

## Spiritual Wellness Free Sermon Outlines And Bible Studies

Essays on the civil rights movement outside the South and since the 1960s.

Overcome your struggles. Fulfill your deepest longings. Your whole life awaits you. Many people today are struggling with unprecedented levels of anxiety, hurt, doubt, guilt, and shame. Medical and mental health professionals confirm that much of the dysfunction and disconnectedness we experience in life stems from unresolved relational and emotional hurts. These hurts leave us with unfulfilled God-given longings that we seek to fulfill through unhealthy behaviors and relationships. Yet, our struggles aren't random; they're signals that when answered, can pave our way towards a thriving life. In *Free to Thrive*, Josh McDowell and Ben Bennett invite you on a journey of healing and will teach you how to overcome unwanted behaviors by engaging your unmet longings. With a blend of hard-won wisdom and youthful energy, they present: Biblical teaching Recent neuroscientific research Time-tested principles Personal stories of deliverance Practical tools Opportunities for reflection No matter what you are struggling with, it is possible to experience the spiritual, emotional, and relational wholeness that God wants you to have--and live the thriving life you were made for.

The New York Times #1 bestselling book by Pastor Rick Warren that helps you understand and live out the purpose of your life. Before you were born, God already planned your life. God longs for you to discover the life he uniquely created you to live--here on earth, and forever in eternity. Let *The Purpose Driven Life* show you how. As one of the bestselling nonfiction books in history, with more than 35 million copies sold, *The Purpose Driven Life* is far more than just a book; it's the road map for your spiritual journey. A journey that will transform your life. Designed to be read in 42 days, each chapter provides a daily meditation and practical steps to help you discover and live out your purpose, starting with exploring three of life's most pressing questions: The Question of Existence: Why am I alive? The Question of Significance: Does my life matter? The Question of Purpose: What on earth am I here for? The book also includes links to 3-minute video introductions and a 30- to 40-minute audio Bible study message for each chapter. Plus questions for further study and additional resources. *The Purpose Driven Life* is available in audiobook, ebook, softcover, and hardcover editions. Also available: *The Purpose Driven Life* video study and study guide, journal, devotional, book for kids, book for churches, Spanish edition, Large Print edition, and more.

An instructional resource and inspirational guide to daily life describes each step on the path to spiritual enlightenment and explains how to practice everyday morality, meditation, wisdom, and compassion. *What Are You Missing?* Peter Scazzero learned the hard way: you can't be spiritually mature while remaining emotionally immature. Even though Pete was pastor of a rapidly growing church, he did what most people do: avoid conflict in the name of Christianity ignore his anger, sadness, and fear use God to run from God live without boundaries Eventually God awakened him to a biblical integration of emotional health, a profound relationship with Jesus, and the historical practices of contemplative spirituality. It created nothing short of a spiritual revolution, utterly transforming him and his church. In this best-selling book Pete outlines his journey and the signs of emotionally unhealthy spirituality. Then he provides seven biblical, reality-tested ways to break through to the revolutionary life Christ meant for you. *Emotionally Healthy Spirituality* is presently used in more than twenty-six countries to equip churches in a deep, beneath-the-surface spiritual formation paradigm that truly transforms lives.

In *Truly Free* best-selling author Robert Morris invites us into a glorious truth—that the promise of being set free from the slavery of sin is a promise to be set free completely. Jesus said, “All authority in heaven and on earth has been given to me” (Matthew 28:18). As believers, we have Christ and never need to be afraid. Yet it's also true that we are not immune to the effects of evil. Christ has conquered sin and death, but in his infinite wisdom—for reasons that are often difficult for us to understand—evil is still permitted to exist. Even if we're saved and trust in Christ, we may still find areas in which we just can't get victory. Maybe it's a sin we've confessed again and again or a constant struggle with depression, anger, or lust. These long-imbedded patterns of shameful living continue to entangle us day after day, month after month, and even year after year. Although evil is real and Christians can be oppressed by it, we have the promise that the one who is in us is greater than the one who is in the world (1 John 4:4). Jesus saves us, trains us to resist the power of evil, and delivers us from anything that holds us back. With Jesus, we can be truly free forever.

