

I Was The Woman At The Well A Journey To Wholeness Through Well Living

[#woman at the well](#) [#spiritual wholeness](#) [#well living christian](#) [#faith journey transformation](#) [#biblical women empowerment](#)

Embark on a transformative journey inspired by the biblical woman at the well, uncovering a path to spiritual wholeness through intentional 'well living'. This guide offers profound insights for personal healing and discovering purpose, rooted in faith and divine encounter.

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I Was the Woman at the Well

Many of us grew up hearing and believing in the magical fairy tale stories about the aPrince who came to save the aDamsel in distress. Many of us, in our innocent trust as children, believed that our lives would turn out just like those stories, and we would live happily ever after. This is a modern-day fairy tale about the true life story of a woman and her journey in search of her aPrince Charming, the one who could rescue her from the tower of pain she lived in most of her life. This is a story of hope, spiritual triumph, and victory over depression, fear and various addictions. It tells how Jesus healed her emotional wounds and completely changed her life by using the story in the Gospel of John about the woman at the well. She found her aPrince at a well, and He changed her life forever!

The Journey Into Wholeness for Single Mothers

You are not alone. If you have taken The Transforming Journey of Truth, Hope, and Love for Single Mothers, those four words you are not alone resonate in your soul. You're no longer a single mother feeling alone and lost on a dark road with no destination. Your personal journey has transformed you into a single mother in a Half Family who is standing on the borders of Wholeness. Only this transformation prepares you to embark on a new journey: The Journey into Wholeness for Single Mothers. Therefore, if you feel alone, torn apart by the harsh reality of life as a single mother, and long to be whole, choose to take the transforming journey first. Whether you are a single mother by separation, divorce, or an unwed pregnancy, you will discover the light of truth which exposes all the rough spots on your road, the hope to maneuver through these challenges, and the love that leads you to a new path. Standing on the borders of this new path, you discover the three secrets to wholeness, which reveal a narrow road. As we travel together, you will experience the glorious splendor of this journey with each deliberate, selfless, and sacrificial step, receive wonderful blessings, and see a glimpse of heaven.

The Woman At The Well

The Woman at the Well Discover a Tale of Redemption and Grace In "The Woman at the Well," Stephanie Marie Seaton, drawing inspiration from the profound story of the Samaritan woman at the well, delivers a narrative that transcends boundaries and brings a timeless message of hope and transformation. A Message of Unconditional Love At a time when it was uncommon for Jews and Samaritans to have any connection, Jesus went out of his way to engage with the Samaritan woman at the well. He revealed to her that he had been watching over her throughout her life and offered her grace, mercy, and forgiveness. This encounter was not about judgment but about letting her know that the Lord knew her, and He was there to extend open arms of love and acceptance. Parallel Lives and Personal Journey Stephanie, the author, found her own life parallel to the woman at the well. In "The Woman at the Well," she invites you into the world of a character named Sheila, offering a narrative that mirrors her personal journey. Through Sheila's story, Stephanie brings a powerful message of hope and inspiration, especially for women who have experienced brokenness in their search for love, acceptance, and redemption. The Power of Redemption This book reminds us that, regardless of the choices we've made or the paths we've walked in our quest for love and acceptance, the message of Christ remains unchanging. The Lord does not judge but extends open arms, patiently waiting for us to return, relinquish our endless searches, and accept His life-giving love. Just like the woman at the well, He offers living water to quench our deepest thirst, a satisfaction that transcends any earthly pursuit. No person, no man, no drug, nothing can fill the void other than Him. A Path to Wholeness "The Woman at the Well" is not just a story; it's an invitation to discover a path to wholeness, forgiveness, and eternal love. It's a testament to the enduring message that the Lord's love is unconditional and His mercy boundless. Join the Journey Stephanie Marie Seaton invites you to join this journey of self-discovery, redemption, and faith. Explore "The Woman at the Well" and let its message resonate in your heart. It's a book that reminds us that no matter where life has taken you, the Lord's love is always there, waiting to transform your life with grace and forgiveness.

