

THEOLOGY OF SELF CARE PT 2

Self-care can be termed a 'mosaic experience' of being human. When you step back to look at the grand scheme of important memories and pivotal experiences from your prior years that create this awesome thing called LIFE, you will see the effects of how you cared for your 'self' during these times you remember the most. When celebrations occurred, what do you remember about your 'self'? When deep pains and sorrows occurred, what was your 'self' experiencing? As mentioned in the prior devotional, your 'self' is a combination of the physical, mental, social, and, of course, spiritual. And to consider oneself 'healthy', all these aspects of the 'self' must be in positive standing. Self-care is without a doubt, one crucial part of being a human.

As we dive further into this idea of "theology of self-care", we should embrace the idea that there is strength and empowerment in self-care. Oftentimes, our focus is heavily distorted to believe that greater power lies multi-tasking like machines. But the reality is that life that way becomes immensely blurry. We begin to disintegrate the lines of a balanced lifestyle between the noises of our lives. As research points out, in today's North American hustle our attention span is only 8 seconds long. After 8 seconds of focus, we are easily prone to being distracted by something else. Have you ever stepped back from the routine of a project or work to realize that perhaps you have not sat in complete silence without a million thoughts floating through your head? In today's day and age, we have lost the ability to remain grounded and steadfast, and instead have filtered our focus to the noisy rumble of our jobs, commitments, and entertainment. We become blind to the sounds of peace.

Scripture points out that God highly values the ways we take care of our physical, mental, social, and spiritual "selves". Self-care is one of God's key areas of concern in His word as evident through 1 Corinthians 3:16,

"Do you not know that you are God's temple and that God's spirit dwells in you?" (NIV)

When the Bible calls our bodies "temples" how does that make you feel? Is there a sense of responsibility that you own? Is there an urgency to upkeep your "temple"? Perhaps you need a visual image to understand where the Word of God is going with this temple analogy. Historically, the temples built by Israelites in the Old Testament were places of worship with God – sacred places. Now, in the New Testament Paul writes in the book of 1 Corinthians that this visual of a temple can be directly associated to our bodies due to Christ's death for us. This is amazing news! Our bodies can be open as a place for the Holy Spirit of God to dwell. When Jesus came, he removed the need for a physical building to be the sacred place for meeting God. As you walk around, sit down, lie on your bed and rest, remember that your entire self is a temple for God to meet you. I encourage you to reflect on this question for the next few days:

"What areas of my self-care is the Holy Spirit asking me to take care of today?"

