

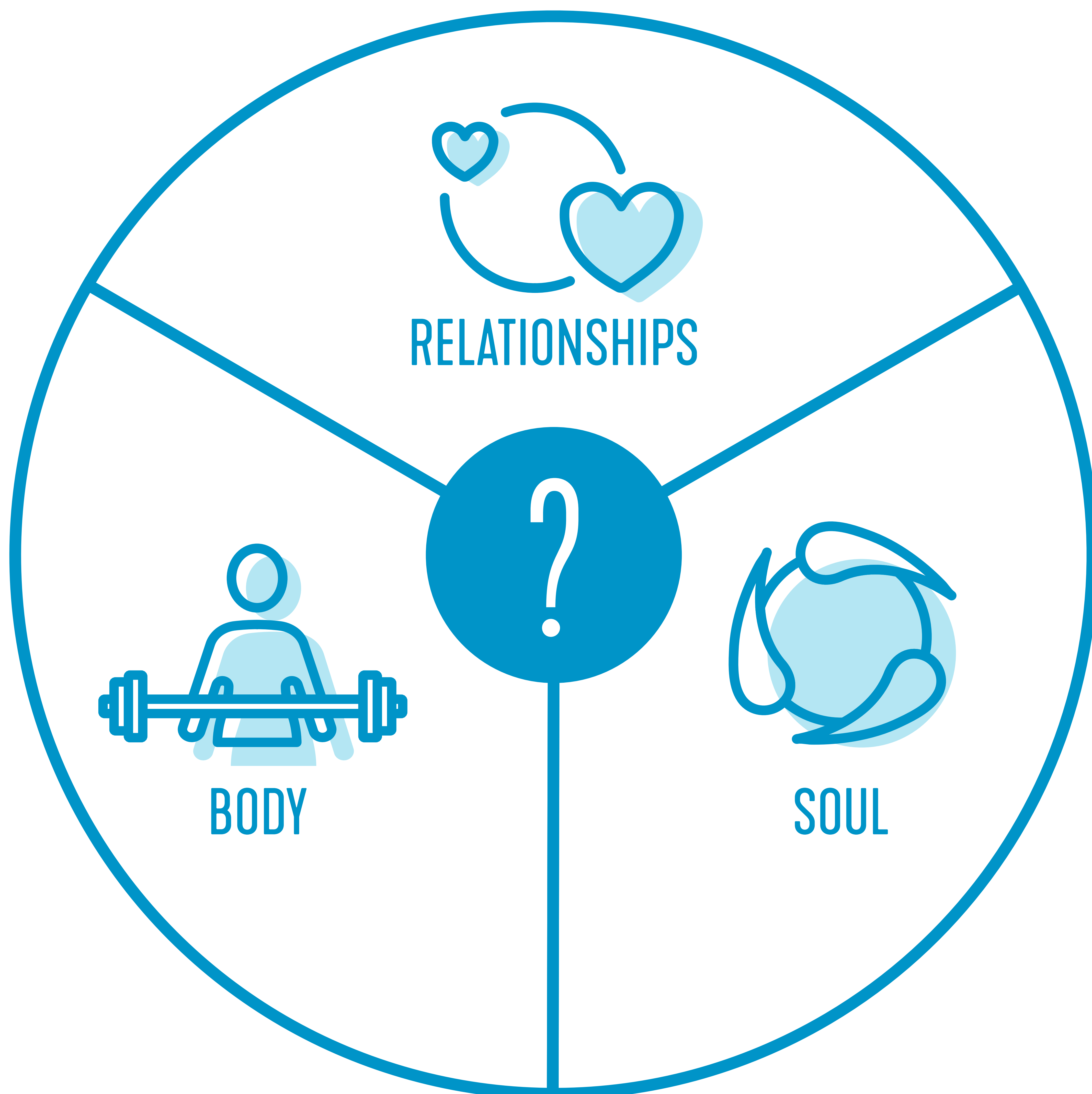


BEFORE SELF-CARE

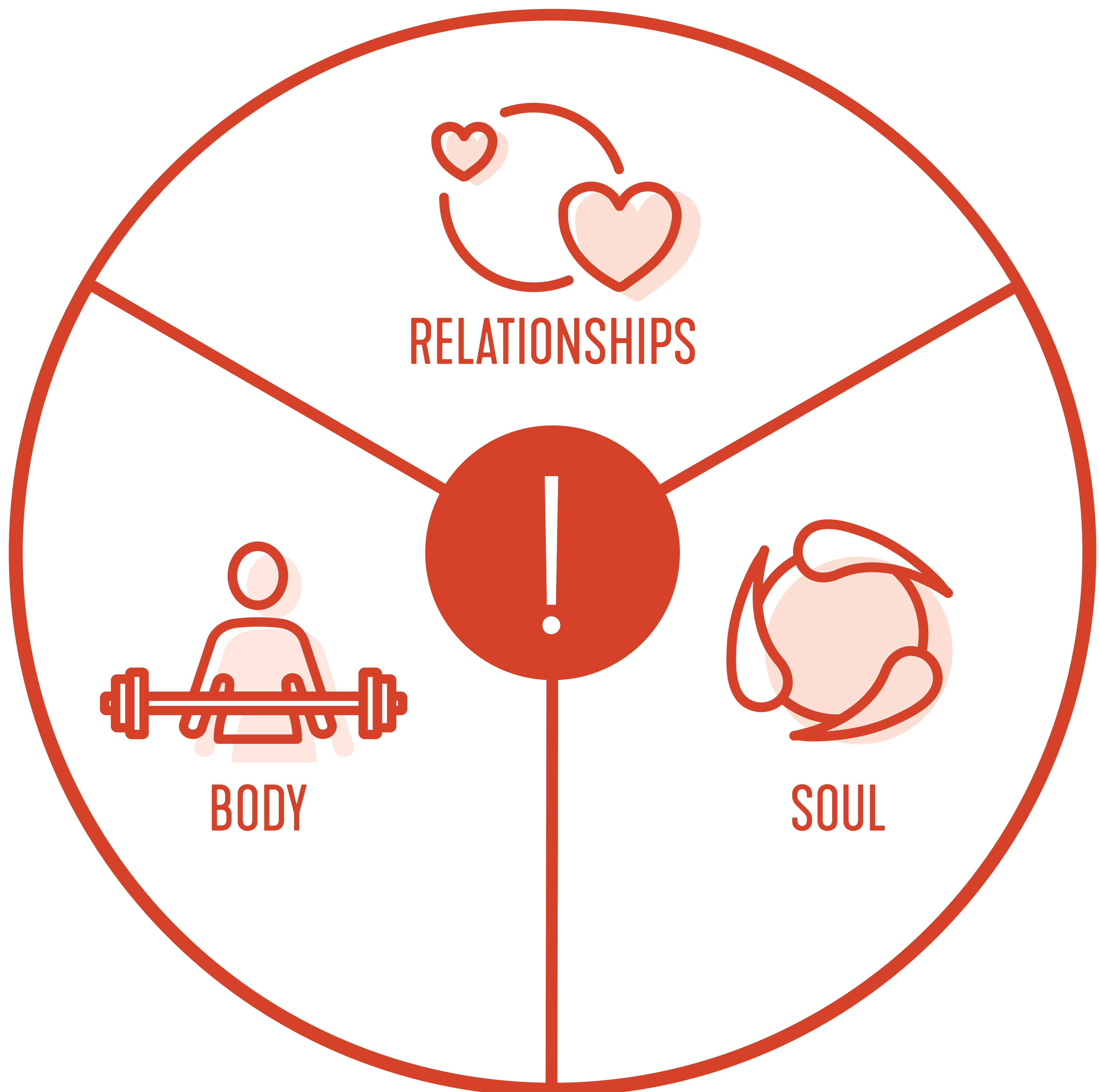


AFTER SELF-CARE

WHAT PART OF SELF-CARE HAVE YOU PRIORITIZED?



WHAT PART OF SELF-CARE HAVE YOU **STRUGGLED** WITH?



“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

- *Jesus*





God gave us the **beautiful gifts** of bodies, souls, and relationships.

But we decided we could do great self-care on our own. We could not, and we **damaged** the gifts God gave us.



God did not give up on us. Jesus came to restore our bodies, souls, and relationships through dying and coming back to life. Jesus offers us **peace and life to the fullest.**

When we join Jesus, we join his **community of connection, thriving, and justice.** On a scale of 1 to 10, how interested are you in walking with Jesus?

