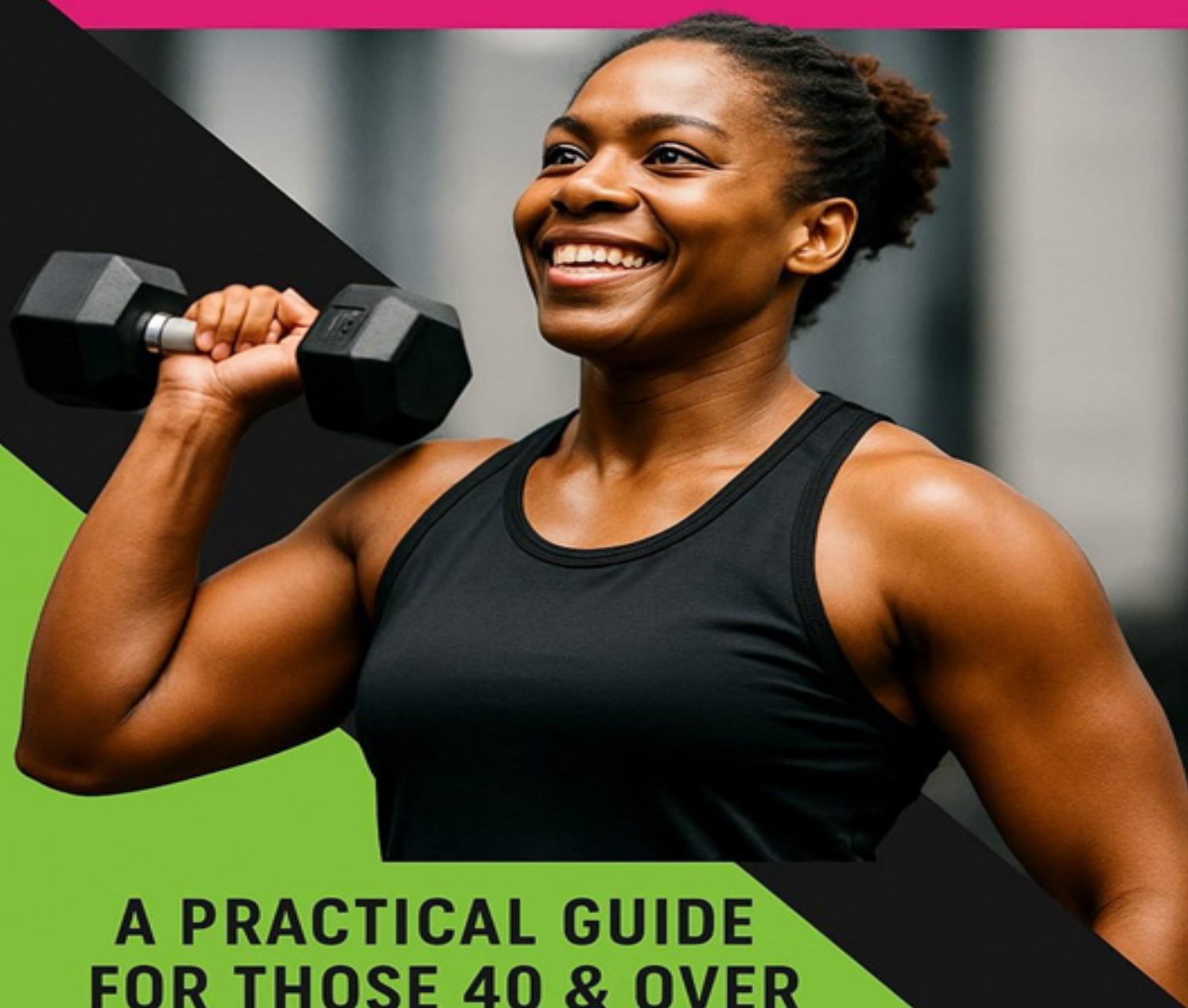


SELF-CARE THAT HEALS

BIBLICAL RHYTHMS FOR
REST, FOCUS & RENEWAL



A PRACTICAL GUIDE
FOR THOSE 40 & OVER

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Section 1:

God's Design for Rest Is for You

From the very beginning, God modeled rest—not out of weakness but purpose. He created the world in six days and then rested, not because He needed to, but to set the standard.