*EVER THOUGHT LIFE ISN'T TURNING OUT QUITE AS YOU EXPECTED?* Growing up, Katharine Welby-Roberts imagined that being an adult was one big party. But depression, anxiety and crippling self-doubt led her to alienate herself from others. To replay events and encounters as nightmares. Occasionally, to be unable to leave the house. Aware of the cacophony of voices in her head, Katharine invites us to join her as she journeys to the depths of her soul. Here, with instinctive honesty and humour, she confronts the parts of her story that hinder her most. As she charts a course that offers ways of coping with everyday issues, we are encouraged to embrace our own self-worth. To recognize the value of our existence. To let ourselves be loved. Exactly as we are. 'Brilliantly honest, often funny and wonderfully readable' Martin Saunders, *Youthscape* 'Wholly authentic in the face of suffering and struggle' Will van der Hart, *The Mind and Soul Foundation*

Rev. 2:7 'He that has an ear, let him hear what the Spirit says unto the Churches.' He says it to each of the seven churches giving them warning as to what will happen if they don't listen. Later in the same book, he says something that opened my understanding to the reason people don't hear. He says, 'If any man have an ear, let him hear.' This indicates to me, the Spirit will no longer be speaking to people because He is no longer in the world. Those left behind will only be able to hear with the natural ear what is going on around them. I would warn the church to listen NOW while there is still time to hear the Spirit and obey the Lord. There is coming a time when the Spirit will no longer speak to the hearts of man, for judgment will be falling on the world who would not listen. It will be a time of famine of the Word. I pray the church wake up now. Don't be like the five virgins, who feel asleep with no oil in their lamps and woke up left behind. Now is the day of salvation, now is the day to listen with the ear of the Spirit and have a Holy Spirit encounter that will change your life. You can't change yourself, you can only die to the self life and grow in the God life the savior provided for you at the cross. Living in the Last Days is not a popular phrase, but it is what is happening. We have no leadership, and preachers are preaching to itching ears and tickling ears. Hearts are cold or very lukewarm with no attention span to help one another to grow. Evil is growing and good people are doing nothing because they are too busy, to overworked, to far asleep. 666 is now here and is going to be required by government and good people are doing nothing because they don't care, don't see what it happening right in front of them. The evil that is in the middle east will be in American unless people wake up and listen with the ear of the Spirit and do it soon.

In *Jesus, the One and Only*, best-selling author and Bible teacher Beth Moore invites you to know Christ personally. Watch and listen as He breaks up a funeral by raising the dead, confronts conniving religious leaders of His day, teaches on a Galilean hillside, or walks on the waves and calms the storm. Like a ragtag band of followers two thousand years ago, you will never be the same again after such an up close and personal encounter. “He is Jesus, the One and Only, transcendent over all else,” writes Moore. “To know Him is to love Him. To love Him is to long for Him. To long for Him is to finally reach soul hands into the One true thing we need never get enough of . . . Jesus Christ. He's all you need.” Available for the first time in eBook, this new edition also features an excerpt from Moore's *Jesus, the One and Only* Bible study.

"Deception has infiltrated every area of our society, from the daily headlines to the family dinner table. We were warned that this day would come--marking the generation that would witness the end of world as we know it. In this compelling, user-friendly guide, Pastor Matt Hagee highlights how governments, technology, and world events are ushering in the terminal generation. Using Scripture as the ultimate

authority, Hagee answers riveting questions ... Through the answers to these questions and more, you'll gain a greater understanding of the Master Architect's plan for humanity and His divine purpose for your life."--Amazon.com.

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

*Sermon Outlines for Busy Pastors: Volume 5* gives the busy pastor a head start on sermon preparation. With 52 complete sermon outlines, pastors can save hundreds of hours a year in sermon preparation, with the base research and layout for a year's worth of sermons already in place. Here's some advantages *Sermon Outlines for Busy Pastors: Volume 5* provides: These are complete sermon outlines. Each sermon outline is much more than a basic three point outline requiring a lot of time and research to flesh out. These outlines go much deeper, with each main point completely developed with sub-points and more. Each sermon outline is rooted in God's Word and is expository, with a wealth of detail, great for spurring your own thoughts and allowing you to take the sermon in another direction as you feel led. Every sermon outline is solidly based in the Bible and conservative theology. Sermon illustrations include enough detail to suggest your own personal or applicable illustrations. 3 complete sermon series, providing a map for the next several Sundays, saving many hours of advance planning and preparation.

This guide is the centerpiece of Go4Life®, NIA's national campaign to help you fit exercise and physical activity into your daily life. To find out more about how Go4Life can help you be more active, visit our website at [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life). Go4Life is a registered trademark of the U.S. Department of Health and Human Services.

