



# SANDHYA'S JOURNAL



## National Winter

### Conference

#### - Spiritual Disciplines -

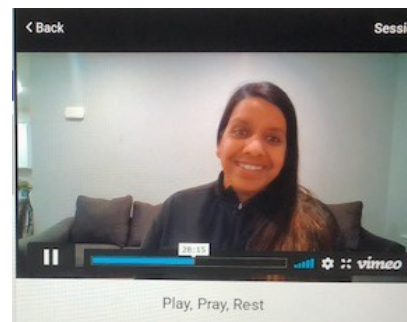
This past weekend I had the opportunity to give a seminar at our National Winter Cru Virtual Conference! I was invited to speak on Spiritual Disciplines and shared about creating space for Sabbath. My goal was to help College Students realize the crucial need for rest and help them consider how they could carve out time and space for this in their full lives. More than 130 staff and students attended this seminar, and I pray and hope the seeds that were planted will grow and nourish a deeper walk with Jesus.

## Beautiful Are The Feet

The U of M Cru asked me to share about my heart for evangelism and participate in their series titled "Go". My heart beats for spreading seeds to all those who have ears to hear. I have been pondering in this season what does it mean to "Go" while we are in a Global Pandemic? As I have been pondering this, I have considered where God has me in this moment and who I am connecting with. The first people who came to my mind were the sweet Postal Ladies who work at the tiny Post Office down the street. I have been trying to go their once a week and as I stop in to drop off mail, I've been making a point to smile (with my eyes) and ask them a little about their lives. I've slowly been building a relationship with them and it's been a tiny way that I am participating as a Sent as a Disciple. I hope to see the students consider who is near and encourage/empower/equip them to sow seeds with faith and kindness.



During these darker/colder days of winter, I've been lighting a candle daily to remind of God's everlasting light. This has been a real encouragement to me and something so small. It's been a little bright spot and reminds me that His light is always with me.



## Prayer Requests:

- Pray for the 5 ladies in my Thursday night Bible study to be strengthened in their faith as they have been wrestling with big faith questions. Also pray for me to have wisdom and discernment as I seek to lead them well.
- Pray for my sweet friend and Ministry Staff Co-laborer Heather, who was just diagnosed with Stage 3 Cancer. Please also keep her family in prayers as well.
- Pray for God to bring healing to some tender areas of my story. I have been walking through some painful past trauma and would love to see God bring freedom and healing to those places.
- Praise God for the new opportunities and ways I am getting to steward my leadership, experience, and care towards others in this ministry. (2 Corinthians 1:4)

How can I pray for you? Send me an email (address below)!! I would love to pray for you!