

FOUR CHECKPOINTS OF SOUL CARE

1. GOD

TIME WITH GOD - BIBLE & PRAYER

2. OTHERS

TIME WITH OTHERS - COMMUNITY & SERVING

3. SELF

TIME WITH MYSELF - SILENCE & SOLITUDE

4. CREATION

TIME WITH CREATION - REFLECTION & PRAISE

HEALTHY RHYTHMS

Establishing healthy rhythms to care for **your** soul.

Consistent Sleep • Regular Exercise
Nourishing Diet (Plenty of Water) • Daily Bible & Prayer
Establish a Sabbath • Engage in Community
Practice Gratitude • Live Generously



*"Guard your heart (soul) above all else,
for it determines the course of your life."*

- Proverbs 4:23 (NLT)

