

Spiritual Wellness Sermon Outlines And Bible Studies

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.

Preachers often think of prophetic preaching in the

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caricature of the prophet as the lonely outsider confronting the congregation, often angrily, with the congregation's complicity in social injustice and with a bracing call for repentance. The twenty-seven essays and sermons in this book offer a different perspective by viewing prophetic preaching specifically--and ministry, practical theology, and theological education more broadly--as pastoral care for the community in prophetic perspective. Such preaching does indeed bring a critical theological analysis of justice concerns to the center of the sermon, but in such a way as to invite the congregation to consider how the move toward justice is a pastoral move-- that is, a move that seeks to build up community. Rather than contributing to the polarization so rampant in today's social world, the preacher seeks to help the congregation build bridges along which concern for justice can travel. The contributions honor the work of the late Dale Andrews, a scholar of preaching and practical theology at the Divinity School, Vanderbilt University, whose seminal work inspires the notions of prophetic care and building bridges to justice.

The Lemonade Reader is an interdisciplinary collection that explores the nuances of Beyoncé's 2016 visual album, *Lemonade*. The essays and editorials present fresh, cutting-edge scholarship fueled by contemporary thoughts on film, material culture, religion, and black feminism. Envisioned as an educational tool to support and guide discussions of the visual album at postgraduate and undergraduate levels, *The Lemonade Reader* critiques *Lemonade*'s multiple Afrodiasporic influences, visual aesthetics, narrative arc of grief and

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healing, and ethnomusicological reach. The essays, written by both scholars and popular bloggers, reflects a broad yet uniquely specific black feminist investigation into constructions of race, gender, spirituality, and southern identity. The Lemonade Reader gathers a newer generation of black feminist scholars to engage in intellectual discourse and confront the emotional labor around the Lemonade phenomena. It is the premiere source for examining Lemonade, a text that will continue to have a lasting impact on black women's studies and popular culture.

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

We live in a leadership crisis. "In an age when incompatible worlds collide and when scandals rock formerly stable institutions," says Walter Fluker, "what counts most is ethical leadership and the qualities of personal integrity, spiritual discipline, intellectual openness, and moral anchoring." Fluker finds these characteristics exemplified in the work and thought of black-church giants Martin Luther King Jr. and Howard Thurman. This volume, for leaders and emergent leaders in religious and other settings, sets forth the context and principles for ethical leadership, particularly for ministries and other professions whose mission directly advances the common good. Fluker's volume grounds leadership in story, the appropriation of one's roots, as a basis for personal and social transformation. He then explores the key values of character, civility, and community for ethical action on the personal, public, and spiritual

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realms. From these considerations he develops a model of the specific virtues that embody each realm of ethical leadership before applying them to the practical aspects of leadership and decisionmaking.

The soul is NOT "a theological and abstract subject."

The soul is the coolest, eeriest, most mysterious, evocative, crucial, sacred, eternal, life-directing, fragile, indestructible, controversial, expensive dimension of your existence. Jesus said it's worth more than the world. You'd be an idiot not to prize it above all else.

Shouldn't you get pretty clear on exactly what it is?

Shouldn't you know what it runs on? Wouldn't it be worth knowing how to care for it? Two things are for sure. One is: you have a soul. The other is: if you don't look after this one you won't be issued a replacement. Bestselling author John Ortberg writes another classic that will help readers discover their soul and take their relationship with God to the next level.

This Handbook draws together leading social scientists in the world from multiple disciplines to articulate what is known and needs to be known about spiritual development in childhood and adolescence.

Edwin H. Hamilton, M.D., D.Min., writes this provocative book introducing and establishing throughout the Black Church a program of Preventive Health Education through a Health and Wellness Ministry. Riggins R. Earl, Jr., Ph.D., noted theologian/philosopher, writes an insightful introduction based on Booker T. Washington's teachings. The prevailing spiritual thought embodies I

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Corinthians 6:19: ?Know ye not that your body is the temple of the Holy Spirit?? A three-part Model-in-Ministry design comprises the Minister of Health and Wellness? Preventive Health Education and Community Health Outreach. These are explained for Health Ministers and laity alike. The ministry?s theological foundation is presented succinctly. The planning of the Ministry and The Community Health Fair is clearly explained. The summary and conclusions give precise points regarding the ministry. Empowering course outlines for the Health and Wellness Ministry give concise pathways for any church to use for Health Ministry establishment. A chapter on Water and two of the author?s sermons from the Hampton University Ministers? Conference are included in this new edition.

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.