The Call to Wholeness: Health as a Spiritual Journey

We all encounter times of physical illness as well as of emotional, psychological, and spiritual distress and pain. We are all in need of healing-in every aspect of life. In this important new book, a physician specializing in preventive medicine integrates learnings from both science and religion to present a holistic approach to well being that is rooted in a new understanding of Christian principles-an approach that has already proven effective in countless lives. Using examples of people who have been healed, Dr. Bakken shows how stress (fear, anxiety, anger, guilt, depression, loneliness, and unforgiveness) contributes to disease, and how spiritual growth (perfect love casts out fear) promotes health, healing, and wholeness. Both practical and inspiring, The Call to Wholeness is at once a convincing synthesis of several disciplines and an authentic witness to the healing power of Jesus Christ. It demonstrates that God is the author, renewer, and sustainer of all life, and the ultimate source of all healing. It challenges individuals, the Church, and the medical establishment to expand their view of reality in the context of a Christ-centered spirituality that can bring true and lasting wholeness to each and all of us.

Health, Happiness, and Well-Being

Health, Happiness, and Well-Being by authors Steven Jay Lynn, William T. O'Donohue, and Scott O. Lilienfeld provides the essential tools for becoming a knowledgeable consumer of information on behavioral health. Packed with examples drawn from the media and scientific journals, this volume discusses why accurate, up-to-date, and valid health information is vital to achieving the good life. The book provides readers with a "one stop shop" resource for invaluable information derived from psychological science and conveyed by top experts regarding the optimization of health and psychological well-being. "One of the strongest features is that chapters [are] written by the people who have done the research. I am familiar with the work of all of them, and it's a stellar group." —James E. Maddux, George Mason University

Federal Prisons Journal

The Well Woman book takes the reader through a journey starting with understanding wellness through the eyes of God, helping them to begin to see themselves as he does. It breaks down the false-definitions of wellness this world tells women they should strive for, and unfolds biblical truths that provide a foundation for wellness based on the love of Jesus. The book starts with a description of a well woman, then goes through a step-by-step process of spiritual, mental, and physical healing

and growth that ends in taking on that description for themselves, as they become the well woman. The blend of biblical depth with simple teaching makes this a wealth of easily digestible information. Vulnerable sharing of the author's personal experiences, with life application for the reader, makes The Well Woman a valuable tool for wellness, not simply a good read.

The Well Woman

My Journey to the Well was written to shed light on everyday issues that we fight against due to seeds that were planted in us throughout various stages of our life; some as early as the womb. The author highlights some of the issues that plagued her personally. It illustrates to the reader how within herself, she was able to break the stigma associated with mental health issues and other forms of generational curses. It highlights various forms of abuse and family dysfunctions. In the bible, the 4th chapter of John gives an account of Jesus at the well with the Samaritan Woman. This encounter changed her life. In this book, the well symbolizes healing and deliverance, through an encounter with Jesus. Therefore, it gives an account of the author's walk through life, leading up to her life changing encounter.

Journey To Wholeness

The Total Woman YOU WERE CREATED TO REFLECT HIS BEAUTY! In this dynamic book, The Total Woman you'll discover how you can be complete and whole in every area of your life. This is a book for and about women who desire to discover: ? Who they are ? What God has designed and desired for them to be ? What are the principals and qualities of becoming a Total Woman ? What is your purpose in life? Dr. Carolyn Hunt writes out of her own unique experience to help women from all walks of life to be confident in whom God designed them to be. The Total Woman features inspiring words to take women on a journey from brokenness to wholeness. This book will motivate women to cease to complain and compare themselves to others, and commence to search for the hidden woman which regulates her life. The time is now! Its time to step out from under your hidden self and step into your God ordained identity. God designed us He created us whole in the image of the Most High God. We are fearfully and wonderfully made! Dr. Hunt is founder of Carolyn Hunt Ministries and pastor of Walk in the Word Family Church in Monroe, Louisiana. Carolyn travels the nation ministering the Gospel, and watching lives changed and set free, spiritually, physically and socially. She is humbled by the call to heal broken hearts, transform lives and save souls.

