

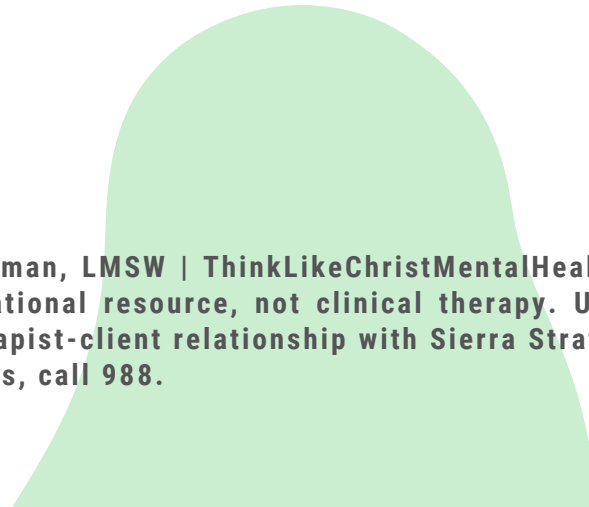


Bible Study

ELIJAH'S STORY & THE IMPORTANCE OF SELF-CARE



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Bible Study



ELIJAH'S STORY & THE IMPORTANCE OF SELF-CARE

DATE _____

OVERVIEW

PURPOSE: THIS STUDY'S GOAL IS TO EXPLORE HOW ELIJAH'S STORY IN 1 KINGS 19 TEACHES THE IMPORTANCE OF SELF-CARE, REST, AND SEEKING GOD DURING BURNOUT.

KEY PASSAGE: 1 KINGS 19:1-18

MAIN THEMES: THE ROLE OF REST, NOURISHMENT, EMOTIONAL PROCESSING, AND SPIRITUAL RENEWAL IN SELF-CARE.

(1 KINGS 19:1-4)

FROM VICTORIOUS TO COMPLETE EXHAUSTION (1 KINGS 18-19:1-3)

IN THIS PASSAGE WE ELIJAH JUST HAD A GREAT VICTORY AGAINST BAAL, AND HE SHOULD HAVE FELT VICTORIOUS!

INSTEAD, HE COLLAPSES DUE TO FEAR AND EXHAUSTION WHEN QUEEN JEZEBEL THREATENS HIS LIFE. THIS ONE THREAT CAUSES HIM TO ISOLATE BY RUNNING INTO THE WILDERNESS.

ELIJAH'S CRY FOR DEATH (1 KINGS 19:4) "I HAVE HAD ENOUGH, LORD. TAKE MY LIFE."

WE SEE IN THIS MOMENT ELIJAH IS STRUGGLING WITH EXTREME EXHAUSTION, MENTAL DISPAR, AND IS SPIRITUALLY DRAINED

LESSON: EVEN THE STRONGEST BELIEVERS MUST TAKE TIME TO REST AND RESTORE—OUR BODIES, MINDS, AND SPIRITS HAVE LIMITS.

(1 KINGS 19:5-9)

GOD'S APPROACH WAS NOT TO SCOLD ELIJAH, BUT RATHER MAKE SURE HIS BASIC NEEDS WERE MET FOR HIM TO RECOVER

REST: ELIJAH SLEEPS UNDER A TREE.

NUTRITION: AN ANGEL PROVIDES BREAD AND WATER TWICE.

GENTLE ENCOURAGEMENT: THE ANGEL TELLS ELIJAH TO EAT "FOR THE JOURNEY IS TOO MUCH FOR YOU."

LESSON: SELF-CARE IS NOT SELFISH—EVEN GOD PRIORITIZED ELIJAH'S PHYSICAL WELL-BEING BEFORE ADDRESSING HIS EMOTIONS OR SPIRITUAL STATE.

(1 KINGS 19:9-14)

GOD STARTS BY ASKING A SIMPLE QUESTION (1 KINGS 19:9) "WHAT ARE YOU DOING HERE, ELIJAH?"

