

Jesus and self-care Biblical references

Time for prayer and reflection – Mk 1:35, 6:46

Time away from people and work to be refreshed – Lk 5:16; Mk 6:31-32

Knew his priorities and how to say no to demands – Lk 4:42-43

Made time for celebrations, sharing meals and pleasure – Mt 9:10; Lk 19:5, 14:1; Jn 2:1-2, 12:12-14:37

Had confidantes he could know and trust – Mk 5:37, 9:2, 14:33

Had friends outside of ministry – Lk 10:38; Jn 11:5, 12:1-2

Allowed time and permission for people to minister to him – Mk 14:3, 15:40-41; Lk 10:38-42

Questions to ask during transition

Here are some transitions questions that could help you as you reflect/journal:

- As you think/pray about the transitions that you're going through, in what way is your faith taking shape from what you are experiencing?
- What are the changes taking place in your life and relationships, or are likely to take place? Where are the 'growing edges'?
- What has empowered or energized you?
- What has hindered or caused anxiety and frustration?
- In what way is this experience calling you to deepen your walk with God?
- What spiritual insights will you be able to share from this experience?

COVID-19 reflection questions

I really like the reflection questions in this mini-debriefing guide:

<https://www.returningwell.com/resources.html>

Illustrating Bible passages

Try printing out these passages from scripture and illustrate them with words and pictures.

- Psalm 46
- Psalm 84
- John 15
- Revelation 22

Resources for liturgy

Daily Prayer app - <https://play.google.com/store/apps/details?id=com.aimermedia.dailyprayer&hl=en>

Daily Office podcast - <https://thetrinitymission.org/>

Northumbria Community - <https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>

Labyrinth prayer

Print out the image and read through the labyrinth prayer.

Guided reading

Pray as You Go

- Available as an app or the website: <https://pray-as-you-go.org/>

Lectio Divina

- Grab a notebook, pen and listen to this guided Bible reading.