Learn new approaches for strengthening the religious bonds of our aging population! Through Scripture, studies, and the personal experiences of religious leaders and congregants, *Practical Theology for Aging* offers new concepts for ministering to our older population. Each chapter looks at a different concern for the elderly and addresses it with the assurance that aging is part of God's great work. From scientific models and case studies to passages from both the Old and New Testaments, this volume illuminates the power of faith in keeping the elderly whole and well. *Practical Theology for Aging* reveals several barriers to the spiritual wellness of our elders. These include society's stereotypical views of frailty and incompetence in older people, the lack of common support by communities of faith, and the dissatisfaction of the elderly with outdated, traditional answers to their concerns of aging, suffering, and death. Each barrier can be overcome by utilizing the practical theology you will find in this book. Restated throughout the volume is the message that the journey into old age does not have to be filled with dread and fear but can be seen as a path to spiritual maturity. This book has practical suggestions that address: God's purpose for aging—why do we have to grow old? sexual health for senior citizens the suffering and physical debilitation that sometimes accompany aging afflictions like dementia and Alzheimer's disease, and how to minister to the unresponsive the inclusion of spirituality in rehabilitation to heal the whole person after catastrophic illness or injury preaching to senior citizens as opposed to preaching to a younger congregation so much more! *Practical Theology for Aging* presents tips and strategies for spiritual advisement as well as traditional quotes and references reminding us to respect and honor our aging men and women. Whether you are a religious leader, caretaker, family member, or esteemed elder, this book is vital for strengthening spirituality in the elderly and promoting their inclusion into the religious community.

This book will allow you to experience, as you read, what it was like for this woman of God, as she graciously started ministry at just 18 1/2 years old. Elder, Evangelist, Della Clark, has been called, chosen, and appointed by God to go into all the world to preach the Gospel of Jesus Christ. She is equipped and anointed to finish the work that He has called her to do. This book is a great read, and as you peel back each page, you will begin to see, that, on her journey, she has made full proof of the ministry by the power of the Holy Spirit. Elder, Evangelist, Della Clark, boldly confesses with conviction that "No devil in hell can stop it" because her work and call into the ministry is ordained by God. And I thank Christ Jesus our Lord, who hath enabled me, for that, he counted me faithful, putting me into the ministry; 1 Timothy 1:12 KJV Authors note... Keep pressing on as you are courageous and free and never held back by fear, intimidation, or defeat. The battle belongs to the Lord, and He has the final victory...

*Farm Sermons* by Charles Spurgeon Haddon, first published in 1882, is a rare manuscript, the original residing in one of the great libraries of the world. This book is a reproduction of that original, which has been scanned and cleaned by state-of-the-art publishing tools for better readability and enhanced appreciation. Restoration Editors' mission is to bring long out of print manuscripts back to life. Some smudges, annotations or unclear text may still exist, due to permanent damage to the original work. We believe the literary significance of the text justifies offering this reproduction, allowing a new generation to appreciate it.

'There is a dreamer in every soul. He knows the mind of God concerning our lives. He is the hand of God that writes our lives stories. What is your life story? Do you know the script you ought to play? There is a story teller in your heart. He whispers at night in your deep sleep. He will tell you the secret to the dream of your life. Can you see him while you are awake? Can you hear him in your intuition? He walks in your soul day and night. He never ceases to ask you the same question: 'Where is the Soul I have been sent to help'? In *Secrets to Divine Manifestations*, Alain Yaovi M. Dagba guides the reader in a spiritual adventure that leads to self-awareness. He emphasized that to be aware of our 'self' is to be aware of the presence of God in us, and fully accept our true divine identity. He shows in his writing that, by simply uncovering what we really are, we are able to overcome anything, any form of 'evil, ' even the most predicted threatening events of our time. His teachings are centered on the belief that, by learning to easily tap into the life of our divine nature, we can change our consciousness, thus positively affect the vibration of our planet, while reaching perfect peace and happiness. In this noble adventure of discovering the divinity in the core of our being, we come to know our individual life purpose and are healed from our past wounds. In a word, we are born anew to become a fragrance of hope for our loved ones and those around us.

