

MY LIFE NURSE

ADVENT SEASON

SELF-CARE

BIBLE READING PLAN

2025



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Hello!

Welcome! I'm Lisa, a registered nurse, author, and My Life Nurse founder.

The Advent season is our opportunity for rest and reflection. It's our time to prepare and celebrate Christ's birth and future return.

But, if you're like me, you're busy serving and caring for others and struggling to stop to rest and care for yourself.

If this is the case, I invite you to try this unique reading plan this year as an easy way to start experiencing rest, using just a few minutes daily.

Got 5 more minutes?

The Advent Season Self-care Devotional is the perfect tool to help make the most of those precious minutes!

Using just 5 minutes daily, you can walk through the daily devotions and reflections to find the rest you want to experience during Advent.

Then, you can use your written reflections to create a self-care goal and simple action steps to help you move into the new year with a solid self-care foundation (and less temptation to make those frustrating resolutions!).

The devotional contains the verses listed on the reading plan - so it's the perfect companion. You can get it for a very special price at [this link](#)!

It's a ton of value for the investment!

And be sure to sign up for my self-care starter guide if you haven't already, so you can receive my weekly newsletters in your email. It includes self-care ideas, tips, and Scripture-based encouragement to help you be intentional and stay consistent with your self-care throughout the year.

In the meantime, I hope you enjoy using the Advent Season Self-care Reading Plan and spend some quiet time with the Lord.

Take care,

Lisa





Rest in the Lord this Advent season while you honor the Lord through your self-care. **Just a few minutes daily can impact your mind, body, & soul!**

PHYSICAL SELF-CARE

- ☐ Nov 30 - Jer 17:7-8 (prep) *
- ☐ Dec 1 - James 5:14-15 *
- ☐ Dec 8 - 1 Cor 6:19-20
- ☐ Dec 15 - Psalm 139:14
- ☐ Dec 22 - 1 Cor 10:31

Activities done for physical well-being. Making good food choices, being active, proper sleep, and sunscreen use. Also going to the doctor for wellness & preventative visits and when you think you're sick.

EMOTIONAL SELF-CARE

- ☐ Dec 2 - Romans 15:13
- ☐ Dec 9 - Prov 3:5
- ☐ Dec 16 - Psalm 16:11
- ☐ Dec 23 - Reflection

Activities done to find outlets for your feelings. Relaxation techniques, listening to music, and even gardening might work for some. Others may prefer talking with a counselor or trusted friend.

SPIRITUAL SELF-CARE

- ☐ Dec 3 - Romans 8:24-25
- ☐ Dec 10 - 1 John 1:9
- ☐ Dec 17 - John 15:10-12
- ☐ Dec 24 - Summary & Closing

Exploring and expressing your beliefs, morals and values. For people of faith, it means connecting with the Lord through religious acts like praise, worship, prayer, service, or reading Scripture.

INTELLECTUAL SELF-CARE

- ☐ Dec 4 - Prov 4:13
- ☐ Dec 11 - Prov 1:7
- ☐ Dec 18 - 2 Peter 1:3

Finding opportunities to engage your critical thinking, grow knowledge and simulate your mind. Intelligence, emotional intelligence, career development, continuing education and hobbies are activities.



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SOCIAL SELF-CARE

- ☐ Dec 5 - Romans 12:3-5
- ☐ Dec 12 - Col 3:23
- ☐ Dec 19 - Phil 4:8-9

Nurturing relationships outside of your immediate family. Neighbors, friends, coworkers, church member, community, support, and online groups. Activities involve your communications & personal boundaries.

RELATIONAL SELF-CARE

- ☐ Dec 6 - Prov 1:8-9
- ☐ Dec 13 - Titus 2:7
- ☐ Dec 20 - Psalm 128:3

Strengthening the close, daily familial relationships around you, like your spouse, children, parents, and other close family members. Many cases, the stronger & more positive your daily relational self-care experience, the greater success with habit and lifestyle change.

SAFETY & SECURITY SELF-CARE

- ☐ Dec 7 - James 1:5
- ☐ Dec 14 - Prov 29:25
- ☐ Dec 21 - Acts 20:35

Activities done to stabilize your personal, environmental and financial security. Access to healthcare and healthcoverage is a huge component as well.

VERSE COLOR KEY!

HOPE

FAITH

JOY

PEACE