Genesis 2:2-3 (NLT)

“On the seventh day God had finished His work of creation, so He rested from all His work. And God blessed the seventh day and declared it holy...”

Jesus followed that same rhythm. Even in His humanity, He paused.

John 4:6 (NLT)

“Jacob’s well was there; and Jesus, tired from the long walk, sat wearily beside the well about noontime.”

If God and Jesus rested, why do we often feel guilty for it? Rest isn’t just a break. It’s a reset. When we deny ourselves rest, we reject God’s provision.



Section 2:

Reset Your Mindset – It's Not Laziness

Many associate self-care with selfishness or laziness. But Jesus said:

Matthew 11:28-30 (NLT)

“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest...”

Jesus invites us to rest with Him. Not every act of care is self-indulgence. Drinking water, setting boundaries, taking a nap, or going for a walk can be worship when done with the right heart.

If we don't reset, we risk breaking down.

Romans 12:2 (NLT)

“Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think...”

Self-care is not an escape from responsibility—it's preparation to carry it.



Section 3:

Boundaries, Balance & Obedience

Jesus had boundaries. He left crowds, withdrew to quiet places, and even said “no” to some requests. He was Spirit-led, not people-pleasing.

Luke 5:16 (NLT)

“But Jesus often withdrew to the wilderness for prayer.”

True self-care includes:

- Boundaries to protect your peace.
- Balance to avoid burnout.
- Obedience to trust God’s pace over the pressure of performance.

If you’re always “on,” you’re not being led—you’re being driven. Driven by fear, pride, or guilt. God calls us to walk in the Spirit, not rush in flesh.



Section 4:

Self-Care Sabotage – Be Honest With Yourself

Some things feel like self-care but are actually self-sabotage:

- Overeating for comfort
- Under-eating in the name of “fasting” without God’s direction
- Endless scrolling on your phone to avoid hard emotions
- Saying yes to everyone but no to God

1 Corinthians 6:19-20 (NLT)

“...You do not belong to yourself, for God bought you with a high price. So you must honor God with your body.”

Your body is not a trash can or a workhorse. It’s a temple. Caring for it—through sleep, nourishment, hydration, stillness, movement, and time with God—is stewardship.

True self-care must involve truth. What are you doing in the name of self-care that’s actually hurting you?



Final Thoughts: Take This Into Your Week

Self-care isn't weakness—it's wisdom. It's not about spa days or shutting the world out (though sometimes you need both). It's about listening to God, honoring the temple He gave you, and trusting that rest, reflection, and care are active obedience.

3 John 1:2 (NLT)

“Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.”

God cares about our spirit, soul, and body—and so should we.



Reflection Questions

1. What area of my life (spiritual, emotional, or physical) have I neglected in the name of “being strong”?
2. What does honoring God with my body look like in this season?
3. Am I resting with God or running without Him?
4. What would change if I believed self-care was sacred, not selfish?



Your Self-Care Reset Challenge

For the next 7 days:

- Start your morning with 5 minutes of quiet time (even just sitting with God).
- Choose one area to prioritize: sleep, nutrition, hydration, spiritual focus, or movement.
- End each day by writing or praying one thing you're grateful for.

You don't need permission to care for yourself—you need alignment. Start with Him, and everything else will fall into rhythm.



Thank You for Taking This Step

Thank you for investing in your healing, rest, and growth. Self-care is not selfish—it's sacred. You are worthy of rest, worthy of peace, and worthy of the rhythms God designed for your renewal.

Stay Connected:

Follow us for more faith-based wellness tools, group coaching, and support tailored for adults 40+.

Let's walk this journey of wholeness together!

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