

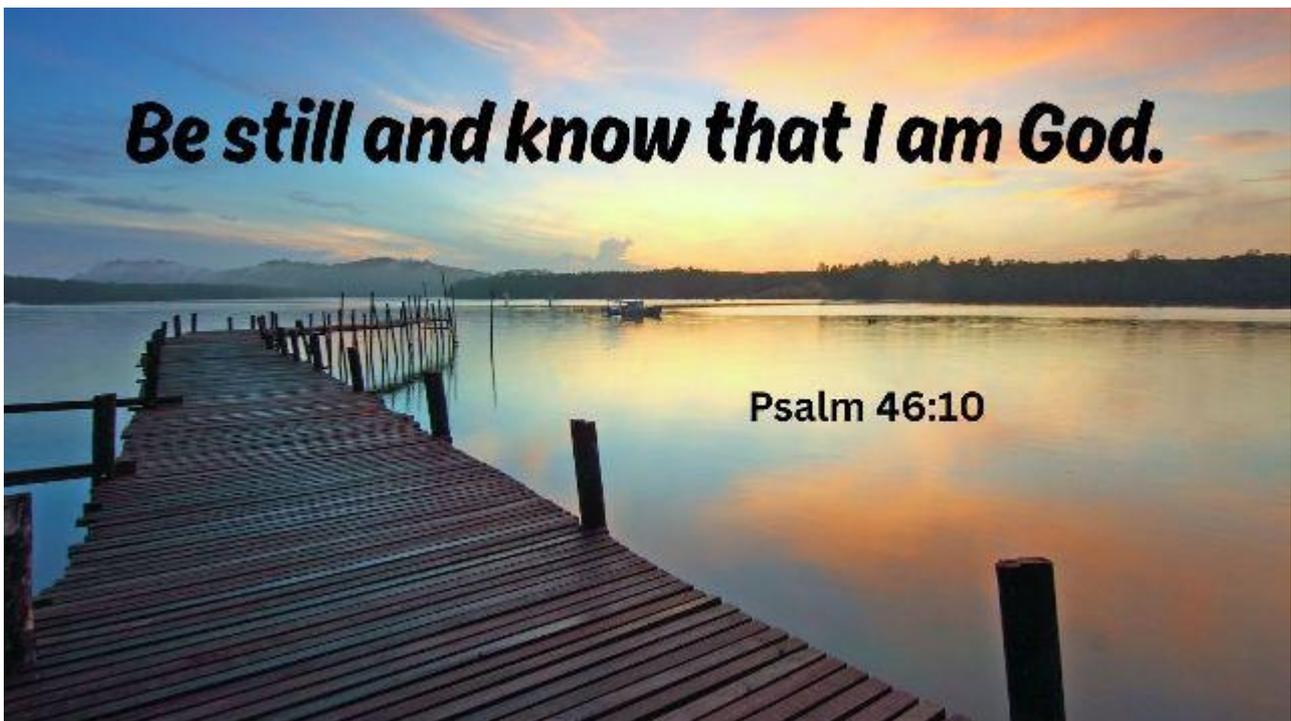
Self-care

Many of us look fine on the outside while silently crumbling on the inside. So many of us find ourselves running on empty, especially when we're in roles where we care deeply for others. Whether you're supporting a family member, a brother or sister in Christ, raising a child with high needs, or simply trying to hold life together under pressure, burnout can creep in quietly.

It can come when finances are tight, when families face conflict, when an ecclesia is navigating difficult seasons, or when we're carrying grief, trauma, or sorrow. It can come when we're trying to balance family, ecclesia, and work, or when we're walking through our own health challenges or mental health struggles. These struggles may also find us fighting emotional or spiritual battles.

Many of us feel guilty resting, we can think that pausing means we are weak or selfish, but healthy carers create healthier environments for others. Self-care is not indulgence, it is stewardship. Your body, mind, and spirit are temples entrusted to you by God. Caring for them honours Him and helps you to continue the work He called you to do. Slowing down, isn't failure, it's faith that God works even when your rest and recharge.

We can't pour from an empty cup; you need to rest refill and then give, as we need that cup full, because it's the only way to keep pouring out love. A perfect example is that when you board a plane you are given instruction to fit your own oxygen mask first before helping anyone else, as you cannot help anyone else if your mask isn't firmly fitted and you are not getting oxygen you need. Self-care is giving others the best of you, not what's left of you.



We deserve the same kindness we give to others, so we need to talk kindly and give advice to ourselves like we would to someone else in a similar situation, which is really hard to do. We need to give ourselves permission to pause, rest, cry, and start again tomorrow. We do need to learn to let go of what we can't control and trust God with what you can carry. Which means caring for ourselves is part of caring for others.

