

THE
WEEKLY
SELF-CARE
PROJECT



A CHALLENGE TO
JOURNAL, REFLECT, AND
INVITE BALANCE

 ZONDERVAN®







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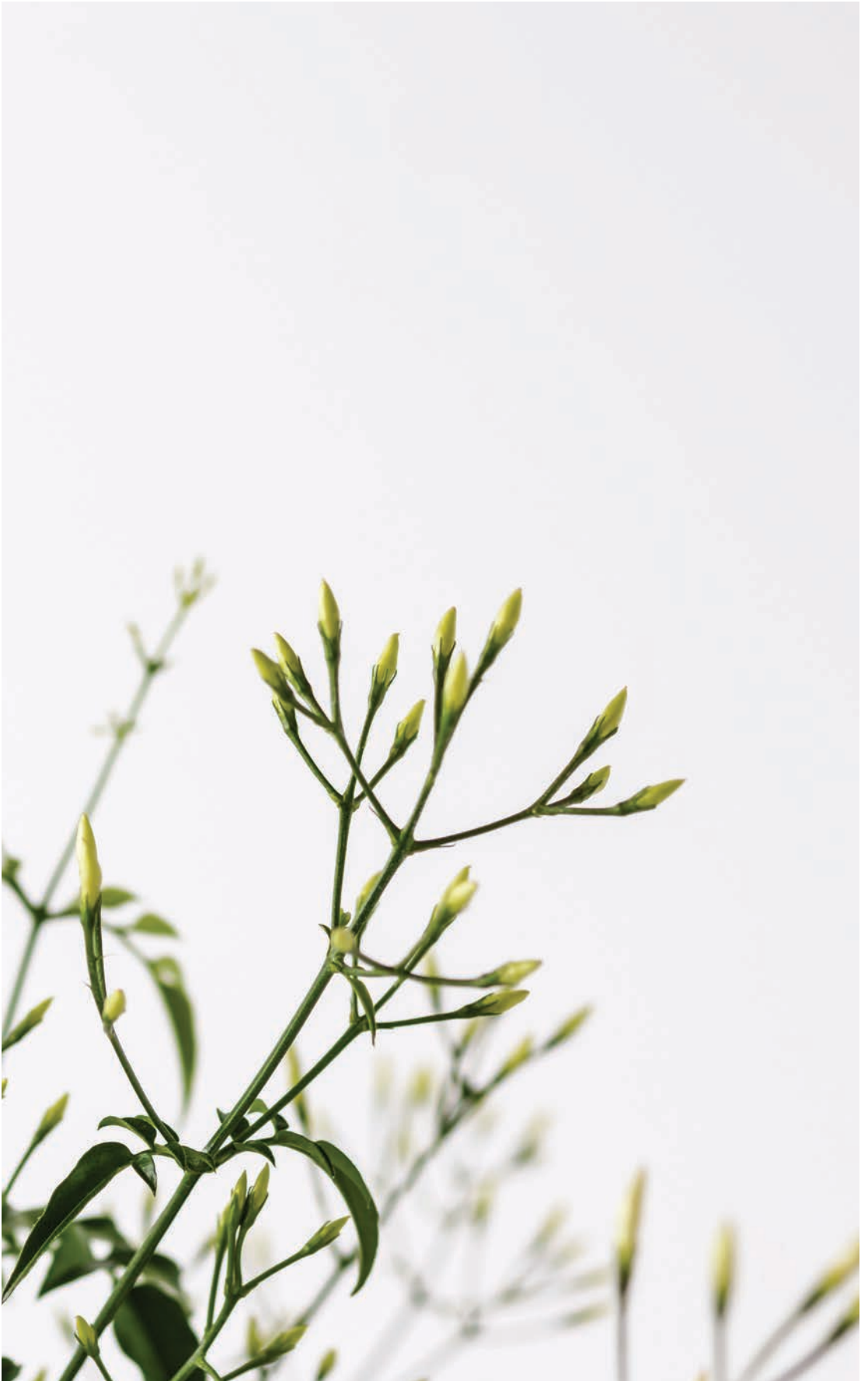
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How to Use This Journal

“Love your neighbor as yourself.”

