





United  
Women  
in Faith

Lake South District

SACRED  
*Soul Care*



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*Welcome*

Alison Jenkins, Spiritual Growth Coordinator

United Women in Faith Lake South District



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# *Opening Prayer*

Evelyn Carter

South Shore United Methodist Church



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# *Introductions*

Name, Church, United Women in Faith member?

Favorite Bible Verse or Quote

New people joining us this evening?



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# Soul Care

How have we been caring for ourselves this week?

Drinking water? Exercising? Reading Scripture? Eating Healthy? Meditating?



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# *What is Lectio Divina?*

Lectio Divina means “divine reading” in Latin.

It’s a meditative way of reading the Bible in which we let go of our own agendas and open ourselves to what God is trying to say to us.



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# *Scripture Reading*

Do we have a volunteer?



# Psalm 103:1-5 NKJV



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Bless the Lord, O my *soul*;

And all that is within me, bless His holy name!

Bless the Lord, O my *soul*, and forget not all His benefits:

Who *forgives* all your iniquities, Who *heals* all your diseases,

Who *redeems* your life from destruction, Who *crowns* you with lovingkindness

and tender mercies, Who *satisfies* your mouth with good things, So that

your youth is *renewed* like the eagle's.



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Exploring Week 1...

*Understanding Sacred Self-Care*

# Daily Devotionals



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- ✓ Day 1: *Self-Care* is Gratitude\*\*
- ✓ Day 2: *Self-Care* is Self-Love
- ✓ Day 3: *Self-Care* is Stewardship\*\*
- ✓ Day 4: *Self-Care* is Wellness

- ✓ Day 5: *Self-Care* is Subversive
- ✓ Day 6: *Self-Care* is Reparative
- ✓ Day 7: *Self-Care* is Sacred

DAY 1: *Self-Care* is Gratitude



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*I am* created in the image of *God.*

*I am God's* perfect gift.

Repeat Affirmations 10x

Day 2: *Self-Care* is Self-Love

*Think about some whom you deeply love and  
for whom you the very best in life...*

*It could be a child, a partner, a sibling, a friend, or even a younger version of yourself.*



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- What would you tell this person about caring for themselves?
- How do your wishes for that person differ from how you currently care for yourself?
- Is there one way you could choose to show yourself self-love today?

Day 3: *Self-Care* is Stewardship



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*I am a steward of my*

body, mind and spirit.

Repeat Affirmations 10x

## DAY 4: *Self-Care* is Wellness



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Pay attention to the self-care practices that you are already doing in these areas:

*physical, emotional, spiritual, mental and relational well-being.*

And evaluate how you are doing in each of these areas using the Sacred Self Care Inventory. Notice where you are, what you are already doing and where you think you can improve.

## DAY 5: *Self-Care* is Subversive (definition)



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- Seeks or intends to *subvert or disrupt* an established system or institution.
- Attempts to destroy or damage something, especially an established political system
- Undermines the power and authority of (an established system or institution)

Similar: *disruptive*; troublemaking; inflammatory; insurgent; insurrectionary



## DAY 5: *Self-Care* is Subversive



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Reflect on the following using a journal or sheet of paper. Think about the roles and responsibilities you have in your family, at work, at school, at church, and in your community.

*Where and how are you overextending yourself?*

Can you identify how these patterns conform to or reinforce social hierarchies and patterns of exploitation?

*What messages might you need to subvert?*

DAY 6: *Self-Care* is Reparative



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Reflect on the following using a journal or sheet of paper.

*What personal and family stories of trauma, violence, and abuse does your body tell?*

What *generational traumas* need *healing*?

DAY 7 : *Self-Care* is Sacred



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# *Silent Reflection*

What is your reaction to thinking about self care as a form of subversive stewardship? Where do you experience resistance to this idea?



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# *Virtual Prayer Circle*

Begin with our Virtual Prayer Circle next week...



MAY is *Inner Wellness*  
AWARENESS MONTH



<https://uwfaith.org/resources/podcasts/>

SUNDAY SERVICE



**vevo**

JESUS IS BORN



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# *Closing Prayer*