My Journey to the Well

Living Beyond Nightfall – Troy Buckner's real life journey to wholeness... The world is about to read a true story filled with pain, disappointment and one woman's emotional fight for her life and that of her four wonderful sons. Buckner's story will take you to the very depths of despair and show you peace beyond understanding. It will reveal how her belief in the betterment of her community and love for her culture left her struggling to survive through a felonious alleged embezzlement charge which left her determine to put the fragments of her life back together again. Buckner's desire for penning this book is to ensure that the world never forgets the mayhem committed within our own communities by people who claimed their undying love for us. Buckner is force to cling to the most powerful vestige of her childhood--the wisdom she had been endowed with by her father and her southern community. She was raised by a compassionate father who instilled greatness in her life by examples of his own broken struggles of growing up in the Deep South during slavery. Someone once said, 'home isn't just a place where you live... it's a state of the heart'... However, growing up in the Deep South meant so much more for Buckner. Lake Providence may have held a very small place on the map, but it held a bigger place in her heart and soul – something that she have connected to her entire life. Her community believed in hard work and integrity – most of all having the courage not to give up – not to quit. She was encouraged by her community to pursue an education during a time when no one cared enough to see that black youths had a professional career. On Buckner's fifteenth birthday, her father arranged for her to fly to Las Vegas to visit her mom for the first time in eight years. Later that same year, her father roused with a vision to start a general contractors and plumbing business, despite the fact that he couldn't read or write nor could he add or subtract. Recognizing his limitations, he never minimized the importance of education. Her father instilled in her the value of education and that the mind was too valuable to waste by introducing her to the business world at an early age. He inspired her to see that the greatest equalizer is indoctrinating one's mind with wisdom and knowledge, recognizing that ignorance is the only bridge that separates us. He taught her to set realistic goals, and then work harder than anyone else to experience success as a result of her hard work. He asked her to teach him how

to read and write. This moment she would cherish for a lifetime. Buckner was elated to see her father signing his checks - and reading his first book, even though it was on a first-grade level, at the age of 50. Buckner had kept a diary since she was eight years old, and eventually acquired a passion for writing. It provided a natural outlet to help her find that perfect peace in the things that she could not understand nor change. She felt somehow God was preparing her for an unknown journey. Buckner and her family went through five of the most implausible years of their life, orphaned penniless and nearly homeless. Buckner unwavering perseverance forced a victorious triumph in her matter of the heart that was swept up in the chaos of deception, lies and cruel intentions. For over five years, the Institution and CPA Firm attempted to strip her of every shred of her dignity, character and integrity. In a climate of systematic abuse where ignorance is power and justification for wrongdoing, Buckner fights for her improbable survival. Buckner's story will give you hope, and it will confirm the power of faith. Her story will take you through many levels of brokenness – gleaning from her journey will lift you up and help you not only survive but transcend suffering, injustice, and loss. Displaying her extraordinary strength and endurance, *Living Beyond Nightfall* is a brilliant display of individual resilience.

The Total Woman

We all go through different trials in our lives, but there can be victory, healing, and redemption of our past. We can move forward and be healthy, happy people, fulfilling our desires and destiny. My prayer is that the words in this book will come alive and you will see just how precious you are to our God and how you too can overcome anything that has hurt you. There is a story in Ezekiel 37 about the valley of dry bones coming to life, and new muscles, tissue, and skin growing; the people were alive again. Do you feel that sometimes you are just spiritually dead and need new life? Sometimes we just need to gain wisdom through someone else's experiences, to see what we have been missing in our own lives. I hope through my experiences you will gain knowledge that will give you revelation into becoming the person you desire to be.

Living Beyond Nightfall

If you've known broken relationships . . . If you've ever felt like you don't measure up . . . If you've suspected something inside you might be missing or flawed . . . This book is for you. Kim Gaines Eckert, psychologist and counselor, has spent years helping women with a variety of life issues, from self-esteem and body image to developing healthy relationships and healing from the past. At the heart of their struggle, she believes, is not the desire to be perfect, but the desire to be whole. And wholeness, she is convinced, ultimately comes only from God. In this book Kim invites you into her conversations with women. You'll discover you are not alone in your struggles, and you'll learn from her practical and proven guidance for growth and change. And because growth is always more powerful in community, each chapter includes questions for you to explore in a small group. Let Kim Gaines Eckert show how God can mend your brokenness and help you become a whole, healthy person--the woman he created you to be.

