

Soul Care When You're Weary

[#soul care](#) [#weary soul](#) [#spiritual rest](#) [#emotional exhaustion](#) [#self care tips](#)

Discover essential soul care practices designed to support your weary soul and combat emotional exhaustion. Find genuine spiritual rest and practical self care tips to rejuvenate your spirit when you need it most.

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Soul Care When You're Weary

Our lives are busier each day, and the margin we have available for recovery and peace is shrinking. Edie Melson helps you find Soul Care solutions using devotions and prayers and opportunities for creative expression. She has learned that sensory involvement deepens our relationship with the Father and gives rest to our weary souls. She will teach you to tap into your creativity. Reconnect with God using your tactile creativity. Warning! This book may become dog-eared and stained. Draw in it. Experiment with your creative passions. Learn the healing power of play. Allow God's power to flow through creativity. Soul Care When You're Weary will become your heart treasure.

Embracing Soul Care

Enables individuals to find a deeper sense of self by nurturing their souls, focusing on relationships, spiritual and personal growth, healing, and living out God's purpose for their lives. Original.

Whispers of Rest

Life is noisy. But what would happen if every day - for the next 40 days - you soaked in God's love as He intimately whispered words of rest just for you? Whispers of Rest is a 40-day devotional detox for your soul, a spiritual journey to refresh you and guide you to greater peace, while helping you discover who God truly made you to be: His beloved. Renew your spirit with powerful affirmations of God's love with uplifting words of Scripture, journaling prompts for reflection, and practical challenges to spark joy. Bonnie will lead you to places of rest, where you can deeply experience the Savior's presence in your everyday life. This beautiful guidebook will create space for your soul to breathe: Soul Care Tips & Trail Notes - Reduce stress and nurture your body and spirit. Daily Beloved Challenges - Brighten your day by taking simple soul care actions. A Simple Prayer Practice - Deepen your intimacy with God through easy-to-enjoy prayer prompts, inspired by classic devotional practices. A lot can happen in 40 days. A new rhythm. A new heart. A renewed faith. Transform your life as you take the journey to say yes to God, embrace your true identity, rediscover your dreams, and begin your healing. Dare to enjoy each day fully and celebrate your calling as the beloved.

Soul Care for the Weary

Feeling anxious? Worried? Sad? You're not alone. We live in stressful and uncertain times, leaving many of us feeling overwhelmed and overcome. Soul Care by Dr. Gregory Jantz, psychologist and author of Healing Depression for Life, is a healing collection of inspirational quotes, Scriptures, and prayers to help you or a friend get through times of emotional turmoil. Whether purchased for yourself or as a gift for someone you care about, Soul Care is a calming and comforting resource to help cultivate a healthy, faith-filled emotional life.

Soul Care

This is intended to be a very simple book, an elementary treatment of a few basic ideas in Christian spirituality. Hence it should be useful to any Christian, and indeed to anyone who wants to acquaint himself with some principles of the interior life as it is understood in the Catholic Church. Nothing is here said of such subjects as "contemplation" or even "mental prayer." And yet the book emphasizes what is at once the most common and the most mysterious aspect in the Christian life: grace, the power and the light of God in us, purifying our hearts, transforming us in Christ, making us true sons of God, enabling us to act in the world as his instruments for the good of all men and for his glory. This is therefore a meditation on some fundamental themes appropriate to the active life. It must be said at once that the active life is essential to every Christian. Clearly the active life must mean more than the life which is led in religious institutes of men and women who teach, care for the sick, and so on. (When one is talking of the "active life" as opposed to the "contemplative life," this is the usual reference.) Here action is not looked at in opposition to contemplation, but as an expression of charity and as a necessary consequence of union with God by baptism.

