



Resources for March/April 2022

SPIRITUAL WELLNESS

*"This is how we know that he lives in us:
We know it by the Spirit he gave us." 1 John 3:24*



Here are more of our favorite verses on the subject of spiritual wellness. Which one will you memorize this spring?

- *"Bless the Lord, O my soul: and all that is within me, bless his holy name." Psalm 103:1 KJV*
- *"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13 NIV*
- *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6 NIV*

- *"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." John 14:27* *ESV*
- *"But as for me, I will sing of Your mighty strength and power; Yes, I will sing joyfully of Your lovingkindness in the morning; For You have been my stronghold and a refuge in the day of my distress." Psalm 59:16* *AMP*
- *"God has listened; he has attended to the sound of my prayer." Psalm 66:19* *LEB*
- *"The Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you." John 14:26* *NIV*



Check out one of our recommended online resources for spiritual wellness:

Devotions 365 Days a Year: <https://d365.org/>

Renovaré: <https://renovare.org/>

Lectio 365: <https://www.24-7prayer.com/resource/lectio-365/>

Tools for Your Spiritual Journey: <https://www.umc.org/en/ways-we-grow/tools-for-your-spiritual-journey/prayer>

Welcoming Prayer: <https://www.contemplativeoutreach.org/welcoming-prayer-method/>

Spiritual Growth through Prayer: <https://www.cru.org/us/en/blog/spiritual-growth/prayer.html>

How to Talk to God: <https://www.jennieallen.com/blog/how-to-talk-to-god>



We also found some great spiritual wellness reads for you:

Devotional Classics by Richard Foster and James Bryan Smith

<https://amzn.to/34lkh8G>

Heaven Is Here by Stephanie Nielson <https://amzn.to/3tXGWXg>

The Power of a Praying Woman by Stormie Omartian <https://amzn.to/3KK8FS6>

Renovation of the Heart by Dallas Willard <https://amzn.to/3KP6rAX>

Carry On, Warrior by Glennon Doyle <https://amzn.to/34lkcBU>

The Good and Beautiful God by James Bryan Smith <https://amzn.to/3KPzWTb>

How Strong Women Pray by Bonnie St. John <https://amzn.to/3w8Lay0>

Winning the War in Your Mind by Craig Groeschel <https://amzn.to/3tbYX4K>

Praying Women by Sheila Walsh <https://amzn.to/3q7MVrb>

Fervent by Priscilla Shirer <https://amzn.to/3i7eGvV>



Finally, some personal reflections on spiritual wellness from our Women's Ministry Team:

"I was once encouraged to pick a God-sized prayer—something only God could answer. I chose my prayer and for many, many years prayed for a particular person. As the years rolled by, I wondered if and when my prayer would be answered. One Sunday in a sermon, it came to me: I was really praying for what I wanted and not for the best for this person. It was all about me. I thanked God for redirecting my prayer, and I prayed diligently for the person—for God's will in their life, not for what I wanted. And God answered in a big way after FIFTEEN years. I am constantly reminded that it is HIS plan and HIS timing."

—*Bekki Livingston, Director of Women's Ministry*

"For me, spiritual wellness must be intentional because if it's not, daily to-do's quickly get my attention and focus. I make it intentional by spending about 20 minutes each morning (usually) reading a devotional book and praying. It sets my day, so my eyes look upward instead of inward. And it also softens my heart."

—*Jenny Fishback, Wellness Leader*

"God is going to put you in close proximity to people who are far from Him and give you divine appointments to share Jesus with them. In order to show up for them, you won't be able to stay where you are. You'll need to grow."

—*Michele Moody, Connections Leader*

"Any time my spiritual self is flagging, reading aloud from God's Word is the best way to get my heart, mind, and soul back in alignment with His Spirit. I simply turn to the Psalms and begin. Psalm 1:1-3 is a favorite—especially the part about our leaves not withering!—with the assurance that we *will* bear fruit in season."

—*Liz Curtis Higgs, Bible Study Leader*

"I always start my prayers with thanksgiving and gratitude. I also like writing my prayers down to go back and see how God has answered them."

—*Taylor Amerman, Discipleship Leader*

"When I sit down to read scripture, I've found that sometimes I can read too much, or go so quickly that I miss the message God has for me today. Lately, I've followed the *lectio divina* method of Bible reading that slowwws me down and gives me time to listen to what God is trying to tell me right now. It's not easy! My mind wants to race ahead and get to the doing! Here's the method that works best for me:

- Start by sitting quietly and asking God, "Speak, Lord, for your servant is listening."
- Read the passage slowwwly. Word by word or phrase by phrase. Sometimes it helps me to read it out loud.
- Read the passage again—slowwwly. LISTEN for a word or phrase that seems to be important to listen to. Take a moment with that word or phrase that's sticking out, and ponder it. Roll it over in your mind.
- Read the passage one last time. LISTEN for an invitation from God. What is the Lord inviting you to know, to do, or to become?

- RESPOND to the Lord. Tell God what you're hearing, commit to that knowing, doing, or becoming, and listen to what else God may say to you."

—*Shelah Woodruff, Moms Ministry Leader*

"Although I may have the very best intentions, I have to guard against putting God's work before worship. I tend to have a Martha personality, so it is natural for me to want to get out there and help or DO something! But worship—time spent alone with God in His Word and in prayer—should always come first! This keeps "the Main Thing, the Main Thing" and helps me to have Jesus' perspective as I go out in to the world."

—*Anita Kuvin, Prayer Leader*



Women's Ministry
at Christ Church