
Spiritual Wellness Sermon Outlines And Bible Studies

Exploring the Seven Stages of Spiritual Growth

Transformational Discipleship

How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World

Peace Treat Me

A One Sermon Series (Relevant Sermon Outlines)

A Guided Journal: My Journey to Mental Wellness

Building Bridges to Justice

Ten Questions to Diagnose Your Spiritual Health

You've Already Got It!

The Power of Now

The Ruthless Elimination of Hurry

Crafting Sermons about Justice and Hope

The Lemonade Reader

The Quest for Character, Civility, and Community

The Heart of Christ for Sinners and Sufferers

The Final Wakeup Call

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The Defamer of God : how Organized Religion and Political Correctness is the Wall to Personal Free Will, Emotional Wellness, and Faith

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Preaching Prophetic Care

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Its Causes and Cures

Embracing Who You Are, Becoming All God Created You to Be Recreatable

Recognize and Resist the Three Enemies That Sabotage Your Peace

A One One Year Sermon Series (For All Occasions) Volume Two

Exodus Preaching

Live No Lies

Spiritual Depression

The Relaxation Response

An Approach to Wellness

For the Strength of Youth

A Guide to Spiritual Enlightenment

Ethical Leadership

How God Heals the Brokenness of Life

Wellness for the Glory of God

All Shall Be Well

*Spiritual
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AUGUST CASSANDRA

Exploring the Seven Stages of Spiritual Growth

WaterBrook
Preachers often think of prophetic preaching in the 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. Transformational Discipleship Zondervan Christians know that God loves them, but can easily feel that he is perpetually disappointed and frustrated, maybe even close to giving up on them. As a result, they focus a lot—and rightly so—on what Jesus has done to appease God's wrath for sin. But how does Jesus Christ actually feel about his people amid all their sins and failures? This book draws us to Matthew 11, where Jesus describes himself as "gentle and lowly in heart," longing for his people to find rest in him. The gospel flows from God's deepest heart for his people, a heart of tender love for the sinful and suffering. These chapters take readers into

the depths of Christ's very heart for sinners, diving deep into Bible passages that speak of who Christ is and encouraging readers with the affections of Christ for his people. His longing heart for sinners comforts and sustains readers in their up-and-down lives.

How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World Abingdon Press

Sound the Alarm exposes the tactics of the Antichrist, and the strategies used by the false prophets to deceive mankind. The inspiration and the revelation were given to Elder Tramaine Jarrells while preaching on the battle field, for the Lord. Elder Jarrells unveils the true meaning of sound doctrine, and the lies being preach in todays churches all over the country. She informs the nations that the last roundup before Christs imminent return is near and the wakeup call has already begun. Gods word and the power of the Holy Spirit teaches, and alarms all attentive vessels about the spirit of deception and perversion that are prominent in the world. Grasp the word of the

Lord that He may guide you in the right direction, and shield you from Satans evil devices. In addition, wrap yourselves in the love and power of God, for perilous times are not on the way, but are already here.

Author House
Find Security, Freedom, and Acceptance by Resting in the Fathers Love People are always looking for identity and acceptance. Sadly, the search often leads to wrong places, wrong people, and wrong messages about who they are. These restless journeys ultimately lead us to feeling frustrated, unloved, and unseen. The truth is you are already loved and accepted by your Heavenly Father! Transition from living in Spiritual Slavery to Sonship, as you: experience Father Gods love like never before it stops being theology and becomes transformational encounter. learn how to walk in peace, security, and rest no matter what circumstances are against you. break free from always feeling guilty, shameful, and condemned. enjoy your spiritual inheritance as you walk in your true identity. Drawing from Jack Frosts adventures as

a seafaring boat captain and his everyday experiences with church and family, you will quickly find yourself in this story. Get ready to learn practical truths on how to root out lies about your identity and start living as a beloved child of God!

Peace Treat Me

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

A One Sermon Series (Relevant Sermon Outlines) Kregel Publications

- 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.

A Guided Journal: My Journey to Mental Wellness

The Church of Jesus Christ of Latter-day Saints

Have you ever found yourself in the depths of darkness, despair, depression, or anxiety, wishing for a way out? Have you tried to handle these situations on your own, only to find yourself right back in the midst of those struggles? Have you ever thought, "If I just knew what to do, I could overcome this?" Look no further. Following her debut memoir *Out of the Darkness*, Stephanie

Mossi presents a self-help guided journal to help others find their way out of the darkness of their mental health struggles. Take a thirty-one-day journey with Stephanie as she guides you through steps that she took to build coping mechanisms and learn to overcome mental health struggles.

