Dear Parents,

This training is on “The Best Thing You Can Do for Your Child,” and addresses the importance of self-care. The topic of this lesson is especially important because if you aren’t taking great care of yourself, you can’t take great care of your kids. Taking care of yourself is not only good for you and your kids, it’s something God commands us to do because our bodies are the temple of the Holy Spirit: “*Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.*” 1st Corinthians 6:19-20. I want to remind you that I love and care about each of you. Please let me know how I help you, and how I can pray for you and our family.

Check out the video below:

<https://vimeo.com/parentministry/review/147482215/33143c0879>

 What have you done for yourself this week? If the answer is ‘nothing’, you need to change that. I also hope you’ve had time to watch the video for this lesson—the video that reminds you that it is okay…even necessary for you to take care of yourself.

 The Bible contains numerous verses pointing to the wisdom of taking care of yourself and giving yourself some much-deserved ‘me time’ on a regular basis. Let’s take a look at a few of these verses now. I also want to encourage you to adopt some of the suggestions you’ll find at the that will make you feel better about yourself as a person and as a parent:

*Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.* 3rd John 1:2

*Do you not know that you are God’s temple and that God’s Spirit dwells in you?* 1st Corinthians 3:16

*For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well*. Psalm 139:13-14

*So, whether you eat or drink, or whatever you do, do all to the glory of God*. 1st Corinthians 10:31

Now for those tips I promised…

#1: Don’t forget to spend time with God each day. Whether it’s 5 minutes or 30 minutes at the start of each day, Bible reading and prayer are just what you need to keep feeling complete and sane, and keep your focus on Him.

#2: Hire a sitter or “trade” childcare services with friends once or twice a month. Make that doctor’s appointment you’ve been putting off, run get your nails done, grab coffee with a friend, attend a Bible study. Use the time to reset and recharge.

#3: Put a lock on the bathroom door (high enough to be out of reach of little hands). Use it when you are taking your shower/bath. Just having a few minutes un-interrupted can make a big difference, and also teach your kids boundaries!

#4: Take turns with your spouse when it comes to bath time and bedtime with your preschooler. When it’s not your turn, take advantage of the time to read your Bible, attend an online Bible Study for parents, do your nails, watch that game you recorded, return phone calls or emails, enjoy a cup of tea or coffee and dessert, exercise, or whatever else helps you to rest and recharge.

#5: Spend some time enjoying a hobby or being involved in a ministry project or Bible study. While you might not be kid-free for everything, you’ll still be taking care of yourself and that’s what matters.

A word of caution: The world’s view of self-care is based on love of self – You deserve it – You are all that matters – You are the most important – Put yourself first! Be careful that in caring for yourself, you don’t become self-focused. Self-care is most importantly a time to re-connect with God the Father and receive His rest, His comfort, His reassurance, and so on, so that you can then better care for those around you.

Here are some great resources for God-focused Self Care and the roles of parents:

-MOM:

<https://www.reviveourhearts.com/true-woman/blog/what-does-bible-say-about-self-care/>

<https://setapartmotherhood.com/>

<https://setapartmotherhood.com/motherhood-podcast/>

-DAD:

<https://ellerslie.com/a-new-generation-of-fathers/>

<https://ericludy.com/honorable-manhood/>

<https://ellerslie.com/the-lowercase-f/>

Building Young Disciples,

Pastor Sarah