



A NEW YEAR A New You

Seeking God's Best For Your Life

SESSION I	"A Well-Tended Soul" with Valerie Bell
SESSION II	"Prayer: Our First Response, Not a Last Resort" with Cheri Fuller
BREAK	20 Minutes
SESSION III	"What is a Woman?" with Ed Silvoso
SESSION IV	"Beautifully Balanced: Achieving Biblical Balance in Your Life" with Carole Lewis
BREAK	20 Minutes
SESSION V	" Secret Longings of the Heart " with Carol Kent
LIVE Q&A	Live Q&A Session



Church Communication Network

“A Well-Tended Soul”

Valerie Bell

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. . . . So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. (2Corinthians 4:16,18)

I. What do you need to be happy?

A. Fill in this sentence: If only _____ then _____.

B. Write out your lifetime goals.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

But would achieving these goals bring happiness? Reexamine the list.

C. Quality of life is always an _____ job.

D. We need to have goals that are big enough for our _____.

II. What is a soul goal?

A. It's a goal that positions us for the very best life has to offer:

- Real _____, instead of the restlessness of soul that drives many women to keep moving, redecorating, acquiring better things;
- Deep _____, that is evident in the midst of any life circumstance, good or bad;
- A growing _____ that leads to inner peace and a profound sense of well-being;

- A _____ to others that connects our souls to them at the most intimate level.

Only a well-cared for soul can deliver those goods!

B. Soul goals are daily disciplines that lead to a higher quality of life. They fix our eyes on what is _____ and _____.

C. Here are my soul goals!

1. I want to _____ God.
2. I want to _____ by _____ God now.
3. I want to have a part in _____ kingdom.
4. I want to measure my life by _____.
5. I want to remain open to the _____ of God for my life.
6. I want to grow in _____ in my relationships.
7. I want to _____ more.
8. The final goal: to become _____ with God.

We regard falling from God's friendship as the only thing dreadfull, and we consider becoming God's friend as the only thing worthy of honor and desire.

-Gregory of Nyssa

The great danger facing all of us. . . is not that we shall make an absolute failure of life, nor that we shall fall into outright viciousness, nor that we shall be terribly unhappy, nor that we shall feel that life has no meaning at all—not these things.

The danger is that we may fail to perceive life's greatest meaning, fall short of its highest good, miss its deepest and most abiding happiness, be unable to render the most needed service, be unconscious of life ablaze with the presence of God—and be content to have it so—that is the danger.

That is what one prays one's friends may be spared—satisfaction with life that falls short of the best.

-Philip Brooks

“Prayer: Our First Response, Not a Last Resort”

Cheri Fuller

I. The Gift of Prayer

- A. Prayer can be a _____, not a duty, our first _____, not a last resort
- B. If we realize what a _____ prayer is, we'll run to the next prayer gathering or look for ways to meet with God
- C. Prayer is all about _____; It's how God has provided a way for us to know Him, not just know about Him. Prayer brings _____ with God. It develops when we join Jesus in what He's doing all the time--Interceding!
- D. Prayer is your _____ to heaven. In fact, Corrie ten Boom urged us to call _____, God's Private Telephone Number often. He's always listening and promises to answer.

II. The Invitation of Prayer

- A. Casting Your Cares Instead of Pushing the Panic Button
- One of the reasons prayer is our first response is it's a great invitation to cast our _____ on the Lord.
- B. We live in an age of anxiety. But God tells us over 366 times in the Bible not to _____, _____, or be _____.
- I love how 1 Peter 5:7 says it: “Cast all your cares upon me, for I care for you
- C. Living burdened, anxious, and fearful take a great toll on us
- But as we pour out our burdens and worries to the Lord, He _____ us with His joy and energizes us to love others.

III. The Power of Prayer

- A. Prayer is an incredible source of _____.
- It's the key that unlocks the storehouse of God's grace into the lives of people.
- B. It's also our greatest resource for _____ to be changed and spiritual _____ to be opened
- C. One of the areas of life that vividly shows the power of prayer is the difference in the lives of _____ who _____.

D. It's the mightiest _____ in the universe!

- That's why Satan keeps us so busy because he knows the very powers of darkness are paralyzed by the prayers of believers.

IV. The Longevity of Prayer

A. The good news is: Your prayers will _____ your life

B. You'll see many answers to prayer in this life as you as you P-U-S-H

P _____

U _____

S _____

H _____

(But the impact continues long after your address is changed to heaven)

C. That's why it's so important to not quit too soon, to join with others who will hold up your arms in prayer when you're weary.