The Woman at the Well

The 120 Club Living the Good Life for 120 Years By Philip Rose In his book, *The 120 Club - Living the Good Life for 120 Years* Phil Rose wants us to imagine that living to 120 years is possible. He imagined this long before consulting the longevity experts, many of whom had reached the same conclusion: living to 120 is the natural life span for humans. In *The 120 Club - Living the Good Life for 120 Years* Phil Rose presents his Ten Wisdoms for living a balanced and rational life. His ideas stand in contrast to much of what is out of balance in our world. In addition to the more widely accepted and discussed areas of nutritional supplements, diet, and exercise, Phil Rose's program of ten wisdoms includes an in-depth analysis of: Learning effective and practical ways to reduce stress and heal emotional hurts. Managing money and finding meaningful work. Living outside the box through personal creativity and play. Enjoying the rewards and inner peace of an authentic spiritual life. Participating in the essential healing powers of Mother Earth. Gaining and keeping long time friendships alive. Using alternative healers and Western doctors to repair and heal the body. Experiencing personal power to transform the world. *The 120 Club Living the Good Life for 120 Years* is not a quick-fix book but one that is meant to accompany you over a lifetime. There is no pre-requisite to join *The 120 Club* other than the total and joyful decision to transform your now long and healthy life. *The 120 Club* is THE survival manual for this century Bob Bodgan Professor of Sociology and Education Syracuse University There are books aplenty that urge us to fix the world and as many that guide us in healing the body and soul. In these

pages Phil Rose wisely shows that to be fully alive is to be fully engaged spiritually, politically, and personally. Read on, live well, live long. Jack Manno Executive Director of the Great Lakes Research Consortium and author of Privileged Goods.

Stronger Than You Think

What does public health have to do with Christianity? How should Christians and churches in Atlantic Canada and beyond respond to crises such as the COVID-19 pandemic? In this first volume of East Coast Theology, the faculty of Acadia Divinity College reflect biblically and theologically on these questions. Dr. Robert Strang, chief medical officer of health for Nova Scotia, offers his insights as well. This book provides church members and leaders with theological foundations and practical ideas for ministering through health care. As a result, we hope that followers of Christ will be at the forefront of efforts for relief and healing on Canada's East Coast both today and in the future. As people called by God to care for others, our vision should be nothing less than this.

The 120 Club - Living the Good Life for 120 Years

Well provides daily devotions from women who share their experiences as health professionals, pastors, caregivers, survivors of illness, and persons with disabilities. These women share the spiritual wisdom and insight they have gained through personal challenge and growth.

Pandemic, Public Health, and the People of God

This book is designed to prepare your heart, mind, soul and body to be the woman that God has created you to be as you navigate through singleness. The bible says in Proverbs 18:22. "He that finds a wife, finds a good thing and obtains favor from the Lord". Are you that good thing? Are you that WOW factor? Have you stepped into what God has called you to? This book will focus on each of the core areas that can often hinder our ability to become who God has called us to be in our singleness. Attention will also be given to discovering your purpose, the power of passion, and becoming prosperous in all areas of our lives.

Women at the Well

These problems could be changed with good nutrition and proper hydration, together with changes in lifestyle. Good is a worthy goal to strive for. My journey was to set off to explore for myself the whole world of natural health. This I have done successfully, and would like to impart my experience to others , that nutrition works. This is what was created for us in the beginning so we could live a healthy life.

The WOW Factor: Woman of the Well

The bestselling author of "Minding the Body, Mending the Mind" reveals the interconnected loop of the mind, body, and spirit in a pioneering book that will teach women how to maximize their health and well-being as well as discover the extraordinary power that comes with each stage of the feminine life cycle.

