

SpirituallyHungry.com  
Presents:

# The 3 day Self-Care Challenge

Embrace  
the

Love  
of  
God

by taking care of yourself  
with Him

*Welcome, we are so glad you decided to do this Challenge! We hope that it is a great three days of rest, relaxation and refueling.*

*Everything we do at [spirituallyhungry.com](http://spirituallyhungry.com) is to provide you with tools to connect deeper with God. Because, we deeply believe there is nothing more important than staying close to God's love and presence.*

*So thanks for signing up and we're excited for you!*

### **Opening Thoughts:**

It's time to step back and devote the next three days to you and God. He has a lot of love to show you, are you willing to stop a receive it, if so this Challenge is for you!

I have a particular person on my heart while writing this Challenge. I'm writing this is for "The Giver." This is for the person who serves their loved ones by taking care of everything and by holding it all together. Perhaps that's you - the one in your family who takes care of everything and makes sure all needs are met.

If so, I have a message (and a Challenge!) for you today that I hope will rejuvenate and refresh you!

And even if you don't happen to fit into this "profile," I ask that you still look over the Challenge and speak with the Lord if it is still something that would be beneficial for you.

Because, the Lord has abundant love to give us. The overall story of the Bible is, in essence, God's love affair with His creation, which includes you and me. God was (and is) so relentlessly in love with us that He offered a part of Himself to come down to this world we live in and fix everything. Not only did Jesus die an innocent death and rose from the grave, He taught all of humanity what it looks like to be a follower of God; what it looks like to be loved by God.

As humans, we often get wrapped up in the day-to-day duties in life and don't realize God's love. We just don't feel it, and maybe we don't even think about it. Instead we think about the doctors appointment we need to get our kid to, or preparing for the dinner were hosting this week, or the fight with our spouse we had before work, or any number of literally countless tasks we have to do.

There's nothing wrong with doing tasks - it's the way the world works. We have to do things, and there is a lot that must get done. We all know this about life.

### **People need us for things.**

And we fulfill those needs to the best of our ability.

But...what happens when we continue to give and give and give?

Well, we get tired, worn out, stressed, agitated.

And that's our clue we need to step back and refuel.

Because friends, as we are called to give to others, we are also called to rest and walk with God. We have also been given the mission to be the light of the world, and we aren't called to do that through our own strength, but through His strength - because it is only Him who can change the world.

And changing the world starts with you and your loved ones. While you give to those who are the dearest to you, you are also showing them love, kindness and nurture-all of which are attributes of God.

These are probably natural gifts for you, right? It's something you have always found yourself doing. You take care of things. You take care of people. You may even take care of the earth and animals.

**But we all have limits; we all get tired and we all need rest.**

We need tended to, as well!

And God wants to take care of you.

He actually wants you to learn how to serve through His power, so that you do not grow tired or weary. And we hope working on this Challenge is a good step toward learning how to serve in this way.

To be a Godly servant, you really need to be fueled through God's love. And part of God's love is taking care of yourself - treating yourself, if you will!

So let's take the next few days to bask in God's love, rest, and refuel for the important work you do!

### **About the Challenge:**

Spiritually Hungry is embarking in a new venture this year. We will be offering Take Home Retreats, and this is our first one! We see it as a crossover between the Challenges we create regularly (and will continue to make) and Retreats, which we're just getting started on. We hope this whets your appetite for what's to come in the near future!

### **Challenge Breakdown:**

So here's a quick look at "**The 3 Day Self-Care Retreat Challenge Guidebook**" to give you an idea of what it really looks like.

The Challenge Guidebook will provide you with:

**Scripture**  
**Devotional**  
**Spiritual Exercises**  
**Self-Care Activities**

We personally designed this guidebook with these features to help you center your mind, heart, and actions on improving the care for yourself and embracing the Lord in new ways.

**In addition, you'll also get:**

**Entrance Worksheet: p. 5**

This worksheet is to help prepare your heart and mind for the Challenge. Find sometime during Friday before dinner to complete.

