

Social Wellness

Soul Care Score



BREATH PRAYERS:

INHALE EXHALE

Relational detox: There is a time for everything. A time to build.

A time to tear down. God makes everything beautiful in its time.

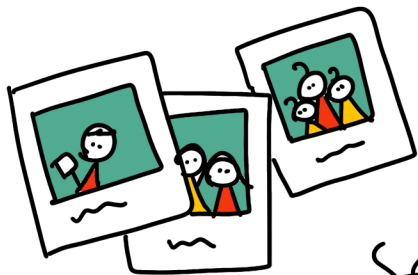
Need a friend: Thank you for being my friend, Jesus. Give me courage to nurture friendships.

God's promises: When you pass through the waters, I will be with you.

Regret: Renew my mind, Jesus. Thank you for...

CHALLENGES:

- ☐ Look at a photo of a happy memory (pg176)
- ☐ Schedule coffee with a friend (pg186)
- ☐ Show kindness/help someone/smile (pg195)



VERSES TO STUDY:

- ☐ Isaiah 43:1,4 ☐ 35:3-4 ☐ 62:4
- ☐ Psalm 27:10 ☐ 139:5
- ☐ Matthew 10:14 ☐ 6:4,12 ☐ 5:16 ☐ 11:28-29 ☐ 26:36-38
- ☐ Ecclesiastes 3:1-8,11 ☐ 4:9-10,12
- ☐ Mark 3:34-35 ☐ 12:41,44
- ☐ John 8:32 ☐ 15:11,15-16 ☐ 1:39
- ☐ 2 Corinthians 1:4 ☐ 4:7-9 ☐ 7:13
- ☐ Galatians 5:1 ☐ 6:9
- ☐ Proverbs 15:30 ☐ 11:25
- ☐ 1 Thessalonians 4:10-11 ☐ 5:11,18
- ☐ 1 John 4:18
- ☐ Luke 9:3
- ☐ 1 Peter 1:22
- ☐ Philemon 7
- ☐ Hebrews 10:24
- ☐ 2 Timothy 3:16-17
- ☐ Romans 12:6,8,18
- ☐ Zechariah 4:10
- ☐ Ephesians 2:10



Spiritual Wellness

Soul Care Score



BREATH PRAYERS: INHALE EXHALE

Critical thoughts: Your gentleness gives me strength. Nothing can separate me from your love
I can make mistakes. God gives me grace.

Stress steals joy: Jesus, give me courage to say, "Yes!" Help me to choose joy.

[Name things that bring you joy] [Name things that bring you joy]

Can't see the next step: Moment by moment. You will abundantly provide what I need.
Illuminate my mind. Help me take the next step.

Blessings: You have been good to me, Lord. Thank you for...

Groans deeper than words: This is too much for me. I run to you, Jesus.

Long for emotional healing: Give me courage to heal, Jesus. Carry my pain.

CHALLENGES:

- ☐ Journal for ten minutes (pg120)
- ☐ Make something with your hands (pg130)
- ☐ Practice even breathing (pg138)
- ☐ Nurture laughter (pg145)
- ☐ Pursed-lip breathing to relieve pain (pg154)
- ☐ Listen to jazz or classical music (pg164)



VERSES TO STUDY:

- ☐ Psalm 18:35 ☐ 147:3-4 ☐ 13:6 ☐ 103:14 ☐ 126:2-3 ☐ 28:7
- ☐ John 7:38 ☐ 15:11 ☐ 14:16,26
- ☐ 2 Corinthians 1:3-4,20 ☐ 9:8 ☐ 3:17
- ☐ Matthew 11:28-29 ☐ 18:2-5
- ☐ 2 Kings 5:1-19 ☐ 20:5
- ☐ Isaiah 43:4 ☐ 53:3-4
- ☐ Jeremiah 31:3
- ☐ Philippians 4:5-7,19
- ☐ Romans 8:6,26,34,37-39
- ☐ Luke 19:3-6
- ☐ 1 Kings 19:7
- ☐ 2 Peter 1:2-3
- ☐ James 1:17
- ☐ Proverbs 17:22
- ☐ Hebrews 4:12
- ☐ Job 12:7-10
- ☐ Mark 14:34
- ☐ Psalm 56:8



Physical Wellness

Soul Care Score



BREATH PRAYERS:

INHALE EXHALE

Can't sleep: Everything is going to be okay. In peace, I will lie down in safety.

Burnt out: Moment by moment. You go before me. Moment by moment. Hope is the anchor to my soul.

