



SOUL  
RESET

# Grab Gather Grow And Daily Spiritual Practices for a Soul Reset

## Session 4: Take Care of Yourself Week of February 2nd

### Opening Prayer

Gracious and loving God, you are a God of new beginnings. You created us to be whole, unique, abundant-life-living children. Though we get too busy

and disconnected before we even realize it, you are full of grace to offer a reset. You bring us back, refresh our spirits, and make us whole again. As we begin this journey to wholeness, prepare our hearts to let go of what is holding us back. Teach us again what it means to live lightly and freely, walking with you each and every day. Come and be present in our conversation and fellowship. In Jesus' name. Amen.

### 1 Kings 19:5-9 The Message

When Elijah saw how things were, he ran for dear life to Beersheba, far in the south of Judah. He left his young servant there and then went on into the desert another day's journey. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—just die: "Enough of this, GOD! Take my life—I'm ready to join my ancestors in the grave!"

Exhausted, he fell asleep under the lone broom bush.

Suddenly an angel shook him awake and said, "Get up and eat!"

He looked around and, to his surprise, right by his head were a loaf of bread baked on some coals and a jug of water. He ate the meal and went back to sleep.

The angel of GOD came back, shook him awake again, and said, "Get up and eat some more—you've got a long journey ahead of you."

He got up, ate and drank his fill, and set out. Nourished by that meal, he walked forty days and nights, all the way to the mountain of God, to Horeb. When he got there, he crawled into a cave and went to sleep. Then the word of GOD came to him: "So Elijah, what are you doing here?"

### Questions for Reflection/Discussion

If reading the book, *Soul Reset*, what are some of your thoughts or reflections from chapter 4?

Take turns reading I Kings 19:10. What is happening to Elijah in this passage? What happened right before these verses? What happens right after?

Elijah was never out of the care of God, whether he was winning, running, or hiding. What does it mean to you that you are never out of God's care— even when you are running on empty?

"Success is an illusion if it is not defined by the values of our faith. Success will make you feel overly responsible if it is not grounded in your faith" (Junius Dotson, *Soul Reset*, pg. 67) Do you agree? Why or why not? Have you ever felt "overly responsible" for a success? Tell about that time.

### If children are part of your gathering:

How did God take care of Elijah when Elijah told God how tired and over-whelmed he was? God gave Elijah important reminders to take care of himself. What are ways that you know how to take care of your body? Your mind? Your spirit?

SOUL RESET PRACTICE WEEK 4: The Practice of Take Care of Your Body.

**Sometimes we think of our spiritual practices and life with God as separate from how we treat our bodies. But we are whole persons, created by God—body, mind and spirit. This week we will seek wholeness by taking care of our bodies.**

Day 1: Sleep eight hours.

Day 2: Drink plenty of water. At least 8 large glasses a day. (No plastic water bottles!)

Day 3: Go for a long walk.

Day 4: Fast from sugar.

Day 5: Write a letter thanking your body for what it does for you. God made our bodies in such an awesome way and for incredible things. Give thanks to God for it.

Day 6: Find a workout buddy.

Day 7: Cook your favorite healthy meal and have dinner with your family and friends or neighbors. Or during worship today—at 9am or 10:45am or 11:30am, - invite someone to share your healthy meal.

### SERVICE

Our Change4Change is for Feed My Starving Children, serving food to children all over the world. Sign up in the Fellowship Hall for one of the Million Meal Packing events in February.

Go for a walk every night this week but make sure you invite someone to go with you! Helping them take care of their body is a service to the Kingdom of God.

Consider being part of a new small group, they will meet monthly for some "How Is it with your Soul?" time and then learn about **Avenues for Homeless Youth** and **Hope4Youth**, ways we can support and serve these local organizations in our communities, and educate all of BUMC on youth homelessness. The groups is just getting started this January so join us!

Two new small groups are forming at BUMC, one around the issue of LGBT+ inclusion and the other around Racial Reconciliation. Prayerfully talk with God if you are being called to join either one of these small groups for Social Justice.



**FAITH**  
share read talk pray bless



Sunday: I Kings 19:1-4

Monday: I Kings 19:5

Tuesday: I Kings 19: 6-7

Wednesday: I Kings 19:8-9

Thursday: I Kings 19:9

Friday: Matthew 11:28-30

Saturday: Job 17:7

Share your high and low of the day; read a piece of scripture; talk about it, and pray, including your highs and lows. At the end of the night, have someone bless everyone with the following blessing: "May God breakdown and breakthrough on your journey to wholeness in Christ"