Life and Holiness

If we look at the spiritual life through the lens of a marathon, we will discover that many of us are nearing exhaustion. We may not be on the sidelines or stumbling noticeably, but we are dangerously low on reserves, running on fumes. We aren't sure that we've got what it takes to get to the end of the race. If you identify with the image of a fainting runner, then this book will come as refreshing water for your thirsty soul. You have been running hard, and you've run a long way. But the end is nowhere in sight, and it may be uphill from here. You are going to need some resources to get you there. Soul Care Resources are designed to be simple, but not simplistic, guides to maintaining or recovering the life and health of your soul, that essential personhood created by God as you. To do that, we'll do assessments to discern the current health of your soul. We'll reflect on the reasons why your soul's health matters so much. Finally, we'll explore practical ways to restore life and vitality to your soul through authentic connection with God as Father, Son and Spirit--one step at a time. There are four sections in this guide divided into five subparts. You can go through a part each day, covering the whole book in the course of four weeks. The material is flexible if you want to work in longer or shorter chunks of time. At the end of each section is group discussion material that you can use if you are meeting with a small group or a spiritual friend. Also available in the Soul Care Resources series is Spiritual Friendship. This guide will allow you to explore specific ways to care for your soul in companionship with others. Are you ready to recover your reserves?

Discovering Soul Care

Our lives are busier each day, and the margin we have available for recovery and peace is shrinking. Edie Melson helps you find Soul Care solutions using devotions and prayers and opportunities for creative expression. She has learned that sensory involvement deepens our relationship with the Father and gives rest to our weary souls. She will teach you to tap into your creativity. Reconnect with God using your tactile creativity. Warning! This book may become dog-eared and stained. Draw in it. Experiment with your creative passions. Learn the healing power of play. Allow God's power to flow through creativity. Soul Care for Writers will become your heart treasure.

Soul Care for Writers

How do we live a healthy life and lead others into spiritual, emotional and relational health and wholeness? That is the focus of this book. Trying to help others find freedom and wholeness is draining work. What do we do to become healthy and maintain our well-being? What are the practices and rhythms we need to engage in to be effective Soul Care practitioners? How do we create a culture

where life-change flourishes? How do we minister in the power of the Spirit so that we can lead others into breakthroughs? Too often people are talking about the same problems that they were talking about several years ago but they aren't finding a path to freedom. We need to help people get to the roots and not merely manage their dysfunction and sin. These are the questions and topics that this book will seek to equip you in as you seek to live and lead people into freedom and fullness in Christ.

The Soul Care Leader

(Foreword by Dr. Gary Chapman) In a world of quick fixes and instant gratification, author Steve Smith invites the reader to focus on what truly matters most--the lifelong process of nurturing our souls by focusing on relationships, spiritual and personal growth and healing, and living out God's purpose for our lives.

Embracing Soul Care

Rest For The Weary encourages and promotes soul rest that encompasses mental, spiritual and even physical rest. The reader of these pages will be confident that soul rest gives you the faith to trust God in any situation. The inspired regimen for soul care will relieve the war in your soul. Beginning with the battle being fought and won by Jesus Christ.

Rest for the Weary

"Mindy Caliguire knows and cares about the deep things of the soul. She's been there. And she can be a wise guide here for you," says John Ortberg, author of *The Life You've Always Wanted*. We are tired. Many of us long for sources of nurture for our weary souls. But we don't know where to turn. We've tried various Christian plans for growth, yet sometimes these programs leave us even more drained and frustrated. Interestingly, the answer can be found in our everyday lives: ordinary relationships can restore life and health to our depleted souls. So why do we resist intimacy with others if it's part of our soul's architecture? Because people also cause us pain. Soul Care Resources are designed to be simple, but not simplistic, guides to maintaining or recovering the life and health of your soul. Spiritual Friendship introduces you to principles of friendship that bring focus to your spiritual life. You'll discover what it takes to have a rich, God-centered relationship that will nourish your soul. You use this book in small chunks of daily reading, covering the whole book in the course of four weeks. Also included are four guided group discussions for use with a small group or a spiritual friend. Also available in the Soul Care Resources series is *Discovering Soul Care*, an introduction to the resources for spiritual health we have in Christ. Are you ready to recover your reserves?

Spiritual Friendship

Soul Care explores seven principles that can lead to lasting transformation and freedom for all who struggle with a broken, damaged, and sin-stained soul. Brokenness grasps for the soul of humanity. We are broken body, soul, and spirit, and we need the healing touch of Jesus. Soul Care explores seven principles that are profound healing tools of God: securing your identity, repentance, breaking family sin patterns, forgiving others, healing wounds, overcoming fears, and deliverance. Dr. Rob Reimer challenges readers to engage in an interactive, roll-up-your-sleeves and get messy process -- a journey of self-reflection, Holy Spirit inspiration, deep wrestling, and surrender. It is a process of discovering yourself in true community and discovering God as He pierces through the layers of your heart. Life change is hard. But these principles, when packaged together and lived out, can lead to lasting transformation, freedom, and a healthy soul. Soul Care encourages you to gather a small group of comrades in arms, read and process together, open your souls to one another, access the presence and power of God together, and journey together into the freedom and fullness of Christ.

