

The writing below was inspired by *Daily Word*, Wednesday, July 1, 2015.

## **I Honor My Spirit as I Care for Myself**

As fast as life goes and as busy as it can be when serving in ministry, it may seem difficult, nearly impossible to stop, rest and take care of one's self. One can begin living at a hectic pace, with feelings of pressure to do things for everyone else and working to meet deadlines.

There is a song with the lyrics, "*I'm in a hurry to get things done. Oh I rush and rush until life's no fun.*"

However, when we deeply believe through our Divine Spirit and heart-wisdom that all is possible, *we find creative ways to honor Spirit by putting the most important person in our life first, ourselves!*

**I rest, breathe and step away for a time from pressures, worry and busyness, and regularly reconnect with Spirit in prayer and meditation. I also take time for fun!**

I take care of myself, and my ability to minister well to others is amplified. I am energized as I strengthen my relationship with Spirit and make time for fun.

*Therefore my heart is glad, and my soul rejoices; my body also rests secure.*—Psalm 16:9