



Biblical Self Care

- What stood out to you from last Sunday's teaching?
- Everyone answer: Be honest... what is your relationship with social media?
 - How has social media been a good thing in your life?
 - How has social media been a bad thing in your life?
 - In your estimation, what have been the positive and negative impacts of social media on society?
- The truth is, whether we like this or not, all media educates society with its advertising and messaging. When it comes to the topic of "Self Care" what do you perceive has been the messaging found on social media?
 - Do you agree with this message? Why? Or Why not?
 - Without looking, how many of the 10 commandments can you remember as a group? Try to list them out.
 - Would you believe it if I told you that ALL of the 10 commandments promote self care? Why or why not?
 - Read Exodus 20:17 through this lens and discuss what each of them have to do with self care?
 - According to the 10 commandments, what do you think would be a biblical definition of self care?
 - Compare and contrast this biblical definition of self prayer with the social media messaging of self care. How are they alike and how are they opposed?
 - When are have you more or less leaned into one definition or the other?
 - Has participating in social media been an act of care for yourself or has it been something else to you?
- In his teaching on Sunday, Pastor Dave taught us that Philippians 4:4-9 contains practices of self care. Read this passage and note each one of these practices.
 - Share with the group: Which of these practices are you good at exercising and how have they had a positive impact on your self care?
- Pray for God's peace in your lives.