Loving messages, addresses, sequel to Heart-lessons

This e-book applies the practical insights of thirty selected biblical passages to our daily lives. Each reflection is adorned with gems of thought to nurture the senses, stimulate the mind, encourage the spirit, invigorate the soul and inspire the heart. You will be reminded of God's love and power in the life of every Christian and gain renewed strength for the living of these days.

Soul Care

Soul Mentoring draws upon the wisdom of Gregory the Great (540-604) from his Pastoral Care, one of the most widely read books on mentoring from the ancient world. Those who walk in Gregory's steps will discover practical guidance for the journey into mentoring, including the formation of a mentor's soul, and wisdom in learning to care for others. Gregory describes mentoring as the "art of arts," the highest creative endeavor we share together. Gregory has ancient wisdom applicable to mentoring in our time, both for mentors and mentees, friends and family, coaches and teachers, clergy and spiritual directors, among other people looking for guidance in the ancient art of caring for souls.

Torches of the Soul: A Journey of Scriptural Reflections

Most of us lead busy, frenzied, fragmented lives. Our inner fragmentation keeps us from fully experiencing the wholeness and peace -- the sense of flourishing -- that our hearts so deeply long for. In this book Chuck DeGroat invites readers to admit the exhaustion and fragmentation they experience on a daily basis even as he casts a vision for wholeheartedness. With wisdom gained through his years of pastoral care and counseling, he explores the phenomenon of human dividedness and wholeness through the Christian story, examines how others have experienced it, and looks at how psychologists and researchers suggest addressing it. With insights derived from a rich diversity of sources, including poets, scientists, philosophers, psychologists, and the Christian tradition, DeGroat's Wholeheartedness will enable readers to discover the remedy for their frenzied lives.

Soul Mentoring

The healthy Christian life is one of continuing spiritual, emotional, and relational growth. But so many of us feel stuck or stagnated at one stage of the journey. It's not always clear to us where or why we are stuck, making it difficult to take the next step on our journey of the soul. That's where Bill and Kristi Gaultiere come in. After decades in private practice as counselors and therapists, they have developed a unique model for growing in grace. In Journey of the Soul, they draw on more than 70,000 hours of providing therapy and spiritual direction to show you how to identify your current stage of faith and the next steps to take based on your unique needs and struggles. With Scripture, self-assessments, and soul care practices to support your progress along the way, this insightful and inspiring book will be a treasured companion on your journey no matter where you are or how long you've been following Jesus.

Wholeheartedness

Move beyond Coping and Surviving to a Rejuvenating Place of Soul Rest How many of us find ourselves exhausted, running on empty with no time for rest, no time for ourselves, no time for God? Bonnie Gray knows exactly what that's like. On the brink of fulfilling a lifelong dream, Bonnie's plans suddenly went off script. Her life shattered into a debilitating journey through anxiety, panic attacks, and insomnia. But as she struggled to make sense of it all, she made an important discovery: we all need spiritual whitespace. Spiritual whitespace makes room--room in one's heart for a deep relationship with God, room in one's life for rest, room in one's soul for rejuvenation. With soul-stirring vulnerability and heartbreaking honesty, Bonnie takes readers on a personal journey to feed their souls and uncover the deeper story of rest. Lyrical writing draws readers into Gray's intimate journey through overwhelming stress to find God in a broken story and celebrate the beauty of faith. Guided by biblical encouragement and thought-provoking prompts, Gray shows readers how to create space in the everyday for God, refreshment, and faith. She also offers practical steps and insights for making spiritual whitespace a reality, right in the midst of the stress-frayed stories in every season of life. "We live in a culture that brags and boasts about being busy. Into that reality steps Bonnie with a new idea. Whitespace is an important concept and Bonnie has captured it perfectly. If you're exhausted with being exhausted, read this book. If you feel too busy to read this book, then that's probably the best sign of all that you need it."--from the foreword by Jon Acuff, New York Times bestselling author of *Stuff Christians Like*

