

The Importance Of Self Care

(1 Thessalonians 5:23)

1 Thessalonians 5:23: Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

WHEN THE INSIDE BREAKS

Brethren, imagine standing beside a beautiful car.

Brethren, imagine standing beside a beautiful car.



The paint is shining.
The seats are clean.
The tires are strong.

At first everything seems fine,
But unknown to the driver,
there is no oil in the engine.

The Broken Car Engine



Inner life must be cared for.

The paint is shining. The seats are clean. The tires are strong.

Everything about the car looks excellent. The driver starts the engine and begins a long journey.

At first everything seems fine. But unknown to the driver, there is **no oil in the engine**.

As the car moves forward, the engine begins to overheat.

From the outside everything still looks good. But inside the engine, metal parts are grinding against each other.

Heat builds. Pressure increases. Then suddenly smoke rises, the engine knocks, and the car stops completely.

The problem was not outside. The problem was **inside**.

Many lives today are like that car. From the outside everything may look good:

- the job looks good
- the pictures look good
- the business looks good
- the family may look good.

But inside there is:

- emotional exhaustion
- spiritual dryness
- mental pressure
- physical burnout.

Eventually something breaks.

This is why Paul prayed the powerful prayer in *1 Thessalonians 5:23*.

God does not want us to merely **appear well outwardly**.

God wants our **spirit, soul, and body preserved**.

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UNDERSTANDING BIBLICAL SELF-CARE

When people hear the phrase **self-care**, they often think of luxury or comfort.

But biblical self-care is **stewardship**.

Stewardship means **taking proper care of what God has entrusted to you**.

God has entrusted to us: our spirit, our mind, our emotions, our body, our time our energy.

If these collapse, everything connected to you begins to suffer.

When a father loses inner peace, the home feels it. When a mother becomes emotionally exhausted, the family atmosphere changes. When a leader burns out, the people they lead suffer.

So this is not a small issue.

When inner peace collapses: judgment collapses relationships suffer spiritual clarity fades.

That is why Paul prays for **the preservation of the whole person**.

THE CONTEXT OF PAUL'S PRAYER

Before Paul reaches **verse 23**, he gives instructions in **verses 14-22**.

He tells believers to:

- encourage the discouraged
- support the weak

- be patient with everyone
- rejoice always
- pray continually
- give thanks in everything
- test everything
- abstain from evil.

These instructions create **the environment where peace grows**.

Peace does not grow where there is: Jealousy, bitterness, selfish ambition, constant criticism.

Peace grows where there is: encouragement, gratitude, prayer, humility.

So when Paul says: *"The God of peace sanctify you completely,"*

He is showing the **result of a life ordered by God**.

THE SOURCE OF INNER PEACE

Paul begins with these words: *"The God of peace."*

Peace is not just a feeling. Peace is part of God's nature.

Romans 15:33 calls **Him the God of peace**.

Hebrews 13:20 calls **Him** the same.

God is not chaotic.

God is not unstable.

God is ordered, steady, and trustworthy.

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This means something very important:

If something constantly destroys your peace, it deserves serious attention.

Because God intends His children to live with inner stability.

Jesus said: *“Peace I leave with you; my peace I give unto you.”*

The world’s peace depends on circumstances.

Christ’s peace depends on connection with Him.

SANCTIFY US COMPLETELY

The word **sanctify** means: to cleanse, to set apart, and to align something for God’s purpose.

The word **completely** means: fully, entirely, nothing left untouched.

God is not interested in transforming only our church attendance.

God wants transformation in:

- our thoughts
- our emotions
- our habits
- our relationships
- our priorities
- our decisions.

Real spiritual maturity happens when **every area of life comes under God’s influence.**

SPIRIT, SOUL, AND BODY

Paul then explains what *“completely”* means.

“Your whole spirit and soul and body.”

These represent the **three dimensions of human life.**

The Spirit — Our Connection With God

The spirit is the part of us that connects with God.

It is where: prayer rises, worship happens, conscience speaks.

When the spirit is alive, life has **purpose and direction.**

Imagine a lamp.



The lamp may be beautiful. But if it is **unplugged**, it produces no light.

In the same way, a person may have: education, money, opportunity. But without

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connection to God, life lacks spiritual light.

That is why prayer, Scripture, worship, and fellowship are essential.

They keep the **spirit alive**.

