

2017
WINTER
RETREAT

LET'S live JOYfully!

holy
SPIRIT

BECAUSE OF GOD'S GRACE

YOU ARE WELCOME

Mentally

JOY = pure contentment!

Here.

- therapy • negative self talk
- talk about feelings • GIVE THANKS!
- remind yourself of good things
- don't dwell on negatives
- * work on body image
- understanding joy
- OPENNESS (you're not the only one)
- * understand how women are diff. than men, but also understand men
- * encourage other women
- choose something (a verse/quote, etc.) that reminds you Jesus gave us joy.
- destination
- phone break • don't compare yourself
- serve others / receive help

Physically

- don't watch Netflix in bed all day
- go outside - see God's beauty!! Rom 1:20
- get the right amount of sleep
- stray from sexual sin - huge burden
- exercise / eat well
- eat enough!
- fat talk / shaming

- * work on body image
- do not go on living in sin (1 Thess)
- DANCE
- embrace individuality
- give thanks for each body part
- live in the MOMENT

Spiritually

- read bible abide + dwell (set it and protect it)
- pray
- meditate
- listen to Christian music more
- memorize scripture
- prayer or scripture board
- prayer / faith journal
- deeper study of the bible
- community (all 3)

- understand joy - word study
- read Job
- * woman's role in the bible
- * encourage other Christian women Rom 1:11-12
- don't encourage others to sin Rom 2:32
- finding identity in CHRIST!
- dwell on truths
- ask for prayer

joy

Other

- dealing w/ pain : it is well w/ my soul Phil. 4:11

FIND beauty IN ALL CIRCUMSTANCES

JOYS A FRUIT OF THE

spirit