

# Bold Growth Steps for Summer 2018

## 5 WAYS TO RENEW & STAY CONNECTED TO GOD IN THE SUMMER

[cynthiacavanaugh.com](http://cynthiacavanaugh.com)  
[livingbold.org](http://livingbold.org)



### STAY CONNECTED SPIRITUALLY

1. Choose a 6-8 week bible study. Invite a friend to join you and talk about what you are learning. Or join an online bible study and participate in the study community.
2. Choose a devotional to work through and journal your reflections



### STAY CONNECTED EMOTIONALLY

Make a few dates with yourself to refresh through an afternoon/day retreat where you can get away and reflect



## **STAY CONNECTED PHYSICALLY**

Explore new ways to refresh yourself physically such as biking, hiking, take a local exercise class that interests you.



## **STAY CONNECTED RELATIONALLY**

Make some time for the people in your life you haven't had a chance to connect with lately. Invite them over or meet them for coffee or lunch. Focus on listening and have them tell you their story.



## **STAY CONNECTED CREATIVELY**

Find the avenue of creativity that connects you to God in the heart of your soul. Whether it be through cooking, crafts, hiking, painting, art journalling etc. Wake up your creativity by organizing one of these activities and create a project you can work on over the summer.

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### **BIBLE STUDIES**

\*The Quest by Beth Moore (online starts July 31st) More info go to:

[www.lifeway.com/women](http://www.lifeway.com/women)

\*Discerning the Voice of God by Priscilla Shirer

\*Steadfast Love by Lauren Chandler

\*Live Bold: A Devotional to Strengthen Your Soul by Andrea Tomassi & Cynthia Cavanaugh

More bible studies and resources check out:

[www.lifeway.com/women](http://www.lifeway.com/women) and

[www.moodypublisherswomen.com](http://www.moodypublisherswomen.com)



### **CREATIVE RESOURCES**

[www.soulfulink.com](http://www.soulfulink.com)

Cultivating Creativity, Encouraging Community. Simplifying Life

GraceLaced by Ruth Chou Simons

Discovering Timeless Truths Through Seasons of the Heart