

DAILY READING PLAN

Week of February 27, 2022
Planting Hope in our Mental &
Emotional Wellbeing
Matthew 25:34-40



Day One: Click on this link to receive resources about caring for our mental health: <https://tapme.ws/myDobE> ...choosing at least one for your focus today. (You can also visit our website at popmn.org/downloads and click on “Planting Hope in Our Mental and Emotional Wellbeing,” Feb. 26-27, then download “Resources to Care for Our Mental Health.”)

Day Two: Read Matthew 25:34-40, with yourself in mind first, then thinking of others. How is Jesus inviting you to care for yourself today?

Day Three: Be aware of our own times of hunger. When have you experienced physical hunger? When have you felt an emotional hunger for love, acceptance, compassion and given that to yourself, without judgment? Can you be more aware of how different types of hunger signal your body of an unmet need?

Day Four: Have you tried to keep yourself hydrated so that you didn’t get dehydrated, physically, spiritually, emotionally, and mentally? Can you be more aware of what you are “thirsty” for today, and how your thirst is a signal to your body of an unmet need?

Day Five: Read Lamentations 3:19-24. Pray for these words of validation and hope to reign in you today and look for ways they plant hope in our mental and emotional wellbeing.