

Self-Care: Body and Soul

We all have gifts from God to be used to minister to and to serve others. So, we owe it to God and to others to keep ourselves healthy and strong. If we do not take care of ourselves, we won't be able to help others.

1 Timothy 4:12-16

Body

- The health of your body is important to God.
 - **1 Thessalonians 5:23**
 - **1 Corinthians 9:27**
 - **Romans 12:1**
- Move it - Feed it - Rest it

Soul

- Protect your heart - **Proverbs 4:20-27**
- Live within your means financially
- Say, "No," without guilt.
- Pray without ceasing.
- Be a lifelong learner.
- Develop and practice a healthy hobby.
- Commit to regular worship and fellowship.
- Surround yourself with life-giving people.