



Episode 16: What is “Self-Care” vs. “Soul Care”?

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Reflect & Apply Guide

*"The way to relax in God is to **be still and to listen to him.***

*When we are still, **we are open to his voice. We can hear him speaking to us** through his Word, through the people around us, and through the events of our lives.*

*When we listen to God, we will find that **he is leading us in the way that is best for us.**"*

—Dallas Willard



REFLECTION

1. **How would you describe self-care & soul care** based on what we discussed in this episode? Are there any nuances or differences that especially stood out to you?

2. **Reflect on the statement: "God wants us to care for ourselves holistically."** Be honest: how does this resonate with you? What are some beliefs / narratives you notice coming up in yourself in response to this statement?

3. **In what ways have you prioritized – or *not* prioritized – self-care, as well as soul care, in your life?** How has it impacted your overall well-being?

4. **What do you think are the biggest barriers that hold you back from prioritizing and practicing self-care & soul care?** Jot down them.

Now, take a minute to ask God for ideas on how he's inviting you to take actionable steps to overcome these barriers.



TAKE ACTION (IDEAS FOR APPLICATION)

*These are not a checklist of items - but simply some ideas for what you could do. Instead of trying to do them all at once, we recommend **noticing which 1 or 2 especially jump out at you**, and **asking God to give you discernment on what he wants you to practice and try out first**.*

1. **Do what you wrote in #4 above 😊**
2. **Schedule at least 5 minutes each day this week to intentionally engage in self-care.** It can be as simple as enjoying a cup of tea, going for a walk, spending time on a hobby that brings you joy, watching funny videos, or petting your pet. *Mark this time as non-negotiable and treat it as if it's a meeting with an important person (who is you!).* – Next week, experiment with other activities and/or lengthening the time.
3. **Schedule at least 5 minutes each day this week to intentionally engage in soul care.** This could include reading and meditating on a verse or passage from Scripture, talking with God while on a walk and/or being still, journaling, singing with a worship song, or engaging in activities that nourish your own spiritual well-being. – Next week, experiment with other activities and/or lengthening the time.
4. **Reach out to a friend or accountability partner who gives you life.** Share your reflections / insights from this episode and encourage each other to prioritize holistic well-being, and/or ask them to help hold you accountable to follow through on your action steps above.



God,

Thank you for highlighting this topic of self-care and soul care to me today.

I confess there've been times when I've neglected my own needs or focused on shallow forms of care.

I repent of and break off any lies of the enemy that I may have consciously or subconsciously agreed with, when it comes to denying and neglecting my own health and self-worth.

I want to care for myself as you care for me, and I know that starts with understanding your love and care for me at a heart level... not just in my head.

Would you reveal to me the roots of my challenges when it comes to caring for myself and my soul? Give me the strength and wisdom to start nurturing my mind, body, and spirit more.

Thank you for your grace in the process. Please help me extend the same grace and compassion to myself that you offer me so freely.

Thank you that you love me so much... and that you are always inviting me to draw near to you and find rest and restoration. I surrender my journey of self-care and soul care to you, and ask that you lead me every step of the way.

In Jesus' might and loving name, I pray. Amen.

KEY VERSES TO MEDITATE ON

- "As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'

'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but few things are needed—or indeed only one. **Mary has chosen what is better, and it will not be taken away from her.**'"

(Luke 10:38-42)

- "Truly **he is my rock and my salvation; he is my fortress, I will never be shaken.**"
(Psalm 62:2)
- "**Be still,** and know that I am God!"
(Psalm 46:10)
- "The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. **You will be like a well-watered garden, like a spring whose waters never fail.**"
(Isaiah 58:11)
- "He makes me lie down in green pastures, he leads me beside quiet waters, **he refreshes my soul.** He guides me along the right paths for his name's sake."
(Psalm 23:2-3)
- "Come to me, all you who are weary and burdened, and **I will give you rest.** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and **you will find rest for your souls. For my yoke is easy and my burden is light.**"
(Matthew 11:28-30)
- "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, **honor God with your bodies.**"
(1 Corinthians 6:19-20)
- "Above all else, **guard your heart, for everything you do flows from it.**"
(Proverbs 4:23)
- "For **what shall it profit a man,** if he shall **gain the whole world,** and **lose his own soul?**"
(Mark 8:36)

RELATED RESOURCES

- **[GUIDES]**

- **[CHART]** [LIFE GIVING LIST](#) from Capable Life ([Video Walk-Through](#))
- **[SELF-ASSESSMENT]** [Soul Shepherdung](#) – self-assessments, articles, videos, and other resources on spiritual formation, emotional health, and intimacy with God

- **[BOOKS]**

- [Soul Keeping: Caring For the Most Important Part of You](#) by John Ortberg
- [Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature](#) by Peter Scazzero
- [Sacred Rhythms: Arranging Our Lives for Spiritual Transformation](#) by Ruth Haley Barton
- [The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World](#) by John Mark Comer

- **[SONG]** ["Be Still And Know"](#) by Housefires

- **[RELATED EPISODES]**

- [Episode 15: "What Are You AVOIDING?": Lessons On Spiritual Formation](#) with Alan George
- [Episode 12: Co-Founder & CEO: "We're At A Cultural Tipping Point" \(Why You NEED Spiritual Practices At Work\)](#) with Anthony Kennada
- [Episode 1: The #1 MOST Important Thing In Life Is This.](#)

- **[1-ON-1 COACHING]** [Book a complimentary call to see if Alex's personalized coaching would be a good fit for you](#), to help you get unstuck and find healing, freedom, and authentic connection with yourself and God in a safe, non-judgmental space.