

2014 PW Renewal Theme

A Health Kick; fun with Faith and Fitness



Proverbs 3:7-8

† Do not be wise in your own eyes; fear the Lord and shun evil. ⁸This will bring health to your body and nourishment to your bones.

○ **Proverbs 3 as a whole chapter has a lot of great text sections for the various studies and devotions that would be great for tying the entire Renewal together.**

Theme Colors: Orange & Lime Green (with Aqua or Fuchsia as possible 3rd color)

Speaker & Studies:

Opening Speaker -- The Ultimate Diet (suggested title)

† Proverbs 3:5-8 *Trust in the Lord with all your heart and lean not on your own understanding; ⁶in all your ways submit to him, and he will make your paths straight. ⁷Do not be wise in your own eyes; fear the Lord and shun evil. ⁸This will bring health to your body and nourishment to your bones.*

† #1Talk about benefits of being healthy spiritually

† Pastor Paul Scharrer – is developing this presentation for the MN Renewal. A marathon runner who participated in the Boston Marathon last year.

Closing Speaker --

† #2 Dive into the benefits of being healthy physically:

† We are no good to our children, husband, or ourselves when we are physically unhealthy. Lack of sleep, poor diet, not taking time for ourselves.

† Jean Strobel, Cedarburg, WI – nurse & marathon runner, as well as pastor's wife Has a great talk where she uses her experiences in training for marathons to talk about life and encouragement.

You Have Set My Heart Free!

Is your ministry a sprint or a marathon? Are there days that you say to yourself, "I had no clue what I was signing up for."? We all have days when our ministry marriage is running fast and furious, and then days when we just seem to stumble around. Join us as we rediscover the truth: I will run in your commands for you have set my heart free!

Main Bible Study - More than Just a Health "Kick"

† Provided by PWR – see resources for student & leader guides as well as “Training Schedule Activity” page.

† **1 Timothy 4:8** For **physical** training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

† We put lots of time into taking care of our bodies – skin care, exercise, healthy eating, showering... taking care of our bodies is part of being good stewards of what God has given us; taking care of these temples of the Holy Spirit. And our faith life is even more important according to the Apostle Paul in his letter to Timothy. Be encouraged by Paul and each

Worship & Devotions:

† See the separate worship document for a possible Opening Worship service and Closing Devotion service. Includes hymn suggestions, readings, and responses.

Break Outs:

Chic Chats -- This Break out has become a Staple of a PW Renewal. Everyone participates.

† You just need to have a facilitator for every 8-12 ladies

† Divide the ladies up into small groups and give them the chance to “chat.”

† Topic pages are merely conversation starters and guides to keeping the discussions encouraging and helpful.

† See resources for current topic page and facilitator guide.

† Book Club Ideas - *Read the book before the Renewal, then come and discuss it for additional insight and thoughts from fellow pws.*

- Thrive, Don't Simply Survive: Passionately Live the Life You Didn't Plan by Karol Ladd
Life is unpredictable and often doesn't turn out as we'd planned. The things that matter most to us -- marriages, children, careers, families, and friends -- sometimes fall apart and leave us only with deflated dreams.

Whether you're struggling with the big issues of life or simply overwhelmed by the demands of every single day, Karol Ladd's powerful biblical principles will give you the help you need. In this book, you will discover how to redefine your unexpected life, and you'll learn concrete skills that will help you move past simply surviving and into a thriving life that is lived passionately and with joy.

New purpose and hope await you just beyond the cover of this book.

** Book also includes a leaders guide in the back with 5 questions per chapter for discussion and small group study.*

- The Power of a Woman's Words by Sharon Jaynes
It happens to everybody. One hurtful remark slips out, and we wish we could eat our words. Discover how to harness the tongue's power to build up rather than tear down!
- Praying for Your Husband from Head to Toe by Sharon Jaynes

Regardless of where your relationship falls on the continuum---from "terrible" to "tolerable" to "terrific"---there's always room for improvement! Maintaining that prayer can make a bad marriage good and a good one better, the author of *Becoming the Woman of His Dreams* shows wives how to intercede for their husbands using an easy-to-remember head-to-toe pattern. 224 pages, softcover from Multnomah.

- † Becoming the Woman of His Dreams by: Sharon Jaynes
 - **MN Renewal doing this one – Reading guide available**
 - -Do you want to become the woman of your husband’s dreams? The woman who makes him sorry to leave in the morning an eager to come home at night? *Becoming the Woman of His Dreams* offers you an insightful look at the wonderful, unique, and God-ordained role only you have in your husband’s life.

Theme Items -

- Encouragement Cards – *designed with theme passage*
 - *Create an encouragement card corner, or simple give each lady a free card to write out to someone they know and want to encourage.*
- PWR Thank You Cards
 - *Can be used for writing speaker & leader thank yous.*
- PWR “Thank you For Coming” Postcards
 - *Write a note to all attendees, either before they arrive or the week after the Renewal. Just one more encouragement and note of appreciation.*
- Gift Items:
 - Lime Green Acrylic Tumblers with Straws with PWR Logo
 - Orange Athletic Shirts with Health Kick Logo

PWR Items

- Renewal Booklet with all materials
- Bags – lime green reusable shopping bags
- Pens – red click pen with stylus tip
- Display items / books & shirts (For Sale on website)