

# FamilyLife Blended® Radio Transcript

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## Self-Care or Selfishness

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**Ron:** Is self-care the same as selfishness?

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** The Christian faith urges us to deny ourselves and serve others. But does that mean that all self-care is selfish? In Mark 1, after healing many people and drawing a crowd, the Bible tells us that Jesus disappeared the next morning. You can imagine lines of people spent the night waiting and the disciples can't find Jesus. Turns out he went off by himself to pray. Huh, I think that's self-care. And when pressured to go back to the crowds, the better option, he said, was to go preach somewhere else. I think that's self-care, too.

Maybe self-care that orients you toward the purposes of God and prepares you to serve others isn't selfish at all. For FamilyLife Blended, I'm Ron Deal.

**Announcer:** To find out more visit [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended® with Ron Deal* is a production of FamilyLife.

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