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*But those who hope in the
Lord will renew their strength.
They will soar on wings like
eagles; they will run and not
grow weary, they will walk
and not be faint.*

Isaiah 40:31 (NIV)



*The Lord is my strength and
my shield; my heart trusts
in him, and he helps me. My
heart leaps for joy, and with
my song I praise him.*

Psalms 28:7 (NIV)

General Conference
Women's Ministries Department
WOMEN.ADVENTIST.ORG



NURTURE *Yourself*

1. Remember you are valued and precious to God.
2. Know, accept, and be yourself.
3. Forgive yourself like God forgives you.
4. Treat yourself with care and compassion.
5. Care for your physical needs . . . diet, move and rest.
6. Keep your priorities straight.
7. Read the Word daily.
8. Learn the secret of prayer.
9. Ask for the Holy Spirit daily.
10. Practice gratitude.
11. Spend time in nature.
12. Start a prayer journal.
13. Attend church regularly.
14. Make time for you.
15. Share your faith.
16. Enjoy uplifting music.
17. Cultivate healthy relationships.
18. Be armed with the armor of God.
19. Praise more.
20. Set your heart on things above.
21. Be still – know and love God.

Blessing

“May the Lord bless you and protect you. May the Lord smile on you and be gracious to you. May the Lord show you his favor and give you his peace.” Numbers 6:24-26

Promise

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:38-39