

## Websites, Blogs & Social Media

**Daily 3 minute retreats:** 3-Minute Retreats invite you to take a short prayer break right at your computer or phone app. Spend some quiet time reflecting on a Scripture passage. <http://www.loyolapress.com/3-minute-retreats-daily-online-prayer.htm>

**Enter the Bible:** concrete, meaningful information about the Bible to help you study and learn. <http://www.enterthebible.org/>

**St. Paul Area Synod:** learn what's going on in our synod and join in some exciting events. <http://www.spas-elca.org/>

**Working Preacher:** read reflections on the texts coming up in the Narrative Lectionary, the series of readings we do in church. <http://www.workingpreacher.org/narrative-lectionary.aspx>

**Send Explore Faith's free e-cards:** select your preferred design, write a personalized message, preview your card and off it goes! <http://www.explorefaith.org/sendcard/encouragementcomfortandhealing.php>

### Explore Prayer iPhone App

The explore prayer interactive iPhone app features more than 600 prayers to help you think deeply and intentionally about what you want to communicate to God. Choose your prayer intention, and let explore prayer be your guide. <http://www.explorefaith.org/resources/app/index.php>

**Write your Spiritual autobiography:** A spiritual autobiography is a spiritual discipline that guides you through a review of your life's journey. It can help you reflect on how you have been shaped and molded, what you value, and how and when you have experienced God in your life. <http://augustana.com/wp-content/uploads/2014/12/Spiritual-autobiography.pdf>



## Faith Life

So faith comes from hearing the message, and the message that is heard is the word of Christ. — ROMANS 10:17

### Activities & Ideas

**January 11, 18, and 25 Adult Forums - "Pester a Pastor":** An opportunity to have a candid conversation with the pastors concerning their thoughts on faith, life, and ministry

#### January 13, 21, and 27 - In the Shadow of Doubt

6:30 -8:00 pm Jerusalem Room

Facilitator: Intern Aaron Holmgren

In this three part series Aaron will lead a discussion that dives into the depths and dynamics of doubt. This exploration will expose the power of doubt, identify tools for dealing with doubt, and discover the possibility of finding deeper faith on the other side of doubt

#### January 25 9:30 - 11:00 am Prayer Board/Prayer Bead-Making Activity

**January 26—Coffee & Conversation: Tree Spirited Woman**  
Book by Colleen Baldrica, Stacy will present this unique mystical book. Written as a narrative, Tree Spirited Woman takes you through one woman's establishment of a new and guiding friendship with a wise and mystical woman. With Tree Spirited Woman as her guide, the author learns to "let go and trust" in God, love, personal relationships and, ultimately, death.

**Purchase or stream a collection of sacred music,** whether it's a college choir singing Gretchaninoff, a church choir doing favorite hymns, or a Bach Mass, use this music to help center yourself during times of stress or after a long day at work. For an extra activity read the lyrics while listening to the piece and determine where the text is from. Perhaps some of your favorite songs are actually Bible passages!

# A Life in Balance

*Knowing WHO you are  
Remembering WHOSE you are*

## Recommended Readings

***Jesus Calling, Enjoying Peace in His Presence*** by Sarah Young (adult and child version)-Jesus Calling is a daily devotional filled with uniquely inspired messages, the author wrote the devotional from Jesus' point of view, thus the title Jesus Calling.

***21 Days of Faith Challenge (A Life of Faith)*** by Shelley Hitz  
***Fresh Air – The Holy Spirit for an Inspired Life*** by Jack Levison's - The Holy Spirit is not just about Spiritual Gifts or speaking in tongues – it is about our deepest breath and our highest human aspirations. This Bible based and innovative book gives a refreshing look at the Holy Spirit.

***Expecting Adam: A True Story of Birth, Rebirth, and Everyday Magic*** by Martha Beck

***Glimpses of Grace: Daily Thoughts and Reflections*** by Madeleine L'Engle - Editor Carole P Chase weaves together selections from Madeleine L'Engle's collection of writings. Selections range from poetry, autobiography, religious commentary, and her works in fiction. Woven together they create a beautiful tapestry of insight, questions, and observations a perfect way to start or end the day.

***My Utmost for His Highest*** by Oswald Chambers. A daily devotional deeply rooted in scripture and strong theology. If you don't want to buy the book you can receive your daily devotional through <http://utmost.org/>.

***The Space Trilogy*** by C.S. Lewis- Often overshadowed by ***The Chronicles of Narnia***, this three book series is full of space travel, aliens, and some Arthurian Legion for good measure. If reading straight theology is not your style, C.S. Lewis uses these pros to craftily illustrate some of his most famous theological points through fiction.

## Recommended Readings (continued)

***Mere Christianity*** by C. S. Lewis

***Crazy Talk*** by Rolf Jacobson (ed)

***The Ragamuffin Gospel*** by Brennan Manning

***The Close*** by Chloe Breyer

***SOLO: An Uncommon Devotional*** by Eugene Peterson

***Waiting For Gospel*** by Douglas John Hall

## Poetry

***Crossings: Meditations for Worship***, sacred poetry by Susan Palo Cherwien

## Bible Verses

"Be still and know that I am God" — PSALM 46:10  
(a great verse to use as a mantra for calmness and peace)

"All things are possible to the one who believes" — MARK 9:23

"...the righteous live by their faith." — HABAKKUK 2:4B

"Now faith is the assurance of things hoped for, the conviction of things not seen." — HEBREWS 11:1

## Quotes

"Faith is to believe what you do not see; the reward of this faith is to see what you Believe." — Saint Augustine

"Faith is the bird that feels the light and sings while the dawn is still dark."— Rabindranath Tagore

"Give me a pure heart-that I may see Thee,  
A humble heart-that I may hear Thee,  
A heart of love-that I may serve thee,  
a heart of faith-that I may abide in Thee."

— Dag Hammarskjold