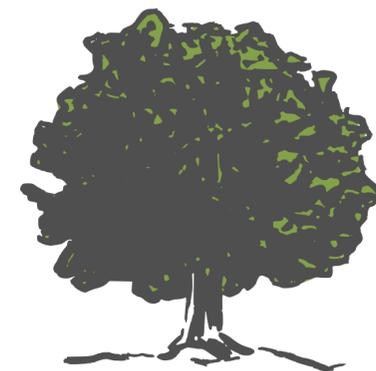


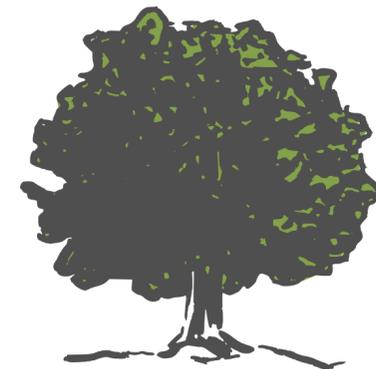
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Invitation to Silence

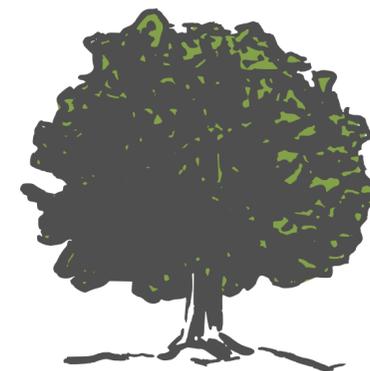


*Heal me, O Lord, and I shall be healed;
save me, and I shall be saved,
for you are my praise. - Jer 17:14*

Silence



*O God, you are my God; earnestly I seek you;
my soul thirsts for you;
my flesh faints for you,
as in a dry and weary land where there is no water.
So I have looked upon you in the sanctuary,
beholding your power and glory.
Because your steadfast love is better than life,
my lips will praise you.
So I will bless you as long as I live;
in your name I will lift up my hands.
- Psalm 61:1-5*



Grace and Peace

*Grace and Peace / Grace and Peace
Grace and Peace to you / From God our Father*

*Grace and Peace / Grace and Peace
Grace and Peace to you / From God our Father
And the Lord Jesus Christ*

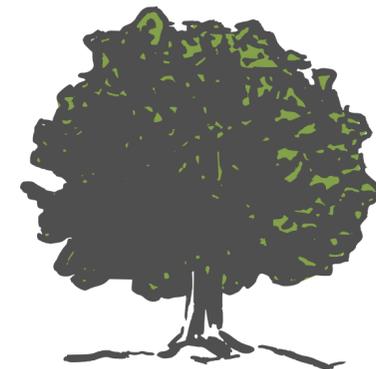
*Grace and Peace / Grace and Peace
Grace and Peace to you / From God our Father
And the Lord Jesus Christ
And the Lord Jesus Christ
And the Lord Jesus Christ*

Fernando Ortega

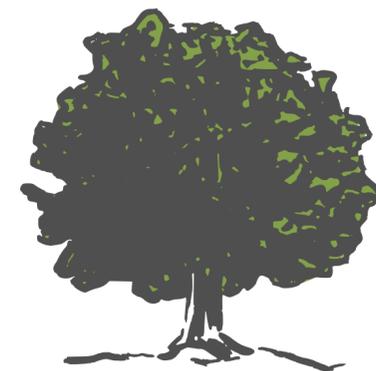
What is the state of your soul?

If your soul had a voice, what would your soul say today?

Conversation in Groups

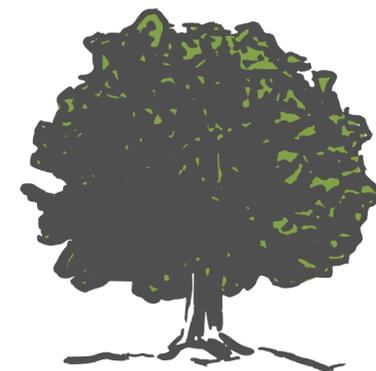


Self Care - Body and Mind



"Humans are physical beings. We are incarnated. The life of our bodies and minds is both an expression of and prerequisite for our growth as souls."

- Gerald May

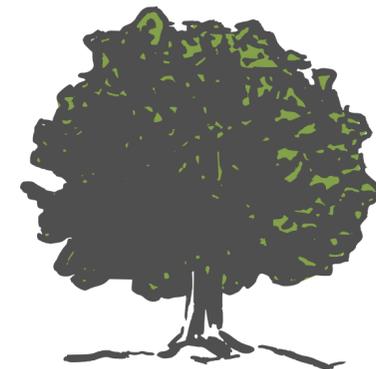


Self Care

We are integrated beings.

