



Study Guide: Episode 34, How to Practice Powerful Self-Care

Psalms 1-2;8;19-33;40;46

00:00-09:19	“QOTW: How do I powerfully care for myself?” & “Poetry in the Old Testament”
09:20-21:16	“The “powerful” part is important & must come from God”
21:17-25:10	“Step 1: Come, & Dig in deep; Use the ‘P.S. Method’”
25:11-33:21	“Step 2: Ask; The principle of Self-Worth & Receiving His love”
33:22-38:19	“Step 3: Seek ‘The Abundant Life’ in the ‘Law of the Lord’”
38:20-47:07	“How to meditate using ‘The Spirit Meditation’ practice”
47:08-EN	“Step 4: Rest in the Lord, & Self-compassion”

1. As you read these Psalms, which verses, phrases, chapters stand out to you? How do they make you feel? What image do they paint in your mind? What do they teach you about how you might better practice self-care?
2. What do you need? What do you want? What do you crave? Spend some time pondering these, and then write about these in your journal. Be honest, open, and invite God into helping you find the best answers.
3. Listen to 21:17-25:10. For one week, try the “P.S. method” for seeking & finding answers, understanding, and help/comfort in your life. Perhaps write down a few questions each day before you do your “P.S.” Then, seek answers as you study and pray.
4. When have you felt “small” or insignificant? When have you felt important, with a Divine potential? Remember: “You are the reason God created all things!” What does this mean to you? What helps you keep this Truth in mind? Write about this.
5. Have you practiced meditation in your life? How consistently? What needs improvement? Listen to the Spirit Meditation 38:20-47:07. How might you use this or something like it to connect with your Savior, yourself, and receive what you need? Set a goal to meditate in some way each day, for even a few minutes.

Resources

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Email me: christina@drchristinahibbert.com

Instagram: [@likeawateredgarden](#) [@drchristinahibbert](#)

Facebook: [Dr. Christina Hibbert](#)

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