V. Praying in the Midst of a Busy Life

A. Focus on the mountain- _____ instead of your "mountain" of problems or the situation.

B. Let the daily stuff of life be a _____ to prayer.

C. BLESS as you pray:

B _____

L _____

E _____

S _____

S _____

D. Pray _____.

E. Draw near and _____ with God through your own spiritual pathway

VI. Conclusion

“What is a Woman?”

Ed Silvano

I. FROM GOD'S PERSPECTIVE (A delight)

A. God's rating of each creation day

B. God's rating of the sixth day

1. Good (Gen. 1:25)----*not good* (Gen. 2:18)-----**very good** (Gen. 1:31)!

C. Sequence of events on the sixth day

1. You need help! (2:18)
2. Go, name the animals (2:19-20)
3. Go to sleep (2:21)
4. Surprise!
 - Miss Universe 4004 B.C. (2:22)
 - Almost speechless (2:23)
 - !!!!!!!!!!!!!

D. God had someone with whom to share the joy of having created Eve!

1. Woman's Unique Design
2. Hostess of life
 - Dispensers of nurture
 - Character shapers

E. Woman's Hall of Fame (They held the faith in extraordinary circumstances.)

1. Moses' mother and sister
2. Rahab
3. Anna
4. Rebecca
5. Esther
6. Sarah
7. Priscilla
8. Lydia
9. Dorcas
10. Lois and Eunice
11. Mary, the mother of Jesus

F. Special traits

1. Spiritual perception
 - Martha. Samaritan woman.
2. Personal ministers to Jesus
 - Mary Magdalene
3. Generosity
 - Jesus' Finance Task Force
4. Courage
 - Tomb visitors. Mark's mother. Lydia.
5. Faith
 - Resurrection morning. Lois and Eunice.

DECLARATION: *"I am wonderfully made!"*

II. FROM MAN'S PERSPECTIVE (A mystery)

- A. Twice refined
Man, shaped out of dust
 1. Woman, fashioned out of flesh
- B. A great mystery
Adam, typical male
 - Exterior vs. interior of a woman
 1. Women are like a fascinating never ending book.
Examples:
 - Shopping
 - Savings
 - Concept of time
 - Clothing
- C. How should men live with women?
 1. In an understanding way (I Peter 3:7)
 2. In a responsible way (Deut. 34:5; Eph. 5:33; Matt. 19:5)
 3. In an appreciative way (Gen. 2:18)
 - Men without women are absolutely incomplete.

4. In an affirming way
 - No softness
 - No tenderness
 - No nurture
 - No refined beauty
 - World = Army Base
 - Drum vs. violin

DECLARATION: *“Without me this world is incomplete.”*

III. FROM SATAN'S PERSPECTIVE (A threat)

A. Gen. 3:15

1. Satan is cursed
2. His mobility is impeded
3. His diet is ruined
4. But the worst is yet to come!
 - Perpetual Enmity

B. Rematch (Need for gender reconciliation)

DECLARATION: *“And the God of peace will soon crush Satan under my (our) feet!”*

IV. GENDER RECONCILIATION

A. Jesus came to seek and save that which was lost.

1. First human loss was intimacy/companionship between husband and wife.

B. Two different commands but the same result: restoration (Eph. 5:25-27 and I Peter 3:1-6)

1. Unconditional love
2. Unlimited honor

DECLARATION: *“My spouse is God’s personal gift to me. I will honor him (love her) forever.”*

“Beautifully Balanced: Achieving Biblical Balance in Your Life”

Carole Lewis

I. Introduction

Luke 2:52 says that Jesus grew in all four areas, wisdom (mental) stature (physical) in favor with God (spiritual) and in favor with Man (emotional)

Mark 12:29-30 Jesus is speaking and tell us to love the Lord our God in all four of these areas; heart (emotional) soul (spiritual) mind (mental) strength (physical)

II. The Four Areas of Balance Jesus Talked About in Mark 12.

A. E _____ - 2 main areas to target

1. Rest-
2. Relationships-

B. S _____ – 4 main areas to target

1. Prayer-
2. Scripture reading-
3. Scripture Memory-
4. Bible study-

C. M _____ – 2 main areas to target

1. Read-
2. Listen-

D. P_____ – 3 main areas to target

1. Good nutrition:

- Americans spend over \$_____ a year on fraudulent diet products
- America leads the developed world in the five major health problems: Cancer, Hypertension (high blood pressure), diabetes, heart disease, lower back pain.

Balance means eating a _____ with all the food groups included.

The First Place food plan is comprised of:

55% complex carbohydrates

20% protein

25% fat

2. Exercise

- Make an appointment
- Keep the appointment

3. Sleep – we need a minimum of 7 hours of sleep each night. Most of us need 8.

For more information about the **First Place** Program
and **First Place** resources, visit this website:

www.firstplace.org

“Secret Longings of the Heart”

Carol Kent

I. The Five Deepest Longings of Women

A. S _____

-Who am I and what have I been created to do?