Building Bridges to Justice
Fortress Press

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!

[Ten Questions to Diagnose Your Spiritual Health](#)
Baker Books

All through history, the toll of war has haunted the 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 pharmacia for the mind and strength for 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.

You've Already Got It!

Christian Faith Publishing, Inc.

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

The Power of Now Destiny Image Publishers

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 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.

The Ruthless Elimination of Hurry

Harper Collins

This book is a practical guide for preachers, both ordained and layleaders alike. *Sermons That Illuminate* explores the various genres of Scripture and examines methods and models of preaching from "the greats." It also looks inward to consider the importance of wellness and self-care, with some suggestions for moving toward healthy preaching. Whether you're a veteran preacher or preaching your first sermon, you'll be invigorated as you explore the art of preaching.

Crafting Sermons about Justice and Hope Church Publishing, Inc.

"A masterpiece of contemporary Bible translation and commentary."—Los Angeles Times Book Review, Best Books of 1999 Acclaimed for its

masterful new translation and insightful commentary, *The David Story* is a fresh, vivid rendition of one of the great works in Western literature. Robert Alter's brilliant translation gives us David, the beautiful, musical hero who slays Goliath and, through his struggles with Saul, advances to the kingship of Israel. But this David is also fully human: an ambitious, calculating man who navigates his life's course with a flawed moral vision. The consequences for him, his family, and his nation are tragic and bloody. Historical personage and full-blooded imagining, David is the creation of a literary artist comparable to the Shakespeare of the history plays.

The Lemonade Reader
Augsburg Fortress
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.

The Quest for Character, Civility, and Community Lulu.com

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 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.

The Heart of Christ for Sinners and Sufferers New World Library
How do I know that I'm good with God?
Bestselling author Don Whitney (*Spiritual Disciplines for the Christian Life*) gets right to the point with these ten penetrating diagnostic questions. Are you governed increasingly by God's Word? Are you more loving? Are you a quicker forgiver? These and other questions bring the lofty idea of "sanctification" into a helpful and convicting spotlight. With a new

discussion guide optimized for small groups and Christian education, this concise and compelling book will transform your spiritual life and the life of your church.

The Final Wakeup Call

B&H Publishing Group
Spiritual DepressionIts Causes and CuresZondervan

Sacred Rhythms

Tyndale House Publishers, Inc.

This relevant, timely, and substantive book addresses the CREDO approach to wellness. Chapters explore the theology of wellness and identity, core values, creativity and passion, renewal, emotional health, spiritual practices, balance, transformation, and fitness. It features a foreword by the Most Rev. Katharine Jefferts Schori, Presiding Bishop of the Episcopal Church. Models, perspectives, theories, and stories are provided by contributors who are

involved with CREDO as faculty, researchers, or participants.

The Defamer of God : how Organized Religion and Political Correctness is the Wall to Personal Free Will, Emotional Wellness, and Faith Spiritual

DepressionIts Causes and Cures

Whether you are a businessperson, a departmental manager, an employee, a homemaker, a student, or a head of state, author Myles Munroe explains how you can make your dreams and hopes a living reality. Through *The Principles and Power of Vision*, you will... Discover your purpose in life. Understand why vision is essential to your success. Grasp the necessary keys for fulfilling your life's dream. Develop a specific plan for achieving your vision. Overcome obstacles to your vision. Your success is not dependent on the state of the economy, what careers are currently in

demand, or what the job market is like. You do not need to be hindered by what people think you are capable of or a lack of resources. This book provides you with time-tested principles that will enable you to fulfill your vision no matter who you are or where you come from. You were not meant for a mundane or mediocre life. You do not exist just to earn a paycheck. Revive your passion for living. Pursue your dream. Discover your vision—and find your true life.

Books in Print InterVarsity Press

Picking up on the monastic tradition of creating a "rule of life" that allows for regular space for the practice of spiritual disciplines, Ruth Haley Barton takes you more deeply into understanding seven key spiritual disciplines along with practical ideas for weaving them into everyday life.