

In God's presence we find everything that we need. So take some time to abide in his presence and just be. Wait for his voice and allow Him to speak and refresh you.

We are entering a New Season of greater growth, development and challenges as Christian Counselors where God is requiring us to develop a greater level of Self-care in our walk with Him. It may involve taking a self-care inventory or creating a self-care plan for yourself. The beauty of this is that God loves and cares about how we care for ourselves.

**"Come to me, all you who are weary and burdened, and I will give you rest."**

**Matthew 11:28**

As Christian counselors we give a significant amount of our time and energy to our calling. As life gets busier serving and caring for others, it gets harder to take care of ourselves. We have to try and balance our own time with family, work, as well as serving in other capacities within ministry. Here is where Self-Care is so vital in our roles as Christian counselors. We need to be intentional about caring for your spiritual, physical, mental and emotional well-being.

We need to be aware of signs that we too may need our own care. If you find that you are caring less, becoming more easily irritated then it is a good time to check if your oil is running low. Maybe you might need a spiritual oil change. God may be flashing that "Check Engine" light and you are ignoring it. We should never hesitate as counselors to seek Godly counsel and prayer for ourselves. In order to pour into others, we need a full storehouse to draw from.

It is so very important as counselors to be spiritually and physically nourished in obedience to God. Let God's word be that supernatural protein shake or caffeine boost in the morning that keeps you energized throughout your day. Take a power walk with Jesus. Continue learning and growing from other kingdom builders in ministry. Give yourself permission to take a break and rest in God's peace. After all Jesus rested and desires that for us. Ask God to show you those areas that He desires greater self-care for you. God delights when we take time to care for His temple.

Lastly, Self-Care is wisdom and obedience to God. It is a means of stewarding the gifts that the Lord has given you. The ministry of counseling has a deep impact on your own mind, body, and soul. As counselors you need to rest assured that Self-Care is not Selfish; it is a means to "guard" your own well-being. You will serve so much better and more effectively when you care for yourself. You will be that Lampstand that continually burns for God and you will not burnout.

**"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. "**

**Matthew 11:29-30.**

## "Wait"

My word for my personal growth this year is "Wait", which is why I chose this worship song as my song for the year which is "Wait on The Lord". This song tells me how to wait, why I wait and who I am waiting for. The word waits in Isaiah 40:31 means look eagerly for, to lie in wait for to linger for, to collect. The scripture reads:

**But, they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they all walk and not faint.**

God is faithful to have such a powerful song to minister to me and not only me but to millions of people who have chosen to wait on the Lord for whatever reason. Feel free to join me in singing this song to encourage you while you "wait in the Lord"

[https://www.youtube.com/watch?v=K3TYG7Q\\_fj4](https://www.youtube.com/watch?v=K3TYG7Q_fj4)