The Journey into Natures Wholeness / Art of Living Healthy

Winner of the 2022 Goody Business Book Award for Health-Wellness. When Marisa Zeppieri was 22-years-old she found herself face-to-face with a raven-haired elderly woman who had emerged from a crowd and gently taken her hands: "God will use these hands to change people's lives." Years later Marisa's once-spirited demeanor was shrouded in anger and bitterness. Triggered first by a near-fatal car accident that sent her 100-lb body flying from a crosswalk and later by a painful Lupus diagnosis, she became stuck in a season of brokenness. But in the seasons that followed, an insatiable emotional, spiritual, and physical hunger took over: She learned how to nourish her broken body with the help of food, herbs, and a gastronomically-gifted Italian grandmother, while also nourishing her broken heart and crushed spirit through a deeper relationship with God. With Chronically Fabulous, Marisa fulfills the old woman's prophecy by offering pure nourishment to those of us living with chronic illness, helping us create wholeness and well-being through a love of food. Here, the founder of LupusChick, a nonprofit supporting those with autoimmune diseases, offers guiding principles, personal stories, and recipes that support whole-life thriving. With the depth, smarts, and spiritual advice beloved by her dedicated followers, Marisa shows us how faith, passion, and persistence can radically change our lives.

A Woman's Book of Life

A Black Woman's Guide to Effective, Barrier-Breaking Leadership Black women in leadership positions often experience resistance, both from external forces and from within. If you are a leader in your profession, community, or church, you may have been made to feel like an outsider--someone who must prove herself again and again to be worthy of following. Maybe you're tired, resentful, or beaten-down by the sense that you'll just never be good enough for some people. Take heart and take a seat at the table with Jeanne Porter King. Drawing from the biblical account of the Samaritan woman at the well, King shows how this outsider and outcast has been reduced to a stereotype by the same racist and sexist forces that attempt to reduce you to a stereotype and hinder your God-given call to leadership. She then shows how God uniquely positioned and equipped her to lead her people to the truth despite attempts to keep her silent and small. If you long to lead from a strong spiritual core rather than a set of expectations you had no part in setting, this book offers you the inspiration, encouragement, and practical tools to make leading well a reality in your life.

Chronically Fabulous

Over the years, people have commented, "Why don't you write about your life?" To write a chronological autobiography never appealed to me. Thus, I abandoned the idea until about five years ago when having morning tea with my Byzantium scholar-friend in Sydney. We were discussing some aspect of Classical Roman history when the subject of *genius loci* (spirit of the place) entered our conversation. On the bus back to my flat in Lane Cove, this idea kept niggling at me. Perhaps, I could write about the places (*loci*) in which I have lived and the effect of these on my Christian journey, firstly as a child, then as a student, wife, mother, educator, writer, and an admirer of all that is beautiful, as expressed in most music, worship in the Eastern and some Western traditions, literature, painting, people, and the natural world. The result is this book, beginning in a small country town, Cowra, some three hundred kilometres south-west of Sydney, Australia, then to a smaller island, Great Britain, where I lived mainly in Oxford and ending on yet a smaller island in Puget Sound, Whidbey, close to the Canadian border. As well as being influenced by various places, so by people. These include Fr. John Hope of Christ Church St. Laurence, Sydney as a teenager and the Lady Margaret Professor in Oxford, Dr. Rowan Williams when I first arrived in this University City. Perhaps the person who influenced me mostly was not one I actually met in person but came to know through my research. He is the divine Lancelot Andrewes who has been part of my life for more years than I can remember and whose sermons and devotions are embedded in my being. In later years, I have been grateful to the renowned biblical scholar, Fr. Raymond Brown who gave me a fresh and scholarly understanding of the New Testament. Last but not least, has been the Franciscan, Fr. Richard Rohr who has taught me the necessity of non-dualistic consciousness for spiritual growth. As much as places and people have helped to shape me, none has more than the Potter and Pantocrator who has moulded and reshaped this lump of clay constantly in my Christian journey.

Leading Well

Author explores the benefits of telling grief stories to arrive at self-acceptance and acceptance of others.