Journey of the Soul

The comforting bid of Jesus to the worn and weary soul: Come to me, all who are weary, and I will give you rest. You're tired. Tired in your body. Tired in your soul. At times, life feels hard, chaotic, or just mind-numbingly ordinary. But what if our souls could find rest even amid the onslaught of chaos and confusion? What if we could exchange that heavy dread and disquiet for a peace that passes understanding? Author Sarah J. Hauser believes that while our outward lives are falling apart, our inner lives can grow stronger. *All Who are Weary* was born out of Sarah's own story—her depression,

grief, and tears. Sarah, no stranger to weariness, invites us to join her in bringing our heavy burdens to Jesus and taking the light burden He offers instead. Readers find deep, lasting rest by throwing off nine soul-crushing burdens: worthlessness, condemnation, worry, self-sufficiency, insecurity, comparison, perfectionism, insignificance, and despair. We were never meant to carry these things in the first place. Christians who feel stuck, strained, and discouraged will be equipped with Scripture and encouraged by personal stories that help us identify the burdens we need to release. Because of the life, death, and resurrection of Jesus Christ, we can live with joy and endurance, come what may. If you're craving rest for your soul, Jesus invites you to come to Him, because only there can true rest be found.

The Lost Heiress

This is the story of God whispering, "What no one wants, I cherish." The daughter of a mail-order bride and a busboy from San Francisco's Chinatown, Bonnie Gray grew up never truly feeling beautiful or beloved. As an adult, she built her life to look pleasant and ordinary, with a wonderful husband, two amazing boys, and a thriving career. But despite these blessings, she still felt the tugging emptiness of a missing piece. At 39, a long-forgotten birth certificate in an old file cabinet sparked a curiosity Bonnie couldn't ignore. Determined to uncover her family's secrets and understand the home she was born into, Bonnie embarked on a quest that would leave her forever changed. Returning to the culture, places, and stories that shaped her, her search led her to soul-shaking discoveries about her identity, human kindness and what it truly means to belong. The profoundly moving journey of learning to embrace our true worth, *Sweet Like Jasmine* celebrates how God uses our unique and broken stories to create a beautiful mosaic of His love, one life at a time.

The Student: a magazine of theology, literature, and science

A hands-on resource for all Christians who want to communicate with more passion and power. Tony Campolo and Mary Albert Darling have teamed up to explore the dynamic connection that occurs when spirituality/spiritual practices are combined with effective communication practices. Churches and other religious organizations depend on the ability of their leaders and members to communicate (speak, teach, and preach) within their congregations and beyond. This important, practical guide will reveal Campolo's preaching secrets and Darling's wise counsel as a professor of communication. Includes interviews with prominent Christian leaders and thinkers. Written by two experts on the topic of communication and spirituality. Tony Campolo is one of America's most remarkable and beloved Christian communicators. This is a key resource written for any Christian who would like to become a more skilled and spiritually mature communicator.

Finding Spiritual Whitespace

Your Daily Dose of Inspiration! In the hustle and bustle of our modern lives, it's easy to get lost in the chaos, to feel overwhelmed and to lose sight of what truly matters. But there's good news! In *Soul Care 101: Abiding in Faith, Hope and Love*, Julie Waterman invites you on a transformative journey towards a life filled with purpose, balance, and a deep connection with God. Are you a Christian woman looking for daily inspiration and spiritual renewal? This book is your answer. With its short daily devotionals, it's designed to be a quick and easy read, an uplifting companion in your daily life. e *Deepen Your Faith, Strengthen Your Connection with God* e Julie Waterman, a trusted counselor in the Christian community, understands the challenges modern women face. *Soul Care 101* offers you a daily dose of inspiration, encouraging you to deepen your faith and strengthen your relationship with God. Each devotion will help you prioritize your connection with God, your family, and your personal growth. e *Find Balance and Overcome Stress* e In a world filled with demands and responsibilities, finding balance can seem like an impossible dream. But with the practical solutions provided in this book, you'll discover how to navigate daily stressors and regain control over your life. Say goodbye to feeling overwhelmed and stressed as you embrace the peace, joy, and balance that comes from abiding in faith, hope, and love. e *Discover Your True Worth* e Are you struggling with self-doubt and feelings of unworthiness? "*Soul Care 101*" assures you that you are enough in Christ. Julie's heartfelt words will fill you with encouragement, hope, and the practical tools you need to draw closer to God and become the fullest version of yourself. Julie's writing style is like a warm embrace, providing you with the encouragement and guidance you need to transform your life. As you read her daily devotionals, you'll begin to experience the promised land—a place of peace, joy, and balance, and a meaningful connection with God. If you're tired of feeling stressed, overwhelmed, and uncertain about your life, it's time to embark on a journey of soul care. *Soul Care 101: Abiding in Faith, Hope and Love* is your roadmap to a more fulfilling, spiritually enriched life.

