

# Self-Care Script

<p>Attention Grabber</p>	<p>"Hi, I'm _____ with InterVarsity Christian Fellowship. Come and vote on our self-care campaign!"</p>
<p>Panel 1</p> 	<p>What do you like about this picture?</p>
<p>Panel 2</p> 	<p>What part of self-care have you prioritized this week? How? (Share what part you have been prioritizing)</p>
<p>Panel 3</p> 	<p>What part of self-care have you struggled with this week? How? (Share your struggles with self care)</p> <p>We're InterVarsity Christian Fellowship and we think Jesus has an awesome take on self-care, check out this quote.</p>
<p>Panel 4</p>	<p>We believe that our bodies, our relationships, and our souls are all gifts from God. Please read this out loud?</p>

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—MATTHEW 11:28-30 (NIV/CSS)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

— Jesus

What’s your favorite part of this quote?

What I love about this quote is Jesus’ promise to help us live freely and lightly. Walking with Jesus is a sustainable life, not just burn out and recovery.

Let’s check out how we can take Jesus up on this awesome offer.

Panel 5

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God gave us the **beautiful gifts** of bodies, souls, and relationships.

But we decided we could do great self-care on our own. We could not, and we **damaged** the gifts God gave us.

God did not give up on us. Jesus came to restore our bodies, souls, and relationships through dying and coming back to life. Jesus offers us **peace and life to the fullest**.

When we join Jesus, we join his **community of connection, thriving, and justice**. On a scale of 1 to 10, how interested are you in walking with Jesus?

(Read the panel out loud to them.)

Scale of 1-10 “How interested are you in walking with Jesus?”