We are limited beings.

We live in a demanding culture (productivity, addiction, more is better).



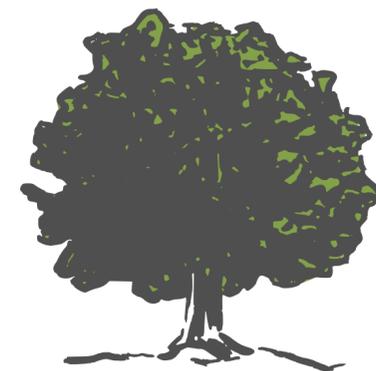


Self Care

Self care is important for your health.

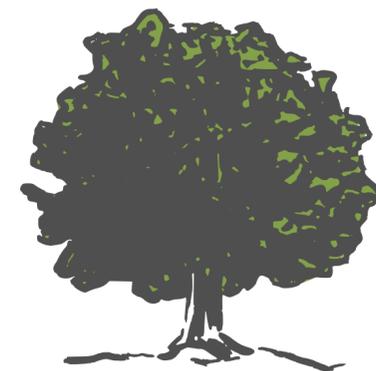
Self care is important for your worship & testimony.

Self care is important for your ministry.

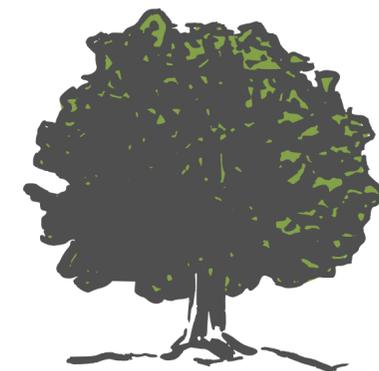


Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, Lord," he said. "Take my life, for I am no better than my ancestors who have already died." Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. - 1 Kings 19:3-8 NLT

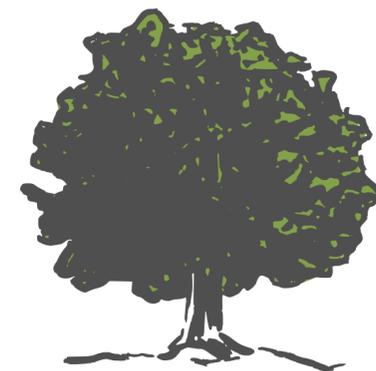
About this time another large crowd had gathered, and the people ran out of food again. Jesus called his disciples and told them, "I feel sorry for these people. They have been here with me for three days, and they have nothing left to eat. If I send them home hungry, they will faint along the way. For some of them have come a long distance." - Mark 8:1-3 NLT



“You realize, don’t you, that you are the temple of God, and God himself is present in you? No one will get by with vandalizing God’s temple, you can be sure of that. God’s temple is sacred– and you, remember, are the temple.” - 1 Cor 3:16 MSG



And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. - Rom 12:1-2 NLT

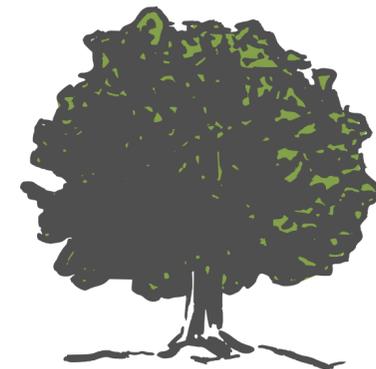


Self Care

Care of your body:

- Food
- Rest
- Exercise
- Medical checkup
- Listen to your body.

Rhythms.

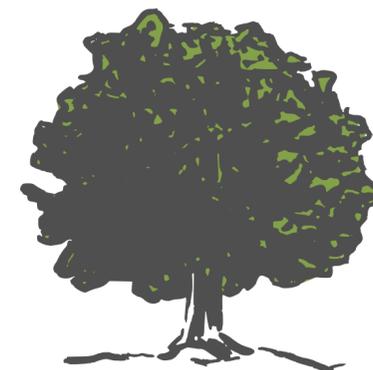


Self Care

Care of your mind:

- Distinguish thoughts from emotions.
- Be aware of your meanings.
- Choose the focus of your thoughts (truth, hope).
- Give your mind a break (handiwork, art, nature).
- Listen to your inner dialogue.

Rest.

