spirit through intentional prayer.

**Pray:** Ask God to fill you with His presence and strengthen your spiritual walk.