

Taking Care of Myself – Why is Health So Hard?

1. What is self-care?
 - a. Daily routines
 - i. Spiritual – prayer and Bible reading, reflection
 - ii. Physical – eating, exercise, sleep
 - iii. Emotional/mental – journaling, rest, enjoyment
 - iv. Recovery – support check-ins, groups, boundaries to prevent temptation
 - v. Social – friends, hobbies, clubs
 - b. Weekly, monthly, yearly routines – church, retreats, holidays, fasting
2. Why do we need self-care?
 - a. HALT – you need to actively PREVENT hunger, anger, loneliness, tiredness
 - b. Creating a rhythm of life – predictable routine prevents drama and chaos
 - c. Satan is actively trying to defeat you
3. What gets in the way of health?
 - a. Satan offers temptations that look good.
 - b. Health takes work, laziness doesn't.
 - c. Small things feel like they won't matter much – it's no big deal this time.
 - d. Daily life is unpredictable! Routines often have to be adjusted.
 - e. We sometimes set routines that seem “good” but don't work for you. Don't get boxed in!
 - f. Romans 7 – battle between flesh and spirit
 - g. Short-term gain often feels better than long-term gain.
4. How do I create self-care routines?
 - a. Look at the categories – spiritual, physical, emotional, recovery, social.
 - b. Ask – what am I doing in each of these categories daily, weekly, monthly, yearly?
 - c. Know yourself – what times of day do I think best? What days of the week am I most lonely? What situations tempt me most?
 - d. Daily remind yourself of your long-term gains – health gets you somewhere!

Questions:

1. What routines do you have in your life that help your recovery?
2. What gets in the way of your self-care?
3. In what circumstances are you most vulnerable to temptation?
4. What are some ways to be victorious in the battle of short-term versus long-term gain?
5. What is one routine you could add to your life weekly that would help prevent temptation?