



Critical Hits to Self-Care

Facilitator Note: We encourage facilitators to take this Bible study and expound on it throughout the week, allowing it to be a springboard for deeper conversation and personal meditation.

PRESS START

Ask: Share a moment when your geeky interests sparked a unique or unexpected connection with someone. How did it feel to find common ground in an unexpected place?

EQUIP

They say you can't love others if you don't love yourself. It's not only important to have a healthy self-image - it's also Biblical. In the geek world, it's common to feel like an outcast, a weirdo, or an outsider.

Ask: Have you had an experience where your hobbies made someone else negatively perceive you? How has that affected you?

Ask: Do you believe you have a healthy self-image, or could it use some improvement?

LEVEL UP

Read: Psalm 139:13-14: "For You formed my inward parts; You wove me in my mother's womb. I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, And my soul knows it very well."

God sees us as wonderfully and fearfully made. When we doubt that, we are putting doubt in what He says is true. You ARE wonderfully and fearfully made.

MOD

Positive philautia, often defined as "healthy self-love," pertains to fostering a positive self-perception and attending to one's well-being in physical, mental, and emotional aspects.

Let's create an affirmation for ourselves to repeat throughout the next week. What is that affirmation for you?

Ask: What other ways do we specifically need to practice self-care?

PRAY

Pray: May we see even a glimpse of ourselves the way God sees us. Pray that the way we think and treat ourselves reflects the love He has for us so we may go out and love others.

NEXT LEVEL

Read: Romans 12:2 (NASB): "And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

Author: Cody Armour | Editor: Lexi Tucker

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