


KELLY J. GRACE

CONNECT THE TRUTH YOU BELIEVE TO THE LIFE YOU LIVE



Spiritual Self-Care


WWW.KELLYJGRACE.COM



Wouldn't it be wonderful if there was a Spiritual Spa?

A place to go for a refreshing, invigorating and calming treatment for your spirit. Just what you need after 2020!!!

Let's create your very own Spiritual Spa so that you can enjoy spiritual self-care at home, even making it part of your everyday routine.





WHAT IS SPIRITUAL SELF-CARE?

It's the nurture and care of your inner being.

It consists of simple practices and routines that maintain and support what the Bible calls your inner man, or the new you created in Christ. This is the part of you that came to life the moment you put your faith in Christ and you were born again.

Think of it as ***the spiritual you*** that has communion with God and is taught and guided by the indwelling Holy Spirit.

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

2 Corinthians 5:17

This new you has eternal life and the capacity to be continually renewed. Unlike our physical bodies which are battered by aging, this new you has an amazing potential to grow toward a spiritual maturity that doesn't decline with the years.

Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day.

2 Corinthians 4:16

“

...burnout is not
about giving too
much of yourself,
it's about trying to
give what you do
not possess.”

—Jeff Haden in a LinkedIn post dated
May 26, 2014.



HOW TO BEGIN.

There are four simple steps you can take to tend your inner fire and avoid burnout. Here's how you can start to care for your own spiritual wellbeing. You'll soon be enjoying a deeper communion with God, a greater sense of peace and a more enduring experience of joy throughout your day.



STEP 1

EAT YOUR FILL



Just as your physical body needs nourishment, so does ***the spiritual you!*** In the New Testament the Scriptures are described as milk for the babe and meat for the mature.

Sound familiar? Sure, we feed babies milk, but we know that to grow to maturity they'll eventually need a more complex and complete diet.

Jesus said man shall not live by bread alone, but by every word that comes from the mouth of God.

Matthew 4:4

So eat to live!

The book of Hebrews offers a challenge to believers, basically saying, grow up & grow strong.

In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.

Hebrews 5:12-14

To grow up & grow strong make the time to eat your fill.

Read or listen, whatever works best for you.

Yes, there is lots of scientific evidence that reading is a more powerful learning method than listening, but reading isn't hands free and many of you have your hands full for much of the day.

Here are three resources to help you eat your fill.

1. <https://www.youversion.com/the-bible-app/>

I've used the YouVersion app for years. You can find read through the whole Bible plans, or many shorter devotional plans.

My new HOT FAVORITE this year is **Bible Project | The Bible**. I absolutely love the little devotional cartoon that introduces essential chapters and weaves together the theme that runs from Genesis to Revelation. So good!!! And, you can read on your phone or tablet OR press the little play arrow and listen. I listen in the morning while unloading the dishwasher.

2. <https://www.biblegateway.com/resources/audio/>

At this link you'll see an option to **LISTEN TO THE BIBLE**

I checked out the many of the ones listed and I really enjoyed the NKJV by Tinasha LaRaye. I wanted to try one with a female voice and she has great tone and cadence. Love it :)

For PBS Masterpiece Theater fans you can listen to David Suchet, the actor who portrays Hercule Poirot, read the NIVUK (New International Version United Kingdom) in his wonderful British accent.

3. <https://www.navigators.org/resource/bible-reading-plans>

The Navigators are a group dedicated to Christian growth and discipleship. A thoroughly trusted resource for study materials and you'll find lots of plans to help you eat your fill.

Make this the year you create a consistent routine for taking in God's word. Follow the example of Jeremiah and Job and eat your fill.

When I discovered your words, I devoured them.

They are my joy and my heart's delight,
Jeremiah 15:16

I have not departed from the commandment of His lips;
I have treasured the words of His mouth
More than my necessary food.
Job 23:12



STEP 2

USE YOUR WORDS



I remember my daughters and daughter-in-laws using this phrase when my grandkids were toddlers :) Here's how this applies to your own spiritual self-care.

We often forget to say please and thank you to God.

Prayer and thanksgiving are two special privileges of your life in Christ. Romans 5:2 says we have access by faith into this grace in which we stand.

WOW, that's access to God.

So I'm urging you to make use of that access. Start talking to Him. Do you remember in Genesis God dropping by the Garden of Eden to hang out with Adam and Eve in the cool of the day? (Genesis 3:8-9) He made you for fellowship with Him and for a real relationship with Him.

Prayer is simply talking to God. You don't need a prayer list, or any special reason to get in touch, but there are two excellent reasons to do so.

First to say thanks.

Thanks for delicious foods, for making the oceans and mountains. Thanks for chubby baby cheeks to kiss and a job that supports the family. Thanks, thanks, thanks...


If you want to see the life changing power of saying thanks read *One Thousand Gifts* by Ann Voskamp.

Second to say help.

Prayers for spiritual strength or patience, prayers for provision, prayers for healing, prayers for wisdom in a trial, prayers to conceive a baby, prayers for deliverance from temptation, prayers for the nation, prayers for salvation...

in everything give thanks; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18



Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:6–7

Your spirit finds joy in this kind of spiritual action.

It's not difficult or draining. It reaffirms your dependence on God and your appreciation of the good gifts He has blessed you with. And your faith is an antidote to worry. Remind yourself that you've given the burdens to God and you don't need to stress about the solutions. He's got it covered!

Be a prayer warrior and use your access to God to lift up any burden that's troubling your spirit.


See, don't you feel stronger already?