The word of love in the book is a spiritual weapon meant for our current generation and the message to the generations to come. The prophetic word is the intertwine of the real life situations, visions, dreams and prophesies which I experienced in my way of faith. The challenges which I encountered and how the Lord helped me to pull through in the name of our Lord Jesus Christ. Nonetheless the malady of hatred which has contaminated the world, it is only peace and love from the Lord which can heal the infectious ulcer which man has suffered. Dignity has been lost in accordance to Hosea 4:6 'my people are destroyed for lack of knowledge: because thou hast rejected knowledge. I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children'. Further, that our Lord Jesus Christ came down with the seed of peace and love to unify the candidates of heaven through the provision of the Holy Scriptures. Let us unite and break the seed of hatred which Satan had planted in the hearts of men. 1 Corinthians 13:3 And now abideth faith, hope, love, these three; but the greatest of these is love. This book is dedicated to all my brothers and sisters in the Lord, especially those who are at the verge of losing hope of survival spiritually. It is therefore, here to impart in their hearts with Peace and Love from our God Almighty. The word in this book is aimed at reconciling the people on earth with love so as to cushion the conflicts among nations. It is in accordance to Isaiah 2:2-3 the message in the book has been written and it is therefore inviting all my brothers

and sisters from across the world to experience the Holy Spirit with words of great faith in the Lord. The book is here to comfort the sick, the afflicted and those souls who are persecuted by the enemy. It also embraces all the races and does not stigmatize any person as it is based on the true love from our Lord and the message is inspired by the Holy Spirit with a view to unite the people across the globe. I therefore wish the Church, the United Nations, the governments and other charitable organizations to enhance preaching peace among the people in the land for us to have a better world. It is in this line, that the Lord our God came down on earth to save humanity. More so, we should embrace peace and love to survive this world of troubles. The love of God is unconditional, thus, we should follow suit to have a godly love in our hearts or humanity will be wiped out on the face of the earth soonest. The beauty of welcoming peace and love from God is compared to the bond between the earth and the sun and the rain. There is no segregation in the house of the Lord but we are all equal in the face of our creator. Mother Nature has been very kind to us and it reprimands us whenever we err but our Lord Jesus Christ used to curse Nature. We have continued preaching about the importance of spreading the word of God and also His love which has made us to be who we are on earth. The love of God unifies the people and that it cuts through the rod of hatred which is in the hearts of the evil ones. We should therefore embrace the love of God for us to reach greater heights of love, where all religions, race and tribes shall stand tall in the same platform and pronounce to the higher heavens that we are one people. Women and children needs true love from our hearts. I dream of a beautiful world where we shall be protected by the love of God, because humanity on that day shall have total unite. It is common knowledge that Satan has infiltrated our governments, entertainment industry and a lot more circles of life. Therefore, it is time man woke up from the deep slumber and fight for his life or else he will die naked with shame. However, we wrestled the devil for us to have peace and love so that we get saved but the battle has been tough. The Lord has been fighting battles for humanity because God is love. Amen!!

After decades of preaching, teaching, and counseling, influential Christian leader A.R. Bernard reveals the four qualities women want in a man—qualities that contribute to a satisfying and happy relationship. As a longtime pastor of a big-city church, A.R. Bernard has witnessed couples in every stage of life. He's been with them as they experienced dizzying joys, unspeakable tragedies, and everything in between. As men and women have come to Bernard for spiritual counseling and advice, he's learned patterns of behavior that are repeated time and again. After almost four decades of preaching, teaching, and counseling, he's seen that while every situation is unique, people's behaviors and consequences are amazingly consistent. With this in mind, Bernard has developed a simple system for understanding how couples relate to each other. Maturity, decisiveness, consistency, and strength—these are the four things women want and need most from a man. In his book, Bernard teaches readers how to identify and cultivate these traits toward a happy and long-lasting relationship—one built to weather any storm.

The bodies God gives are instruments for experiencing a fulfilling life on earth, for doing good works, for spiritual development. To do the work individuals are meant to do, they need to keep in shape. They must maintain a sound mind, body, and soul. Yet in the modern world, it is all too easy to let one, two, or all three of these slip. LOOK GREAT, FEEL GREAT presents Joyce's twelve-key plan to address the epidemic of "self esteem drought" that appears to be a factor in perpetuating habits that create poor health. Additionally, Joyce will provide helpful resources, like the "Ounce of Prevention Checklist," for self-maintenance.

What Is True Wellness? From dieting cookbooks to workout DVDs, our culture is obsessed with getting healthy and staying fit. But what does true wellness really entail, especially as we get older? In this comprehensive book, a Christian doctor explores the six areas of life that contribute to a holistic vision of health: physical, mental, social, financial, spiritual, and emotional. With questions for personal reflection and group discussion, this book offers older Christians the guidance they need to view aging as an opportunity for continued learning and growth in all areas of life.

