Self-Care Plan for Feeling Sick — Resting in God's Care While You Heal

When illness comes, it calls for compassionate care, not guilt. Rest is not failure. Receiving help is not weakness. Caring for your body can be a gentle act of stewardship while you heal—trusting that you are held in God's loving care every step of the way.

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SECTION 1

Begin With Prayer

Father, thank You for being near to me in this moment. You see what I'm going through, and You care. Please fill my heart with Your peace that steadies me when I feel weak. Grant me wisdom for the choices I need to make and comfort for my body, mind, and spirit. Help me to release what I cannot control and surrender it all into Your loving hands. Remind me that You are with me, and You are working all things for good.
I rest in Your care today.

Amen.

THOUGHTS ON VERSE: John 14:27

Jesus promised His peace to His disciples—not as the world gives, but as a steady gift from Him. When you feel sick or anxious, His peace can quiet your heart and remind you that you are held and never alone.

SECTION 2

Evaluate What Your Body Needs

Checking in with your body helps you respond with care and wisdom. Use this guide to gently assess how you're doing and decide what steps to take.

What symptoms are present?
Notice what you're experiencing today.

Hydration check: Have you been drinking enough fluids?

How long have symptoms lasted?
A few hours, a day, several days, or longer?

Are symptoms worsening?
Better, the same, or getting worse?

When to seek medical advice: If
If symptoms are severe, concerning, persistent, or worsening, contact a qualified clinician or the appropriate medical service in your area for guidance.

My Check-In

What symptoms are present?

Hydration check:

How long have symptoms lasted?

Are symptoms worsening?

Next step I will take:

3 Offer Your Body Gentle Care

Your body is God's temple. Treat it with kindness as you rest, recover, and receive His care.



- **Rest:** Give yourself permission to slow down and rest as needed. Your body heals best when you allow time.
- **Fluids:** Sip fluids that feel good to you and support your comfort, as appropriate.
- **Food:** Choose easy, nourishing foods when you're able. Small, simple choices can be helpful.
- **Comfort:** Create a space or environment that brings physical ease—soft blankets, fresh air, quiet, or warmth.
- **Medicine & Supplements:** Use medicines or supplements only as appropriate and with guidance from a qualified clinician or pharmacist.

What would make today gentler?

4 Receive Help From Others

You don't have to carry this alone. God often uses people to show His love and provide for your needs.



- Ask trusted people for prayer. Their faith can strengthen you.
- Let others help with errands, meals, or household tasks.
- Invite check-ins—text, call, or visit—so you feel remembered.
- Ask for transportation or medical support if needed.
- Receiving help is not a burden—it's part of God's design for community and care.

Who can I ask?

5. Release the Pressure

IT'S OKAY TO SLOW DOWN.

When you're sick, your body needs rest — and your heart needs grace. You don't have to push through or prove your worth by how much you do.

- **Reschedule what you can.** It's not failure; it's wisdom.
- **Ask for help when possible.** Let others be the hands and feet of Jesus for you.
- **Release guilt:** Resting so you can heal is faithful stewardship of the body God has given you.

Today I can release...

> Come to Me,
> all who are weary
> and heavy-laden,
> and I will give
> you rest.
>
> **MATTHEW 11:28**

6. Nourish Your Spirit

GENTLE, LIFE-GIVING TRUTH FOR YOUR SOUL.



- **Quiet worship:** Play soft worship music and rest in God's presence. You don't have to sing—just be.
- **Audio Bible:** Listen while you rest. God's Word speaks peace even when you can't read.
- **Reflective reading or listening:** Meditate gently on these passages — Psalm 23, Psalm 103, John 10. Let them remind you of God's care, forgiveness, and loving guidance.



7. Personal Prayer Declarations

PARAPHRASES FOR PERSONAL PRAYER

God, You are with me right now. Please strengthen me, help me, and hold me up with Your steady presence.	Isaiah 41:10
Lord, You see me and You know my heart. Heal what is hurting in me and restore me to wholeness.	Jeremiah 17:14
You call me by name and I am Yours. You are with me, You protect me, and You promise to never let me go.	Isaiah 43:1–3
God, You are my refuge and strength. You are always here to help me in times of need.	Psalm 46:1

SECTION 8

Rest With Psalm 23

God is with you in every moment of your need.
He leads you, restores you, and prepares goodness for you.

PSALM 23:1-6 (NIV)

Psalm 23 Reflection

Take a few quiet breaths. Read Psalm 23 slowly.
Then reflect and listen for what God wants to speak to your heart.

What feels heavy today?



Where can I receive rest right now?



What truth do I want to carry into the next hour?

You are not alone.

Take healing one small step at a time.
You can rest in God's care without guilt.

A GENTLE BLESSING

Father, thank You for being close when I feel weak.
Help me rest in Your presence and receive Your care.
Give me peace for today and strength for the next small step.
In Jesus' name, Amen.