



SELF-CARE FOR YOUR SOUL

*Blessed is the one who trusts in the Lord, whose confidence is in him.
They will be like a tree planted by the water that sends
out its roots by the stream.* (Jeremiah 17:7-8a)

- 1. Pray about everything.** The Lord is ready to hear about your day-to-day activities, raw emotions, and heavy burdens. When you share it all with Him, you grow to trust Him more and more.
- 2. Rely on the Holy Spirit's prayers** when you can't find words of your own. *In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express.* (Romans 8:26)
- 3. Listen to God. Sit in His presence.** God speaks in many ways: through the Holy Spirit, His Word, music, others, and creation. Take time to open your heart, quiet your mind, and nestle in with Him, knowing He is near.
- 4. Think of tangible reminders of God.** For example, every time you see a circle, it can remind you that just as it has no beginning or end, neither does God's love. Consider the many ways God shows His love. Think of tangible reminders of other things you want to remember about God. This can help you redirect your thoughts toward Him throughout the day.
- 5. Memorize or meditate on a Bible verse** that you find comforting. You can start with one of these if you'd like:
...For the Lord comforts his people and will have compassion on his afflicted ones. (Isaiah 49:13b)
The Lord is close to the brokenhearted and saves those who are crushed in spirit. (Psalm 34:18)
He heals the brokenhearted and binds up their wounds. (Psalm 147:3)
- 6. Do a word study, read a book, or listen to a sermon or podcast** on a spiritually encouraging topic. Delve in, take notes, and search for Bible verses, songs, and quotes on the topic. Keep your notes handy so you can refer to them when you need a reminder of what you've learned.

Visit chronic-joy.org for more resources.



ATTRIBUTES OF GOD

*"What comes into our minds when we think about God
is the most important thing about us."* (A.W. Tozer)

Spend a little time getting to know God better — who He is, what He's like, how He feels about us, and how He acts toward His creation. Pray through these verses, asking God where to grow from here.

- 1. God is the Alpha & Omega:** *"I am the Alpha and the Omega," says the Lord God, "who is, and who was, and who is to come, the Almighty."* (Revelation 1:8)
- 2. God is just:** *He is the Rock, his works are perfect, and all his ways are just. A faithful God who does no wrong, upright and just is he.* (Deuteronomy 32:4)
- 3. God is merciful:** *The Lord is gracious and merciful, slow to anger and abounding in steadfast love.* (Psalm 145:8)
- 4. God is full of grace:** *He has saved us and called us to a holy life — not because of anything we have done but because of his own purpose and grace.* (2 Timothy 1:9)
- 5. God is compassionate:** *The Lord is good to all, and his compassion is over all that he has made.* (Psalm 145:9)
- 6. God is holy:** *It is written, "Be holy, because I am holy."* (1 Peter 1:16)
- 7. God is unchanging:** *I am the Lord. I do not change.* (Malachi 3:6)
- 8. God is faithful:** *For the word of the Lord is right and true; he is faithful in all he does.* (Psalm 33:4)
- 9. God is sovereign:** *Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.* (Jeremiah 32:17)
- 10. God is love:** *Whoever does not love does not know God, because God is love.* (1 John 4:8)
- 11. God forgives:** *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* (Ephesians 4:32)
- 12. God saves:** *Our God is a God who saves; from the Sovereign Lord comes escape from death.* (Psalm 68:20)
- 13. God is with us:** *And remember, I am with you always, to the end of the age.* (Matthew 28:20b)
- 14. God is hope:** *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.* (Romans 15:13)
- 15. God is our comforter:** *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort.* (2 Corinthians 1:3)

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