



CHRIST CENTRAL CHURCH

Women's Resources

Included are suggestions of resources to dig into that we hope would bring encouragement, teaching and unity in times that have brought feelings of loneliness, isolation and darkness. We can continue to support each other through it all. We can look to our Father and know that He is sovereign, He is love, He is comfort and He is light. Our number one suggestion, pray together and get in the Word! The Bible is a key way that God communicates who He is to us and how we should live. He is the Word and comes alive through it. If you would like more information on how to study the Bible on your own please contact christie@christcentraldurham.com. Or, join a [Huddle](#) to dig into with a small group of women.

We have also included the books suggested to our entire church body, as those selections are excellent. We just wanted to beef it up with other options that may speak specifically to us as women. We would encourage you to look through these recommendations and see what strikes your heart. There is A LOT here. Please do not let it overwhelm you or add to your mental "to do list". This is just a guide if you'd like it, meant to aid in your search for formation material, or make it easier to know where to look when you'd like to fold something else in. It is organized by resource type [Spiritual Practice, Book, Podcast Episode] as well as subject [Suffering, Racial Reconciliation and Diversity, The Heart of Christ and the Gospel, Community, Rhythms for Life, Mental/Emotional Health and Motherhood/Parenting].

Grab a friend, your huddle or ladies from your City Group and process some of this together! A masked walk, a fire pit night or a zoom call are great ways to engage with one another intentionally, and safely, to still be present in each other's lives. If you would like help connecting or more information surrounding spiritual practices, please email christie@christcentraldurham.com.

Spiritual Disciplines to Implement or Try: Intentional practices that connect us to our desire for more of God

[The Daily Examen](#) : In Short, this is a prayer guide for the end of each day. The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

[The Daily Office](#) : The daily office is to help you STOP, SLOW DOWN, CENTER, and PAUSE to be with Jesus. The Daily office linked here provides a guide for morning, midday and evening prayer. Below are other resources we would recommend to use as your guide if you are able to implement this sacred practice.

- [Seeking God's Face](#)
- [The Divine Hours](#)

[Lectio Divina](#) : *Lectio Divina*, "divine [or sacred] reading, is an approach to the Scriptures that sets us up to listen for the word of God spoken to us in this present moment. *Lectio* involves a slower, more reflective reading of Scripture that helps us to be open to God's initiative rather than being subject to human agendas—our own or someone else's.

[Visio Divina](#) : *Visio divina*, holy seeing, is a way to pray with the eyes. For centuries, the church has put icons, the cross, stained glass, mosaics, art and statues in churches as invitations to pray with the eyes....In [One Thousand Gifts](#), Ann Voskamp writes, '*All beauty is only reflection. And whether I am conscious of it or not, any created thing of which I am amazed, it is the glimpse of his face to which I bow down. Looking is the love. Looking is the evidence of the believing.*' Visio divina is a way to behold created beauty and lead us to prayer. "

[Contemplative Prayer](#) : We often associate prayer with the words we say. Contemplative prayer is a way of being with God without wordiness. In contemplative prayer we rest and wait. Keeping our hearts alert and awake to the presence of God and his Word, we listen.... In contemplative prayer we rest in God, depending on him to initiate communion and communication.

[Prayer of Recollection](#) : The Psalmist recollected his soul with this prayer, *Be at rest once more, O my soul, for the Lord has been good to you* (Psalm 116:7). A recollected soul is the opposite of a distracted, fragmented soul. It is a soul collected and at rest in God. Because it is natural for the mind to make random associations and wander off in a million directions, we need a prayer that recalls our soul to its center in God. The prayer of recollection reveals where our distracted hearts are going—where they are sidetracked by books on the desk, the sound of the radio in the next room and the new color scheme for the kitchen.