STEP 3

SLEEP LIKE A BABY





Sleep is an amazing restorative gift from God, but it can elude us when we haven't taken care of ourselves spiritually. The nighttime hours can give rise to our anxious thoughts, old hurts, and regrets that surface and keep us covering the same ground over and over as we rehearse our failures and faults or nurse old wounds and grudges.

Satan takes advantage of our depleted physical and mental state and has a great time accusing us and stirring up any unresolved issues.


In Psalm 131 David leads us through his own routine for getting a good night's sleep. He starts with humility and says pretty plainly that he can't figure a lot of things out. Life is confusing to him and so he's leaving it up to God to handle it. Instead of worrying, oh this is a better plan already, instead of worrying or scheming he's settled in like a fully fed babe held close in his mother's arms. The very picture of contentment and comfort. And he invites those who belong to God to do the same.

Psalm 131

Lord, my heart is not proud;
my eyes are not haughty.
I do not get involved with things
too great or too wondrous for me.
Instead, I have calmed and quieted my soul
like a weaned child with its mother;
my soul is like a weaned child.
Israel, put your hope in the Lord,
both now and forever.

This passage has helped me take responsibility to quiet my own spirit and literally rest in the Lord. The core message is a declaration of dependence and reliance upon God. It's helped me beat back anxiety and fearfulness hundreds of times.

I also found the following Evening reading in a little book called *A Diary of Private Prayer* by John Baille which I highly recommend.



O LORD, you are from everlasting to everlasting; I turn my thoughts to you as the hours of darkness and sleep begin...
Accompany me throughout the night.
Give me sound and refreshing sleep;
Give me safety from all dangers;
Give me freedom from restless dreams;
Give me control of my thoughts, if I lie awake;
Give me wisdom to remember that the night was made for sleeping and not for harboring anxious or distressing thoughts.
Give me grace, if I lie awake thinking, to think of you.

My soul is satisfied as with a rich feast,
and my mouth praises you with joyful lips
when I think of you on my bed,
and meditate on you in the watches of the night.


Psalm 63:5–6



STEP 4

FIND YOUR HAPPY PLACE





The first and primary business to which I ought to attend every day is to have my soul happy in the Lord.

—George Mueller

At some point in the day, and the earlier the better, you need to check in with your soul, with that spiritual you and make sure you're happy in God.

There's a small section from the book of Jude that says,

But you, beloved, building yourselves up in your most holy faith and praying in the Holy Spirit, keep yourselves in the love of God, waiting for the mercy of our Lord Jesus Christ that leads to eternal life.

Keep yourselves in the love of God.


He loves easily and He is easy to love. So lean into those everlasting arms and let Him love you.

What do you really think about God? Your experience of blessedness is tied to your own belief about God.

One of my all time favorite writers on this subject is A.W. Tozer. He writes this in a short essay called God is Easy to Live With,

It is most important to our spiritual welfare that we hold in our minds a right conception of God. If we think of Him as cold and exacting we shall find it impossible to love Him...If again, we hold Him to be kind and understanding our whole inner life will mirror that idea...

The fellowship of God is delightful beyond all telling. He communes with His redeemed ones in an easy uninhibited fellowship that is restful and healing to the soul...



How good it would be if we could learn that God is easy to live with. He remembers our frame that we are dust...God is the sum of all patience and the essence of kindly good will. We please Him most, not by frantically trying to make ourselves good, but by throwing ourselves into His arms with all our imperfections, and believing that He understands everything and loves us still.

Pro Tip: Don't run on empty.

Ephesians 5:18 reminds us to be being filled with the Spirit.

I won't bore you with a Greek lesson, but this means the filling with the Holy Spirit is something you can and should continually seek. Jesus called the Holy Spirit the Comforter. He's the one Jesus sent to come and dwell inside the spiritual you. He's the resource for spiritual power and the strength you need to live and thrive as a Christian. He's the well of patience you need with your kids, the fount of kindness you need with your spouse and the ocean of love you need for everybody! You have not because you ask not. *So ask. Be being filled.*

One last word on the Holy Spirit.

You need to cultivate a sensitive conscience and learn to listen when He tries to get your attention about something. Don't grieve the Holy Spirit by persisting in sin. Don't quench the Holy Spirit by resisting His urgings. Just let Him lead you into the abundant life Jesus promised.



There you have it!

Step 1. Eat your fill.

Step 2. Use your words.

Step 3. Sleep like a baby.

Step 4. Find your happy place.

Four simple practices to help you stand strong in faith, keep yourself in the flow of God's love and make a difference in the lives of those around you.

My prayer for you is that you'll feel refreshed in your spirit, restored in your body and more deeply connected to God and your family.



KELLY J. GRACE

About Kelly

BLOGGER | JESUS GIRL |
GRACE-BELIEVING OPTIMIST

Hey There! I'm Kelly and I'm here to serve you by sharing the most transformative lessons I've learned from years of Bible study and my own long spiritual journey.

I've culled through my notebooks and journals to unearth the best of what God has taught me over the last 50 years. Now I'm sharing it all with you. These are the very resources I wish I'd had available when I was where you are right now.

Decades of leading Women's Bible Study, Women's Ministry, and simply being a Pastor's wife have given me the opportunity to see how essential God's word is to a woman's life. And how powerful it is at helping us grow in faith and holiness. It's been a joy and a privilege through the years to be trusted by many as a source of spiritual truth and counsel.

If you're looking for a place and community to help you start enjoying and deepening your Christian life, welcome! Let's make it fun, let's make it real and let's start right now!

Have a question or suggestion?

You can always reach me here, kelly@kellyjgrace.com