LESSON: SELF-REFLECTION IS A PART OF SELF-CARE. GOD INVITES ELIJAH TO PROCESS HIS EMOTIONS RATHER THAN SUPPRESS THEM.

GOD'S PRESENCE IN THE WHISPER (1 KINGS 19:11-12)

GOD IS NOT IN THE WIND, EARTHQUAKE, OR FIRE—BUT IN A GENTLE WHISPER.

LESSON: TRUE RESTORATION OFTEN HAPPENS IN QUIET MOMENTS, NOT IN DRAMATIC EVENTS. WE MUST PRIORITIZE STILLNESS, PRAYER, AND PERSONAL REFLECTION.

APPLYING ELIJAH'S STORY TO OUR OWN SELF-CARE

- SELF-CARE IS BIBLICAL
- WE ARE NOT ALONE IN OUR STRUGGLES
- PHYSICAL RESTORATION PREPARES US FOR SPIRITUAL STRENGTH
- GOD SPEAKS IN STILLNESS



PRAYER FOCUS

- THANK GOD FOR HIS UNDERSTANDING AND PROVISION.
- ASK FOR WISDOM TO BALANCE RESPONSIBILITIES AND REST.
- PRAY FOR STRENGTH TO TAKE SMALL STEPS TOWARD BETTER SELF-CARE.

SPIRITUAL SELF-CARE

GOD'S RENEWAL OF PURPOSE

1 KINGS 19:15-18)

GOD'S GUIDANCE FOR MOVING FORWARD

HE REASSURES ELIJAH THAT HIS WORK IS NOT OVER, BUT ALSO REDIRECTS HIS FOCUS.

HE PROVIDES NEW TASKS, NEW LEADERS TO ANOINT, AND REMINDS HIM HE IS NOT ALONE.

LESSON: SOMETIMES, SELF-CARE MEANS ADJUSTING OUR RESPONSIBILITIES AND REMEMBERING WE DON'T HAVE TO DO EVERYTHING ALONE.

Self Care Tool

ASSEMENT QUIZ



USE THIS QUIZ TO CHECK IN WITH YOURSELF AND SEE WHERE YOU MIGHT NEED A LITTLE MORE CARE AND ATTENTION.

FOR EACH STATEMENT, RATE HOW TRUE IT FEELS FOR YOU:

1 = RARELY TRUE 2 = SOMETIMES TRUE 3 = OFTEN TRUE 4 = ALWAYS TRUE

PHYSICAL SELF-CARE

1. I GET 7-8 HOURS OF QUALITY SLEEP MOST NIGHTS. ____
2. I EAT BALANCED MEALS AND DRINK ENOUGH WATER DURING THE DAY. ____
3. I INCLUDE REGULAR MOVEMENT OR EXERCISE IN MY ROUTINE. ____
4. I LIMIT CAFFEINE, SUGAR, AND LATE-NIGHT SCREEN TIME WHEN POSSIBLE. ____
5. I TAKE TIME TO REST WHEN MY BODY NEEDS IT. ____

PHYSICAL TOTAL: ____ / 20

MENTAL & EMOTIONAL SELF-CARE

1. I TAKE TIME TO SLOW DOWN AND BREATHE WHEN I FEEL STRESSED. ____
2. I SET HEALTHY BOUNDARIES AND SAY "NO" WHEN NEEDED. ____
3. I ENGAGE IN HOBBIES OR ACTIVITIES THAT BRING ME JOY. ____
4. I EXPRESS MY EMOTIONS IN HEALTHY WAYS (JOURNALING, TALKING, PRAYING). ____
5. I SEEK SUPPORT OR PROFESSIONAL HELP WHEN I'M STRUGGLING. ____

