

Practice R.E.S.T.S for Your Soul

I want to give you 5 tips to SOUL CARE that will help you on a path to peace and strength during this time of global crisis. I would suggest that during this season of divine disruption that you would take inventory of your soul. It is important to note that you cannot separate emotional health from spiritual maturity. I believe that God is moving us into a time of unprecedented awakening to His power and presence. But we must realize that we are more than spiritual; we are emotional and relational creatures. Listen to what Jesus says,

Come to me, all you who are weary and burdened, and I will give you rest.²⁹ 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.³⁰ For my yoke is easy and my burden is light.” Matthew 11:29,30

I would like to use the acronym R.E.S.T.S to encourage you on caring for your soul.

Receive God's Grace- You cannot give that which you do not have. Restructure your life to practice receiving from God's grace. I say practice because it doesn't come naturally for us to position ourselves to pray and hear from God. Practice every morning for 20 minutes to fill your soul with God's Word.

Embrace your Divine Identity as God's Beloved- If you don't know who you are you won't know where you are going. Refute, through God's Word, the accusations and lies of the evil one that has been whispering deceitful and condemning thoughts in your mind. Practice every day, five times a day speaking out loud, "I am God's beloved". "I am God's chosen, HE will never leave me nor forsake me" or "I am the righteousness of God in Christ Jesus." PRACTICE PRACTICE & PRACTICE the truth of your identity.

Slow Down- We need to restructure our lives every week to find time to slow down and enter into a time of silence, solitude of stillness. These spiritual disciplines are part of our spiritual arsenal to experience the presence of God. Place on your calendar once a week to get away to be with God. It will change your life.

Thank God Daily- We need to practice in our daily conversations and speech, thankfulness and gratitude. Our brains are like Velcro to negativity. We are hardwired for survival. That is why we need to practice renewing our minds daily through focusing on what we are grateful for. Tell a loved one or friend every day how much you appreciate them.

Soften your Approach to Others- Lastly, we need to practice kindness and empathy. Develop a habit, daily to reach out to someone during this time of social distancing. Make a list of people in your life that you can encourage and pray for. As importantly, if you have ought with someone who you have purposefully avoided, it may be time to reach out and make amends.

God Bless, Jeff Reinke

If you need pastoral counseling, please call 760-929-0029 ext. 191

*Life may never be the same as a result of Covid 19. During this time of Social Distancing we are mandated to restructure our lives. As believers of Jesus Christ, it is important that we contemplate the question, **how shall we then live?** I want share with you three natural reactions to a global pandemic or I would call **collective trauma**.*

*Fragmentation- Fragmentation is the shattering of a mirror. When we are experiencing a crisis of this magnitude in which our brain does not have the capacity
A global pandemic is going to expose or bring to the surface our unhealed personal Trauma.*

If you've experienced trauma in your past, even if it was long ago, you may struggle in the present with frustrating hindrances in your current relationship. Trauma can hi-jack your nervous system and switch you from a pattern of connection to a pattern of protection.

Our past may have written the old script, but we can write a new script for how we respond in the present.

How shall then live?

I want share with you 3 natural reactions to trauma.

FRAGMENTATION

NUMBING OUT

ISOLATION

I did not know that I had experienced Trauma until I was in my early 50's Many of us will not know that you have been traumatized. You may have experience more trauma than you realize.