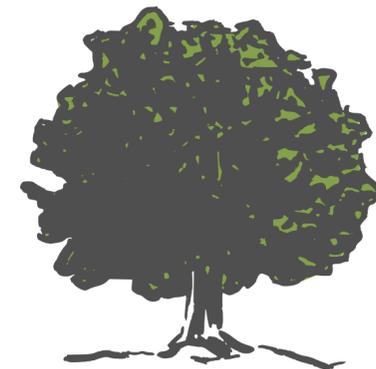


Self Care

Care of your emotions:

- Honor your emotions.
- Set boundaries.
- Write your own Psalms (lament or celebration).
- Be vulnerable.
- Listen to your emotions.

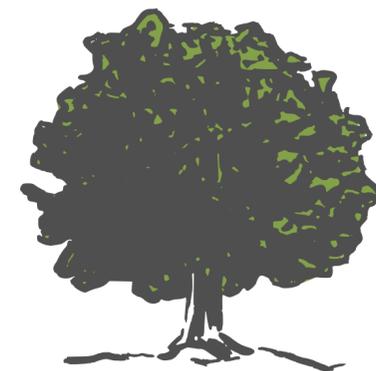
Healthy boundaries.



Self Care

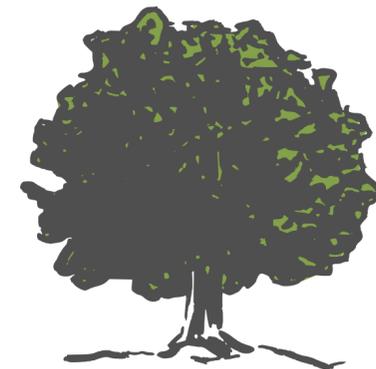
What would it look like for you to have eating practices that create a healthy body that makes space for God? What would it look like for you to engage in sleeping or exercise patterns that help your body to feel alert and alive to the activity of God in your soul?

- Meah Arakaki

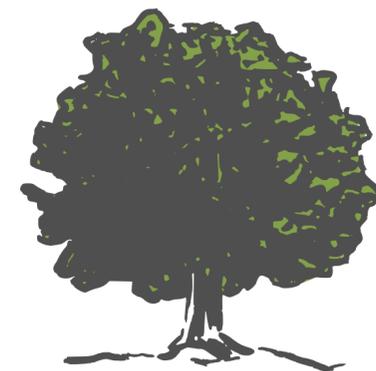


A Word About Sabbath

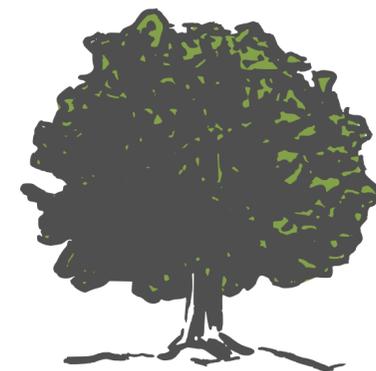
*"In our own contemporary context of the rat race of anxiety, the celebration of Sabbath is an act of both resistance and alternative. It is resistance because it is a visible insistence that our lives are not defined by the production and consumption of commodity goods. ... It is an alternative to the demanding, chattering, pervasive presence of advertising and its great liturgical claim of professional sports that devour all our 'rest time.'
Sabbath is not simply the pause that refreshes. It is the pause that transforms." - Walter Brueggemann*

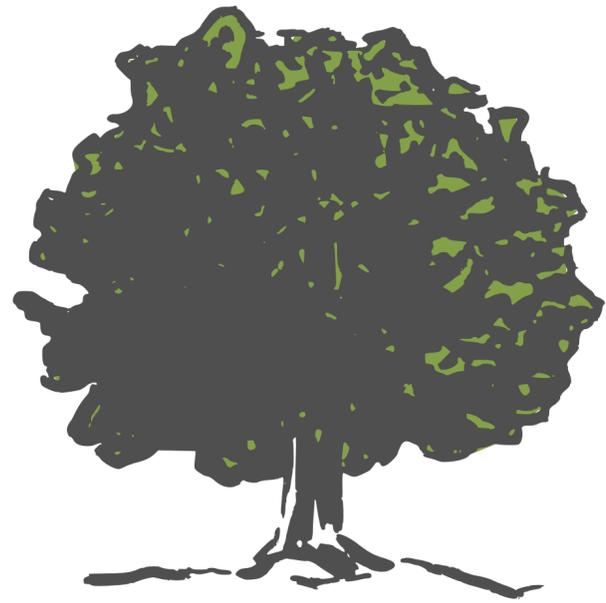


Conversation



So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. - Rom 12:1 MSG





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www.herecomebetterdays.org