

Women Of Destiny

9/6/25



Permission to Pause:

Recap of Spiritual Self-Care by Dr. Ellyn Jo Waller

God ordained rest: *The apostles [who had been sent out on a mission] gathered together with Jesus and told Him everything that they had done and taught. He said to them, “Come away by yourselves to a secluded place and rest a little while”—for there were many [people who were continually] coming and going, and they could not even find time to eat. Mark 6:30-31 AMP*

“Self-care isn’t always spa days and vacations. Sometimes it’s slowing down long enough to enjoy a good meal, sip your coffee/tea slowly, and just breathe. Taking care of you looks like giving yourself permission to pause. Being super woman is overrated. When you’re rested, it’s easier to pour back into others.” Kristna McMillon

Self-care can be found in the Bible:

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. Gen. 2:2- 3 NKJV

For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore, the LORD blessed the Sabbath day and hallowed it. Ex. 20:11

Even though He didn’t need to, God rested as an example for us.

Self-care is an act of worship that honors God: *“Each of you should know how to possess his own vessel in sanctification and honor.”* 1 Th. 4:4 NKJV

“Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.” Mk. 1:35 NKJV

While Jesus was blessing others, He was being poured into by the Father.

Song: I Miss My Time With You by Larnelle Harris

*There He was just waiting,
In our old familiar place
An empty spot beside Him,
Where once I used to wait
To be filled with strength and wisdom
For the battles of the day
I would have passed Him by again
If I didn't hear Him say*

*I miss my time with you
Those moments together
I need to be with you each day
And it hurts Me when you say
You're too busy,
Busy trying to serve Me
But how can you serve Me
When your spirits empty
There's a longing in My heart
Wanting more than just a part of you
It's true, I miss My time with you*

*What will I have to offer
How can I truly care
My efforts have no meaning
When Your presence isn't there
But You'll provide the power
If I take time to pray
I'll stay right here beside You
And You'll never have to say.*

I miss my time with you...

Don't spiritualize disobedience: *But Samuel replied, "What is more pleasing to the LORD: your burnt offerings and sacrifices or your obedience to His voice? Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams."*
1 Sam. 15:22 NKJV

Pump up with the Word of God – If you get into the Word, the Word will get into you.

The way you act is a billboard for the God you serve.

Guard your heart above all else, for it determines the course of your life. Prov. 4:23 NLT

A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart. Luke 6:45 NLT

Guard, nourish, and care for yourself. It matters to God!