The Soul — Mind, Emotions, and Will

The soul includes: how we think, how we feel, how we decide.

This is where many struggles occur - anxiety, resentment, guilt comparison, emotional wounds.

Imagine a cup already filled to the brim with water.



If you pour even a little more into it, it overflows.

That is what happens when the soul becomes overloaded.

Small problems cause big reactions because the soul is already under pressure.

This is why Jesus said: *"Come unto me... and I will give you rest."*

Today many people are productive outside but exhausted inside.

Teenagers face identity pressure and social comparison.

Students face academic pressure.

Singles may experience career pressure and comparison.

Married couples often discover that fatigue intensifies conflict.

Parents can lose patience when emotionally overwhelmed.

Workers and professionals face constant deadlines.

Business leaders carry the weight of decisions.

Even the elderly may struggle with loneliness or declining strength.

At every stage of life, the soul needs **God's rest and order**.

The Body — Our Physical Instrument

The body is the physical instrument through which life operates.

Fatigue affects: patience, decision making, emotional reactions.

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Think about a phone with an empty battery.



When the battery is low: apps slow down, the screen dims, eventually the phone shuts off.

Not because the phone is bad. Because the **battery is empty**.

Many people live like that. They are constantly tired. Constantly pressured. Constantly rushed.

Even Elijah collapsed from exhaustion.

And God began his restoration with **rest and food**.

Sometimes what we call spiritual attack is actually **physical exhaustion intensifying spiritual pressure**.

THE GOAL: PRESERVATION

Paul then says: "*Be preserved blameless.*"

The word **preserved** means: kept, guarded, maintained.

God's will is not merely that we survive.

God wants us **preserved through the journey**.

And "blameless" means a life of integrity, a life ready for Christ.

ENEMIES OF INNER PEACE

Now Paul's prayer becomes painfully practical. If God wants us preserved, what fights that preservation?

Hidden sin

Unconfessed sin produces guilt, fear, hiding, and inner noise. David said when he kept silent, his bones grew old.

You cannot be at peace while living two lives.

The answer is quick repentance, honest confession, and restored sensitivity to God's Word.

Constant anxiety

Anxiety is often the soul trying to control what only God can control.

Philippians 4:6 gives the response: prayer, thanksgiving, and specific requests.

Some minds run like generators at night because they are constantly being fed with fear.

Overcommitment and lack of boundaries

Some people have no peace because they have no "No."

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They are available to everyone except God, family, rest, and their own soul.

Jesus Himself withdrew from the crowds. If everything is urgent, nothing remains sacred.

Conflict and chaotic relationships

Some conflict is unavoidable, but much of it is fueled by harsh speech, pride, and refusal to apologize.

Many homes have no peace because nobody wants to say, "I was wrong."

Unforgiveness and bitterness

Bitterness keeps replaying injury.

Forgiveness does not mean pretending nothing happened.

It means releasing the offense into God's hands.

In some cases, wisdom may require distance to enable reassessment, and prayer and reconciliation — not isolation, not drama, not hatred.

Comparison and envy

Comparison makes us despise our process and forget our portion.

Some people are not tired from work; they are tired from comparing their real lives to

edited versions of other people's lives.

Neglect of the body

Sleep debt, poor habits, no movement, no decompression, and constant stress wear the system down.

The body is not the enemy; it is a tool. When the tool is damaged, the work suffers.

Spiritual neglect

When the spirit is neglected, the soul carries burdens it was never designed to carry alone.

That is why prayerlessness eventually becomes restlessness.

LIVING IN LIGHT OF CHRIST'S RETURN

Paul ends the verse with these words: "*At the coming of our Lord Jesus Christ.*"

This reminds us that life is moving toward a meeting with Christ.

So we care for our spirit, soul, and body not merely for comfort.

We care for them so we can finish faithfully.

Then Paul gives this powerful assurance: "*Faithful is He who calls you, who also will do it.*"

Our preservation ultimately rests on God's faithfulness.

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FINAL APPEAL

Brethren, many people try to fix life from the outside.

They change jobs.

They change environments.

They change routines.

But God begins from the inside. Paul's prayer is that the God of peace would sanctify us completely.

That our spirit would remain alive. That our soul would remain stable. That our body would remain strengthened for service.

Because God does not only want us to start well. He wants us to finish well.

And the same God who called us is faithful to preserve us.

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