Let Julie Waterman walk beside you as you discover the path to a life that truly matters. Plus find out how to get your FREE copy of the Balance Journal, a practical daily tool to help you achieve balance in every area of life, including physical, spiritual, relational and vocational goals. Details inside the book. Scroll up to Buy Your Copy Today

All Who Are Weary

Colliding with the Call takes the reader on a journey through the wilderness of faith that often happens after a Christian decides to follow and serve God. Both those in ministry and missions and those curious about life on the "frontlines" will find encouragement and inspiration in these pages. Back cover copy: I've surrendered to following God's will, but this is not what I expected. Where's the peace? The joy? The fruit? Did I somehow miss the call, God? Sound familiar? Those were Corella's questions, too, as she found herself in a literal and spiritual wilderness after answering the call to become a missionary teacher in remote Alaska. Through these pages, you'll journey with her to unearth glimpses of God's purpose for those seven dark years. With tenderness and conviction, she examines the reality of the wilderness in the life of the believer and the scriptural truths that offer hope in the midst of disappointment. Corella's story of undoing and rebirth in the wilderness just might be your story, too, if you dare to let God take you there.

Our own magazine, issued by the Children's special service mission (and the Scripture union).

What's the very best prescription for self-care? . . . Daily quiet time in the heavenly Father's presence, of course! Better than a bubble bath. . . more rejuvenating than an expensive spa treatment. . . these 180 calming, comforting devotions and prayers are just the nourishment your weary soul needs to rest and recharge. Six months of daily readings touch on topics important to you, including—Understanding Your Feelings, Protecting Your Schedule, Nourishing Your Soul, Finding Joy, Shining Your Light, Pressing Pause, Making Time for Rest, and Being Kind to Yourself. When you're in need of some serious self-care, this delightful devotional is your perfect companion! "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matthew 11:28-30 MSG

Sweet Like Jasmine

Volume 43 Sermons 2498-2549 Charles Spurgeon (19 June 1834 – 31 January 1892) is one of the church's most famous preachers and Christianity's foremost prolific writers. Called the "Prince of Preachers," he was one of England's most notable ministers for most of the second half of the nineteenth century, and he still remains highly influential among Christians of different denominations today. His sermons have spread all over the world, and his many printed works have been cherished classics for decades. In his lifetime, Spurgeon preached to more than 10 million people, often up to ten times each week. He was the pastor of the congregation of the New Park Street Chapel (later the Metropolitan Tabernacle) in London for 38 years. He was an inexhaustible author of various kinds of works including sermons, commentaries, an autobiography, as well as books on prayer, devotionals, magazines, poetry, hymns and more. Spurgeon was known to produce powerful sermons of penetrating thought and divine inspiration, and his oratory and writing skills held his audiences spellbound. Many Christians have discovered Spurgeon's messages to be among the best in Christian literature. Edward Walford wrote in *Old and New London: Volume 6* (1878) quoting an article from the Times regarding one of Spurgeon's meetings at Surrey: "Fancy a congregation consisting of 10,000 souls, streaming into the hall, mounting the galleries, humming, buzzing, and swarming—a mighty hive of bees—eager to secure at first the best places, and, at last, any place at all. After waiting more than half an hour—for if you wish to have a seat you must be there at least that space of time in advance—Mr. Spurgeon ascended his tribune. To the hum, and rush, and trampling of men, succeeded a low, concentrated thrill and murmur of devotion, which seemed to run at once, like an electric current, through the breast of every one present, and by this magnetic chain the preacher held us fast bound for about two hours. It is not my purpose to give a summary of his discourse. It is enough to say of his voice, that its power and volume are sufficient to reach every one in that vast assembly; of his language, that it is neither high-flown nor homely; of his style, that it is at times familiar, at times declamatory, but always happy, and often eloquent; of his doctrine, that neither the 'Calvinist' nor the 'Baptist' appears in the forefront of the battle which is waged by Mr. Spurgeon with relentless animosity, and with Gospel weapons, against irreligion, cant,