MENTAL/EMOTIONAL TOTAL: ____ / 20

SPIRITUAL SELF-CARE

1. I SPEND REGULAR TIME IN PRAYER OR QUIET REFLECTION WITH GOD. ____
2. I READ OR LISTEN TO SCRIPTURE THROUGHOUT THE WEEK. ____
3. I ATTEND CHURCH, FELLOWSHIP, OR WORSHIP WITH OTHER BELIEVERS. ____
4. I TAKE TIME TO REST AND OBSERVE A SABBATH RHYTHM. ____
5. I REMEMBER THAT I'M LOVED BY GOD, EVEN WHEN I'M NOT "DOING ENOUGH." ____

SPIRITUAL TOTAL: ____ / 20

SCORING & REFLECTION

ADD UP YOUR TOTALS:

PHYSICAL: ____ | MENTAL: ____ | SPIRITUAL: ____

- 16-20: YOU'RE THRIVING – KEEP NURTURING THESE HABITS!
- 11-15: YOU'RE DOING WELL BUT MAY NEED MORE CONSISTENCY.
- 6-10: SOME AREAS NEED CARE AND ATTENTION.
- 5 OR BELOW: TIME TO REFOCUS AND REBUILD YOUR FOUNDATIONS – START SMALL AND BE GENTLE WITH YOURSELF.

Self Care



SELF CARE EXAMPLES

PHYSICAL SELF CARE

EXERCISE
NUTRITION
SLEEP
RELAXATION

MENTAL SELF CARE

THERAPY
MINDFULNESS-GROUNDING
SOCIAL MEDIA DETOXING
SETTING BOUNDARIES
CONNECTING WITH OTHERS

SPIRITUAL SELF CARE

PRAYER
WORSHIP
SCRIPTURE MEDITATION
RELIGIOUS TRADITIONS OR HOLIDAYS
SPIRITUAL MENTOR
ENTERTAINMENT (TV SHOWS, PODCASTS, BOOKS, MUSIC)

Self Care

THE JOURNEY TO A HEALTHIER YOU



BREAKING DOWN SELF CARE

TAKE A MOMENT TO EXPLORE THE DIFFERENT AREAS OF SELF-CARE. WHAT ARE YOU ALREADY DOING, AND WHAT NEW HABITS WOULD YOU LIKE TO START?

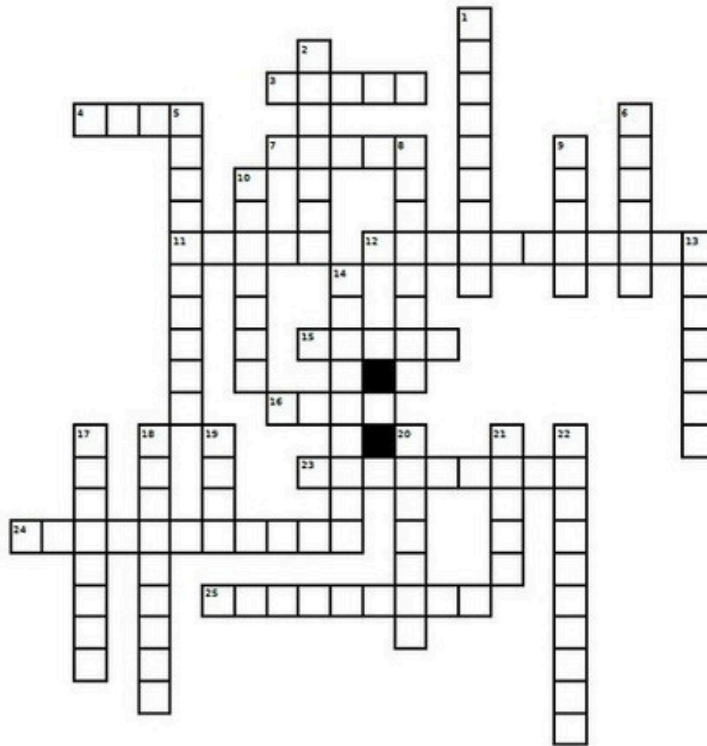
PHYSICAL

SPIRITUAL

MENTAL



Crossword Puzzle



Down:

1. thankfulness to God
2. thinking about God's teachings
5. quiet reflection on God's Word
6. talking to God
8. waiting with faith
9. God's Word
10. writing thoughts and prayers
13. a day of rest and worship
14. gifts or favor from God
17. moving the body to stay healthy
18. holy writings of the Bible
19. confident expectation in God's promises
20. honoring God through music or actions
21. trust and belief in God
22. a short daily Bible reading and reflection

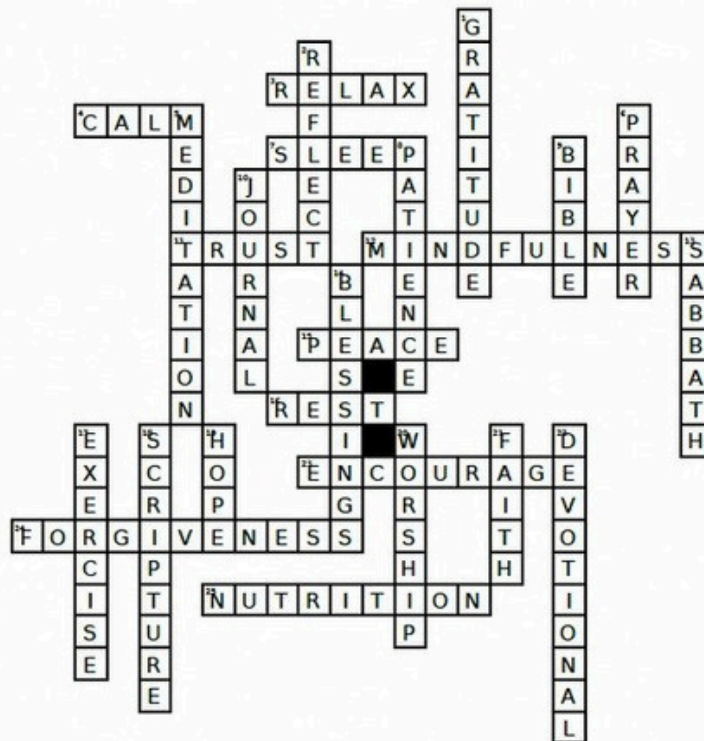
Across:

3. easing stress and tension
4. peaceful state of mind
7. rest for the body
11. relying fully on God
12. being aware and present in God's presence
15. inner calm from trusting God
16. taking time to recharge physically and spiritually
23. uplifting others through words or actions
24. letting go of hurt or anger
25. eating healthy for energy and strength

Self Care



Crossword Puzzle



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Self Care

GRADITUDE LOG



INSTRUCTIONS: TAKE A FEW MINUTES EACH DAY TO REFLECT ON THINGS YOU ARE THANKFUL FOR. WRITING THEM DOWN HELPS YOU FOCUS ON GOD'S BLESSINGS AND IMPROVE YOUR MENTAL AND SPIRITUAL WELL-BEING.

DAILY GRATITUDE

DATE

3 THINGS I'M THANKFUL FOR

WHY I'M GRATEFUL

WEEKLY REFLECTION

- WHAT BLESSINGS STOOD OUT TO ME THIS WEEK?
- HOW DID FOCUSING ON GRATITUDE AFFECT MY MOOD OR OUTLOOK?
- HOW CAN I CARRY THIS GRATITUDE INTO NEXT WEEK?



5 BIBLE STUDY METHODS

1. VERSE-BY-VERSE (EXPOSITORY STUDY)

- STUDY EACH VERSE CAREFULLY, FOCUSING ON MEANING, CONTEXT, AND APPLICATION.

2. TOPICAL STUDY

- CHOOSE A THEME (LIKE FAITH, PRAYER, OR FORGIVENESS) AND FIND ALL RELATED VERSES IN THE BIBLE.

3. CHARACTER STUDY

- STUDY A BIBLICAL FIGURE (E.G., DAVID, ESTHER, PAUL) TO LEARN FROM THEIR LIFE, CHOICES, AND FAITH.

