

Building Healthy Boundaries: 15 Bible Verses on Self-care and Balance

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In today's busy and chaotic world, it is vital to prioritize self-care and maintain a healthy balance in our lives. As Christians, we can find guidance and inspiration in the Bible to help us build healthy boundaries. Let us explore 15 Bible verses that will empower us to prioritize self-care while staying connected to our faith.

Remember, building healthy boundaries is not a selfish act but a necessary step in caring for ourselves so that we can better serve and love God and others. May these Bible verses inspire and guide you towards a balanced and fulfilling life, rooted in faith and self-care.

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