





United
Women
in Faith

Lake South District



SACRED
Soul Care



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Welcome

Alison Jenkins, Spiritual Growth Coordinator

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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Finishing Up on
Exploring Week 2...

*Mastering the Self-Care
Fundamentals*



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DAY 12: *With All Your Mind and Soul*

ROMANS 8:26-27

Meditation Exercise

Be still with God and invite the Holy Spirit...

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

Connect with someone who replenishes you.



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Do you have a Spiritual Director?



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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.”

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.

Silent Reflection

What are your basic self-care needs?
What practices do you need to observe
each day or week in order to be as
healthy as your body allows?



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Exploring Week 3...

Practicing Self-Compassion

DAY 15: *As You Love Your Neighbor*



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LUKE 10:27

27 He responded, “You must love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and love your neighbor as yourself.”

- Caring for ourselves is not only about what we do for ourselves.
- But is how we feel and think about ourselves

- Good Samaritan Parable is about compassion
- We must extend the same compassion to ourselves as we do others
- Treat ourselves with kindness, comfort, empathy and understanding

Practice self-compassion

Compliment yourself, take a break, forgive yourself



MEGHAN TRAINOR

I LOVE ME

THANK YOU

LYRICS + AUDIO



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Devotion Readings

3 volunteers?

DAY 18: *Affirm Your Enoughness*

JAMES 3:2-3

2 We all make mistakes often, but those who don't make mistakes with their words have reached full maturity. Like a bridled horse, they can control themselves entirely. 3 When we bridle horses and put bits in their mouths to lead them wherever we want, we can control their whole bodies.

- Self-talk can build us up
- Tap into the positive power of self-talk with affirmations
- They are powerful forms of corrective self-talk



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- Find the message to tame the inner critic ex:

I am enough.

Practice

Turn your inner critic to your inner cheerleader. What message do you need to hear? Turn these messages into affirmations.

DAY 19: *Moving Beyond Self-Judgment*

JAMES 2:12-13

12 In every way, then, speak and act as people who will be judged by the law of freedom. 13 There will be no mercy in judgment for anyone who hasn't shown mercy. Mercy overrules judgment.

- Socialized or grew up with America's standard of beauty
- Critiques and thoughts about another woman may be a reflection of the hostility felt towards our bodies



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- Our inability to speak mercy towards others is rooted in our inability to do it for ourselves.

I am /She is
beautifully and wonderfully made

Practice

When you notice you are judging yourself or another woman repeat the above affirmation.



BEAUTIFUL

By

Christina Aguilera

DAY 21: *Compassion Turned Inward*

MARK 12:28-31

28 One of the legal experts heard their dispute and saw how well Jesus answered them. He came over and asked him, “Which commandment is the most important of all?”

29 Jesus replied, “The most important one is Israel, listen! Our God is the one Lord, 30 and you must love the Lord your God with all your heart, with all your being, with all your mind, and with all your strength.[a] 31 The second is this, You will love your neighbor as yourself.[b] No other commandment is greater than these.”



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Week Summary

Silent Reflection

What did you learn about yourself in paying attention to your self talk? How vocal is your inner critic, and what message does it send? What ways do you affirm and encourage yourself?

Benediction



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Daily Devotion Summaries

DAY 16: *Watch Your Words* JAMES 3:8-10

DAY 17: *Befriend Your Inner-Critic* I CORINTHIANS 13:4-5

DAY 20: *Spreading Self-Compassion* I THESSALONIANS 3:12-13



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Closing Prayer