



## **Devotional & Article Writing Starters**

### **Topic: "Spa"**

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Take the ideas and build upon them to make them your own. Add in your own points, illustrations, explanations, and relating Bible verses.

#### **Retreat!**

- Psalm 62
- We must all learn to know when to retreat.
  - We must learn to know when it is time to just let something like a precarious situation alone and turn it over to God.
  - We must learn to know when something is a temptation that is luring us and run from it.
  - We must learn to know when to sit, relax, and be calm and live in God's strength and not our own.

#### **Moisturized Attitudes**

- Soften up your tongue.
  - Proverbs 15:1-4
  - Colossians 4:6
  - James 1:19

- Soften your heart.
  - Psalm 57:7
  - Psalm 51:10
  - Proverbs 4:23
- How do we moisturize our bodies?
  - Drink plenty of water. (Drink in God’s Word)
  - Be careful about toxic intake or what we put on our skin. (Watch out for sin)
  - Exercise daily. (Do good deeds and show love each day.)
- Leaving unforgiveness, jealousy, pride and all those toxic things on us will cause them to form crusty old layers of bitterness which will lead to bad attitudes, sharp tongues, and hardened hearts.

### **Seeking the Calm**

If you are waiting for a convenient time to slow down be advised. It will never come! The perplexities of life are always going to be there.

- Stop and breathe.  
It may not be a week’s vacation but just a few moments a day where you stop and breathe deeply can help. Take those moments to praise God for His blessings!
- Stop and release your anxieties.  
Give those worries and stress filled times over to God. Share your burdens with other Christians. Take moments to pray about those things.
- Change your focus.  
Stop dwelling on all the things that are happening in your life or that you think may happen. It’s not going to make them go away completely, but sometimes you just need a break from your problems. Stop and set them aside for a few moments and concentrate on something else. Change your focus from yourself to God and others for a few minutes. Stop and do something for someone else that is within your capabilities.
- Nourish yourself  
Don’t get so busy with the stresses and your obligations that you forget to stop and eat. Not just physically but take in the Word of God. Take a few minutes to fuel yourself!

When you need calm—take the time for it. You must “seek” it. It just won’t happen!

## **Rest for the Weary**

Look at some examples of women who were given rest after weary journeys in their lives.

- Hannah  
She was given rest when God gave her a child after a long journey of infertility.
- Ruth  
She was given rest after being widowed and a long journey to a new country.
- Woman with the Issue of Blood  
She was given rest after a long journey of pain, doctors, and heartbreak.
- Matthew 10:28-31
- John 14:27

### **Permission Details for “Starters” & Writing Prompts:**

You may not reproduce the “starters” or writing prompts as is. You must add and contribute to the content and make your own devotional/article with them before sharing. The end result should be your own thoughts done with your own words. The “starters” and writing prompts are offered as an outline/skeleton base to build upon with your own writing on top of the “starter”. Think of them as a “starter” for bread. Your loaf will always turn out a little differently even if others use the same starter as you. Be creative and bake your own loaf!