Walking in the Spirit is a journey into what the Bible teaches about life in the Holy Spirit. Author Kenneth Berding uses the apostle Paul and his words in Romans 8 to model what it looks like to live both empowered and set free by the Spirit. Written at an accessible level, Berding speaks to a wide audience as he seeks to connect readers to the life of the Spirit. His practical guide covers a variety of topics, showing readers how to set their minds on the things of the Spirit, put to death the deeds of the body, be led by the Spirit, know the fatherhood of God, and hope and pray in the Spirit. Berding applies the Bible to life through many of his own personal experiences, helping readers make connections to their own spiritual journeys. Discussion questions for each chapter facilitate personal reflection and small-group study.

Newly updated and revised with the most current information about the events in the Middle East, Pastor John Hagee explains how the Israeli and Palestinian conflict will affect global politics, America's energy supply, and the world economy. The Battle for Jerusalem explores the heart of Israel's current struggle, the history behind the antagonism between Arabs and Jews, and the powerful significance of the Temple Mount, a thirty-five acre parcel that is the most fiercely contested real estate on the planet. Hagee explains how this conflict is not merely political or economic, but is also spiritual, with the repercussions of their actions continuing to echo across the world. Most importantly, Hagee illustrates how all the players in this tortuous conflict fit into God's plan for the ages. Previous editions: 0-7852-6788-3, 0-7852-6588-0, and 0-7852-6542-2

This church series from Dave Smith brilliantly highlights the overview of the Bible when it comes to wellbeing, looking at: Perfect Wellbeing (the first human beings made in the image of God); Lost Wellbeing (humanity turning their backs on God); Promised Wellbeing (new covenants between God and His people); Restored Wellbeing (Jesus' birth, death and resurrection); Increasing Wellbeing (the Holy Spirit's invitation); Complete Wellbeing (on Jesus' return). This resource includes a book offering 50 daily readings with opportunities to reflect and respond, along with free online resources that provide group videos, discussions and sermon outlines, making it ideal for you, your small group or your whole church.

The Impact of Spirituality on Mental Health A Review of the Literature Wellness for the Glory of God Living Well after 40 with Joy and Contentment in All of Life Crossway

"An influential podcaster and thought leader provides time, energy, and priority management tactics to help you crush it at work and thrive at home"--

Life is wonderful. Not everybody would agree with this statement. Every person experiences life in different ways. There are the good experiences and the not so good experiences that a person goes through in one's life. Such experiences could lead a person to suffer a physical wound in one's life. These same experiences, and others, could also lead the person to suffer spiritual wounds in his life. Wounds which distance us from the love of God also distance us from loving our neighbour. This book will take you through this journey. A journey of exploring the spiritual wounds one could suffer in one's life. Spiritual wounds which could be buried deep in one's inner self, making it difficult for the individual to love one's neighbour and to be a person of mercy. These spiritual wounds often hinder us from having a personal relationship with Jesus. 'Heal my Wounds' is the cry of every suffering person. In this book we shall also see how Jesus is the healer of our wounds.

"The Varieties of Religious Experience is certainly the most notable of all books in the field of the psychology of religion and probably destined to be the most influential [one] written on religion

in the twentieth century," said Walter Houston Clark in Psychology Today. The book was an immediate bestseller upon its publication in June 1902. Reflecting the pluralistic views of psychologist-turned-philosopher William James, it posits that individual religious experiences, rather than the tenets of organized religions, form the backbone of religious life. James's discussion of conversion, repentance, mysticism, and hope of reward and fears of punishment in the hereafter--as well as his observations on the religious experiences of such diverse thinkers as Voltaire, Whitman, Emerson, Luther, Tolstoy, and others--all support his thesis. "James's characteristic humor, his ability to put down the pretentious and to be unpretentious, and his willingness to take some risks in his choices of anecdotal data or provocative theories are all apparent in the book," noted Professor Martin E. Marty. "A reader will come away with more reasons to raise new questions than to feel that old ones have been resolved."

"Overflow" can be the norm for every believer in Jesus. It's our privilege as His people, our calling as His followers, and our power as His church. The Christian life is not intended to be about us striving to please God through our noble intentions, or attempting to serve Him in our own strength. Our lives can be an adventure of experiencing the power of God overflowing into our everyday lives through the power of the Holy Spirit. "We all need to live with the abundance of the Holy Spirit that has been given to us as a gift from God. Pastor Clint lives this life and I'm so grateful he wrote this book. May the Holy Spirit burst forth from its pages and saturate every part of our lives." - Brady Boyd, author of "Addicted to Busy" and "Sons & Daughters" "Overflow is one of the most simple, practical, and biblically based introductions to the Holy Spirit's nature and ministry I have ever read." - Dean Sherman, author of "Relationships" and "Spiritual Warfare"

In this thoughtful book, Swinton explores the connections between mental health or illness and spirituality and draws on these to provide practical guidance for people working in mental health. He analyses a range of models of care provision that will enable carers to increase their awareness of aspects of spirituality in their caring strategies.