Books

Suffering:

[It's Not Supposed to be this Way](#) - Lysa TerKeurst (also recommended by audiobook)

[Companions in Suffering](#) by Wendy Alsup

[Embodied Hope](#) by Kelly Kapic

Racial Reconciliation:

[Prophetic Lament](#) by Soong Chan Rah

[United](#) by Trillia Newbell

[The Color of Compromise](#) by Jemar Tisby

[The Beautiful Community: Unity, Diversity, and the Church at Its Best](#) by Irwyn Ince

The Heart of Christ and the Gospel:

[The Good and Beautiful God](#) by James Bryan Smith

[Abide in Christ](#) by Andrew Murray

[Ragamuffin Gospel](#) by Brennan Manning

[Gentle and Lowly](#) by Dane Ortlund

Community:

[Belonging: Finding the Way Back to One Another](#) by Sharon Hersh

[Side by Side](#) by Ed Welch

[The Gospel Comes with a House Key](#) by Rosaria Butterfield

On Rhythms for life:

[Sacred Rhythms](#) by Ruth Hayley Barton

[Rhythms of Renewal: Trading Stress and Anxiety for a Life of Peace and Purpose](#)
by Rebekah Lyons

[Seeking God's Face: Praying with the Bible Through the Year](#)

[The Ruthless Elimination of Hurry](#) by John Mark Comer

[Nothing to Prove: Why we can stop trying so hard](#) by Jennie Allen

Mental and Emotional Health:

[Try Softer](#) by Aundi Kolber

[The Emotionally Healthy Woman](#) by Geri Scazzero

[Get Out of Your Head](#) by Jennie Allen

Motherhood:

[Parenting: 14 Gospel Principles that Can Radically Change your Family](#) by Paul David Tripp

[Missional Motherhood: The Everyday Ministry of Motherhood and the Grand Plan of God](#) by
Gloria Furman

[Risen Motherhood: Gospel Hope for Everyday Moments](#) by Emily Jensen and Laura Wifler

Podcast Episodes

(While we have not listened to every episode on all of these podcasts, we do love and have grown from these. Some correspond to the books suggested above.)

Suffering

The Place we Find Ourselves: Adam Young

Episode: [Why Lament \(Surprisingly\) Leads to Life and Freedom](#) (30min)

If you take your story and your wounds seriously, then sooner or later you will find yourself disoriented by tragedy and heartache. The invitation at this point is to lament. When was the last time you just poured out your feelings to God—before editing your words, before making them consistent with some sort of theology? It takes more faith and trust to take our sorrow to God than it does to push down what we are actually feeling. And the surprising result of lament is a renewed sense of freedom and even joy.

Everything Happens: Kate Bowler

Episode: [Jan Richardson: Stubborn Hope](#) (38 min)

What does it mean to be blessed? If you were to scroll through social media, you'd assume that "blessed" are the ones with gorgeous, matching families living in open style floor plans. But Jesus had other things in mind. When the Reverend Jan Richardson lost her husband, she continued to write counterintuitive blessings like "A Blessing for the Brokenhearted." In this episode, Kate and Jan talk about the ways grief cracks us open and the ways blessing invites us to stubborn hope. Content warning: death of a spouse.

Episode: [Lanecia Rouse Tinsley: When Hope Seems Lost](#) (35 min)

What do you do when all hope feels lost? Abstract artist Lanecia Rouse Tinsley is no stranger to the hopelessness that comes with grief. In extended isolation, a nationwide reckoning with race, and our own personal losses, we could all use a bit of what Lanecia calls, holy seeing. In this episode, Kate and Lanecia discuss how creativity can be an act of resistance and the hope she discovers on a blank canvas. Content warning: miscarriage, death of a child, racism.

Unlocking Us: Brene Brown and David Kessler

Episode: [Grief and Finding Meaning](#) (47min)

Grief expert David Kessler takes us by the hand and walks us into what he's learned about love, loss, and finding meaning. As someone who has a lot of fear about grief and grieving, this conversation is not what I expected. The only word I can use to describe what I learned from David is "beautiful."

Racial Reconciliation and Diversity

Let's Talk: Jasmine Holmes, Jackie Hill Perry, and Melissa Kruger

Episode: [Building Friendships with People Unlike Yourself](#) (42min)

In this episode we talk about building and cultivating friendships with people who aren't just like you. This may mean someone of a different race, different life stage, different socio-economic class, or who simply has a different personality than you do. Building these friendships often requires overcoming insecurity, more communication, and a willingness to show grace over perceived slights or offenses. It's easy to be friends with people who are just like us, but when we put time and effort into friendships with people who are different from us, rich spiritual blessings result.

