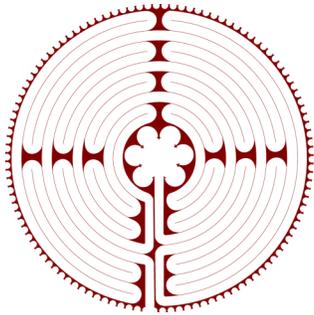




Balanced Diet

Spiritual



Our Journeys



Weathering the Storm



Workshop Module



This module was written by Disciples Women's Ministries and contains the following:

- Introduction and Overview of a Balanced Diet
- Handouts
- Session #1—Spiritual
- Session #2—Our Journeys
- Session #3—Weathering the Storm
- Session #4—Under Construction

Additional copies are available from:
Online at www.discipleswomen.org

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BALANCED DIET

Introduction and Overview

TIME IN MINS.	CONTENT	SUPPLIES
10-12	<p><i>Purpose: Give attendees a visual representation of where they are in the 3 areas of health: physical, emotional, spiritual.</i></p> <p>Tell them that is what we will be talking about for the next 90 minutes and ask them to go stand on the place on the floor scale (marked with file cards labeled 1, 5 and 10, ten being the highest) which best represents where they find themselves in this moment on the scale in relationship to their physical well-being (e.g., their physical health). Ask them to share with those around them why they are at this space. REPEAT this exercise using emotional health and spiritual health.</p>	File cards marked 1, 5 and 10
10	<p><i>Purpose: Provide a connector to theme and presentation.</i></p> <p>Tell a personal story about a time when life was out of balance in one or more areas and how you dealt (or not) with it. Then lead into the next segment by explaining that in our time together we will be looking at having a balanced diet of spiritual, emotional and physical health in our lives.</p>	

TIME IN	CONTENT	SUPPLIES
10	<p><i>Purpose: Introduce biblical characters and identify stresses which were part of their stories – make the scriptures personal.</i></p> <p>Read 2 parallel biblical stories which show women dealing with stressful situations (e.g., Elizabeth / Mary or Sarah / Elizabeth). Ask them to shout out what stressors each woman faced in her story and capture them on newsprint.</p>	<p>Copies of scripture stories.</p> <p>Flipchart page divided in half with each woman's name on one half</p>
10	<p><i>Purpose: Identify the importance of faith in our lives.</i></p> <p>Divide into small groups of 5-6. Ask the questions: What part did faith play in the lives of the women's stories we just heard? What part does faith play in your life?</p>	
10	<p><i>Purpose: Acknowledge the stresses which were left behind by attendees.</i></p> <p>Acknowledge that each person in the room brought some extra baggage to the retreat. This baggage is made up of all the "to-do's" and stresses which were left behind at home, and we all have some. Hand out slips of paper and ask each one to write all of those things which are currently on her mind. Explain that while even we might not be able to handle all of this, God can, and we are going to give all of our cares and worries over to God for safe keeping during our time together. While music plays ask them to come forward and place their papers into a basket or other</p>	<p>Basket</p> <p>Slips of colored paper</p> <p>Music (tape or piano?)</p>

TIME IN MINS.	CONTENT	SUPPLIES
15	<p><i>Purpose: Move group into a centered space and provide a tool for prayer and meditation.</i></p> <p>Talk about the history of Prayer beads and how having a physical object can serve as a reminder for us to nurture our spiritual health.</p> <p>Have someone pass out bead kits.</p> <p>Explain that in their kits they have 6 beads, each a different color, representing a prayer and affirmation of who we are and whose we are. We will be making our own prayer bead chain as we recite the “Metta” (loving Kindness) meditation together.</p> <ul style="list-style-type: none"> ▪ Begin by tying a knot in one end of the string. ▪ Place the RED bead on the string as we pray together, “In the love of God I am SAFE and PROTECTED FROM ALL DANGER and HARM.” ▪ Place the BLUE bead on while saying, “In the love of God I am HAPPY and PEACEFUL OF HEART and MIND.” ▪ Place the GREEN bead on while saying, “In the love of God I am STRONG and HEALTHY OF BODY.” ▪ Place the YELLOW bead on while saying, “In the love of God I am WHOLE and LIVING WITH EASE and WELL BEING.” 	<p>ZipLoc bags containing:</p> <p>Metta Meditation and</p> <p>instructions for creating prayer beads</p> <p>6 beads (one each red, blue, green, yellow, orange and purple), sturdy piece of yarn.</p>

TIME IN MINS.	CONTENT	SUPPLIES
	<ul style="list-style-type: none"> ▪ Place the ORANGE bead on while saying, “In the love of God I am GROWING IN LOVE, KNOWLEDGE and WISDOM.” ▪ Place the PURPLE bead on while saying, “In the love of God I am CONNECTED TO THE WORLD and MY NEIGHBOR.” ▪ Now say, all together, “ALL IN THE LOVING KINDNESS OF GOD.” <p>Instruct each person, using their prayer beads, to repeat the meditation on their own, taking time between each bead to reflect on and allow the wisdom and truth of the words to be made real in their spirit. They can do this aloud or silently or as a group.</p>	

PRAYER BEADS

Since the earliest of times, people have used pebbles or a string of knots or beads on a cord to keep track of prayers offered to God. Some form of prayer beads has been found in nearly all major religious traditions in the world. People of all faiths may find them a useful aid for focusing on prayer.

The use of prayer beads is universal and predates the Christian era. It is believed that the use of beads to count prayers originated in India as early as 500 BC. Later the use of prayer beads spread to China, Japan and the Middle East. Prayer beads are also called Mala (Hindu), Misbah (Muslim and Sufi) and Tazbi (Persia), Worry Beads (Turkey and Greece).

Although the arrangement, the number and materials of prayer beads are different for each religion, they share concepts that link the beads of major faiths. The use of prayer beads fosters contemplative prayer by bringing into use the whole of us – body, mind and spirit. The pressure of the fingers on each successive bead is an aid in keeping the mind from wandering, and the rhythm of the prayers leads one more readily into stillness.

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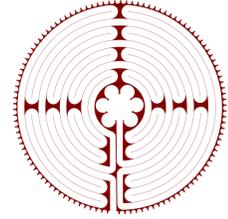
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Session #1 - Spiritual

Purpose: Identify ways to nourish your spirit through a balanced diet



Session #2 – Our Journeys

Purpose: Celebrate those who have lived their lives as Christian folks; have been all different places on the path; have lived long enough in the church to discover there are always new things to learn. This session identifies how everyone has a place with God, no matter what their experience or where they are on their personal spiritual journey. There is always room to grow and things to learn about ourselves and God.



Session #3 – Weathering the Storm

Purpose: To show people where the Love of God is when you're dealing with a life crisis. Do you turn away from God or towards God? Why? Can you become closer to God? Life crisis is a part of the path or steps on our journey. How can we grow spiritually through a life crisis? It can move us to a healthy place if we find people to talk to and with about our crisis.



Session #4 – Under Construction

Purpose: To further explore the path; what do you do with this stuff when you go home; sharing the good news.