Hands are indeed remarkable tools. They are used for repairing cars, saving lives, and even that most simple but profound of functions: making others feel loved and cared for. For centuries, hands have been revered as vessels for imparting blessing, spiritual gifts, the Holy Spirit, and healing- through touching one another. Traditionally known as the laying on of hands, this Christian practice has been given by God for laypeople and clergymen alike to gain insight, heal the sick, receive spiritual gifts, and bless others on their journeys. One of the most beautiful and intimate things we can do is be active participants and partners with God by using touch to impart healing and blessings to the sick, oppressed, and those who hunger for more. When we use our God-given hands in conjunction with prayer to touch others, we are accomplishing God's will here on earth. The Power of Touch not only explores the history and substantiation of the efficacy and importance of hands throughout time, but taps into readers' very souls as it illustrates the power that to help and heal our fellow man-and, in turn, ourselves, through the power of God that flows through us.

The cofounder of the holistic lifestyle website DailyOM presents a gentle and accessible step-by-step guide to moving from excessive reliance on medications to fundamentally healing yourself through four pillars of natural wellness. Madisyn Taylor was plagued by depression and anxiety, suffering from chronic physical problems that left her desperate for solutions. Spending decades searching for answers, she first turned to the medical community, which put her on a rollercoaster course of numerous doctors, tests, and an unhealthy reliance on medications that left her numb and lifeless. With her happiness and future on the line, she then made the decision to become unmedicated, reaching out to the natural, holistic health realm. And after years of practice and research, Madisyn developed an integrative wellness program that put her back in the driver's seat of her health, and ultimately, her life. Unmedicated is her thoughtful account of how she broke free from binding mental chains and physical ailments to be happy, healthy, and productive; it is also a guide for you to apply her practical techniques to your own healing journey. Madisyn offers a daily program of easy-to-follow actions based on four pillars that will build a lifelong foundation for health: clear your mind; strengthen your body; nurture your spirit; and find your tribe. Whether you want to be happy and stay happy, find relief from depression and anxiety, or heal and create a healthy change, Unmedicated is a gentle, compassionate, and achievable path that empowers you to take back your life and live fully.

Have you ever asked yourself what changed when you were "born again?" You look in the mirror and see the same reflection - your body hasn't changed. You find yourself acting the same and yielding to those same old temptations - that didn't seem to change either. So you wonder, Has anything really changed? The correct answer to that question is foundational for receiving from God. If you lack this basic understanding, you'll forever ask yourself doubt-filled questions like: "How could God love somebody like me?" and "How can I possibly expect to receive anything from the Lord? I don't deserve it, I'm not good enough!" Spirit, Soul, and Body will help you eliminate those and other doubt-filled questions that destroy your faith. If you have trouble receiving from God, this is a must-read!

Compiles stories and wisdom from three church leaders about how to foster an environment where people can grow in their Christian faith.

What do you think about when you talk about life and death? This is the question that sent Gary Gunderson on a journey toward life, realizing that if death defines our efforts, then it will win every time. Once our imagination turns from death it becomes apparent that death isn't the only thing going on out there. The Leading Causes of Life focuses in on five powerful concepts: Connection Coherence Agency Blessing Hope To write the book, Gary partnered with Larry Pray, a widely traveled speaker who tested out the concepts he and Gary were writing about in places like Big Timber, Montana. Larry felt strongly that their work would only be accurate and useful if it rang true to people who surrounded themselves with life, wilderness, challenges, and the miracles that come with them. Gary Gunderson, D.Min., M.Div., is the Senior Vice President for Health and Welfare Ministries for Methodist Healthcare and the director for the Interfaith Health Program at Rollins School of Public Health at Emory University. He is a commissioned Deacon in the United Methodist Church. Lawrence M. Pray is a pastor of the United Church of Christ and the Christian Church (Disciples of Christ) and currently serves the Christian Church (Disciples of Christ) in Joliet, Montana and consults with St. Vincent's Hospital in Billings, Montana. He is the Senior Pastoral Scholar for Methodist Healthcare in Memphis, Tennessee.

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