

REIMAGINE RESILIENCE



mercy
commons

REIMAGINING SELF CARE



mercy
commons

Resilience (*noun*)

- The ability to **joyfully adapt, recover, and reengage** quickly without **distorting** your sense of **self**, your view of **God or His people**.

Building blocks of **Resilience**:

- ~~Failures (your own fault)~~
- ~~Suffering (not your fault)~~
- ~~Self Awareness & Emotional Regulation~~
- Self Care
- Community
- Joy & Gratitude
- Purpose

*Soul-care without self-care treats the body, or even the personality, as a shell that houses the more important part of our selves. It misses the reality of the brokenness of this world and the real ways it affects our bodies. Too much emphasis on self-care, though, makes our ultimate happiness about our physical **[and emotional]** needs being met. We know from Scripture that physical sacrifice is a part of the Christian life. Self-care, like soul-care, must serve a greater purpose that doesn't just culminate in our needs being met.*

COURTNEY REISSIG

Self care is a

[1] **BUILDING BLOCK OF RESILIENCE**

[2] **NOT** being a **LOVER OF SELF**

[3] **FUELS SELF DENIAL** and ultimately

[4] **SELF CARE** is **NOT SELF CARE**

1

Self care is a building
block of resilience.

3 ELIJAH WAS TERRIFIED. He got up and **ran for his life.** He arrived at Beer-sheba in Judah and **left his assistant there.** **4** He himself went farther on into the desert **a day's journey.** He finally sat down under a solitary broom bush. He **LONGED FOR HIS OWN DEATH:** "It's more than enough, Lord! Take my life because I'm no better than my ancestors."

1 Kings 19:3–8 (CEB)

⁵ He lay down and slept under the solitary broom bush. Then suddenly a **messenger tapped him** and said to him, **“GET UP! EAT SOMETHING!”** ⁶ Elijah opened his eyes and **SAW FLATBREAD BAKED ON GLOWING COALS** and a **JAR OF WATER RIGHT** by his head. He **ATE AND DRANK, AND THEN WENT BACK TO SLEEP.**

1 Kings 19:3–8 (CEB)

⁷ The Lord's messenger returned a second time and **tapped him**. "**GET UP!**" the messenger said. "Eat something **BECAUSE** you have a **DIFFICULT ROAD AHEAD OF YOU**." ⁸ Elijah **GOT UP, ATE AND DRANK, AND WENT REFRESHED BY THAT FOOD** for forty days and nights until he arrived at Horeb, God's mountain.

1 Kings 19:3–8 (CEB)

REIMAGINE RESILIENCE  mercy commons

1

SELF CARE IS A BUILDING BLOCK OF RESILIENCE.

General to the specific.

REIMAGINE RESILIENCE



23 (No longer drink only water, but use a little wine for the sake of your stomach and your frequent ailments.)

1 Timothy 5:23 (ESV)

REIMAGINE RESILIENCE  mercy commons

PEOPLE WHO SAY 'GO BIG
OR GO HOME' SERIOUSLY
UNDERESTIMATE MY
WILLINGNESS TO GO
HOME. LIKE, IT'S
LITERALLY

MY ONLY GOAL

PLAN and **PRACTICE:**
Rest, Delight, Repair, Recalibrate.

2

Self care is not the same
as being a lover of self.

¹ But understand this, that in the last days there will come times of difficulty. ² For people will be **LOVERS OF SELF**, lovers of **money**, **proud**, **arrogant**, **abusive**, **disobedient** to their parents, **ungrateful**, **unholy**, ³ **heartless**, **unappeasable**, **slanderos**, **without self-control**, brutal, not loving good, ⁴ treacherous, reckless,

2 Timothy 3:1–5 (ESV)

swollen with conceit, lovers of pleasure rather than lovers of God, ⁵ having the appearance of godliness, but denying its power. Avoid such people.

2 Timothy 3:1–5 (ESV)

REIMAGINE RESILIENCE  mercy commons

3

Self care fuels self denial.

³⁰ The apostles returned to Jesus and told Him everything they had done and taught. ³¹ Many people were coming and going, so **THERE WAS NO TIME TO EAT.** He said to the apostles, “**COME BY YOURSELVES TO A SECLUDED PLACE** and **REST** for a while.”

Mark 6:30–38 (CEB)

REIMAGINE RESILIENCE  mercy commons

³² They departed in a boat by themselves for a deserted place. ³³ Many people saw them leaving and recognized them, so they ran ahead from all the cities and arrived before them. ³⁴ When Jesus arrived and saw a large crowd, He had **compassion** on them because they were like sheep without a shepherd.

Mark 6:30–38 (CEB)

REIMAGINE RESILIENCE  mercy commons

THEN HE BEGAN TO TEACH THEM MANY THINGS. ³⁵ Late in the day, His disciples came to Him and said, “This is an isolated place, and it’s already late in the day. ³⁶ **SEND THEM AWAY** so that they can go to the **SURROUNDING COUNTRYSIDE** and villages and **BUY SOMETHING TO EAT FOR THEMSELVES.**”

Mark 6:30–38 (CEB)

³⁷ He replied, “**YOU GIVE THEM SOMETHING** to eat.” But they said to Him, “Should we go off and buy bread worth almost eight months’ pay and give it to them to eat?” ³⁸ He said to them, “How much bread do you have? Take a look.”

4

Self care is not really
self care.

¹³ God is the One who enables you both to want and to actually live out His good purposes.

Philippians 2:13 (CEB)

REIMAGINE RESILIENCE  mercy commons

4

SELF CARE IS NOT REALLY SELF CARE.

Come to **Jesus**.

28 “Come to Me, all you who are struggling hard and carrying heavy loads, and I will give you rest.
29 Put on My yoke, and learn from Me. I’m gentle and humble. And you will find rest for yourselves.
30 My yoke is easy to bear, and My burden is light.”

God is the only One who has the desire, capacity, and ability to love and care for you completely.

REIMAGINING SELF CARE



mercy
commons

REIMAGINE RESILIENCE



mercy
commons