**Exit Worksheet: p. 14**

This is a series of questions to help you better process the Challenge and go forth renewed and rested.

**Calendar**

The calendar is in block scheduling, just like a retreat, morning, afternoon and evening.

**Facebook Challenge Group**

In addition we have a **Facebook group, Spiritually Hungry Challenges**  
<https://www.facebook.com/groups/1051266348352753/>

In our group, we come together and talk about the current Challenge and spiritual development. Being part of this group will also allow you access to bonus content such as devotionals, Christian encouragement and prayers.

We sincerely want these tools to help you grow and live in the true definition of love. We hope that this month becomes a pivotal one for you, your relationship with your loved one, and your relationship with God.

**May this a weekend of profound rest and enjoyment for you!**  
 ~ Alexis & Aaron @SpirituallyHungry.com

**Schedule**

	Friday	Saturday	Sunday
Morning	Entrance Worksheet p.5 Make necessary plans.	Devotion Time p.9 Self-Care Activity	Attend a Worship Service this Morning
Afternoon	Entrance Worksheet p.5 Make necessary plans.	Self-Care Afternoon	Self-Care Activity Devotion Time p.12
Evening	Devotion Time p.7 Self-Care Activity	Devotion Time p.10 Self-Care Activity	Self-Care Activity Exit Worksheet p.14

## **Entrance Worksheet:**

Why are you taking this Challenge?

What do you want to get out of the next three days?

Are you feeling tired and worn thin? Why is this? Try to identify why you feel spent and where your energy going?

Imagine your perfect, relaxing day. What would it look like? What would you do? Would you spend time alone or with people? If with people, who? Would you go anywhere or would you stay at home?

Take some time to journal about your perfect, relaxing day.

Now, I want you to take some time and make a list of relaxing activities you really enjoy. You may want to go back through the journal entry you just made about your perfect day to find inspiration. Make a list of 10-15 things and we are going to plug them into your schedule below. In this list, make sure you include a range of activities from stuff you could do at home to things you may need to get an appointment and spend a little bit of money on. I have an example of some relaxing activities to jump start you.

- 1) Take a bubble bath
- 2) Make a hair appointment
- 3) Go through pictures and order some prints
- 4) Spend sometime journaling
- 5) Take a walk outside
- 6) Play a game with a loved one
- 7) Go out to eat with some friends
- 8) Watch your favorite movie or a tv show
- 9) Garden
- 10) Read a book

I want you to only pick things that you really enjoy. **Try not to pick things that *need* to be done** as that defeats the purpose of this part of the Challenge. I want you to spend some time on you, so pick some good stuff! It also should be noted that this does not mean you need to do these things alone. Self-care doesn't necessarily mean you go off alone. You can, but it doesn't require it. It's more about the position of your heart and mind, so if you have children - do things you really like with them, for example. Really try to envision your perfect weekend and replicate it as much as you can!

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# Friday

## Evening

**START SOMETIME AFTER DINNER**

### **Devotion Time**

**Worship:** “This I Know” by Crowder

**Scripture:** 1 Corinthians 3:16 (NIV)

“Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?”

#### **Devotional:**

Have you ever thought of yourself that way? As God’s temple? It’s kind of a stark realization, and almost seems blasphemous, right? I mean, throughout the Bible, God’s temple is the most sacred place and has a lot of demands and requirements put upon it, such as how it was built, who could enter it and when. The temple was a place of details and ritual. The original temple was destroyed, but was later rebuilt. But then, all of a sudden Jesus came and declared that the Great Temple would be destroyed and a new one would be erected (Mark 14:58).

And a new one has been erected, the temple today is within the human—the follower of God.

It’s true! You hold God’s Spirit within you (1 Corinthians 3:16). Previously God’s Spirit was primarily represented on Earth as having dwelled in the Holy of Holies, the inner sanctuary of the Temple. But since the day of Pentecost described in Acts 2, the believer in Jesus has become the temple, the residing place on Earth of the Holy Spirit.

