



Soul-Care Sunday:

4 WAYS TO GIVE YOURSELF
REST AND RECHARGE

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WHAT IS

soul-care?

1 Thessalonians 5:23 says, “Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.”

Humans are made of three parts. Spirit, soul, and body. These are three different parts that are separate yet together.

We take care our body with diet and exercise. We also nurture our spirit with a relationship with God. The soul is somewhere in between. It is the total support and wellbeing as a whole.

Soul-care has always been a way to encourage people to nurture their soul, which is amazing. But somewhere along the way, it became something people felt like they were forced to do.

If you are feeling a little overwhelmed with this idea of the perfect soul-care routine, it's time to take a step back for a moment. Instead of focusing on having to fit it into your daily life, let's just start one day a week.

Sunday is actually the perfect day to dedicate to soul-self after winding down from a fun weekend and before a new week begins.

Sundays are a reset day. It's the day the Lord has made specifically for rest, to reset your body, and your mind before another busy week.





Setting up your weekly soul-care routine

First thing's first – figure out what your routine is going to be on Sunday. Don't forget that soul-care doesn't have to be done alone, so if you have a busy house on Sundays, you can still do this!

Let's just focus on your soul-care on Sundays, whether that means an hour during the day, or changing the entire routine for the day.

HOW IS IT DIFFERENT FROM DAILY SOUL-CARE?

You still want to choose activities that help you recharge and feed your soul, are good for your body and mind, and overall wellness. But you might have a little more free time on Sundays, so you won't feel as pressured to fit it all in before or after work, or during your bedtime routine.

Sundays opens up new possibilities for soul-care.

THINK ABOUT YOUR CURRENT SUNDAY ROUTINE

In order to turn Sunday into your weekly soul-care day, you need to consider what you tend to do on Sundays. This self-reflection helps you determine if these are things that can only be done on Sundays, or can be moved to another day to give you more time for your soul.

Make a list of things you do every Sunday first. Then look at your list, and cross off anything that isn't really necessary or might no longer be serving you. With what is left, determine if any of those activities can be moved to Saturday.

For example, if you do a lot of cleaning and chores on Sundays, could they be moved to other days during the week, freeing up a bit more soul-care time for you.



2 Ideas for Sunday soul-care activities

Soul-care on Sunday is about dedicating a day to yourself each week, especially if you don't have much time during the week to really focus on you.

HERE ARE SOME ACTIVITIES THAT CAN BE GREAT TO DO ON SUNDAYS:

Sleep in – If you don't get to sleep in during the rest of the week, at the very least give yourself this time on Sundays! Your soul (and body) needs the rest. An extra hour of sleep can do wonders for your soul-rest.

Clean your work/creative space, lighten it up – A boring stagnant space does nothing to recharge the soul. Clean out the clutter then, add only items that make you feel energized and happy.

Spend time in nature – Nature is essential to spiritually. Take a walk in the park, take a path you haven't walked before, find a quiet place along the way and take a seat. Take time to breathe, listen to the birds, and take a look around at God's splendor.

Have an hour of pampering – You might not be able to dedicate the entire day just to soul-care, but at least fit in some pampering time. Treat yourself to a pedicure or massage. Or, maybe a bubble bath is more your style.

Catch up on your reading or creative projects – This is the perfect time to pick activities you enjoy, but rarely have time for. Maybe there is a book you have been wanting to finish or a creative project you would love to do. Dedicated this time to a lost hobby.

There is beauty everywhere – Write out the places you see beauty. Like a gratitude journal, writing down seen beauty helps you appreciate the what is in front of you.

Hit the pause button with afternoon tea – Do like the Brits. Afternoon tea and cookies allows us to hit the pause button, sip a delicious cup of tea and a few cookies. 15 minutes is all it takes to take a soul-care pause.



Bible Study at the park – Have you ever tried studying the Bible outside? Enjoy the nature God created and read His word. Host a girls Bible study with friends. Everyone bring a snack and blankets, spread out and talk through the study.

BUT WHAT IF THE SOUL-CARE ACTIVITY ISN'T CLEAR TO YOU?

Well, you're in luck. Below are a few questions to get you thinking about what activity will fill your soul and Sunday.

WHAT ACTIVITY REALLY MAKES YOU FEEL ALIVE BUT DON'T SEEM TO FIND TIME TO DO?

Blank space for writing an answer to the question: "WHAT ACTIVITY REALLY MAKES YOU FEEL ALIVE BUT DON'T SEEM TO FIND TIME TO DO?"

