



*Ephesians 5:29 (ESV)*

*“For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church.”*

Reflection Questions:

- 1) How do you care for yourself spiritually?
  
- 2) How do you make time to rest?
  
- 3) What self-care nurtures you the most?

### Extended Devotion:

Self-care is multi-faceted. It is so much more than just taking care of the outside – our spirit needs self-care more than anything else. But there is another component to self-care that I must confess I have not been very faithful in.

I don't know about you, but I have condemned myself so much in the past for resting. I am not a television show watcher and frankly boredom is not in my vocabulary, but I have come to see that I have not created enough margin in my life for the self-care of "rest". It's not that I think I am lazy to do so anymore, (though I used to think that way), it's just that I enjoy doing the work of the LORD and find it hard to stop. Go ahead . . . you can say it . . . workaholic.

Working is honorable, but making time to rest does not seem productive, lol. Until I read Psalm 127:2 and hear the words of a king beckoning to me, too: "In vain you rise early and stay up late, toiling for food to eat-- for he grants sleep to those he loves." Solomon had wisdom and he was a diligent man – building things and making plans constantly. But here he is telling us it is ok to rest. God created rest and work, and neither should be done to extremes.

Ok, I think I will go rest some. Really rest. How about you? What does rest look like to you?

### Takeaway:

Time for rest is not being lazy but is an opportunity to abide with God so He can restore our strength to serve Him.

*Denise And Micah*