

# *Resources*

The following pages are filled with helpful resources for the next step on your healing and growth journey.



# Books

***The Soul of Shame*** by Curt Thompson, M.D. is a powerful book that unpacks how shame is a primary aim of the enemy to dismantle who we are so that we are prevented from creating goodness and beauty in the world the way God designed us to. This book is a phenomenal resource for emotional healing.

***The Soul of Desire*** also by Curt Thompson, M.D. is a powerful follow-up to his previous book. In *The Soul of Desire*, Thompson unpacks how our desires are meant to be expressions of the goodness and beauty of God. This is a powerful resource to leaning into who you were made to be and what you were made to create on this earth.

***You Are Free*** by Rebekah Lyons is a carefully guided journey through all the things that stand in our way of the freedom that Jesus offers each of us. Each chapter ends with reflective questions and prayer suggestions. When engaged fully, this book is an excellent resource to processing your life and finding increasing freedom through Jesus.

***Freefall to Fly*** by Rebekah Lyons is an excellent book in which Lyons shares her process and story of God guiding her towards discovering her design and calling during a time of personal difficulty. As she shares her story, Lyons encourages the reader to identify places of their own design and calling.

***The Emotionally Healthy Woman*** by Geri Scazzero is a practical, yet story-filled look at how to not only acknowledge your feelings, preferences, and personality, but to also take responsibility for how you want live with integrity in light of those realities.

***Restless*** by Jennie Allen is excellent book in which Allen helps the reader identify calling and purpose through her own story, reflecting on the life of Joseph (from the Bible), and prayerfully working through aspects of your own story.

***The Relational Soul*** by Richard Plass and James Cofield is resource where the authors help the reader process through origins of pain, guiding the reader toward healing, wholeness, and hope.

***More Than Enchanting*** by Jo Saxton is a thorough look at all that God invites women into as members of His Kingdom. It expands the concept of Biblical womanhood by looking deeper into passages of the Bible about women and practical application of those things into our current, everyday lives.

# Podcasts & Sermons

## Podcasts

***In the Light*** by Dr. Anita Phillips is an amazing resource for equipping yourself for your journey of healing. Dr. Anita's voice is gentle yet powerful. Her content exists at the intersection of faith and mental health, which she speaks to from her own broad resources as an academic, psychologist, and follower of Jesus, and a sojourner on the healing journey.

***Made for This*** by Jennie Allen is a great resource for hearing Biblical truth applied to everyday life in practical ways. Allen leads through vulnerability, which makes her podcast especially applicable.

***The Sleeping at Last Podcast*** episodes on the enneagram are a helpful unpacking of the nine enneagram types. Sleeping at Last's view of the enneagram is to not "pigeon-hole" people into flaws, but to look at our types as a starting point for growth.

***The Place We Find Ourselves*** by Adam Young is a strong for emotional healing, full of practical tools with a Gospel-lens. This podcast is an excellent resource for making sense of your own story and how it impacts the way you are currently living, while engaging hope for healing, growth, and change by the power of God. **Content Warning:** this podcast can be raw and does contain stories that may be trigger-inducing, listen with self-awareness and discernment.

## Sermons

***The Village Church Resources*** website has a wide range of resources available for free; three older sermons on this website that are so incredibly powerful and practical, I highly recommend making time to listen. You can find these sermons by searching by the date under the "Sermons" tab on the Village Church Resources website:

"Obsolete" by Matt Chandler, April 2, 2006.

"Let Us" by Matt Chandler, April 23, 2006.

"What Faith Does" by Matt Chandler, May 7, 2006.

## Instagram

***Flourishing Homes and Families*** is a great account to follow on Instagram for practical insights on how to allow the goodness of your healing journey shape your parenting practices. The content on this account is both theologically and psychologically solid.