My Christian Journey: In Places Lived

The first book to focus on Black women and depression, through the author's "absorbing and inspirational" (Washington Post) personal journey. When Nana-Ama Danquah, a twenty-two-year-old single mother, began to suffer from a variety of depressive symptoms after giving birth to her daughter, she thought she was going crazy. Determined to portray strength in a world that often undervalues Black women's lives, she shrouded her debilitating despair in silence and denial. But when she befriends other Black women who suffer with depression, she finds the support she needs to confront the traumatic childhood events that lie beneath her grief. Twenty-five years after its initial publication, as best-selling author Andrew Solomon writes in an illuminating foreword, *Willow Weep for Me* "remains a brave book . . . but at the time of its writing it was humbly audacious." Also including an afterword from the author, this groundbreaking classic is a powerful meditation on courage and a litany for survival. "An important and moving memoir. [Danquah] describes beautifully her experiences with depression." —Kay Redfield Jamison, author of *An Unquiet Mind*

A Pastoral Approach for the Journey of Healing and Wholeness Through Sharing One's Latvian Grief Story

Wholeness (My Healing Journey from Ritual Abuse) is the courageous, unfathomable story of a woman's recovery from a decade of childhood satanic ritual abuse. The book provides hope and inspiration for the estimated hundreds of thousands of victims of such torture. For counselors and other psychology professionals, her journey offers techniques and approaches that should benefit other survivors. And for the general public, the story sheds light on the subjects of ritual abuse, as well as how the mind stores and can recover traumatic memories. Wholeness also demonstrates the undeniable power of repressed memory and disassociation. As a psychology doctoral student, Suzie Burke (pen name) studied how the mind can repress and wall off traumatic events for defensive purposes. The ability of the mind to hide traumatic memories deep within our unconscious mind in disassociated parts of ourselves is well documented with those who have survived early-age sexual abuse, torture and many other instances of severe psychological trauma. In her first-hand experience, Dr. Burke tells how the reality of her own childhood was hidden in her unconscious until events nearly three decades later provided triggers that could not be ignored. Her journey to wholeness was filled with incidents of re-living events which included body memories of physiological shock, choking and vomiting. The account goes beyond the psychological elements of her recovery. It is also a spiritual journey to wholeness in which she discovers that she is indeed a loving, compassionate woman.

Willow Weep for Me: A Black Woman's Journey Through Depression

"Warrior Women" makes visible the ongoing intergenerational narrative reverberations (Young, 2003; 2005) shaped through Canada's residential school era which denied the communal and cultural, economic, educational, human, familial, linguistic, and spiritual rights of Aboriginal people.

Wholeness

The Gospel written by the Beloved Disciple St. Augustine once said about the Gospel of John, that, "It is shallow enough for a child not to drown, yet deep enough for an elephant to swim in it." John contains the Bible's favorite verse - John 3:16. John's themes are essential to our understanding of Jesus as Son of God and Messiah. Here we learn about the Holy Spirit, the Counselor who lives within us to guide and empower us. We learn about the Father's love and eternal life. Some of the most beloved stories of Jesus' ministry are found only in the Fourth Gospel -- changing the water into wine, the woman at the well, the woman taken in adultery, raising Lazarus, washing the disciples' feet, and many more. In John's Gospel you find Jesus as the Bread of Life; the Light of the World; the Good Shepherd; the Way, the Truth, and the Life. John's Gospel is lengthy - 21 chapters, but rich and deep. Each chapter concludes with a summary of lessons for disciples to ponder. This study's helpful thought and discussion questions make it useful for personal enrichment and by small groups and classes. Extensive research contained in the footnotes makes it a goldmine for teachers and a boon to preachers involved in sermon preparation.

Healing Waters - Women's Bible Study Leader Guide

Let God remind you that you are his glorious daughter. The Diamond I Wear Is Within is a heartfelt collection of letters from single women expressing the joys and challenges of their Christian journeys. Each chapter presents a letter written in a single woman's authentic voice, paired with Lynn Gibson's response from a biblical perspective. These candid discussions cover a variety of themes relevant to singles today: Why do relationships have to be so complicated? Does God really have my best in mind? Will the sting of singleness ever go away? Where should I serve? What is the deepest craving of my heart? Where do I belong? Refocus your gaze toward God as you listen in on conversations about beauty, joy, identity, loneliness, depression, dating, and more. You will discover that your beauty, in God's eyes, is more dazzling than a diamond on your finger.