4. SOAP METHOD

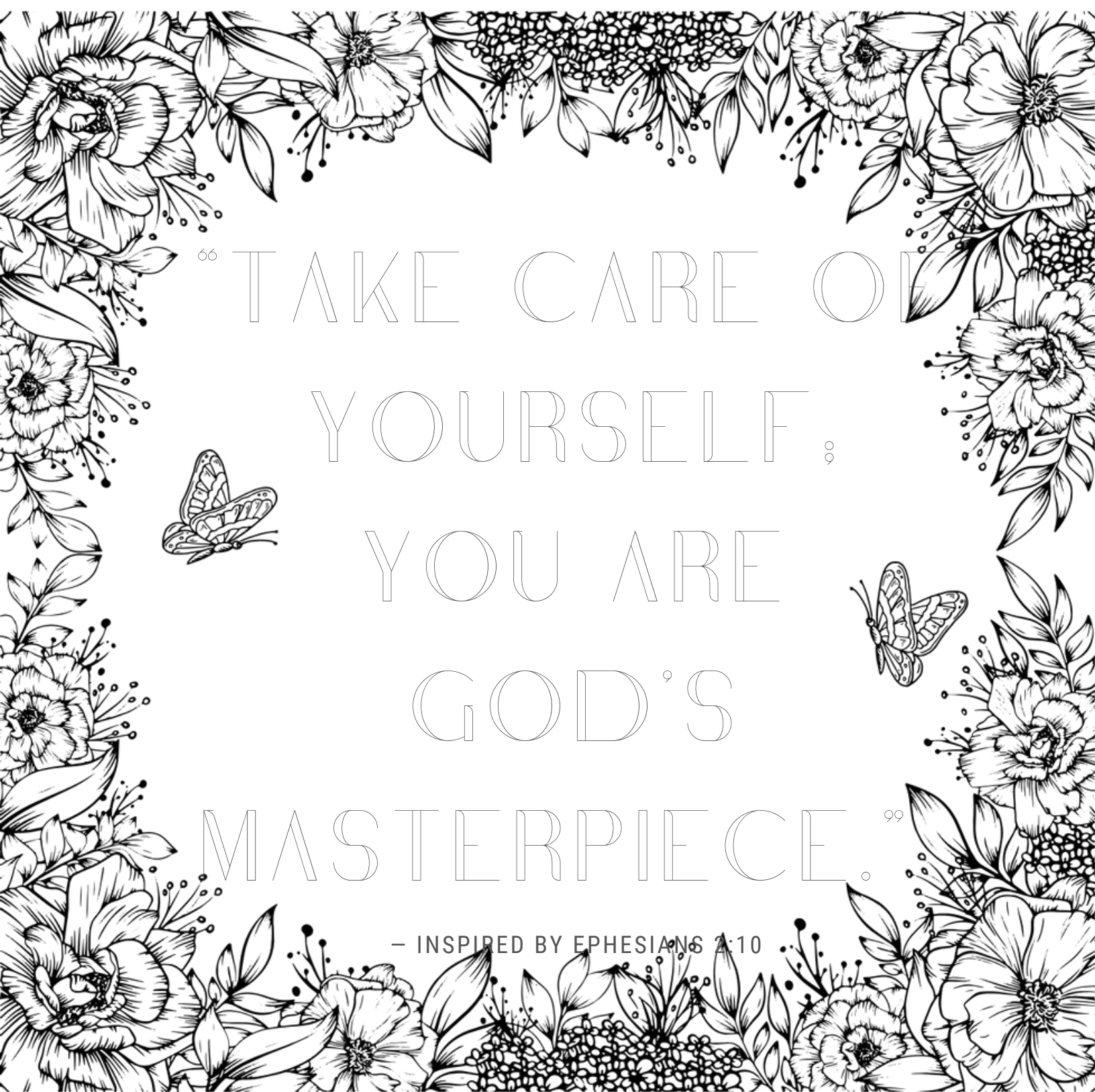
- S: SCRIPTURE – WRITE A VERSE
- O: OBSERVATION – WHAT STANDS OUT?
- A: APPLICATION – HOW DOES IT APPLY TO LIFE?
- P: PRAYER – RESPOND TO GOD IN PRAYER

5. INDUCTIVE BIBLE STUDY

- OBSERVE: WHAT DOES THE PASSAGE SAY?
- INTERPRET: WHAT DOES IT MEAN?
- APPLY: HOW DOES IT APPLY TO MY LIFE?

Self Care

COLOR PAGE



“TAKE CARE OF
YOURSELF,
YOU ARE
GOD’S
MASTERPIECE.”

— INSPIRED BY EPHESIANS 2:10

Self Care



SCRIPTURE CARD PAGE

PRINT THESE CARDS ON CARDSTOCK AND CUT THEM OUT. KEEP THEM WHERE YOU'LL SEE THEM OFTEN—ON YOUR MIRROR, DESK, OR IN YOUR BIBLE.

EACH CARD INCLUDES A VERSE TO ENCOURAGE YOU THROUGHOUT THE DAY. REFLECT ON ONE AT A TIME, USE IT FOR PRAYER OR JOURNALING, OR SHARE IT WITH SOMEONE WHO NEEDS ENCOURAGEMENT.

YOU CAN DECORATE OR LAMINATE YOUR CARDS, OR PUNCH A HOLE IN THE CORNER AND KEEP THEM ON A RING TO CARRY WITH YOU.

MATTHEW 11:28–30 (NIV)

“COME TO ME, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST. TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM GENTLE AND HUMBLE IN HEART, AND YOU WILL FIND REST FOR YOUR SOULS.”



EXODUS 33:14 (NIV)

“THE LORD REPLIED, ‘MY PRESENCE WILL GO WITH YOU, AND I WILL GIVE YOU REST.’”



PSALM 46:10 (NIV)

“BE STILL, AND KNOW THAT I AM GOD.”



PSALM 23:1–3 (NIV)

“THE LORD IS MY SHEPHERD, I LACK NOTHING. HE MAKES ME LIE DOWN IN GREEN PASTURES, HE LEADS ME BESIDE QUIET WATERS, HE REFRESHES MY SOUL.”



ISAIAH 40:31 (NIV)

“BUT THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE EAGLES; THEY WILL RUN AND NOT GROW WEARY, THEY WILL WALK AND NOT BE FAINT.”



1 CORINTHIANS 6:19–20 (NIV)

“DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT, WHO IS IN YOU, WHOM YOU HAVE RECEIVED FROM GOD? YOU ARE NOT YOUR OWN; YOU WERE BOUGHT AT A PRICE. THEREFORE HONOR GOD WITH YOUR BODIES.”