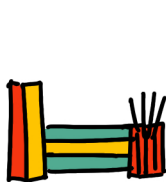
Long for healing: Give me courage to heal, Jesus. One day at a time.

Need to let go: Help me let go, Jesus. You will supply all I need.

Need provision: Open the doors of opportunity, Jesus. You are my strength.

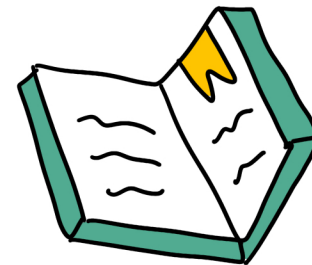
CHALLENGES:

- ☐ Create a stress-less rhythm chart (pg74)
- ☐ Take a digital break/creative activity (pg83)
- ☐ Practice STOP (pg93)
- ☐ Declutter the space that nurtures you (pg102)
- ☐ Create a safe space to restore calm (pg110)



VERSES TO STUDY:

- | | | | | |
|--|-------------------------------|----------------------------------|--------------------------------|---------------------------------|
| ☐ Psalm 3:5 | ☐ 4:8 | ☐ 139:5 | ☐ 94:18 | ☐ 23:1-4 |
| ☐ Hebrews 4:16 | ☐ 6:19 | ☐ 10:23 | | |
| ☐ Deuteronomy 33:12 | | ☐ 31:8 | | |
| ☐ Mark 5:23, 41-43 | | ☐ 8:22-25 | | |
| ☐ Ephesians 2:10 | | | | |
| ☐ Proverbs 13:12 | | | | |
| ☐ Romans 5:5 | | | | |
| ☐ Isaiah 40:31 | | | | |
| ☐ Jeremiah 30:17 | | | | |
| ☐ 1 Peter 5:10 | | | | |
| ☐ Acts 27:20, 22 | | | | |
| ☐ Ecclesiastes 3:1, 6, 11 | | | | |
| ☐ Philippians 4:19 | | | | |
| ☐ 2 Kings 4:3-7 | | | | |
| ☐ Joel 2:25 | | | | |
| ☐ Matthew 7:7 | | | | |
| ☐ Revelation 3:8 | | | | |



Emotional Wellness

Soul Care Score



BREATH PRAYERS:

INHALE EXHALE

Anxious: Relax Loosen my grip, Jesus.

Overwhelmed: Jesus Help me rest awhile.

Worried for self: I cast all my cares upon you Because you care for me.

Worried for others: Help [name of loved one], Jesus I cast all my cares about [name] upon you.

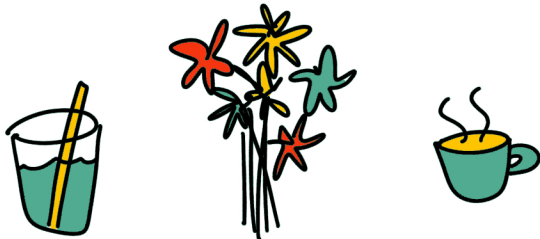
Striving: You quiet me with your love, God. You rejoice over me with singing.

Day is too much: Your steadfast love never ceases, Jesus. Your mercies are new every morning.

Plans fall through: When I am overwhelmed You will carry me through.

CHALLENGES:

- ☐ Savor a cup of tea (pg22)
- ☐ Practice breath focus (pg31)
- ☐ Buy yourself some flowers (pg38)
- ☐ Drink six cups of water today (pg49)
- ☐ Engage your senses on a walk (pg56)
- ☐ Practice mindful breathing (pg64)



VERSES TO STUDY:

- ☐ Psalm 46:10 ☐ 139:13-14 ☐ 55:22 ☐ 103:11 ☐ 33:20-22 ☐ 116:7
- ☐ Isaiah 41:10 ☐ 58:11 ☐ 46:4
- ☐ Matthew 6:25,28-30,34 ☐ 11:28-30
- ☐ James 4:8
- ☐ Luke 1:37
- ☐ Ezekiel 37:5-6
- ☐ Song of Songs 2:4
- ☐ Mark 6:31
- ☐ Exodus 33:14
- ☐ Genesis 2:7
- ☐ 1 John 4:18
- ☐ 1 Peter 5:7
- ☐ 2 Peter 1:2-3
- ☐ Zephaniah 3:17
- ☐ Jeremiah 31:25
- ☐ Ephesians 5:8
- ☐ Lamentations 3:21-23
- ☐ Philippians 1:6