Warrior Women

Identifying, illuminating and enhancing understanding of key aspects of women and girls' faith lives, The Faith Lives of Women and Girls represents a significant body of original qualitative research from practitioners and researchers across the UK. Contributors include new and upcoming researchers as well as more established feminist practical theologians. Chapters provide perspectives on different ages and stages of faith across the life cycle, from a range of different cultural and religious contexts. Diverse spiritual practices, beliefs and attachments are explored, including a variety of experiences of liminality in women's faith lives. A range of approaches - ethnographic, oral history, action research,

interview studies, case studies and documentary analysis - combine to offer a deeper understanding of women's and girls' faith lives. As well as being of interest to researchers, this book presents resources to enhance ministry to and with women and girls in a variety of settings.

John's Gospel

Many may recall the Biblical story of the Woman at the Well, a woman rejected by society, who had five husbands and a live-in man, who was not her husband. We get intimate details of her present and some of her after story, but nothing about her life before meeting Jesus at Jacob's well. What is her story? Novalla Coleman's memoir is her personal history inspired by this Woman at the Well. It is an ancient story, but one with as much timeless relevance today as it was when it happened during the days of Christ. Novalla shares her experiences of childhood trauma, abandonment, public ridicule, shame, and broken relationships. Her quest for love led her to find a new love - a love inspired by her meeting at the well. This book is a remarkable testament to God's unconditional love and the power of His redemption when we seek Him first. For those who think their lives will never change, never heal, find true love, and those who are afraid to hope again, this testimony is transformative. This book offers suggestions and help for caregivers, parents, and individuals desiring healing from their past.

The Diamond I Wear Is Within

How can God be in the mess I'm wrapped up in? Why does he allow this pain? Where is he in this world of sexual abuse, child molestation, addiction, bullying, harassment, disease, and drugs? In *Unwrapped At the Edge of Grace, How to Overcome in a World that Overwhelms*, Carol shares her story of redemption and transformation and how God was present in the evil and delivered her from a destiny of darkness. She shows the reader how God weaved himself in her tragedies even when there was little light in her life. This is the most courageous and honest Christian book in my library. And frankly, I couldn't put it down. I lost track of the times I said, "What?" or "Wow!" Carol is real, relatable, unfailingly honest "" a breath of fresh air in what is often a stale Christian culture. This is about character development instead of image management! It's about time. -Pastor Ray Johnston, Bayside Church and author of *Jesus Called-He Wants His Church Back*, *The Hope Quotient* and, *This Changes Everything: Unleashing the Power of the Resurrection in Your Life* Carol's story, like the woman at the well, is a true life journey into freedom and wholeness. I know, because I've witnessed it. She doesn't offer lofty platitudes that are unattainable. Instead her story will give you hope and real steps of how to get unwrapped from the things that keep you bound and move forward with the freedom that God offers. Join Carol in drinking from the 'living water' that Jesus promised would make you never thirst again. -Barbara Wilson M.A. Author/Speaker *The Invisible Bond*; how to break free from your sexual past *Kiss Me Again*; *Restoring Lost Intimacy in Marriage* Free: *Finding Freedom and Healing from your Past* for women and young women. Break Free for Men www.carolbarron.com

Beyond Leadership to Destiny-Jacob's Lifetime Journey with God

Vidyamala Burch has suffered with chronic pain for over 30 years due to congenital weakness, a car accident and unsuccessful surgery. She is now a wheelchair user. In this positive and reassuring new book, she identifies that it is our resistance to pain which causes it to be so distressing and miserable. We don't want it to be happening to us, and we wish we weren't experiencing it. *LIVING WELL WITH PAIN AND ILLNESS* is a practical guide to living with and managing chronic pain through the principle of mindfulness. By developing a calm awareness of your body and your pain, you can learn to let go of the frustration and suffering that you associate the pain with, and the pain will reduce. Vidyamala Burch uses easy-to follow breathing techniques and powerful mindfulness meditations which teach you how to live in the present moment. *LIVING WELL WITH PAIN AND ILLNESS* includes helpful illustrations, offers effective ways of managing chronic pain and is a must-read for all sufferers.

The Faith Lives of Women and Girls

The Heroine's Journey describes contemporary woman's search for wholeness in a society where she has been defined according to masculine values. Drawing on cultural myths and fairy tales, ancient symbols and goddesses, and the dreams of contemporary women, Murdock illustrates the need for—and the reality of—feminine values in Western culture. This special anniversary edition, with a new foreword by Christine Downing and preface by the author, illuminates that this need is just as relevant today as it was when the book was originally published thirty years ago.