hypocrisy, pride, and those secret bosom-sins which so easily beset a man in daily life; and to sum up all in a word, it is enough to say of the man himself, that he impresses you with a perfect conviction of his sincerity." More than a hundred years after his death, Charles Spurgeon's legacy continues to effectively inspire the church around the world. For this reason, Delmarva Publications has chosen to publish the complete works of Charles Spurgeon.

Connecting Like Jesus

50 Masterpieces you have to read before you die is the book that everyone should read to understand themselves and each other. The authors and works for this book were selected, as a result of numerous studies, analysis of the texts over the past 100 years and the demand for readers. It must be read in order to understand the world around us, its history, to recognize the heroes, to understand the winged expressions and jokes that come from these literary works. Reading these books will mean the discovery of a world of self-development and self-expression for each person. These books have been around for decades, and sometimes centuries, for the time they recreate, the values they teach, the point of view, or simply the beauty of words. This volume includes famous works: Frances Hodgson Burnett - *The Secret Garden* Homer - *The Iliad* Homer - *The Odyssey* Charles Dickens - *A Christmas Carol* Charles Dickens - *Great Expectations* Charles Dickens - *Bleak House* Charles Dickens - *Oliver Twist* Lyman Frank Baum - *The Wonderful Wizard Of Oz* Nathaniel Hawthorne - *The Scarlet Letter* Nathaniel Hawthorne - *The House Of The Seven Gables* Thomas Hardy - *Jude The Obscure* Robert Louis Stevenson - *The Strange Case Of Dr. Jekyll And Mr. Hyde* Robert Louis Stevenson - *Treasure Island* Henry Haggard - *King Solomon's Mines* Wilkie Collins - *The Woman In White* H. G. Wells - *The Island Of Doctor Moreau* Sir Walter Scott - *Ivanhoe* Wilkie Collins - *The Moonstone* A Romance Lucy Maud Montgomery - *Anne Of Green Gables* Louisa May Alcott - *Little Women* Henry Fielding - *Amelia* Mary Shelley - *Frankenstein, Or The Modern Prometheus* Arthur Conan Doyle - *The Lost World* Leo Tolstoy - *Anna Karenina* Euripides - *Medea* Fyodor Dostoevsky - *The Idiot* Fyodor Dostoevsky - *Crime And Punishment* Alexander Pushkin - *Eugene Onegin* A Romance Of Russian Life In Verse James Fenimore Cooper - *The Last Of The Mohicans* Daniel Defoe - *Robinson Crusoe* Joseph Conrad - *Heart Of Darkness* Jonathan Swift - *Gulliver's Travels* William Shakespeare - *Romeo And Juliet* William Shakespeare - *Hamlet, Prince Of Denmark* William Shakespeare - *Othello* Oscar Wilde - *The Picture Of Dorian Gray* John Bunyan - *The Pilgrim's Progress* From This World To That Which Is To Come Charles Darwin - *The Origin Of Species Or The Preservation Of Favoured Races In The Struggle For Life* Alfred Tennyson - *Idylls Of The King* Bram Stoker - *Dracula* James Joyce - *Ulysses* Dante Alighieri - *The Divine Comedy* Howard Pyle - *Robin Hood* Jane Austen - *Emma* Emily Bronte - *Wuthering Heights* Thomas Hardy - *Tess Of The D'urbervilles* A Pure Woman Faithfully Presented Giovanni Boccaccio - *The Decameron* Rudyard Kipling - *The Jungle Book*

