May 27, 2020

Scripture and Reflection Questions

**Philippians 2:1-11**

“Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus:

Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death – even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.”

**Self-Care Ideas (Taken from blessingmanifesting.com)**

Physical – Sleep, walk, healthy food, rest, deep breathing

Emotional – Forgiveness, compassion, kindness

Social – Communication, time together, ask for help

Spiritual – Meditation, prayer, journaling

Personal – Hobbies, self-awareness

School/work – Time management, positive workspace, learning, breaks

1. How do you think the Philippians passage above fits into self-care? Why is it important to see self-care through the lens of Philippians 2?
2. What practical self-care ideas from the list above have you tried before? What have you not tried before? What are some different ones you would add?
3. How can you create a daily self-care routine for yourself? Challenge yourself to do 3-4 of the things above each day – carve out intentional time to take care of yourself. If it helps you, plan out your week ahead of time.
4. When does self-care become selfish? How can you ensure you don’t cross that line?