





United
Women
in Faith

Lake South District

SACRED
Soul Care



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Welcome

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United Women in Faith Lake South District



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Opening Prayer



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Introductions

Name, Church, United Women in Faith member?

Favorite Bible Verse or Quote

New people joining us this evening?



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Exploring Week 2...

*Mastering the Self-Care
Fundamentals*



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Scripture Readings

2 volunteers?

DAY 8: *Water to Live*

JOHN 4:13-14

13 Jesus answered,
“Everyone who drinks this
water will be thirsty again,
14 but whoever drinks from
the water that I will give will
never be thirsty again. The
water that I give will
become in those who drink
it a spring of water that
bubbles up into eternal
life.”



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- Drinking water is a basic need
- We cannot survive without water
- Hydrate well...
- Even the *Living Water* needed water to live!

Practice

Hydrate your body.
Begin with 16oz of H₂O daily

DAY 9: *Our Daily Bread*

I CORINTHIANS 11:28-29

28 Each individual should test himself or herself, and eat from the bread and drink from the cup in that way. 29 Those who eat and drink without correctly understanding the body are eating and drinking their own judgment.



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- Food is our most basic need.
- Food is like fuel. Like cars our bodies need the right kind of fuel.
- We must fuel our bodies well to nourish and energize us.

Practice

Eat a healthy meal and begin to add fruit, veggies and water to your diet.

DAY 10: *Rest for Your Soul*

PSALM 127:2

2 It is pointless that you get up early and stay up late, eating the bread of hard labor because God gives sleep to those he loves.

- Never seems to be enough hours in the day...
- Rest and sleep are mentioned in the scripture more than any other need.



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- Less than 8 hours of sleep deteriorates our health.
- I.e. cancer, heart disease, diabetes, weight gain, early onset dementia, and Alzheimer's disease.
- Enough sleep has neurological benefits
- Give our bodies a chance to restore

Practice

Honor your sleep needs. Try to get a full 8 hours of sleep. Happy resting and rejuvenating!

DAY 11: *Moving for Good Health*

3 JOHN 1:2

2 Dear friend, I'm praying that all is well with you and that you enjoy good health in the same way that you prosper spiritually.

- Movement is critical to health!
- Michelle Obama: "Let's Move!"



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- Being sedentary leads to poor health
- Good health is not about perfection. Learn your limits.
- Find the right type of and amount of that works you :)

Practice

DAY 12: *With All Your Mind and Soul*

ROMANS 8:26-27

26 In the same way, the Spirit comes to help our weakness. We don't know what we should pray, but the Spirit himself pleads our case with unexpressed groans. 27 The one who searches hearts knows how the Spirit thinks, because he pleads for the saints, consistent with God's will.




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- “Cognitive time traveler”
- Deep thinker, ruminating thoughts, think and plan ahead, living in the past, self reflective...
- Practice mindfulness: mediation, journaling, body scans [Body Scan Meditation: Benefits and How to Do It \(healthline.com\)](https://www.healthline.com/health/body-scan-meditation)
- Be still with God and invite the Holy Spirit...

Practice Together

A woman with long, dark, wavy hair and bangs is singing into a microphone. She is wearing a blue denim jacket over a white collared shirt. Her eyes are closed, and she has a focused expression. The background is dark with some blue lighting.

Open The
Eyes of
My Heart

jgm

DAY 13: *The Healing Power of Relationship*



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ECCLESIASTES 4:9-12

9 Two are better than one because they have a good return for their hard work. 10 If either should fall, one can pick up the other. But how miserable are those who fall and don't have a companion to help them up! 11 Also, if two lie down together, they can stay warm. But how can anyone stay warm alone? 12 Also, one can be overpowered, but two together can put up resistance. A three-ply cord doesn't easily snap.

- Restorative relationships are based on mutuality, reciprocity, authenticity, and vulnerability
- We are seen, affirmed, challenged and loved...
- Revive, renew and restore us
- Family member, friend, therapist, counselor, pastor, spiritual director...

Practice



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What is Spiritual Direction?

“Spiritual Direction can be understood as the meeting of two or more people whose desire is to prayerfully listen for the movements of the Holy Spirit in all areas of a person’s life (not just in their formal prayer life). It is a three-way relationship among the true director who is the Holy Spirit (which in Christian tradition is the Spirit of Christ present in and among us), the human director (who listens for the directions of the Spirit with the directee), and the directee.”



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Do you have a Spiritual Director?

DAY 14: *Good Self-Care Shepherds*

Psalm 23

A psalm of David.

23 The Lord is my shepherd.
I lack nothing.

2 He lets me rest in grassy meadows;
he leads me to restful waters;

3 he keeps me [a] alive.
He guides me in proper paths
for the sake of his good name.

4 Even when I walk through the darkest
valley,

I fear no danger because you are
with me.

Your rod and your staff—
they protect me.

5 You set a table for me
right in front of my enemies.

You bathe my head in oil;
my cup is so full it spills over!

6 Yes, goodness and faithful love
will pursue me all the days of my life,
and I will live [b] in the Lord's house
as long as I live.

- Week Summary
- Silent Reflection

Benediction



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Closing Prayer