

Soul Care That Makes the Difference

21 Godly
Ways to Take
Care of You

Ginger Harrington





Soul Care That Makes the Difference

21 Godly ways to take care of you.

Use this list in your devotional time with God. Consider one way of caring for your soul each day. Read the verses, journal, and pray through each topic. Ask God to guide you as you pray and journal, writing down the thoughts that come to mind.

Believe that you matter.

You have value and worth. Don't swallow the lies and rejection of others that can make you feel worthless. These words aren't from God and they are **not** true. (1 Corinthians 6:20, 2 Corinthians 5:21, 1 Thessalonians 1:4)

Agree with God.

Agree with what God says about you in His Word. Agreeing is faith in action. When you agree with God, there's no room for the enemy to enter the conversation. (Psalm 139:14, Jeremiah 31:3, John 4:19)

Love God with your life.

The greatest command, the most important thing God asks of us is to love Him with heart, soul, mind, and strength. The more fully we grasp the wonder of God's love, the more we love Him. And the more we can accept and love ourselves. (Mark 12:29-31)

Intentionally receive God's love.

Hold out your hands and your heart and actually say it, "Lord, I receive your love. Thank you!"

(Ephesians 3:16-19, John 3:16, John 1:16) (



Rely on Christ for your needs.

When we trust Christ to meet our needs, we can stop trying so hard to get love, acceptance, security, value, and worth by our own efforts and coping skills. Freedom to love yourself in a godly way is found by living in the Spirit, not by working in the flesh. (Phil.4:19)

Accept Yourself.

You are loved and accepted by God. When you believe this, you will be free to accept yourself. You cannot love what you refuse to accept. (Psalm 139)

Trust God with your imperfections and insecurities.

He's promised to bring you to completion. Trust Him to finish what He's started. (1 Thess. 5:23-24, Phil. 1:6)

Care for yourself.

Take care of your, body, mind, and soul. You take care of others. It's time to put yourself on the list. Remember you are a temple of God. (1 Cor. 6:19, 1 Cor 3:16)

Rest and honor the Sabbath.

Rest is a physical need and a holy command. Sabbath is more than a day on the calendar—it's also an attitude of the heart. In giving to others and serving God, it's easy to neglect our need from mental, physical, relational, or spiritual rest.. (Exodus 33:14, Psalm 37:7, Psalm 23:2-3)

Embrace the truth of God's Word.

Scripture is filled with truths to set you free to live and love with joy and freedom. God's word is spiritual nourishment. (John 8:32)

Speak truth to yourself.

Stop repeating the old messages and lies--the *I can't's*, *I'll never's*, *I should's*, and *I'm not's*. Stop keeping records of your mistakes and sins. God isn't counting, why should you? (Psalm 103:12, 1 Cor. 13:5)



Show kindness to yourself.

Do you ever say unkind things to yourself that you'd never say to someone else? It's time to stop. Kindness is a fruit of the spirit that is both internal (for you) and external (for others). (Galatians 5:22, Proverbs 3:3, Proverbs 31:26, Ephesians 4:32)

Be patient with yourself.

Focus on growth rather than perfection.

We're all in process., and we all make mistakes. At times we struggle. Be patient with yourself and rely on Christ moment by moment. (Colossians 3:12-13, Ephesians 4:2, Colossians 1:10-12)

Let go of negative thinking.

God's guide for good thoughts applies to how you think about yourself. Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. (Phil 4:8)

Refuse to compare yourself to others.

Easier said than done, but in Christ, there's freedom from the trap of comparison. Rely on Him to stop worrying and striving to be the best, make your mark, or get your prize. (2 Cor. 10:12, Galatians 5:25-26)





Forgive yourself.

Why do you say, "I can't forgive myself," when God has forgiven and forgotten? Accept God's forgiveness by forgiving yourself. Hold onto the truth rather than feelings of guilt. (Psalm 103:1-2, Jeremiah 31:34)

Forgive others.

Refusing to forgive others is like drinking poison and expecting someone else to die. Unforgiveness holds you captive. Forgiving others doesn't mean what they did is now okay. It means you've chosen to entrust the matter to God. (Ephesians 4:32, Mark 11:25)

Embrace truth and read your Bible.

Loving God and learning His word is a relationship to enjoy, not a rule to perform or a standard to keep. Discover life and freedom through the power of God's word. Ask the Holy Spirit to show you the difference between God's truth and the counterfeit philosophies of the world. (John 6:63, John 8:32, Hebrews 4:12)

Stop lecturing yourself.

Stop apologizing for being you. Learn the difference between healthy evaluation and self-condemnation. Ask God to help you catch your thought patterns when you slip into lecturing yourself. (Romans 8:1, Romans 8:31-38, Phil. 3:12-14)

Ask God to put His desires in your heart.

Delight yourself in the Lord and He will give you the desires of your heart. This giving goes two ways: getting what we want and wanting what God desires to give. (Psalm 37:4, Jeremiah 29:11)

Remember God delights in you.

"...for it is God who is at work in you, both to will and to work for *His* good pleasure. Satan loves to tempt us to feel we are a disappointment to God. Never forget that in Christ, you are a child of God and you have a father who loves you for who you are, not what you do. (Phil. 2:13, Zephaniah 3:17).



Notes for My Soul:



Notes for My Soul:



Notes for My Soul:

