

ENCOURAGE HER

Monday, June 24, 2024 @ 6:00 p.m.

Introduction

Our body is the temple of God, this is why we must care and nurture it continuously as evidenced in the book of **1 Corinthians 6:19-20**. As children of God, we can only give what we have hence, it is important to replenish, renew, and seek to rejuvenate our bodies through the power and help of the Holy Spirit with the word of God. Nurturing our bodies involves physical, emotional, and spiritual activities.

Topic: “The Reset Button” (DEEPER LEVEL of SELFCARE)

Selfcare is so broad and can mean different things to different people. This could range from

doing nothing, talking a walk, fellowshiping with other believers, positive thinking, an act of gratitude, watching TV, singing songs of praise, interceding for other people, sitting in a quiet place just to hear from God, this list can go on and on.....Jesus modelled selfcare severally in the bible, where he leaves the crowd to either rest or to hear from his Heavenly Father, **Mark 1:35**. This can be termed a deeper level of the Reset button. Reset Button involves understanding and getting more closer and closer to God as a way of communion.

- Christian women must seek wisdom and guidance when it comes to resetting our button. **Mark 6: 31-32**. Selfcare is about being intentional with a daily decision about those things that helps us relax especially with seeking the face of God. Life throws different things at us: our health, our children, finances, our jobs, to mention a few. It also involves knowing God for

ourselves on a deeper level which helps to nourish our body, mind, soul, and spirit. It's good when we engage in things that make us feel good physically like yoga, exercise, walking, eating healthy, vacations, visiting friends and families which I really advocate for because we need each other to thrive. The reset button involves self-discipline as well, being intentional, being humble, and soaking up ourselves in the presence of God which is so refreshing. It can also be coupled with prayers and fasting, to renew and strengthen our relationship walk with God.

Guarding our Peace of Mind

- Making peace with other people or believers if there be any conflict or misunderstanding also rubs us off our peace of mind, it causes stress for us if we don't settle our differences like we should. We can seek wisdom from God to help us in this area of

our lives, **James 1:5, Romans 12:18-21, Proverbs 4:23**, Conflicts do arise amongst believers as well as amongst our loved ones, children, and even family members. We need to strive continuously and consciously to be at peace with everyone as the lord helps to do.

As women, we carry so much on our shoulders that can sometimes rub us off our joy. God wants us to enjoy the good things of life which also promotes longevity of life. This is to encourage us that it's okay to refresh, take some time off to relax because it is healthy and a perfect way of finding purpose in the will of God for our lives. Jeremiah 29: 11-13. We all need to crave for this deeper level of the Reset Button where it only involves you and your Maker (God). During the reset button God tends to reveal more of himself to us, which helps us to seek for answers when life becomes so daunting. It improves clarity with our walk with

God and increases our faith in serving the Lord. The reset button is also termed to be selfcare depending on how you perceive it.

Discussion Questions

- ✓ What does a **“Reset Button”** mean to you?
- ✓ Guarding our peace of mind is very essential to sustaining our relationship with God! Let’s Discuss
- ✓ What other ways can we individually reset our buttons as believers and children of God?
- ✓ What are the **“alone times”** that you cherish? Please share.
- ✓ What other names could we give to **“The Reset Button”**?
- ✓ Is it okay to say that **“Selfcare is being selfish”**? yes or no and why?

- ✓ Can anyone share their experiences of getting burnt out and a need for the “**Reset Button**”?
- ✓ Is the “**Reset Button Doable**” for you? Suggestions, ideas, or contributions?
- ✓ What are other ways or suggestions we could be at peace with other people, to secure our peace of mind?
- ✓ Prayer Requests if any
- ✓ Closing Prayer