Didn’t think you would be turning to the temple for your first devotion during this Self-Care Challenge, did you?

So why is this important and what does this have to do with Self-Care?

Because, God’s Spirit resides in you and understanding that will help you ease into taking care of yourself.

Often times, caretakers (whether you are a professional caretaker, a mom, or just someone who always is watching other people) do not know how to tend to themselves. They are such givers that the act of taking seems alien, wrong and confusing.

I want to remind you of a famous interaction with Jesus and two ladies, and as a caretaker I’m sure you are aware of this story, but it’s a good reminder!

Luke 10:38-42

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord’s feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be

made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”

41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

But wait...why do you think Mary’s choice was better? Does not Jesus call us to serve (Matthew 20:27-28; 23:11; John 12:26)?

Oh, Jesus does call us to serve, but He first calls us to Him. Just take a look at Jesus’ ministry with the disciples (Matthew 4:18-22). First, He calls them to Him, and then says follow me. He calls them initially into a relationship and, after some time, then sent them out only to again return back to Him again (Luke 10:1-17).

And that’s the first challenge for this weekend: stopping and being with Jesus. And this, friends, is easier than you think. First of all, you are already stopping and turning to Jesus simply by participating in this Challenge. Second, as you are a dwelling place, a temple, for the Holy Spirit, God is already with you. Just become aware of His presence with you!

**Spiritual Exercise:**

Take the rest of the evening and explore the idea that God is with you and the Holy Spirit resides in you. Think about being at Jesus’ feet as you are doing some things you really enjoy. Visualize Jesus with you. Every now and then, dialogue with Him, and keep an open conversation going. This is the Spiritual Discipline of Practicing the Presence.

**Self-Care Activity:**

Now pick an activity or two (depending on how long they take) and spend the rest of the evening relaxing by doing something(s) you love.

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# Saturday

## Morning

### **Devotion Time**

**Worship:** “All Who Are Thirsty” by Brenton Brown

**Scripture:** Matthew 11:28-30 (NIV)

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

#### **Devotional:**

Do you see what Jesus is offering you this morning? He’s offering you His rest...if you will take it. This is an enormous gift, a gift Jesus paid for dearly. See, when Jesus died on the cross and rose from the grave, He didn't just give you the ability to go to Heaven. He also gave you something for this life - God’s presence, power and love.

Jesus knows how hard this world is; He experienced it first hand. He understands the demands, stresses, pain and turmoil that accompanies this realm. And that Man who walked on this earth is offering you His power and love to sustain and guide you through.

Jesus laid out a beautiful example of how to follow God while here on earth. Jesus emptied Himself (Philippians 2:7) and became like us, yet He did not sin (1 Peter 2:22).

Jesus is showing us what it looks like to follow God here and now. He is showing us the power, love, truth and grace there is in walking with Him. You only need to look to Jesus’ earthly ministry and see for yourself what was possible when you closely follow God.

Matthew 11:28-30 is a remarkable passage in Scripture and one the kindest and most beautiful invitations from our Lord Jesus Christ. In it, Jesus is saying to you that He will take the things that burden you and pull you down. He will replace those burdens with His presence and love. You just need to stay close to Him. Allow Him to be the one leading you and growing you.

While you are stepping back for a few days for self-care, think about the ways you can allow Jesus to tend to you. How might this tending of Jesus help better serve those in your life?

#### **Spiritual Exercise:**

Take a few moments and spend time with God while doing this activity.

Say to yourself:

*Come to me \_\_\_\_\_ (insert your name) you who are weary and burdened and I, Jesus, will give you rest.*

Allow your heart and mind to sink into this invitation from Jesus. Take a few moments repeating this phrase aloud. Try to imagine Jesus actually saying it to you by inserting your name.

## **Self-Care Activity Time**

After you are finished with your Devotion Time, go back to your list and pick an activity to do this morning.

