

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- There are seven key areas of well-being:
 - Relationship with God
 - Rest
 - Relationships with others
 - Physical
 - Finances
 - Emotional
 - Professional
- Stress impacts how well we're able to prioritize these seven areas, and usually one will be impacted before others.

Key Scriptures: Matthew 22:37-39, Psalm 23

Pray: *God, thank You for giving us so many ways to care for ourselves and others. We're ready to pay attention to the changes in our lives. Please show us the area of self-care that we need to focus on the most. In Jesus' name, amen.*



Tweetable Moments



Self-care is a skill that takes practice and patience.



We take a holistic approach to self-care because God cares about our whole being.



Say What? Questions for conversation

Icebreaker: What's your favorite form of self-care?

- Share your biggest takeaway from the episode.
- On a scale of 1-10, how stressed are you? Talk about some of the current stressors in your life right now.
- Which areas of well-being would you say are the strongest right now?
- Read **Psalm 23:1-3**. What does it look like for God to refresh your soul?
- Which area of well-being is usually the first one to be impacted when you're stressed? What are some patterns you notice when this is being impacted?
- Which well-being area would you like to prioritize this week? How can your LifeGroup help you as you begin making changes?



Now Go Do It Resources and next steps

Challenge: Focus on one area of the Self-Care Guide this week. Then, talk about any positive changes you notice with your LifeGroup.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Find the Self-Care Guide: www.go2.lc/selfcareguide
- Start the *Wisdom for Mental Health* Bible Plan: www.go2.lc/mentalhealthplan
- Watch Pastor Craig's *Peace of Mind* message series: www.life.church/peaceofmind
- Find more resources for your mental health: www.life.church/mentalhealth