



SATISFYING SELF-CARE



OPENING PRAYER (2 mins):

Choose one family member to open your time in prayer.

FAMILY CHECK-IN (5-10mins):

Best Part About Your Day... Moving from person-to-person, allow each individual to share a highlight from their day. When sharing each person must start with the phrase, "Best part about my day...!"

SCRIPTURE (5-10mins):

Allow different family members to read a verse.

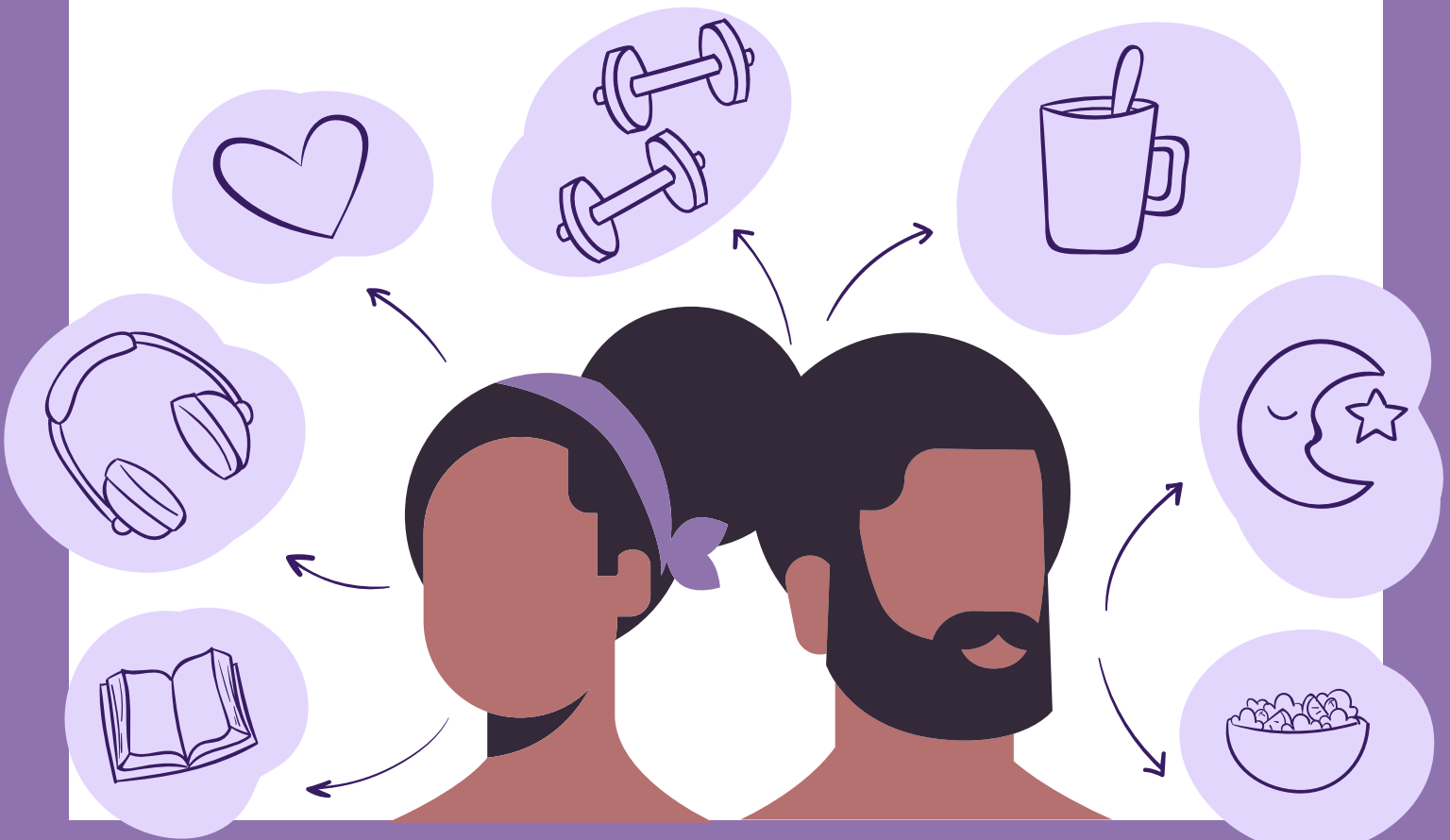
²⁸ One of the teachers of the law came and heard the Sadducees arguing. He noticed that Jesus had given the Sadducees a good answer. So he asked him, "Which is the most important of all the commandments?"

²⁹ Jesus answered, "Here is the most important one. Moses said, 'Israel, listen to me. The Lord is our God. The Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul. Love him with all your mind and with all your strength.' ³¹ And here is the second one. 'Love your neighbor as you love yourself.' There is no commandment more important than these."

- Mark 12:29-31 NIV

SUPPORTING:

In verse 31, Jesus commands us to, "Love your neighbor as you love yourself." Let me pose this question, "Am I loving my neighbor, **THE WAY I LOVE** myself?" There is a direct correlation between our love for others and our self-care. It's extremely difficult to be present in the lives of friends, be patient with annoying co-workers, and love on overwhelming family members when our emotional tanks are empty. I believe we are more patient, loving and caring when we prioritize our self-care. Binge watch a TV series (Within reason)... Exercise or go for a jog... Listen to your favorite artist... Just create intentional and daily moments to decompress. Trust me, your family will "Thank You" for it!



FAMILY CONVERSATION (10-15 mins) - Satisfying Self-Care Questionnaire

The purpose of this activity is to gain a better understanding of what each family member needs to function at their best. Talk through the provided conversation starters as a family or come up with your own! Allow each person to share openly and don't rush their response.

CONVERSATION STARTERS

- I feel my best when...
- I look my best...
- I would like more time to...
- Daily, I need to...
- Weekly, I need to...
- Monthly, I need to...
- Quarterly, I need to...
- Yearly, I need to...

TAKE AWAY

Once each family member has had an opportunity to share, immediately take out your phone and schedule some time for your daily self-care. Label your moment SC and share with your family. If you're having trouble identifying an activity, feel free to choose from the recommended activities below.

- Sleeping a total of 8hrs daily.
- Exercise daily.
- Walking or running a total of 30mins daily.
- Hiking
- Gardening
- Snacking healthy on fruits or nuts and avoiding sweet snacks.
- Taking a daily 5-10min break during your work day.
- Meditating
- Reading
- Watch a comedy.
- Take a self-care trip.
- Journaling

CLOSING FAMILY PRAYER:

Allow each family member to close out in prayer, while acknowledging their gratitude for their life. It is ok to use the provided prayer below or just speak from your heart.

"Lord, I thank you for the life you've given me and for how you have wired me! Help me to better understand my wiring, so that I can better understand my purpose here on this earth. I love you and thank you for my family and friends. In Jesus' name we pray... Amen!"