# Saturday Afternoon

## **Self-Care Activities Time**

Allow your Saturday afternoon to be filled with various self-care activities, or perhaps one big one, like reading a book. This is your afternoon to do the thing(s) you love. Enjoy this time!

# Saturday Evening

## **Devotion Time**

**Worship Song:** “I Surrender” by Hillsong

**Scripture:** Matthew 6:28b

“See how the flowers of the field grow. They do not labor or spin.”

### **Devotional:**

Contextually this passage is about worry, and falls under Jesus’ teachings about worry in the Sermon on the Mount.

So what would worrying have to do with care-taking and self-care?

I want you to step back for a moment and think what drives your care for others?

Is it because you worry that everything will fall apart if you don't handle it?

Or maybe, you worry that people won't have what they need if you don't provide it?

Possibly you worry that if you don't step in, people won't give you the credit for being the one who does it all.

These are not judgment questions, but rather simple questions to help reveal your inner motivations.

We all have inner motivations. It's human nature. But it's not until we allow God to go in and cleanse our motivations that we can begin to operate like Jesus did on this earth.

By using God's strength, instead of your own, tending to others becomes motivated by the love and grace of Jesus, not our fears and anxieties.

Because if your motivation is to feel good about yourself, or to look good, or be the one who is the problem-solver, well you are not really serving others. You are serving yourself.

The essence of true service is a selfless, and it comes from denying yourself for the benefit of others. Jesus' life is best exemplified through this definition.

Jesus knew who He was; He knew who God was and He knew what His mission was. In turn, He knew everything was done through His utter dependence on the Father.

So when Jesus turned water into wine, fed 5,000, resurrected Lazarus - all of that was all done through the dependency on God's power. Could Jesus could have done all of that in His own strength? Yes, Jesus is fully God. But He knew that would not reflect the purpose of His mission, which was to show us how to follow God.

God never calls us to do things in our own strength. He calls us to Him. This is the purpose of everything, to turn our eyes toward Him. To rest in Him. To operate in Him. To love through Him. To serve through Him.

And when we serve, love and do everything through Him, a burden is released. Just like Jesus said it would in Matthew 11:28-30.

Because the burden is US. Our restrictions, our worrying, our confinement. We are not limitless, we are not infinite, we are not timeless. But God is. And God knows everything and is working it all together for your good (Romans 8:28).

So, why then worry?

It's not so simple is it? I mean there are a lot of demands. The kids need everything done for them, the dog needs walked, your mom is sick, and so on. People need us, and so what do you do?

You give - because that's what you do.

But the challenge for you today is to think about giving through the strength and love of God. And where this begins is by trusting God is who He says He is and is capable of taking care of you and your loved ones.

I don't presume that this is an easy task, because it isn't. Learning to truly trust God takes a long time, because the world screams that's not the way to live. The world tells us constantly that we have to take care of ourselves, and that you should be looking out for you and your loved ones and survive.

But God's way, is much quieter and simpler: rest and operate out of His power and love.

### **Spiritual Exercise:**

#### **Examen**

Here's a couple of questions for you to ponder at this point. Invite God into your thoughts and ask Him to guide you in this process of discovery.

Like the Scripture says: "See how the flowers of the field grow. They do not labor or spin." Ask yourself how your serving might not result in spinning or laboring?

Do you have an issue with worry? Is it something that is a new element in your life or has worry always been something you've struggled with? What do you think nurtured the development of worry in you?

Have you identified a contributor to the purpose of your serving? If it is a selfish one (as discussed above) talk to God about that. Be honest and open. God already knows what's going on in your heart, it's you who is just becoming aware. His love for you remains and wants nothing but His wholeness in your life.

## **Self-Care Activity Time**

Take the rest of the evening to do something you love, and spend sometime soul-tending.

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# Sunday

## Morning

Attend a worship service today.

## Afternoon

## **Self-Care Activity Time**

Go to your list of activities and pick one or two to do.