All through history, the toll of war has haunted the

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hearts and minds of its victims and survivors. The issue of internal conflict has paralyzed the victim's freedom to live in peace and at Peace Within. Separation anxiety has taken hold and created misery in the hearts of mankind. Fear and anxiety are epidemics in the world. The wages of fear, conflict, self-indulgence, and disconnect are felt in all of humanity. Throughout history, man has been searching for God, peace, purpose, and belonging. This is a universal truth sought after and longed for. At war or not, man has waged war within himself to live with a peaceful conscious and search for a place of belonging. All traditions of faith have made peace their core principle. To get out of human suffering, one must have connection to true Peace Within. Using history, modern psychology, ancient wisdom, and forty years of journaling as supportive research, Peace Treat Me became a proposal for healing wounds, speaking truth, and connecting to God for sustainable Peace Within. Peace Treat Me will address primary issues of the heart and mind while renewing the Spirit of God within. Peace will rise up as a refuge to protect, nurture, heal, and guide you. The power of Peace Within is central to the recovering soul and the healing mind. RX: Medication will not heal the root of suffering or give sustainable peace. Only the presence of God and meditation on God's word will crown peace to reign in you. It is pharmacopia for the mind and strength for

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the soul. Peace Treat Me is a cry for focused attention and validation for the wounds of war and traumas of all dimensions on the human heart and mind. Peace Treat Me is for all who want to walk gently through the land mines of the soul and defuse all power to trigger harm. It is the mission of this book to empower the human spirit to live in devotion, speak truth, safe guard the mind, know self-worth for eternity, and wave the flag peace has treated me. I believe healing peace in the mind of one human being creates the pathway to heal others.

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?

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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.

- Pairs physical training and spiritual practices together in an easy-to-use format
- Perfect for a 40-day Lenten devotion or beginning a new fitness program
- For a truly ecumenical audience

What's better than feeding your soul while developing healthy practices for your body and mind? Christ Walk outlines a 40-day program for individuals and groups to focus on improving physical health while engaging in spiritual and mental reflection and growth. Individuals and groups select different biblical routes to complete (through walking, running, biking, etc.), while reading a reflective passage on health and spirituality each day of the journey. Each chapter is a daily meditation on different aspects of mind, body, and spiritual health tied to biblical teachings and Christian traditions. The appendices include options for groups and individuals to transform their Christ Walk experience from journey to journey.

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The Handbook of Religion and Health has become the seminal research text on religion, spirituality, and health, outlining a rational argument for the connection between religion and health. The Second Edition completely revises and updates the first edition. Its authors are physicians: a psychiatrist and geriatrician, a primary care physician, and a professor of nursing and specialist in mental health nursing. The Second Edition surveys the historical connections between religion and health and grapples with the distinction between the terms "religion" and "spirituality" in research and clinical practice. It reviews research on religion and mental health, as well as extensive research literature on the mind-body relationship, and develops a model to explain how religious involvement may impact physical health through the mind-body mechanisms. It also explores the direct relationships between religion and physical health, covering such topics as immune and endocrine function, heart disease, hypertension and stroke, neurological disorders, cancer, and infectious diseases; and examines the consequences of illness including chronic pain, disability, and quality of life. Finally, the Handbook reviews research methods and addresses applications to clinical practice. Theological perspectives are interwoven throughout the chapters. The Handbook is the most insightful and authoritative resource available to anyone who

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wants to understand the relationship between religion and health.

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.

A roadmap for spiritual formation In Mansions of the Heart, author R. Thomas Ashbrook begins with his personal story of frustration and confusion while serving as a pastor of the church. He tells of discovering a new path of spiritual transformation and offers seekers a way to move forward on their own spiritual paths. Written for anyone who wants to develop a deeper, more meaningful relationship with God, Mansions of the Heart offers a step-by-step guide through a spiritual-formation road map based on Teresa of Avila's seven mansions. This spiritual classic reveals various phases of spiritual formation, for which Ashbrook offers a personal guide to spiritual transformation. Mansions debunks commonly held myths that lead to spiritual dead ends and describes a clear pathway to a deepening love relationship with

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God. The book also offers church leaders a process for helping people in their faith communities grow as disciples of Christ.

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.

