



Refresh to Recharge

I cast my cares on Him

I have perfect peace

I honor God by resting

I'm refreshed and able to
give

#ContendForYourHealing

Refresh to Recharge: Self Care Verses

Mark 6:31 *Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, “Come with Me by yourselves to a quiet place and get some rest.”*

Matthew 22: 39b *Jesus replied: ‘Love your neighbor as yourself.*

Ephesians 5:29 No one abuses his own body, but pampers it—serving and satisfying its needs. That’s exactly what Christ does for his church!

Psalms 55:22 *So here’s what I’ve learned through it all: Leave all your cares and anxieties at the feet of the Lord, and measureless grace will strengthen you.*

Matthew 6:34 *Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.*

Isaiah 26:3 *You keep him in perfect peace whose mind is stayed on you, because he trusts in you.*

Exodus 14:14 *The Lord will fight for you, you need only to be still.*

Isaiah 58:11 *Yahweh will always guide you where to go and what to do. He will fill you with refreshment even when you are in a dry, difficult place. He will continually restore strength to you, so you will flourish like a well-watered garden and like an ever-flowing, trustworthy spring of blessing.*

Declarations:

- I cast my cares on Him.
- I have perfect peace.
- I honor God by resting.
- I’m refreshed and able to give.