

## CARING FOR YOU

January 6, 2024

### Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Psalms 139

### Memory Verse

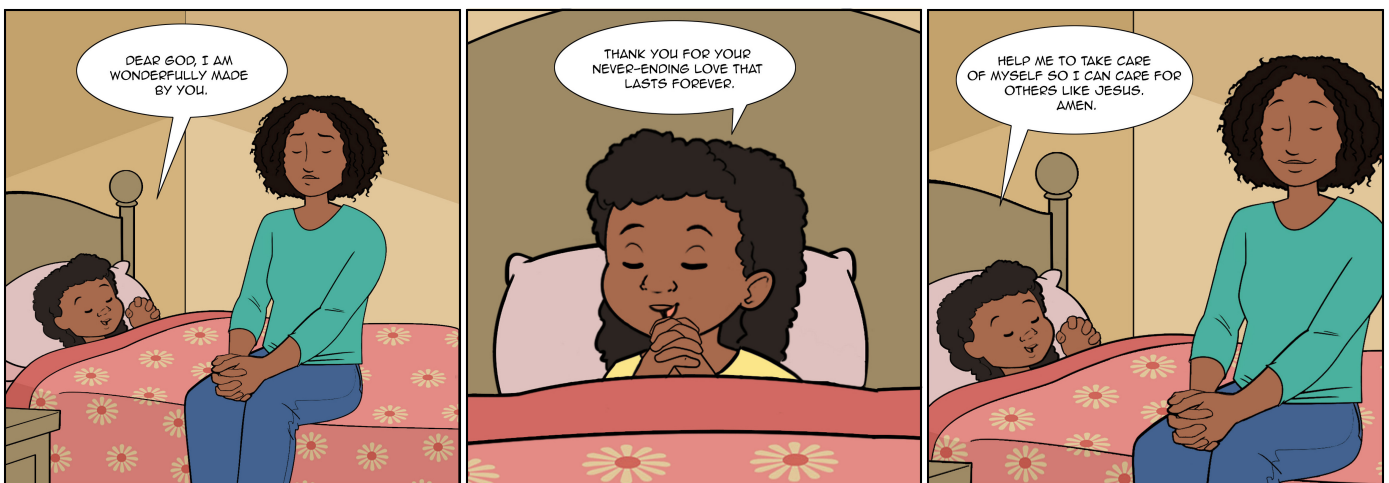
<sup>19</sup> You surely know that your body is a temple where the Holy Spirit lives. The Spirit is in you and is a gift from God. You are no longer your own. <sup>20</sup> God paid a great price for you. So use your body to honor God.

1 Corinthians 6:19-20



# CASEY'S DAY

written by Ron VandenBurg  
illustrated by Chad Thompson



How do you show that you care for others? Maybe you draw pictures for your mom. Maybe you help your little sister remember to wash her hands after school. Maybe you take your dog outside for some fresh air. Did you know that along with caring for others, God wants us to care for ourselves too?

Back in the beginning, God created people *in his own image*, and he called it "good." We, as humans, are created in the image of God. What does that mean? It means that we are like God and can even have a personal relationship with him. God designed you in a unique way and has a special plan for your life. But he also wants you to take care of yourself so you can love God and love others. We can practice self-care by spending time enjoying God's creation, enjoying sports and activities, eating healthy foods, finding creative outlets like drawing and journaling, taking time to read our Bibles and talk to God, and getting plenty of rest.

It makes God happy when you treat your body with respect and care; just like you would treat a special, holy temple. After all, God knit you together and has a unique plan for your life. God gave you a caring heart, a thoughtful mind, and hands that can help others. He designed you with all of the wonderful little quirks that make you “you”! Remember that God made you and loves you; he cares for you and wants you to care for yourself. Then, you’ll be ready to care for others!

## Prayer

Dear God, I am wonderfully made by you. Thank you for your never-ending love that lasts forever. Help me to take care of myself so I can care for others like Jesus. Amen.

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*written by Areo Keller-Donahue*

<https://kidscorner.net/devotions/caring-for-you>

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