MATTHEW 22:39 NKJV

Jesus commanded each of us to love our neighbors *as ourselves*. He charged us with loving others the *same way we love ourselves*. Think about how you treat yourself, how you speak about yourself. Would you treat the people around you in the same way? Would you push them to stay up late to get a little more done, to skip meals to fit in one more meeting, or to squash their emotions because they're inconvenient? The reality is that we're often far kinder to those around us than we are to ourselves.

We can't pour from an empty cup. If you aren't treating yourself the way you would care for those dearest to you, then this book is for you. It's a tool to help you intentionally, biblically, and tenderly care for yourself—body, mind, heart, and soul—so that you have the energy and resources to go out into this world and share God's love with others.

Each week invites you to read from the Bible and then respond to journaling prompts and calls to action. These cues, modeled in Scripture, will challenge you to rethink how to care for yourself and how you see yourself. Start at the beginning or jump ahead to the section that calls out to you.

Self-care isn't only about indulging in momentary pleasures. It's about taking action to help yourself become whole, healthy, and able to serve God from a place of joy and abundance. This year, be intentional in how you care for yourself, and watch how it deepens and strengthens your connection with your Creator, the One who always treats you with love and tender care.

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Physical Care





Be Filled with Good



They all depend on you to give them food as they need it. When you supply it, they gather it. You open your hand to feed them, and they are richly satisfied.

PSALM 104:27–28 NLT

Different words for *rest* are found more than 250 times in the Bible. In the Old Testament, we see the Hebrew words *nuach*, which means “to rest or to be quiet,” and *shabat*, which means “to cease or to rest.” In the New Testament, we find the Greek word *anapausis*, which means “cessation or refreshment.” Rest, quiet, and refreshment. These words give us a picture of how God wants us to understand rest.

If we’re being honest, most of us don’t see much rest, quiet, cessation, or refreshment in our everyday lives. Even when you think you’re relaxing—watching TV, reading, or scrolling through social media or the news—you aren’t being refreshed. Most of us are always busy, living in a near-constant state of stress and feeling overwhelmed. But that’s not the plan God has for you. He desires you to do His work, work that allows margin for refreshment in His peace and stability. He calls you to rest so you can be restored and strengthened. When you cease striving and stop clinging to the busyness of life, you open up space in your mind and heart that God will fill. And when your body and mind are restored and rested, He will fill you with His goodness, which gives you the strength, courage, and hope to continue doing the work He has called you to.

WEEK 1

Treat Yourself Well



Therefore honor God with your bodies.

1 CORINTHIANS 6:20

We've all seen how self-care is pictured on TV and in movies: bubble baths, shopping, fancy wine and chocolate, and nights out. But true self-care isn't only about treating yourself—it's about treating yourself well. It's about identifying your needs and addressing them.

The easiest place to start is by taking a look at how you care for your body. When you honor your body, you position yourself to be a force for good, to love those around you. Are you treating it like a temple? Or a crumbling shack?



In the space below, write down the ways you already care for your body each week.



| Where do you see room for improvement?

A series of 20 horizontal dotted lines for writing, arranged in a column on the left side of the page.



WEEK 2

Back to Basics



Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

MARK 6:31

Needs are called that for a reason; they are what your body *needs* to function. They are not optional. Jesus knew that and urged His disciples to eat and drink, to rest and have quiet time. If it was important to Jesus, doesn't it make sense that caring for your body should be important to you? To keep your body healthy, you need adequate sleep, nutritious meals, plenty of water, opportunities to move and stretch, and quiet time to restore your equilibrium.



| What does your body need today?

WEEK 3

Clean It Up



*She watches over the affairs of her household
and does not eat the bread of idleness.*

PROVERBS 31:27

Cleaning is an act of self-care that isn't discussed often, but it's a powerful one. It's an instant boost to your spirits to take a long, hot bath and then climb into a freshly made bed with crisp, clean sheets or to walk into a tidy home with everything put away in its place. A sink piled high with dishes, a scummy shower, or surfaces piled with clutter can make your mind feel just as cluttered and murky. Roll up your sleeves and clean up your spaces for an instant feeling of refreshment.



How do you feel when everything is clean versus when your home or spaces are messy?



Plan a weekly or monthly cleaning schedule to help you stay on top of keeping things tidy.

A series of horizontal dotted lines for writing a cleaning schedule.