## **Devotion Time:**

**Worship:** "Lord I Need You" by Chris Tomlin

**Scripture:** 2 Corinthians 9:7-8 (NLT)

7 You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. "For God loves a person who gives cheerfully." 8 And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others.

## **Spiritual Exercise:**

I want you to stop for a moment and do a Spiritual Discipline, Lectio Devina.

Lectio Devina is an ancient Spiritual Practice that is designed to help you hear God's voice better through Scripture reading. The process is simple:

- 1.) You are going to slowly read through the passage out loud. Take note of any words or phrases that might jump out to you.
- 2.) Reread the passage again, out loud. Keep a sharp eye on the words or phrases that jump out to you again.
- 3.) And for a third time, reread the Scripture again out loud. Jot down the words or phrases that repeatedly jumped out to you over the three readings.

4.) Go to God with this list and spend time exploring what word(s) or phrase(s) that came forth. What could God be trying to speak to you through these words? Talk to Him about your discovery and ask Him to guide you in where He is leading.

**Devotional:**

We desperately need the Lord. Every moment of the day and in all things, we need the Lord.

As you provide and give to those in your world, the challenge for you is to give through the strength and love God.

In this passage from 2 Corinthians, Paul is speaking to the attitude behind giving. Much like what we discussed in our last session.

As you have explored the motivations behind giving, what has surfaced? Where might you need God to come in and cleanse?

We are called to give, but how much? Paul says how much we give is up to each one of us. BUT, (and it is a big but) as you decide on how much you should give, you also need to be aware of **how** you will give. God is not interested in your giving if it is not done through His love. Just check out 1 Corinthians 13 for more on that topic.

Seriously, what good is it if you are serving others, but you are spent, exhausted, stressed and perhaps angry? How is that a reflection of God? How is that spreading His goodness in the world?

God is deeply and utterly concerned with the condition of our hearts. Check out Jesus' stern warnings in Matthew 23 about doing things that look good, but only to have ungodly motivations in one's heart.

And this is where the dependency on God is a must. Staying close to God is the only way to truly serve. As verse 8 states: "And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others."

It is only through God that you will find rest, refreshment and life in giving to others, because you simply are a conduit of His love to those around you. You will be fueled through His power to do the tasks at hand. This is how He wants you to live - through Him.

And the only way to do that is to stay close to Him throughout your whole day. Take the spiritual practices that I have introduced to you this weekend and equip them throughout your days.

Be aware that God is with you. Be aware that God deeply loves you. Be aware that you have limitations and you can't save the world. But the one who can save the world, well that's the one who also walks with you. So rest and walk with Him. He will lead you to many great places of enjoyment and peace. He will do mighty things through you by your humility and dependency on Him. So let Him lead. Your life, your service will drastically change.

# Evening:

## **Self-Care Activity Time**

It's the final one of the weekend! Pick one you'd really like to get in before this is over and enjoy!!!

## **Exit Worksheet**

How was this weekend for you? What was your favorite Self-Care Activity that you did?

Do you feel more refreshed? Renewed? If so, why do you think so?

Was there a particular devotion that spoke to you? What was impactful to you about it and what do you think God is saying to you through it?

If the self-care activities were a good thing for you, how might you be able to incorporate more of these into your life?

Where there any spiritual exercises that you connected with? If so, why were they helpful and how could you practice them more?'

What did you learn about rest this weekend?

Did your view of service change, if so how?

Did you learn anything new about yourself this weekend?

Did you learn anything new about God this weekend?

\*Thank you for joining us in this Challenge and we sincerely hope it you have benefited from it!

If you are looking for more Challenges check out [spirituallyhungry.com/challenges](http://spirituallyhungry.com/challenges) we have monthly, seasonal and daily Challenges available to help you grow closer to our amazing, loving God.

And keep your eye out for more retreats coming, the current one we are creating will be a take-home marriage retreat. Check out [spirituallyhungry.com/retreats](http://spirituallyhungry.com/retreats) for more information!