

**Women's Ministry Women's Winter Wellness – SOUL SURVIVOR'S EDITION**  
**References for "Spirit"**

Phone Apps:   --You Version Bible – Gives you the tools to seek God's heart daily.  
                    --Through the Word – Understand the Bible in just 10 minutes a day.  
                    --First 5 – Short teaching in God's Word. Will equip you to better study and know the Word of God.

Devotionals:   --Jesus Calling by Sarah Young – Grow in a deep personal faith while reading a message that everyone needs to hear and embrace deep within the soul.  
                    --The Light of His Presence by Anne Graham Lotz – Offers 40 tender, honest prayers for real-life situations as an invitation to deepen your own prayer life.  
                    --A Fresh Infusion of Joy by Sheila Walsh – Daily joy comes from spending time in Jesus' presence and this book is the perfect way to start your day with a joyful heart.

Hope Lutheran Church:  
                    --Livestream worship any time of the day or night at <https://www.fargohope.org/watch>  
                    --HLCW Women's Circles - Circles meet monthly for Bible study and have mission projects to benefit our community.  
                    --Small Group Studies – based around the sermon series or studies offered for just women at <https://www.fargohope.org/women/>

Books:           --Only Love Today: Reminders to Breathe More, Stress Less and Choose Love by Rachel Macy Stafford - simple words of daily inspiration to help you find new and more connected ways to live undistracted, heart-led, and hands-free every day.  
                    --True Spirituality by Chip Ingram – God's idea of true faith is about relationship. This book gives a clear picture of what Christians should look like at the root level.  
                    --Experiencing God by Henry & Richard Blackaby – Leads you into an experience with God. Carefully listening to His voice will anchor you in His plan, and set you free to live it with boldness and freedom.

Podcasts:       --4:13 Podcast with Jennifer Rothschild – Jennifer offers practical encouragement and biblical insight to help you live the "I Can" life of Philippians 4:13 ("I can do all things through Christ who strengthens me").  
                    --Cultivate Connection by Amy Chapoton – A Bible-based meditation podcast teaching you the skills to live from peace and grow your relationship with God.  
                    --Daily Hope by Pastor Rick Warren – Rick Warren is an innovative pastor, renowned author, and global influencer.

Miscellaneous: --Spiritual Direction – A spiritual companion to help connect you to the divine in your life.  
                    --KFNW Radio Station – FM is Christian music and AM is Christian talk radio  
                    --Hope Church's library

Quick ideas:   --Set a timer for the same time each day as a reminder to pray, or work on a verse to memorize.  
                    --Personalize the Scripture you're reading (i.e. For He chose **me** in Him, before the foundation of the world, to be holy and blameless in His sight. Eph 1:4).  
                    --Keep a prayer journal to record your prayers and how God answers them as a visual way to see God's faithfulness.