

# Are you really caring for yourself mentally, physically, and spiritually?

There I was sitting across from my best friend in the sun outside Starbucks, enjoying the best conversation I'd had in forever. We got to talking about how we were truly doing; not the superficial stuff, but the nitty gritty stuff. I'm so thankful for the amazing gift that is my beautiful friend, and how she always knows how to listen and encourage. Well I reflected honestly inward, and I responded with, "You know what...I'm doing great, for the first time in years!" I think I actually shocked myself with that revelation. I went on to explain that I had shut off this part of me that took care of myself mentally, physically, and spiritually. I'm a wife and mother, and those responsibilities run me ragged if I let them, and I did for years. Whatever responsibility it is for you, I'm sure you've got them; the ones that soak up all your energy and attention! I felt immense guilt explaining to her that I took a little step back from the expectations I had for my marriage and being a mother, but my amazing friend piped up, reminding me that even Jesus knew his limits, and He needed to be replenished too! He sought out quiet places in tumultuous times to seek guidance, peace, and energy in the Lord (Mark 6:31-32, Mark 1:35). Not only that, but the Bible tells us blatantly several times that we can't serve unto others, unless our cup is overflowing (Psalm 23). I finally listened to what the Lord was telling me, and a couple months ago I took a step back to assess my well-being. It wasn't great guys! Because I made a conscious effort to improve my body, mind, and relationship with Christ, I feel better than ever! I challenge you guys to do the same. All it takes is realizing that you might struggle to prioritize your well-being, and making simple changes to make room for things in your life that bring positivity and radiate God's goodness. When we are joyful and healthy, we are infectious disciples!

## Scriptures to Read:

Mark 6:31-32, Mark 1:35, Matthew 15:32,  
Philippians 4:8, 1 Corinthians 6:19-20

## Prompts:

What things in your life no longer bring you joy and contentedness in the Lord? Can you reassess their value in your life and in God's plan, and use that energy for something more beneficial for your mind, body, and spirit?

Are you making the effort to better your bodies, if that brings you joy? How can you readjust your schedule to make it a priority in your day? Feeling strong and healthy, gives us not only energy, but pumps us full of lovely endorphins, that give us a positivity that radiates God's love.

Can you set aside time each day to be in quiet reflection? Make an effort to find a quiet place for prayer, digging into the Word, or simply sitting in peace. That's where the Holy Spirit does the best work on our souls, especially if we're feeling drained emotionally and spiritually!

