

...And Don't
Forget to Love
Yourself.

WEEK 2:

Spiritual self-care connects us
with God so we can say,
"It is well with my soul".

READ – 21-DAY READING PLANS

Old Testament and New Testament Reading Plan

- Genesis 1, Luke 1
- Gn. 2, Lk. 2
- Gn. 3, Lk. 3
- Gn. 4, Lk. 4
- Gn. 5, Lk. 5
- Gn. 6-7, Lk. 6
- Gn. 8-9, Lk. 7
- Gn. 12, Lk. 8
- Gn. 15-16, Lk. 9
- Gn. 22, Lk. 10
- Gn. 37, Lk. 11
- Gn. 39, Lk. 12
- Ex. 1, Lk. 13-14
- Ex. 2, Lk. 15-16
- Ex. 3, Lk. 17-18
- Ex. 4, Lk. 19
- Ex. 6, Lk. 20
- Ex. 12, Lk. 21
- Ex. 13-14, Lk. 22
- Ex. 16, Lk. 23
- Ex. 19-20, Lk. 24

Psalms and Proverbs Reading Plan

- Ps. 4, Pro. 1
- Ps. 9, Pro. 2
- Ps. 16, Pro. 3
- Ps. 19, Pro. 4
- Ps. 23, Pro. 5
- Ps. 27, Pro. 6
- Ps. 30, Pro. 7
- Ps. 34, Pro. 8
- Ps. 42, Pro. 9
- Ps. 46, Pro. 10
- Ps. 55, Pro. 11
- Ps. 69, Pro. 12
- Ps. 84, Pro. 13
- Ps. 88, Pro. 14
- Ps. 102, Pro. 15
- Ps. 121, Pro. 16
- Ps. 127, Pro. 17
- Ps. 130, Pro. 18
- Ps. 139, Pro. 19
- Ps. 144, Pro. 20
- Ps. 147, Pro. 21

PRAY

Guided Lord's Prayer

Our Father, who art in heaven, hallowed by thy name.

(Praise God for who He is and thank Him for the things He's done for you)

Thy Kingdom come. Thy will be done, on earth as it is in heaven.

(Pray for the ways you'd like to see God change the world to be more like heaven)

Give us this day our daily bread.

(What support, encouragement, and help you need for today?)

And forgive us our trespasses, as we forgive those that trespass against us.

(Ask for forgiveness and for help forgiving others)

And lead us not into temptation, but deliver us from evil.

(In what ways do you want to be more like Jesus?)

For thine is the kingdom, the power, and the glory forever and ever.

(What anxiety, worry, or care can you give over to God today?)

Amen.

Musical Prayer Practice

Choose a favorite worship song to listen to each day.

Pray along with the lyrics as they help you focus on God and worship.

Suggested songs: "It is Well" by Bethel Music, "Be Thou My Vision", "Holy Spirit" by Bryan & Katie Torwalt, "Not in a Hurry" by Will Reagan, "Oceans" by Hillsong United, "Ever Be" by Bethel Music, "Give Me Faith" by Elevation Worship.

Discuss (As a small group, with your friends or family, or with yourself)

1. Draw the self-care inventory chart and fill it out with your current Spiritual, Emotional, Relational and Physical well-being ratings. Explain why you choose each mark. Save this chart and check your progress a month from now.
2. Which of the four areas would you like to improve the most and why?
3. What practices and people can help you improve this area?
4. Describe a time of spiritual growth. What factors, practices and people contributed to this growth?
5. What practices of prayer or reading scripture have worked well for you? Which ones haven't worked well?
6. Describe a relationship that has supported your spiritual well-being.
7. Where have you seen God present and active in your everyday life?

Do

A menu of things to do this week. This is a menu not a list. Choose the one(s) that will be most helpful for you this week.

1. Commit to a reading plan or prayer practice for the next 21 days. Make it your own. Add journaling, music, physical activity or whatever helps you grow.
2. Connect with a spiritually uplifting relationship this week. Schedule a call, meal, or even an email to have intentional conversation about life and God.
3. Write down a list of where you've experienced God's presence in your everyday life through people, places, or activities. Spend some time thanking God for all the ways He is present in your life daily.