A One Sermon Series (Relevant Sermon Outlines)Lulu.comSpiritual DepressionIts Causes and CuresZondervan

God can do anything, but did you know He has already done everything? Instead of asking the Lord to do something for you - revive you, heal you, bless you, prosper you - accept what He has already done for you through the death, burial, and resurrection of Jesus Christ. God has left you precious promises in His Word and those promises belong to you right now through Christ. As you see for yourself what God has already done for you and in you, your walk with Him will become a joy and an adventure you never thought possible. Your

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faith in Him will be quickened, your heart encouraged, and your feet firmly set on His pathway of victory. ReCreatable begins with the story of a glass baking dish, the delectable aroma of tantalizing brownies, and an unseen defect that turns the promise of something delicious into a minor disaster, leaving glass fragments and brownies irretrievably intermingled. Both the dish and brownies are irrevocably lost. The implications for us are inescapable: created by God to reflect his glory and for his pleasure, we have been broken by sin to the point that we are completely useless to accomplish the purpose for which we were made. But, unlike the shattered brownie dish that gets discarded as worthless, God takes the shards of our lives and does the miraculous. He does not simply fit us back together. He takes those splinters of our destruction and uses them to re-create us: complete, restored, redeemed, and fitted to do and be all that he ever intended for us. ReCreatable leads us progressively through the impact of the creative genius of God in our lives. It points us to the reality of restored relationships, the resurrection of our role as true reflectors of God's glory, and the revolutionary life that can be ours when we learn to be true disciples—re-created to live well for God.

The Word of God is powerful and alive, sharper than any two-edged sword! As believers, we are urged to allow the Word of God to dwell richly in our hearts. "Let the word of Christ dwell in you richly in all wisdom..." (Col. 3:16) Take every opportunity to hear and record the revelations that the great Teacher, the Holy Spirit, brings to you as you open your ear and heart to the life-

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changing truths of the Scriptures. Jesus said that you shall know the truth, and that the Truth will set you free. The WAR ROOM Sermon Notes Journal is designed to be a place where you can journal your journey to freedom. Habakkuk 2:2 urges believers to, "Write the vision, and make it plain..." Never let a revelation slip from your remembrance again -- use this inspirational sermon note journal to record and to recall all that the Holy Spirit speaks to you as you hear his anointed Word taught and preached. This unique sermon notes journal is 10" x 7" - a little larger than a usual book, giving you ample space to record each life lesson you learn as you walk together with your Savior. Packed with inspiring Scripture quotes about the power of God's Word, you will be reminded each time you pick it up that the Word of God is sufficient for your every need. The WAR ROOM Sermon Notes Journal is more than just a notebook - it is a companion in your journey of faith, with the great crowd of witnesses cheering you on! Buy The War Room Sermon Note Journal today, a deeply personal companion book for your ongoing adventure with your faithful Father in Heaven, wonderful Jesus and the ever ready to speak Spirit of God!

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

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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 this time of quarantine and global uncertainty, it can be difficult to deal with the increased stress and anxiety. Using ancient self-care techniques rediscovered by Herbert Benson, M.D., a pioneer in mind/body medicine for health and wellness, you can relieve your stress, anxiety, and depression at home with just ten minutes a day. Herbert Benson, M.D., first wrote about a simple, effective mind/body approach to lowering blood pressure in *The Relaxation Response*. When Dr. Benson introduced this approach to relieving stress over forty years ago, his book became an instant national bestseller, which has sold over six million copies. Since that time, millions of people have learned the secret—without high-priced lectures or prescription medicines. *The Relaxation Response* has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress, anxiety, depression, and high blood pressure. Rediscovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic tack is now routinely recommended to treat patients suffering from stress and anxiety, including heart conditions, high blood pressure, chronic pain, insomnia, and many other physical and

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psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day.

Spiritual Depression is one of the great classics of the modern Church and tackles the big question: If Christianity is such "good news" why are its followers often unhappy? Dr. Martyn Lloyd-Jones was possibly the greatest Christian preacher and teacher of the twentieth century. A medical doctor by training, Spiritual Depression draws together his professional understanding of the mind with a profound understanding of Christian teaching and the Bible. Spiritual Depression diagnoses the causes of the ill feeling that many Christians experience. It prescribes the practical care that is needed to lift people's spirits and bring them freedom, power and joy. Spiritual health is possible and this book explains how everyone can grasp it for themselves.

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!