Self Care



FAITH BASED COPING SKILLS WORKSHEET

- PRAY ABOUT YOUR FEELINGS
- READ THE BIBLE
- LISTEN TO WORSHIP MUSIC
- JOURNAL PRAYERS
- MEMORIZE A BIBLE VERSE
- GO TO CHURCH OR SMALL GROUP
- TAKE TIME FOR COMMUNION OR REFLECTION
- SPEND QUIET TIME WITH GOD
- MEDITATE ON SCRIPTURE
- READ A DEVOTIONAL
-
- MAKE A GRATITUDE LIST
- SPEAK POSITIVE TRUTHS FROM SCRIPTURE
- WRITE DOWN WORRIES AND PRAY ABOUT THEM
- TALK TO A CHRISTIAN COUNSELOR
- TALK WITH A PASTOR OR MENTOR
- PRACTICE FORGIVENESS
- BE KIND TO YOURSELF
- TAKE A BREAK FROM SOCIAL MEDIA
- REPLACE NEGATIVE THOUGHTS WITH GOD'S TRUTH
- LISTEN TO SERMONS OR CHRISTIAN PODCASTS
- WALK AND PRAY
- DEEP BREATHING WITH PRAYER
- REST WITHOUT GUILT
- EAT HEALTHY FOODS
- CALL OR VISIT A FRIEND
- ASK FOR PRAYER OR PRAY FOR OTHERS
- VOLUNTEER OR HELP SOMEONE
- SEND AN ENCOURAGING NOTE OR VERSE
- JOIN A BIBLE STUDY
- GO TO A WORSHIP NIGHT OR RETREAT
- SHARE YOUR STRUGGLES WITH A TRUSTED BELIEVER
- SAY THANK YOU TO SOMEONE
- SHARE YOUR TESTIMONY
- OFFER FORGIVENESS
-
- COLOR A BIBLE VERSE
- MAKE A WORSHIP PLAYLIST
- JOURNAL GOD'S FAITHFULNESS
- WRITE OUT PSALMS
- DECORATE WITH ENCOURAGING VERSES
- MAKE A VISION BOARD WITH BIBLE GOALS
- WRITE A LETTER TO GOD
- PRACTICE SHORT "BREATH PRAYERS"
- READ STORIES OF FAITH AND HOPE
- REFLECT DAILY ON GOD'S PRESENCE
- STRETCH OR EXERCISE WHILE THANKING GOD
- GET ENOUGH SLEEP
- DRINK WATER AND REFLECT ON GOD
- SPEND TIME IN NATURE
- TAKE A SABBATH REST
- LIGHT A CANDLE AND REFLECT

Self Care

SLEEP HYGIENE GUIDE



EVENING & BEDTIME HABITS

- AVOID CAFFEINE AFTER 2 PM
- AVOID HEAVY MEALS, ALCOHOL, OR SUGAR CLOSE TO BEDTIME
- AVOID INTENSE WORKOUTS PAST 3 PM
- REDUCE SCREEN TIME AT LEAST 1 HOUR BEFORE BED
- DIM LIGHTS OR USE RED LIGHT IN THE EVENING
- USE A SLEEP MASK FOR DARKNESS
- TRY AROMATHERAPY (LAVENDER, CHAMOMILE, ESSENTIAL OILS)
- TAKE A WARM SHOWER OR BATH BEFORE BED
- SIP CALMING HERBAL TEA (LIKE CHAMOMILE OR PEPPERMINT)
- PRACTICE DEEP BREATHING OR PROGRESSIVE MUSCLE RELAXATION
- MEDITATE OR PRAY BEFORE SLEEP
- JOURNAL YOUR THOUGHTS OR GRATITUDE
- LISTEN TO CALMING MUSIC OR NATURE SOUNDS

BEDROOM ENVIRONMENT

- KEEP THE ROOM COOL (AROUND 65°F / 18°C IS IDEAL)
- KEEP THE ROOM DARK (BLACKOUT CURTAINS OR SLEEP MASK)
- KEEP THE ROOM QUIET (WHITE NOISE, FAN, OR EARPLUGS)
- MAKE YOUR BED COMFORTABLE WITH SUPPORTIVE PILLOWS AND MATTRESS
- RESERVE THE BED FOR SLEEP AND INTIMACY ONLY (NO WORK OR SCREENS)
- KEEP THE BEDROOM TIDY AND UNCLUTTERED

DAILY HABITS THAT SUPPORT SLEEP

- KEEP A CONSISTENT SLEEP/WAKE SCHEDULE, EVEN ON WEEKENDS
- GET NATURAL SUNLIGHT EXPOSURE DURING THE DAY
- EXERCISE REGULARLY (EARLIER IN THE DAY, NOT RIGHT BEFORE BED)
- AVOID NAPPING TOO LONG OR TOO LATE IN THE DAY
- LIMIT ALCOHOL AND NICOTINE, ESPECIALLY CLOSE TO BEDTIME
- STAY HYDRATED—BUT NOT EXCESSIVELY BEFORE BED
- PRACTICE MINDFULNESS OR PRAYER THROUGHOUT THE DAY TO REDUCE STRESS