From the Lectern: Kingdom Diversity as Southeastern Baptist Theological Seminary

Episode: [George Floyd and Racial Reconciliation in the Church](#)

The deaths of George Floyd, Breonna Taylor, and Ahmaud Arbery reveal, once again, deep division in our country. This episode of From the Lectern laments these horrific tragedies and offers theological insights about how communities respond to racism, and its implications for the racial reconciliation conversation.

[Truth's Table](#): Michelle Higgins, Dr. Christina Edmondson, Ekemini Uwan

Three Black Christian women who love truth and seek it out wherever it leads them. They share their perspective on a variety of topics like race, politics, gender and current events that are filtered through their faith.

[Pass the Mic - Dynamic Voices For a Diverse Church](#): Jemar Tisby | Tyler Burns

Every week for engaging discussions and high profile interviews addressing the core concerns of African Americans biblically.

Gospel Coalition: Kristie Anyabwile, Courtney Doctor, Irene Sun, Shar Walker, & Elicia Horto

Episode: [Agents of Healing for Racial Division](#) (65 min)

"As long as God is continuing to reconcile men to himself, he's going to be continuing to reconcile men and women to one another." During The Gospel Coalition's 2018 Women's Conference, these women participated in a panel discussion titled "The Gospel and Racial Reconciliation." They addressed a number of sensitive, yet incredibly important, topics—from why conversations about racial reconciliation are still necessary, to biblical passages that deal with division, to how Christians should engage in these ongoing conversations, to helpful resources for racially tense discussions.

The Heart of Christ and the Gospel

The Glorious in the Mundane: Christy Nockels

Series: [Postures of the Heart](#) (27 min each, 5 episodes)

There's an order to how we posture our hearts before God that gives way for MORE in our lives. But first we must start with the consecrated heart...a heart completely surrendered to Him no matter what is or isn't on the horizon. I'll share how having to trust God totally with my health these past few months has caused me to land on this first posture...The next 4 episodes will focus on the postures of, "The Heart that Looks Up", "The Heart that Receives", "The Grateful Heart", and "A Heart of Welcome."

Journeywomen

Episode: [The Story of the Bible in the Old Testament with Dr. Jay Skyler](#)

On today's episode of the Journeywomen podcast, we're talking about the Old Testament with Dr. Jay Sklar. This conversation is going to help you see how the whole Bible points to Jesus!

Episode: [The Story of the Bible in the New Testament with Dr. Brad Matthews](#)

On today's episode of the Journeywomen podcast, we get to talk about the story of the New Testament with Dr. Brad Matthews of Covenant Seminary. If you've spent time thinking about how the 27 books of the New Testament with various authors work together to communicate one congruent message, this is the convo for you, my friends!

Mental and Emotional Health

She Walks In Truth: Carrie Robaina

Episode: "[Try Softer with Aundi Kolber](#)" (27 min)

Aundi Kolber, is a licensed professional counselor and author, passionate about the integration of faith and psychology, and brings hard-won knowledge about the work of change, the power of redemption, and the beauty of experiencing God in our pain. Join us for an impactful and transformative conversation today!

That Sounds Fun: Annie F. Downs

Episode: [Amanda Lindsey Cook](#) (shares on seasons and depression) (1hr)

Endless summer. Essential winter. Amanda Cook is an incredibly gifted singer/songwriter and worship leader. Her songs have been a soundtrack to healing and growth in my relationship with God. Today I'd encourage you to be outside while you listen, go on a walk or sit on your porch or just be in a place where you can let these words fall on you.

Journeywomen

Episode: [Loneliness with Tiffany Bluhm](#) (54min)

Tiffany's personal story is a powerful reminder that God sees us, knows us, and cares for us in the most intimate details. I hope it serves as a reminder that God is with you, even on your darkest days.

Gospel Coalition: Quina Aragon, Elicia Horton, & Janette (Janette...lkz) Watson

Episode: ["Spoken-Word Hope for Weary Women"](#) (34 min)

During The Gospel Coalition's 2018 Women's Conference, Elicia Horton, Quina Aragon, and Janette...lkz delivered separate spoken-word pieces in a workshop titled "True and Beautiful Words for Weak and Weary Pilgrims." The three artists later discussed their stories, how they became involved in poetry, and how the gospel shapes their craft and fuels their mission.

