



Self-Care

TRUE

*Empowers you to do
what you are CALLED to do*

- Runs to God to be Filled
- Presses in and Seeks Solutions when faced with Challenges
- Does not run away / Never quits / Stays
- "Coping mechanism" (ie. God/Prayer) always available
- Characterized by Constant Prayer
- "God is my Strength"
- Characterized by Trust, Hope, & Belief
- Constant need for more God

COUNTERFEIT

*Believes that CALLING is Impossible,
Undesirable, or Unreasonable - Seeks Survival,
and Self-Preservation*

- Believes that you can fill yourself
- Seeks Escape from Challenges
- Requires (regular) withdrawal(s) from situation(s)
- Exterior coping mechanisms can be shut down by operating hours, availability, weather, circumstances, or pandemics.
- Believes it has "No Time" for Prayer
- "Self-Care is my 'strength'"
- Characterized by Fear, Doubt, Worry, & Anxiety
- Constant need for more "Self-Care"

For what does it profit a man to gain the whole world, and forfeit his soul? - Mark 8:36

Particularly
CALLED



Death to Self

TRUE COUNTERFEIT

*Fueled by love - Desirous of the true good of another
- ie. child/spouse/social group*

*Fueled by "Self-Love", Self-Preservation
and Self-Pity*

- Characterized by Action
 - Has Intentionality & Purpose
 - Often requires learning, study, commitment, personal growth
 - Requires exterior strength / assistance / support (human or divine)
 - Requires clarity and prayer
 - Requires humility and willingness to make mistakes
 - Requires "True Self Care" - Prayer, Silence, Contemplation, Discernment
 - Characterized by Positivity and Productivity
 - Requires Delayed Gratification
 - Must learn to disregard strong "in the moment" feelings and emotions that discourage against your CALLING
 - Prayers characterized by, "What can I do? How can I help? What can I learn? How can I grow?"
 - Feels like dying - like you *as a person in the eyes of the world* is truly becoming obsolete - like everything that matters to you is stripped from you, like no one cares, no one sees, & nothing you do will matter.
- Characterized by a Victim Mentality
 - Aimless or Driven by Emotions / Opinions
 - Prefers to stay in the Comfort Zone at all costs
 - Encourages Isolation as a form of Self-Pity = Natural tendency (requires very little effort)
 - Allows for thoughtless routine and refuges in noise and bustle
 - Unwilling to assume responsibility, Places blame on others or circumstances
 - Encourages False Self-Care
 - Easily succumbs to negativity, passivity, despair, complaining, anger, resentment, & depression
 - Desires Instant Gratification
 - Capitulates to "in the moment" feelings over knowledge of CALLING
 - Prayers beg for relief - wonders why God doesn't just fix things
 - Feels like "surviving" - Requires coping mechanisms and addictions for survival (Ever heard of the phrase, "This is my drug of choice?")

"Greater love has no one than this, to lay down his life for his friend" - John 15:13

Particularly
CALLED



Journal and Pray

HELPFUL PROMPTS FOR SEPTEMBER

How many Bible verses do you know that can support your reflections and your answers?

List them on this sheet.

Questions to Answer

- How much do I trust?
- Am I confident in my CALLING?
- Is there anything I can let go of in order to live my CALLING more intentionally? (Consider referencing previous month's worksheets for help with this if you are uncertain.)
- Is there any way I can incorporate more lifegiving self-denial into my day to day life?

Phrases to Ponder

If God is love, then all things = gift.

You are on the right track when your pain no longer feels like pain, it feels like love.