The Woman at the Well

A path of hope and healing for survivors of childhood sexual abuse A woman who was sexually abused as a child is confronted with many internal questions: Am I worthless? Will I get past the pain? Do I matter to God? These and similar questions can carve a deep hole in an already wounded soul. Too often, the lies of worthlessness are believed, the pain becomes too much to handle, and survivors find themselves making choices that lead to more heartbreak. With over 42 million survivors (both male and female) in the United States alone, the need for a clear path to healing is great. Crystal Sutherland—herself a survivor of CSA—knows that while the recovery process is complex, healing is possible with God's help. For women who want to progress from simply coping to living abundantly, *Journey to Heal* guides readers through seven essential steps to recovery found in Scripture. Candid and open about her personal journey of healing, Crystal comes alongside her reader as a friend who understands. Infused with biblical truths, stories of hope from other survivors, and practical wisdom, this book leads women to discover the life of wholeness God has for them.

Unwrapped At The Edge Of Grace

Finding Wholeness through Tears, Joys, and the Everyday From the woman fighting cancer to the man who has lost his child to the girl sinking into depression, so many of us are engaged in daily battles as we long for healing. When he walked the earth, Jesus said to an unwell man, "Do you want to be made well?" His invitation stretched beyond physical healing--he sought to restore the soul. The same invitation stands for us today. For anyone struggling on the journey toward wholeness, singer/songwriter Jenny Simmons offers a resting place and a friend along the way. With personal insight into emotional pain, she invites readers to encounter a God who is working out their restoration--often in surprising "half-baked" ways. Her humorous and inspirational prose lights a path toward wholeness. Anyone trying to find their way to spiritual, mental, and emotional healing will benefit from Jenny's vulnerable and compassionate stories of being made well in the midst of a messy life.

Living Well With Pain And Illness

Domestic abuse is a horror. It lurks beneath the surface of our collective existence, sometimes raising its ugly head where least expected--in the church or within families of faith. Are we--individually or collectively--ready to respond? What can, or should, congregations and their pastoral leaders do? And, as we survey the Christian landscape across the United States and Canada, are we as the community of faith stepping up to the challenge presented by violence in the family? There is no easy answer to the problems that surface when abuse impacts the Christian family. But each of the authors contributing to this volume believes fervently that it is imperative that followers of Jesus and their spiritual shepherds respond to the cries for help. To respond well necessitates both knowledge and a willingness to act. This book is here to help. It represents a collective effort to bring all of us a step farther in our journey of walking with Christ over a sea of troubled waters. None of us know as much as we should, but all of us can learn from one another. Throughout the collection we provide an opportunity to examine a diversity of perspectives, with the hope that each will in some way advance our understanding of the complexity of domestic violence issues in our midst--within our churches and the communities where our churches minister.

The Heroine's Journey

If you have been beaten down by life; either by your own choices or by the actions of others, know that you are worthy of love and forgiveness. If you have not experienced true love and acceptance it is unfamiliar and elusive. I, like you, struggled for many years searching for something I knew nothing about. Guilt and shame of the choices I made consumed me and left me feeling that I was not worthy of being loved by anyone, and certainly not by God. Walk with me through my journey and experience how I found a life fulfilled in His love. You too can find the peace and happiness that comes from living a life fulfilled in God's love.

Journey to Heal

This unique, creative book embraces life in its luminous nature, wonder and beauty. It combines extraordinary photographs with a transformational journey in prose and poetry that supports balance, health and evolution. It is a 'MUST' for anyone who wishes to create positive change and co-create a new world. This innovative book promotes healing, transformation and creativity. It also investigates

how the work and teaching of the shaman as wisdom keeper and Earth caretaker, spiritual guide and traditional healer can inspire us all for the creation of a new world. Ninna sources from the old to the new what is it that supports us in our growth and quest for love, joy, peace and balance for body, mind and spirit. SHIFTS: Beyond the Visible is the combination of Ninna Gay's journey and investigations as an energy medicine practitioner, author and photographer. Interested readers and media professionals can visit www.shiftsbeyondthevisible.com for more information.

Made Well

Responding to Abuse in Christian Homes