Everything Happens: Kate Bowler

Episode: [Morgan Harper Nichols: Blessed Are The Mirrors](#) (30 min)

We have thick cultural scripts for what is deemed inspirational and it usually goes like this: You can do it. Never give up. Everything you need is inside of you today. But what do you really need to hear when life is coming apart? Morgan Harper Nichols is someone whose words of encouragement gently lift our chins toward hope. In this episode, Kate and Morgan discuss how important it is to reflect truth and hope and beauty back to one another.

Rhythms

[Rhythms For Life](#): Rebekah and Gabe Lyons

Are you managing stress or is your stress managing you? What practical steps can you take each day for sustained emotional, spiritual and relational health? From artists, nutritionists and psychologists to thought leaders, advocates and entrepreneurs, listeners will meet expert guides that will help them keep stress and anxiety at bay and pursue everyday moments of abundance by establishing four life-giving rhythms: rest, restore, connect, and create.

Within Her: Kaci Kersey

Episode: [Renewing Your Mind + Listening to God through Visualization with Jen Diaz](#) (38min)

The episode is part interview and part meditation... and no matter where you stand with meditation - I want to encourage you to embrace today's episode. Jen shares a little about Christ-centered meditation, how she got into it, how meditation has deepened her relationship with God and what Scripture says about it. We talked for just about 20 minutes or so and then for the second half of the episode Jen leads us through a 15 minute visualization exercise... and guys, it's so so good.

Parenting/Motherhood

[Raising Boys and Girls](#): Sissy Goff, David Thomas, Melissa Trevathen

Season 3 takes the 6 ideas we're hearing parents say they need help with the most in our offices: consistency, patience, connection, balance, playfulness and hope. We talk about what each of those can look like in your parenting AND we give three intentional practices you can start implementing today in your homes. Each episode also has a spiritual moment, digging deeper into how God meets us in our need of each idea.

[Risen Motherhood](#): Emily Jensen and Laura Wifler

Episode: [Don't Take My Word for It with Jen Wilkin](#) (36min)

Can a mom really develop a personal understanding of the Bible in the season of young children? Jen encourages moms to pursue a firsthand knowledge of scripture and gives practical examples of what this might look like. She offers lots of encouragement. If you haven't been sure how an understanding of scripture can impact your role as a mom, you'll be so challenged and encouraged by this interview!

Episode: [Knowing Your Limits with Hannah Anderson](#)

We know we should be grateful for the gifts God has given us in motherhood. But instead, we may find ourselves battling discontentment, anxiety, and stress over our inability to keep up with even the simplest tasks. Hannah applies gospel-truth to challenging topics like postpartum body image, vocational or ministry calling, and dealing with the temptation to live for our ideal version of motherhood instead of God's plan for us. This conversation is candid, challenging, and leaves much to be considered as Hannah offers an opportunity for weary moms to rest by accepting their limitations and letting God be God.

Coffee and Crumbs: Lesley Miller, Ashlee Gadd, and April Hoss

Episode: [Motherhood and Loneliness](#) (37min)

In this honest conversation, we unpack why motherhood in particular feels so isolating sometimes and ask ourselves, how can we be good friends even when we feel lonely ourselves? Whether you're new to motherhood altogether, or a veteran mom who hasn't found her tribe yet, we hope you can relate to this vulnerable conversation and walk away inspired to put yourself out there. If you only get one thing from this episode, let it be this: even in your loneliness, you are not alone.

[The Forgotten](#): Jami Kaeb

The Forgotten Podcast discusses topics related to foster care and adoption, with an emphasis on providing encouragement to and awareness about those in the foster care community, namely, agency workers, foster parents, vulnerable adults and children. Each guest provides professional or personal experience and expertise, and the conversation is guided by our host, Jami Kaeb, who keeps the conversation upbeat and interesting.

Kate Bowler: Everything Happens

Episode: [Kristen Howerton: World's Okayest Mom](#) (30 min)

*Parenting isn't always Instagram-worthy, but the American myth of perfectionism rarely shows that messy middle. Kristen Howerton, mom of four, therapist, and author of *Rage Against the Minivan*, gives us the permission slip we all need. The one that says you can opt out of greatness. There is no winning in parenthood.*