"Illuminating, thought-provoking, and hilariously honest. You'll never look at fasting, yoga, or meditation the same way again." —Robyn Harding, USA Today bestselling author of *The Swap* Bridget Jones meets A. J. Jacobs in *Wellmania*, an in-depth, laugh-out-loud exploration of the best and worst

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of the wellness industry. Cold-pressed juices, “clean” eating, colonic vacations, mindfulness apps, and Paleo: health-care trends and miracle diets seem to be more plentiful each year. But do any of these tactics actually work? What does “wellness” even mean? In *Wellmania*, longtime journalist Brigid Delaney tackles the good, the bad, and the just-a-little-ridiculous of the wellness industry, using herself as the guinea pig. Starting with a brutal 101-day fast, she leaves behind her thirty-something-year-old lifestyle of late-night parties and all-day hangovers to test the things that are supposed to make us healthy and whole: yoga classes, meditation, CBT, Balinese healing, silent retreats, group psychotherapy, and more. Writing with self-deprecating wit and refreshing honesty, she sorts through the fads and expensive hype to find out what actually works, while asking, What does all this say about us? Is total wellness even possible? And why do you start to smell so bad when you haven’t eaten in seven days? According to comedian Judith Lucy, the result is “a bloody entertaining read that leaves you wondering whether you want to do yoga or get mindlessly drunk and despair at the state of the world.” “I laughed so hard, I choked on a doughnut reading this book. I’m so glad Brigid Delaney tried all of this crazy stuff so I never have to.” —Jen Mann, *New York Times* bestselling author

How can you know you are making the right choices in life? How can you know you're doing God's will? These are the questions of the ages that are examined and answered by Dr. Craig von Buseck in *Seven Keys to Hearing God's Voice*. If you ever thought it is impossible to hear God speaking to you, rest assured, He created you with the ability to hear Him. You have at your disposal seven key indicators to aid you in having daily communication with God. No, it's not crazy to hear the voice of God - it's a promise from the Bible that we can claim as our birthright of faith. Jesus declared: "My sheep

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hear my voice, and I know them, and they follow me" (John 10:27, ESV). Life is a never-ending series of choices, but you can know whether you are making the right decisions. How? By learning to use the Seven Keys to Hearing God's Voice. Translated into 15 languages with more than 7 million copies sold, *The Power of Positive Thinking* is unparalleled in its extraordinary capacity for restoring the faltering faith of millions. This book will show you how you can deal more effectively with tough situations and difficult people, and dramatically improve your performance and confidence. You will learn:

- How to eliminate that most devastating handicap—self doubt
- How to free yourself from worry, stress and resentment
- How to climb above problems to visualize solutions and then attain them

With inspiring examples and anecdotes, the book successfully delivers stimulating ideas and practical techniques to adopt optimism and live a victorious life. *The Power of Positive Thinking* is a phenomenal bestseller that has inspired millions of people across the world.

The Practice of the Presence of God is a wonderful text, compiled by Father Joseph de Beaufort, of the teachings of Brother Lawrence (born Nicholas Herman), a Carmelite Monk. The beautiful compilation includes letters, as well as records of his conversations kept by Brother Lawrence's interlocutors.

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

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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.

This volume reviews and integrates the growing body of contemporary psychological research on the links between religious faith and health outcomes. It presents up-to-date findings from empirical studies of populations ranging from healthy individuals to those with specific clinical problems, including cancer, HIV/AIDS, and psychological disorders. Drawing on multiple perspectives in psychology, the book examines such critical questions as the impact of religious practices on health behaviors and health risks; the role played by faith in adaptation to illness or disability; and possible influences on physiological functioning and mortality. Chapters reflect the close collaboration of the editors and contributing authors, who discuss commonalities and differences in their work, debate key methodological concerns, and outline a cohesive agenda for future research. Inspiring Wonder, Awe, and Empathy offers a series of thoughtful practices for child care providers to

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nurture a child's spiritual development—an extension of social-emotional learning. The book helps educators introduce young children to a system that begins with love and leads to a strong sense of self, ignites wonder and learning, and allows for the emergence of empathy that leads to personal wholeness. You can provide support and strengthen children's self-awareness through deep connections, increased social awareness, and pro-social behaviors, such as kindness, caring, empathy, and reverence. Spiritual development moments help children to grow, explore, play, and ask big questions. Dr. Deborah Schein has been an early childhood educator since 1972. She has a BS in psychology from the University of Southern California at Santa Barbara, a master's degree in education with a focus on curriculum and instruction from Cleveland State University, and a PhD in early childhood education from Walden University. Deborah currently works as an educational consultant and teaches online early childhood graduate courses Champlain College. She offers workshops across the country for national movements and participates in webinars about the connection between spiritual development and nature education for young children. She now lives in St. Louis Park, Minnesota.

"An influential podcaster and thought leader provides time, energy, and priority management tactics to

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help you crush it at work and thrive at home"--
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

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

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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.

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