

THE LANGUAGE OF GODLY SELF-CARE

Language changes everything. Even though its subtle, when we speak about self-care with a "me" mentality, we align our hearts towards ourselves rather than God. Here are some examples of how we can align our intentions around self-care in a godly way.

WORLDLY SELF-CARE LANGUAGE

I deserve 'me' time.

I'm going to focus on taking care of me and me alone.

What makes me feel happy and whole?

I'm the only one who can truly take care of me.

This is time to love myself.

GODLY SELF-CARE LANGUAGE

God gives me the gift of rest and solitude.

I'm going to let God take care of me through this activity.

How can I glorify God and His goodness by doing things that bring me joy?

God takes care of all my needs.

This is time to love who God created me to be and worship His creativity.

What are some of the things you do for self-care? How can you incorporate God into your self-care? How can you speak about self-care in a way that keeps you grounded within God's view of self-care?