



A black and white photograph of a woman with voluminous, curly blonde hair. She is looking off-camera to her left with a slight smile. She is wearing a light-colored, possibly white, top with a subtle pattern. In the background, there are vertical acoustic panels and a professional microphone on a stand. The overall setting appears to be a recording studio.

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He refreshes
my *Soul.* PSALM 23:3

A SIX WEEK
VIRTUAL PRAYER AND
MEDITATION GATHERING



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Opening Prayer

Alison Jenkins,
Spiritual Growth Coordinator
United Women in Faith Lake South District



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Introductions

Name and Church



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Soul Care

How is it with your Soul?
Share spiritual disciplines to care for your soul.

This circular diagram illustrates 100 emotions, organized into five main categories, each represented by a different color. The emotions are arranged in concentric rings, with the main category in the center and specific emotions in the outer rings.

- Happy (Yellow):**
 - Content, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Isolated, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Judgmental, Dismissive, Sceptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused, Shocked, Dismayed, Perplexed, Astonished, Awe, Eager, Energetic, Aroused, Cheeky, Free, Joyful, Curious, Inquisitive, Successful, Confident, Respected, Valued, Courageous, Creative.
- Sad (Blue):**
 - Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointing, Disapproving, Dismissive, Sceptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused, Shocked, Dismayed, Perplexed, Astonished, Awe, Eager, Energetic, Aroused, Cheeky, Free, Joyful, Curious, Inquisitive, Successful, Confident, Respected, Valued, Courageous, Creative, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Isolated, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Judgmental, Dismissive, Sceptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused, Shocked, Dismayed, Perplexed, Astonished, Awe, Eager, Energetic, Aroused, Cheeky, Free, Joyful, Curious, Inquisitive, Successful, Confident, Respected, Valued, Courageous, Creative.
- Angry (Red):**
 - Let down, Humiliated, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Dismissive, Sceptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused, Shocked, Dismayed, Perplexed, Astonished, Awe, Eager, Energetic, Aroused, Cheeky, Free, Joyful, Curious, Inquisitive, Successful, Confident, Respected, Valued, Courageous, Creative, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Isolated, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Judgmental, Dismissive, Sceptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused, Shocked, Dismayed, Perplexed, Astonished, Awe, Eager, Energetic, Aroused, Cheeky, Free, Joyful, Curious, Inquisitive, Successful, Confident, Respected, Valued, Courageous, Creative.
- Fearful (Orange):**
 - Scared, Anxious, Insecure, Weak, Rejected, Threatened, Let down, Humiliated, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Dismissive, Sceptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused, Shocked, Dismayed, Perplexed, Astonished, Awe, Eager, Energetic, Aroused, Cheeky, Free, Joyful, Curious, Inquisitive, Successful, Confident, Respected, Valued, Courageous, Creative, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Isolated, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Judgmental, Dismissive, Sceptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused, Shocked, Dismayed, Perplexed, Astonished, Awe, Eager, Energetic, Aroused, Cheeky, Free, Joyful, Curious, Inquisitive, Successful, Confident, Respected, Valued, Courageous, Creative.
- Surprised (Purple):**
 - Tired, Stressed, Busy, Bored, Scared, Anxious, Insecure, Weak, Rejected, Threatened, Let down, Humiliated, Bitter, Mad, Aggressive, Frustrated, Distant, Critical, Disapproving, Dismissive, Sceptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused, Shocked, Dismayed, Perplexed, Astonished, Awe, Eager, Energetic, Aroused, Cheeky, Free, Joyful, Curious, Inquisitive, Successful, Confident, Respected, Valued, Courageous, Creative, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Isolated, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Judgmental, Dismissive, Sceptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused, Shocked, Dismayed, Perplexed, Astonished, Awe, Eager, Energetic, Aroused, Cheeky, Free, Joyful, Curious, Inquisitive, Successful, Confident, Respected, Valued, Courageous, Creative.



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Soul Care Restoring

Part IV Review

Share what resonated from this
past week's reading.

Soul Care Restoring Reflection



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- **Dwelling:** The psalmist says: "You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand" (Psalm 16:11). Take time to be still and dwell in the Lord's presence. How does it feel to dwell in the Lord?
- **Meditating and Contemplating:** Try practicing the spiritual disciplines of meditation and contemplation outside of our sacred soul care time together. How do these spiritual disciplines provide a spirit of freedom and liberation in your soul?
- **Resting:** When and how often do you take a Sabbath rest? What are the benefits of these times? Do you believe you can accomplish more if you do not take time to rest? Why or why not?

Soul Care Restoring Reflection



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- **Silencing:** Practicing the discipline of silence requires a tremendous amount of commitment to being content in relationship with the Almighty. Being with him in silence is a precious gift. What are some ways you can live a more consecrated life that includes the practice of silence?
- **Commemorating:** As the act of attending church is changing, the idea of koinonia (fellowship) is rapidly changing and becoming more diverse. What do you think community worshipping encounters will look like in the next fifty years?
- **Resurrecting:** Life can be messy, discouraging, humdrum... Nonetheless, the challenge remains to keep getting up, to keep rising, to keep resurrecting. What do you need to resurrect from, and what are your next steps?



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A Message on | Part V

Soul Care and Self-Caring

Diana Davis
Program Advisory Group

United Women in Faith, NIC
North Central Jurisdiction



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Soul Care and Self-Caring

- **Exercising:** When it comes to being physically fit, what is God nudging you to do or keep doing?
- **Journeying:** Why is it important to journey alone with God as well as to journey with other people? Reflect on your spiritual journey. Have you noticed a sacred rhythm with God, others and self?
- **Transforming:** In Romans 12, the apostle Paul pleads with believers to live a transformative life. List three ways you can commit to seeking God to be a change agent in your life.

Part V Reflection Questions

Soul Care and Self-Caring



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- **Chastening:** Maybe you have heard the saying, "If you know better, you can do better." God has put us in relationship with others in the faith community who have spiritual values but often fall short of fully engaging and living by them. How can you be an encouragement to someone who struggles with living a life of holiness?
- **Welcoming and Centering Prayer:** Many things vie for our attention. What are some ways you can guard your mind and so that the cares of the world and tomorrow's concerns do not overtake your thought space?



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Scriptures

- Psalm 91:1-2
- Psalm 1:1-2
- Exodus 20:11
- Psalm 46:10

Lectio Divina



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Lectio Divina

(DIVINE READING)

practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase the knowledge of God's word.

Read. Reflect. Respond. Rest.



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Psalm 91:1-2

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.[a]
I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."



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Psalm 1:1-2

Blessed is the one
who does not walk in step with the wicked
or stand in the way that sinners take
or sit in the company of mockers,
but whose delight is in the law of the Lord,
and who meditates on his law day and night.



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Exodus 20:11

For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.



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Psalm 46:10

He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."





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Virtual Prayer Table

Who or what you like to pray for?

GLORY HOUR

VICTORY





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Upcoming:

Personal time for self study & reflection
on Part Five and Six

- **Soul Care and Self Caring**
- **Soul Care and Reflecting**

We will not meet on Tuesday, June 3



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Upcoming:

- Virtual Closing on Thurs June 5
- Please register online for prayer walk
- Purchase Soul Care T shirts**
- All are welcome join
- Other Announcements



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Closing Prayer

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Benediction

Alison Jenkins