We need to remember that Jesus cared for his own wellbeing, Himself demonstrated balance. He healed crowds, taught multitudes, fed thousands... and then slipped away to quiet places for rest and prayer. We too are allowed to pause as even Jesus did after His ministering to the crowds, “he went up on a mountainside by himself to pray” (Matthew 14:23)

If we are feeling overwhelmed or burnt out, we need to share the load, in Acts 6, the apostles delegated practical duties so they could focus on prayer and teaching. We need to remember renewal isn't found in escape, it's in returning to Him, again and again. Isaiah 40:31 (NIV) “Those who hope in the Lord will renew their strength”. We are told to “carry one another's burdens” (Galatians 6:2) and to encourage each other (Hebrews 10:24-25), which implies mutual care and support. When Moses was overwhelmed by the demands he had, his father-in-law Jethro counselled him to delegate responsibilities. (Exodus 18:18) Jethro basically told Moses, the way he was trying to do everything was not healthy, he was becoming exhausted, and the people depending on him would suffer due to him not being able to meet all their needs alone. So no matter how strong or dedicated you are, if you're trying to carry a load that is too big for one person you need to share your load, as we are not created to carry the load alone. These passages show that self-care is not purely individual, sometimes caring for oneself involves letting others help or rebalance responsibilities.

When you start feeling resentment, numbness, or dread before service, that's usually your body and spirit waving a flag. Pause before burnout forces a stop. Take some time out for self-care so it can enable us to serve others more sustainably and help maintain a good balance between, work/rest and giving/receiving.

Benefits of self-care

- [Clearer thinking and calmer reactions](#) - Self-care quiets the noise so you can think and respond rather than react. You become steadier under pressure.
 - [Stronger emotional resilience](#) - You recover faster from challenges. When you refill emotionally, you carry others' struggles without losing yourself in them.
 - [Better physical health](#) - Regular rest, movement, and good food help your body support the work God's called you to do, without constant fatigue.
 - [Deeper spiritual connection](#) - Time in prayer and stillness gives you strength from your Heavenly Father. Psalm 46:10 (NIV): “Be still and know that I am God.”
 - [More authentic relationships](#) - When you're rested and balanced, you meet people with genuine presence instead of obligation. That deepens trust and care.
 - [Greater joy and purpose](#) - You rediscover the why behind your service. Gratitude and hope return naturally.
 - [Reduced risk of burnout](#) - By recharging often, you avoid the crash that comes from constant giving. You remain dependable and at peace.
 - [Becoming a better person and carer](#) - Self-care refines your character. It cultivates patience, empathy, and compassion. You're able to serve others from a whole heart, not a half-empty one and living out “love your neighbour as yourself” (Mark 12:31, NIV) in its fullest meaning.
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Ways to practise self-care

Physical care - "Do you not know that your body is a temple of the Holy Spirit..." – 1 Corinthians 6:19

- Going for a brisk walk or light stretch between appointments, even only 10 minutes can help
- Preparing balanced meals instead of skipping lunch on busy days and drinking enough water
- Turning off screens 30 minutes before bed, prioritize rest and aim for a good sleep routine.
- Keeping up with regular GP or physio visits and take medication as prescribed.

Emotional care - "Cast all your anxiety on Him because He cares for you." – 1 Peter 5:7

- Journaling after a hard day instead of bottling it up
- Talking with a trusted friend or counsellor when stress lingers
- Limit toxic input – social media, gossip, or negativity
- Speak kindly to yourself – replace "I can't" with "I can with God's help"
- Allowing yourself to cry or rest when exhausted, without guilt
- Practicing gratitude at the end of each day

Social care - "Carry each other's burdens." – Galatians 6:2

- Scheduling time with people who lift your spirit
- Setting boundaries with those who drain you
- Volunteering or helping others in ways that bring purpose, not burnout
- Ask for help when you need it — you don't have to do it all alone.
- Do something kind for someone else — service often refuels joy.
- Forgive where possible to release emotional heaviness.

Spiritual care - "Be still and know that I am God." – Psalm 46:10

- Begin your day with prayer or a short devotion before checking your phone.
- Read a Psalm or one verse to reflect on through the day.
- Keep a gratitude journal – write 3 blessings each day.
- Listening to hymns and worship music.
- Taking moments to reflect on God's faithfulness.
- Attend ecclesial activities for spiritual connections.

Practical actions - "Whatever you do, do it all for the glory of God." – 1 Corinthians 10:31

- Decluttering one small area each week.
 - Keeping a realistic to-do list instead of a perfectionist one.
 - Taking a full day off from work to reset.
 - Make time for hobbies or creative outlets that bring peace.
 - Celebrate small wins and answered prayers.
 - Reflect on your God-given gifts and how you can use them.
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I will refresh the weary and satisfy the faint

Jeremiah 31:25

Self-care is the intentional refilling of our strength so we can continue serving well. It means letting others help us, allowing space for prayer, rest, and breathing room. We reset not to escape the work God has called us to, but so we can keep doing it with endurance, grace, and joy rather than breaking down or becoming bitter.

Whether the weariness comes from grief, anxiety, caring for others, loneliness, or spiritual battle, God offers more than temporary relief. He offers rest for the soul. A rest that brings peace in the middle of chaos and quiet in the middle of noise.

We are told in Isaiah 40:29-31, He gives power to the weak, and to those who have no might, He increases their strength... they shall run and not be weary, they shall walk and not faint, and in Jeremiah 31:25 I will refresh the weary and satisfy the faint. Our Heavenly Father comforts us by letting us know He shall cover us with his feathers, and under His wings we can take refuge. Psalm 91:4.

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