WHAT DO YOU FEEL GOD IS CALLING YOU TO DO?

Blank space for writing an answer to the question: "WHAT DO YOU FEEL GOD IS CALLING YOU TO DO?"

WHEN YOU CLOSE YOUR EYES, WHERE IS YOUR HAPPY PLACE?

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DESCRIBE THE PERFECT SOUL-CARE DAY.

Large blank space for writing a detailed answer to the question: "DESCRIBE THE PERFECT SOUL-CARE DAY."

WHAT SONGS ARE ON YOUR SOUL-CARE PLAYLIST?

Blank space for writing an answer to the question: "WHAT SONGS ARE ON YOUR SOUL-CARE PLAYLIST?"

WHAT IS ONE THING YOU HAVE ALWAYS WANTED TO TRY?

Blank space for writing an answer to the question: "WHAT IS ONE THING YOU HAVE ALWAYS WANTED TO TRY?"



Act Justly,
Love Faithfully,
Walk Humbly
with
your God

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3 Soul-care for introverts and extroverts

Everyone is different. That is what makes us so unique and wonderfully made. People typically fall into two categories: introverts and extroverts. Of course, we exhibit a bit of both characteristics but, we all are dominantly one or the other. Neither is better or worse than the other. It's just how we are made.

SOUL-CARE FOR INTROVERTS

If you are an introvert, you probably find that you are the most relaxed when you are alone. This doesn't mean you want to be or should be alone all the time, but that you often need a little bit of time to yourself each day to recharge and gain your composure.

Have Quiet Solitude on Sunday – Soul-care for an introvert can be as simple as just making sure you have some alone, quiet time on Sundays. You need this time to yourself to regroup and relax. It can be really hard when you are around other people all day and never give yourself this time.

Find Nature-Inspired Activities – Introverts also tend to enjoy time outdoors, again in a quiet and peaceful environment. Try to find some activities you can participate in that will encourage you to spend more time outside.

Embrace Your Creative Side – An amazing way to practice soul-care as an introvert is to do something creative. Learn how to crochet, write a poem or short story, color in an adult coloring book, or start a new skill or creative project you have always wanted to try.

SOUL-CARE FOR EXTROVERTS

Extroverts are more social creatures, getting their energy from being around other people. If you consider yourself an extrovert, you probably enjoy time with others more than time alone. But what does that mean for your soul-care routine? Here are some

tips for practicing soul-care when you are an extrovert.

Enjoy Social Time with Friends - What might be a little more up your alley is to schedule in time with friends. What better way to practice soul-care than spend time with those you love the most?

Volunteer Your Time - Looking for something more meaningful and fulfilling? You might like to volunteer somewhere as your soul-care. Look into local community centers or animal shelters that are open on Sunday and see if they need any help.

Join a Local Club - Another social activity that helps with your soul-care is joining a local club, like a book club. Not only will you be encouraged to read more, but you can get together once a week with your book club to chat and talk about the book.

Matthew 11:28-30

*Come to me, all who labor
and are heavy laden, and I
will give you rest. Take my
yoke upon you, and learn
from me, for I am gentle
and lowly in heart, and you
will find rest for your souls.
For my yoke is easy, and my
burden is light."*



4 Tips for your soul-care routine

Here are a few more tips for making sure you have a good Sunday soul-care routine, and really understand what soul-care means and how to avoid the common mistakes.

IT ENCOMPASSES EMOTIONAL, MENTAL, AND SPIRITUAL HEALTH

Soul-care does not fulfill just one need in your life. Different activities provoke different benefits in your life, including helping with your emotional, mental, and spiritual health.

What works best for you is going to be something that helps you feel relaxed, de-stressed, improves your mood, brings you closer to God, and is something you absolutely love to do.

YOUR SOUL-CARE NEEDS CAN CHANGE REGULARLY

Just because you have committed to writing in your journal and meditating or Bible study every morning for an hour as your soul-care routine, doesn't mean you have to do this forever. Sometimes, what you choose as your soul-care activity changes, or you need to make adjustments based on your schedule.

Revisit what you are doing for soul-care often. As your life and the seasons change, so will your soul-care and what is actually going to benefit you the most.

A COMMON MISTAKE IS FORCING YOUR SOUL-CARE

This can't be said enough – your soul-care routine should not make you more stressed! This is a sign that you are forcing yourself to do something you don't want to do and that is doing nothing for you.

Don't be pressured to participate in the "latest" soul-care routine. Remember everyone is different and everyone is going to benefit from different things. **Whatever you choose, be sure it is the best soul-care Sunday for YOU!**



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