

SCRIPTURES

TAKE IN WHAT NOURISHES—BODY, MIND, & SPIRIT

not so small talk

dear friend, i hope all is well with you and that you are as healthy in body as you are strong in spirit.



don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. then you will learn to know God's will for you, which is good and pleasing and perfect.



a peaceful heart leads to a healthy body...



so whether you eat or drink or whatever you
do, do it all for the glory of God.



the LORD will guide you continually, giving you water when you are dry and restoring your strength. you will be like a well-watered garden, like an ever-flowing spring.



come to me, all you who are weary and
burdened, and i will give you rest.



you should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.



but blessed is the one who trusts in the LORD,
whose confidence is in him. they will be like a
tree planted by the water that sends out its
roots by the stream. it does not fear when
heat comes; its leaves are always green. it has
no worries in a year of drought and never fails
to bear fruit.



may God himself, the God of peace, sanctify you through and through. may your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.



so there is a special rest still waiting for the
people of God.



JOURNAL EXERCISE

IDENTIFYING YOUR NEEDS

self-care

beyond your basic needs, you have personal needs that must be met for you to be your best self. when those needs are neglected, you might feel frustrated, tired, overwhelmed, or some other form of uneasiness. questioning is a powerful tool you can use to gain more clarity about your current state and identify and vocalize what you require.

1. think about how you're feeling

- ask yourself what you need and explain your reasoning as if you were talking to a friend

2. think of one thing you could do today that would help you meet one of those needs positively

- what would i like to experience more of? how can i create space for that? what's my love language? am i showing myself love through that language?

as you continue to evolve and expand into unfamiliar spaces, cling to God and lean into his community. whether your battle is internal or visible, know that you are not alone in this transformation process. we are evolving together. thank you for being a part of this community.

brittney

LET'S STAY CONNECTED

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