Soul Care 101

In *The Weary Leader's Guide to Burnout*, Sean Nemecek takes Christian leaders on a journey from burnout through recovery and on to spiritual transformation. By understanding the causes and symptoms of their burnout, these leaders will be ready to take practical, actionable steps toward wholeness. Then, if they choose, they will be poised to do the inner work of spiritual transformation by the power and guidance of the Holy Spirit. In the end, these leaders will emerge from burnout more confident in Christ, more connected with others, and with greater purpose, courage, and grace in their leadership. This book integrates biblical interpretation, theology, psychology, and contemplative spirituality into a holistic approach to recovery. It is filled with relatable stories of church leaders who have walked this path and includes discussion questions for personal contemplation or group discussion. *The Weary Leader's Guide to Burnout* will help pastors and Christian leaders develop an integrated approach to life, work, and ministry through healing and spiritual transformation.

Colliding with the Call

The human soul has a built-in yearning for joy and beauty and all good things. But that craving for life has taken a real beating in the last few years. Join New York Times bestselling author John Eldredge as he gives you the tools you need to follow Jesus' path of supernatural resilience so you can reclaim your joy, strengthen your heart, and thrive through the storm. Between false promises of ease and comfort on one side and the sheer trauma of global disease and disasters on the other, people today are facing a shortage of peace, happiness, and strength. In *Resilient*, Eldredge reveals a path toward genuine recovery and resilience through Jesus himself. Drawing on wisdom from Scripture and

Christian tradition, and illustrated throughout with powerful, true stories of grit and survival, Resilient will help you: Recover from the trauma of the COVID-19 pandemic Tap into the river of life that God promises his people Learn to be patient with yourself--genuine recovery from spiritual and emotional trauma takes time and intentionality Create a plan to foster resilience in your day-to-day life Discover deep wells of freedom and strength through Christ who lives within us Thriving requires a resilient soul. This book will help you find the resilience you long for when the world has gone mad--and discover in Jesus himself the strength that prevails.

The Self-Care Devotional

Hiding behind the Muslim woman's veil is a heart longing for honor but often covered in shame. Meeting her will transform us all. Muslim women are coming out of hiding and telling their stories. With courageous voices, they disclose tales of shame and a fierce desire to be valued. We hold our breath as they whisper accounts of Jesus dressed in light, coming to them in dreams, offering honor in the place of shame, freedom instead of oppression. Their tales narrate a secret reality for all of us. We all long to be known, to be valued, to be rescued. We all are in desperate need of a Savior. In Covered Glory, you will meet Muslim women living in a culture with an honor-shame worldview that perpetuates their shame. As you discover how these women find freedom when they uncover their true identity, you will find that shame affects each one of us. Learn that while... shame tells us we are unworthy, truth tells us we were made to be loved shame tells us we are nobody, Jesus tells us, "You are somebody to me" shame tells us we are broken, God's Word tells us healing comes from him It is only when we begin to understand the honor-shame gospel that we are set free. And so is our Muslim neighbor when we learn to tell her of the love of Jesus in a language she understands: the language of honor and shame.

The Complete Works of C. H. Spurgeon, Volume 43

Jesus said the soul is worth more than the world. The soul is the key to our lives, binding our heart, our mind, and our spirit together. Shouldn't you get pretty clear on exactly what the soul is? And how to care for it? Taken from John Ortberg's book Soul Keeping, this booklet reveals what the soul's greatest need is, now and for eternity. Have you ever thought about why your soul is hurting and if that could be standing in the way of your spiritual growth? Ortberg writes that once your soul has been properly cared for, you will find your way back to God from hopelessness, depression, relationship struggles, and lack of fulfillment. Jesus said we could find rest for our souls. Ortberg points us in that direction.

The Leisure Hour

Mental illness is not necessarily something spiritual that can be prayed away, but often is something pathological that may benefit from medical and psychological intervention. The author, who has himself experienced clinical depression, explains how we can care for and help those who are mentally unwell — with compassion and gentleness. This book also contains many biblical examples and real-life testimonies that would be a helpful resource to patients and caregivers, friends and family in understanding mental illness.

50 Masterpieces you have to read before you die

"... defines the true 'abundant life' for everyday people and shows us through eight practical ways how we can experience the life Jesus lived."--back cover.

The Weary Leader's Guide to Burnout

Resilient