B. S _____

-When a crisis hits my life, how can I choose a ruling passion that will honor the God who created me?

C. I _____

-At the deepest level, what am I longing for?

D. S _____

-What gives me a feeling of achievement?

E. S _____

-How can I live out my reason for being?

II. The Chain Reaction

A. E _____

-They can be innate or learned

B. D _____

-This is a hope-for relationship that falls short of what we anticipate.

C. L _____

-At the deepest level, we long for the satisfaction of God himself

D. E _____

-The three responses are:

1. _____

2. _____

3. _____

E. B _____

-We run our emotions through the grid of our belief system

F. R _____

-This is a decision

G. A _____

-The resulting action will be for good or evil

III. The Hope-Robbing Lies of the Enemy

A. I'm not _____ anything.

B. If I'm a _____ Christian, God will protect me from _____ and _____.

C. A true Christian doesn't have _____ problems.

D. A genuine Christian doesn't ever feel _____, _____, or _____.

IV. The Hope-Giving Formula

A. _____ on the "lie" long enough to recognize a trouble spot.

B. _____ for a biblical base for the thought. If none can be found, recognize it as coming from the Father of Lies

C. _____ your mind with the _____ _____.

D. _____ the lie with the Truth.

"Surely You desire truth in the inner parts; You teach me wisdom in the inmost place." Psalm 51:6

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Resources

ORDER THESE GREAT RESOURCES 10% OFF WITH ATTACHED ORDER FORM!!!

A Well-Tended Soul, by Valerie Bell

How to start building a life of incredible richness as you become more internally focused, forming your soul to God's own heart.

Faith-Shaped Kids, by Valerie and Steve Bell

This practical book helps parents learn to model faith and its practice on a daily basis, maximizing their faith-shaping relationship with their children.

Made to Be Loved: Enjoying Spiritual Intimacy with God and Your Spouse, by Valerie and Steve Bell

Develop a deeper love relationship with God, and in doing so, create a whole new atmosphere in your marriage.

The Fragrance of Kindness, by Cheri Fuller

Learn the secrets to unlocking the incredible power of encouragement with this beautiful gift book. Includes interactive pages for journaling and recording personal thoughts.

When Couples Pray, by Cheri Fuller

This collection of dynamic resources motivates and guides couples into meaningful prayer together.

When Mothers Pray, by Cheri Fuller

Combating discouragement and busyness, this book of hope and inspiration offers stories that will revitalize the prayer lives of women.

Becoming a Woman of Influence, by Carol Kent

Discover the power you have in Christ to influence and mentor others.

Detours, Tow Trucks, and Angels in Disguise: Finding Humor and Hope in Unexpected Places, by Carol Kent

Funny, poignant, and inspirational stories and situations that reveal God where we least expect Him to be.

Secret Longings of the Heart, by Carol Kent

Explore your longings for fulfillment and victory in ten key areas of your life, and draw closer to the One who knows you.

First Place, by Carole Lewis

This plan for winning the fitness battle will help you discipline yourself spiritually as well as physically, strengthening both body and soul.

Women: God's Secret Weapon, by Ed Silvano

Practical steps for women to be restored to their God-given positions of effective ministry.

First Place Group Starter Kit

Leader's Guide, Member's Guide, *First Place* Hardcover Book, *Choosing to Change* Paperback Book, *Giving Christ First Place* Bible Study with Scripture Memory CD, *Nine Commitments* Video, *Food Exchange Plan* Video, Orientation Video

First Place Member's Kit

Member's Guide, *Choosing to Change* Paperback Book, Four Motivational Audiocassettes, 13 Commitment Records, *First Place Prayer Journal*, *Scripture Memory Verses: Walking in the Word* Flip Book

Food Exchange Plan Video

A registered dietician explains the food exchange plan in a clear, easy-to-follow manner.

Giving Christ First Place Bible Study

Ten weekly studies to help you prepare for your weekly **First Place** group meetings, plus inspirational and motivational Scripture memory verses. Includes Scripture Memory CD.



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Women's Resources Order Sheet

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	Made To Be Loved	\$11.69	
	The Fragrance of Kindness	\$11.69	
	When Couples Pray	\$11.69	
	When Mothers Pray	\$11.69	
	Becoming a Woman of Influence	\$12.60	
	Detours, Tow Trucks & Angels in Disguise	\$10.80	
	Secret Longings of the Heart	\$12.60	
	First Place (Hardcover)	\$17.09	
	Women: God's Secret Weapon	\$8.99	
	First Place Group Starter Kit	\$134.99	
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