**FC COUNSELING TRAINING’S**

**Module 3**

**2. CARING FOR .**

**Personal Care:** Based on the realization that you are of significant worth and value, personal care is the process of effectively caring for self through fully **receiving** God’s love and provisions. And **sharing** His love with others. It involves being filled in all aspects of your being: mentally, physically, spiritually, and emotionally. Self-care is about wholeness.

Jesus knew how to care for himself.

**John 10:10,** *“the thief comes to kill, steal, and destroy, but I come to give you abundant life.”*

*“Love others as you love yourself*.*”* **Mark 12:31**

 “You will love others as you love yourself.”

Most wounded people do not know how to for themselves.

**BARRELS –**

Barrel of water; Stagnant – if our only purpose in being full is so we can be happy, feel good, content, comfortable then we will stagnate.

Barrel of water; Empty – if our only purpose is to give it away then we will run dry and empty.

In all people there must be an appropriate between GIVING and RECEIVING.

Wounded people have a greater difficulty in .

Why?

1. They feel . - They don’t feel valuable, worthy of receiving anything good from anyone, even God.
2. It makes them feel out of . - When you give, you control what you give, when you give, to whom you give, and how much you give. Receiving is a vulnerable thing. It’s disarming. Someone else is control. All I can do is receive it and say, thank you, I receive that.

Story of Jesus being anointed with expensive oil. Which disciple struggled with this extravagant gift? .

**Self-care** is to grow as Jesus did – in wisdom, stature and favor with God and man. **Luke 2:52**

**Great Commandment**; *“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Love others.”* **Mark 12:30,31**

Four phases of a person’s development:

* (wisdom) = fill it with Scripture, music, t.v. and movies that stimulate your mind, reading books, material to grow the mind.
* (stature) = exercise, rest, sleep, eating healthy.
* (favor with God) = relationship with God growing, devotional life, actively fellowshipping, hungering, thirsting, and chasing after God, Christian music, public and private worship, prayer life.
* (favor with man) = responding vs. reacting, ability to process, feelings are information, learn what to do with them, do you know where you get restored, refreshed, family time. Learning how to put words on your heart feelings.

**Reaction** – We are upset than the situation justifies. A ping pong right off your heart before you think. (A 2 conflict should not create an 8 reaction.)

**Response** – We are able to  with the situation in a proper manner. You think before you address or speak.

Taking good care of you is  in the best interest of all parties involved.

Taking good care of you is always in the best interest of all parties involved.

  to the state of your heart.

  from God and others.

 to the needs and desires of others

**Steps to Good Personal Care;**

1. Understand your worth, calling, ability, and limitations (the truth of who you are)
2. Accept the job/responsibility/privilege/opportunity
3. Care for self (become a steward/manager)
4. Develop skill (through acquiring information, practice, and learning from error)

There is no one on earth better for the job than you.

**HOW DO I DO THAT?**

 **TO YOUR EMOTIONS:**

What am I feeling? Emotions are information.

 **YOUR EMOTIONS**

Fear, anger, betrayal, rejection, etc. Now, what do I need?

 **THE TRUTH OF YOUR EMOTION**

Is this truth, or do I just feel like this is true?

**DEVELOP BOUNDARIES.**

**Purpose**: to protect the integrity and ultimate well-being of the individual. Not a wall.

 The ultimate objective of a Christ-centered boundary is **to create a that enables my heart and spirit to remain open to God, self, and others.**

The person has come to the place that they do not want to or play the game anymore.

 **Steps to Christ-centered boundaries:**

 1. Determine your , that you need to keep your heart open.

2. Make a , regarding the behavior or circumstances that are making it difficult for you to keep your heart open. Request means the answer could be no.

 3. Establish a contingency , what if your request is denied.

**3 Criteria of Diagnosis to Evaluate Change:**

1. - Is their inappropriate behavior more, less, or the same?

 2. - Is it lasting as long, shorter, or the same?

 3. - Is it as intense, less intense or the same?

God commanded it; Jesus modeled it; Holy Spirit empowered it.