

Embracing the Belt of Truth

A Short Series from LeslieVernick.com/blog

Belt of Truth 103: Self Care is Self Stewardship

The truth is, now more than ever, self-care is vital. It's not just about bubble baths and treating yourself, though those are great! It's about doing things that nourish your soul and make you feel good about you. Whether that's going for a walk, joining an exercise/fitness class, or just sitting quietly with a cup of tea, invite in what brings you peace.

Identify areas in your life where you feel discomfort, resentment, or loss of control. These feelings often indicate where more boundaries are needed. Begin by setting small, manageable boundaries and communicate them clearly to others involved. It's important to be consistent and to reinforce these boundaries when they are tested. Seek guidance from scripture and godly counsel as you navigate this process, remembering that it's a journey of learning and growing in your faith and self-understanding. The psalmist found comfort in reminding himself of his own value before God out loud in his praise. Try it. It might help you in moments where you feel wobbly, insecure, or lonely.

Psalm 139:14 I praise you because I am fearfully and wonderfully made; Your works are wonderful, and I know that full well.

Belt of Truth 104: Support from trusted others is key to your well-being.

The truth is, building a strong support network is crucial. Friends, family, your church community, or support groups can offer practical help and emotional support. It's important to surround yourself with people who uplift you. Lean on your faith and community, too. As a woman of faith, your beliefs can be a great source of comfort and strength.

Second in a series as compiled from:

<https://leslievernick.com/blog/embracing-the-belt-of-truth-navigating-love-and-authenticity-in-the-month-of-hearts/>

JOURNEY TO UNDERSTANDING - Caledonia

Childcare provided.

These classes will help bring clarity and validation to what you are experiencing.

In-person only: 4:30 pm, Fridays.

Location: Please contact selah.empowers@gmail.com or Bridget Nash* for this information.

Mar. 1: Self Esteem

* bridget@openchaircounseling.com

FACILITATORS



Vicki Williams



Bridget Nash, MA LPC



Shari Murdock

See page 2 for more class options!

JOURNEY TO UNDERSTANDING - Bryon Center
Childcare Provided

These classes will help bring clarity and validation to what you are experiencing.

Online and In-person: 7-8:30 pm, Wednesdays.

Location and Online Link: Contact selah.empowers@gmail.com or 616-510-6305 for this information.

Feb. 28: Financial Advisor
Mar. 6: Faith Issues

Mar. 13: Self Esteem
Mar. 20: Karpman Drama Triangle

SELF AWARENESS & REFLECTION - Online Only

This class is intended to expand your skills when dealing with difficult relationships.

Online Only: 10 am, Wednesdays.

Online link: Contact selah.empowers@gmail.com or 616-510-6305 for this information.

Feb. 28: Grief & Toxic Relationships
Mar. 6: Power and Control

Mar. 13: Verbal/Emotional/Psych. Abuse
Mar. 21: Characteristics of Abusers -1

GROWING STRONGER TOGETHER - Byron Center
Childcare Provided

This class focuses on growth and healing.

Online and In-person: 7-8:30 pm, Wednesdays.

Location and Online Link: Contact selah.empowers@gmail.com or 616-510-6305 for this information.

Each week we continue gaining new insights and wisdom from *Becoming Myself, Embracing God's Dream of You* by Staci Eldredge. This week we will wrap up our study of this book and discuss **Chapter 14, Take Heart** where the author continues to encourage us to see ourselves as God does.

If you need a copy of our next book, *I Don't Know Who I Am Anymore, Restoring Your Identity Shattered by Grief and Loss* by Carole Holiday, please reach out to Shirley Ritsema at shirleyr@selah-empowers.org.

FACILITATORS



Shari Murdock



Misty LaFree, LLPC



Erica Terry, Intern



Vicki Williams



Carol Bosch, LMSW



Elisabeth Richards

Selah Childcare
Byron Center
Location only



Shirley Ritsema

Don't miss the next pages with more info from Selah!

Group Agreement: We ask that everyone read the Group Agreement attached to the email. Attending the classes means you have read and agreed to the group agreement.

Childcare: Please let us know ahead of time if you will need childcare, however, we know schedules change, so if you don't get a chance to let us know before class that will be fine, too.

Safe Environment: We want to provide a confidential and safe environment for everyone to share and receive support. We also recognize that some material covered in this group is sensitive and can be triggering. Please practice healthy self-care and let us know if you are feeling overwhelmed or need to speak privately.

How Can We be in Prayer For You?

In Selah online and in person classes, facilitators often extend the opportunity for participants to share a prayer request. These are anonymously passed along to a team of individuals who are committed to praying over Selah, it's leaders and most especially for Selah participants. If you have a prayer request you would like to submit, please feel free to do so by dropping an email to shirleyr@selah-empowers.org. Your email will be handled with confidentiality, care, and covered in prayer!



Selah is grateful to be partnering with these local counseling centers:



The services and products noted below are those that Selah Empowers has become aware that may be useful given certain situations but are not intended to reflect an endorsement by Selah.

COMMUNITY RESOURCES



HYGIENE PANTRY

3500 Byron Center Ave (616)528-4014
Wyoming, MI 49509 lighthousewy@gmail.com

To locate a food pantry near you search:
<https://www.feedwm.org/findfood/>



Serving Hudsonville, Jenison & Grandville
Search <https://lovewm.org/>
to learn more.



Also known as "Love Inc."
To find one near you search:
<https://www.loveinc.org/find-your-love-inc/>

SAFETY


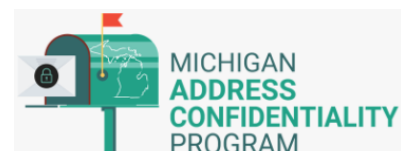


Search "Addalock" portable door lock on Amazon



Search Monsin Wedge Alarm on Amazon

If one of these items would help ensure your safety but you cannot afford one, please reach out to Selah!



mi.gov/agacp ag-acp@mi.gov 313-456-0190