

# GRIT 'N' GRACE

*good girls breaking bad rules*



## DIGGING DEEPER

*devotional*

Episode #183

What You Need to Know About Self Care



# What You Need to Know About Self Care

## Scripture Verse

Luke 10:27  
(The Message)

He said, "That you love the Lord your God with all your passion and prayer and muscle and intelligence—and that you love your neighbor as well as you do yourself."

*Bad Rule*

Caring for others means neglecting myself.

*Truth*

Caring for myself means I can care for others better.

## Devotional Quote

"Self-care isn't selfish. The end result should be that it helps us to love others better. That we love our neighbors as well as we do ourselves." Amy Carroll

## Digging Deeper

**1. If you have taken the Enneagram Test, which number are you? What are the strengths and weaknesses of your number?**

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**2. How have you grown by figuring out your weaknesses and making the most of your strengths?**

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**3. In what ways are you thriving right now?**

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**4. What is your personal rumble strip? Which forms of self-care help you get out of those unhealthy places?**

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**5. What might help you get more in tune with God this week? What would help you be more fully present for those your love?**

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## Devotional Prayer

Heavenly Father, thank you for the ways you've helped me to grow and learn more about myself. Show me how to take care of myself, so I can care for those I love and fulfill your purpose for me. Amen.



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