



Cultivating Care

1. Bathe in His word while taking a hot bath and sipping some tea
2. Create a meal with fresh, whole foods while worshipping
3. Start a Bible art journal and illustrate your favorite verses
4. Go on a nature photo shoot and invite God to come along
5. Exercise your temple
6. Do light stretching or yoga while meditating on His word
7. Walk and talk with Jesus
8. Paint in His presence and let the Holy Spirit guide the painting
9. Write a poem, pouring your heart out to Him
10. Collage a prayer or Bible verses
11. Start a gratitude journal
12. Bring Jesus along on a hike and bask in His creation
13. Bake with Love
14. Before bed, listen to a guided Christian meditation on the Soultime app or YouTube
15. Create a playlist of your favorite uplifting Christian songs
16. Drive the countryside while listening to a motivating Christian audio book
17. Learn a new hobby and brainstorm ways you can glorify God with it
18. Take an art class online and create for God
19. Plant an herb or vegetable garden and use the fresh ingredients to keep your temple healthy
20. Print out a nature scavenger hunt online and thank God for each creation you find on your nature walk

