



MINISTRY GROWTH USING

Spiritual & Physical

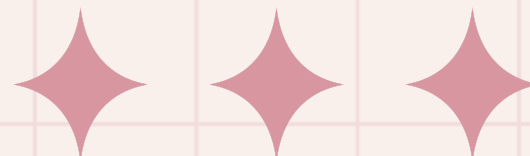
RHYTHMS



“MODERN DAY GNOSTICS”

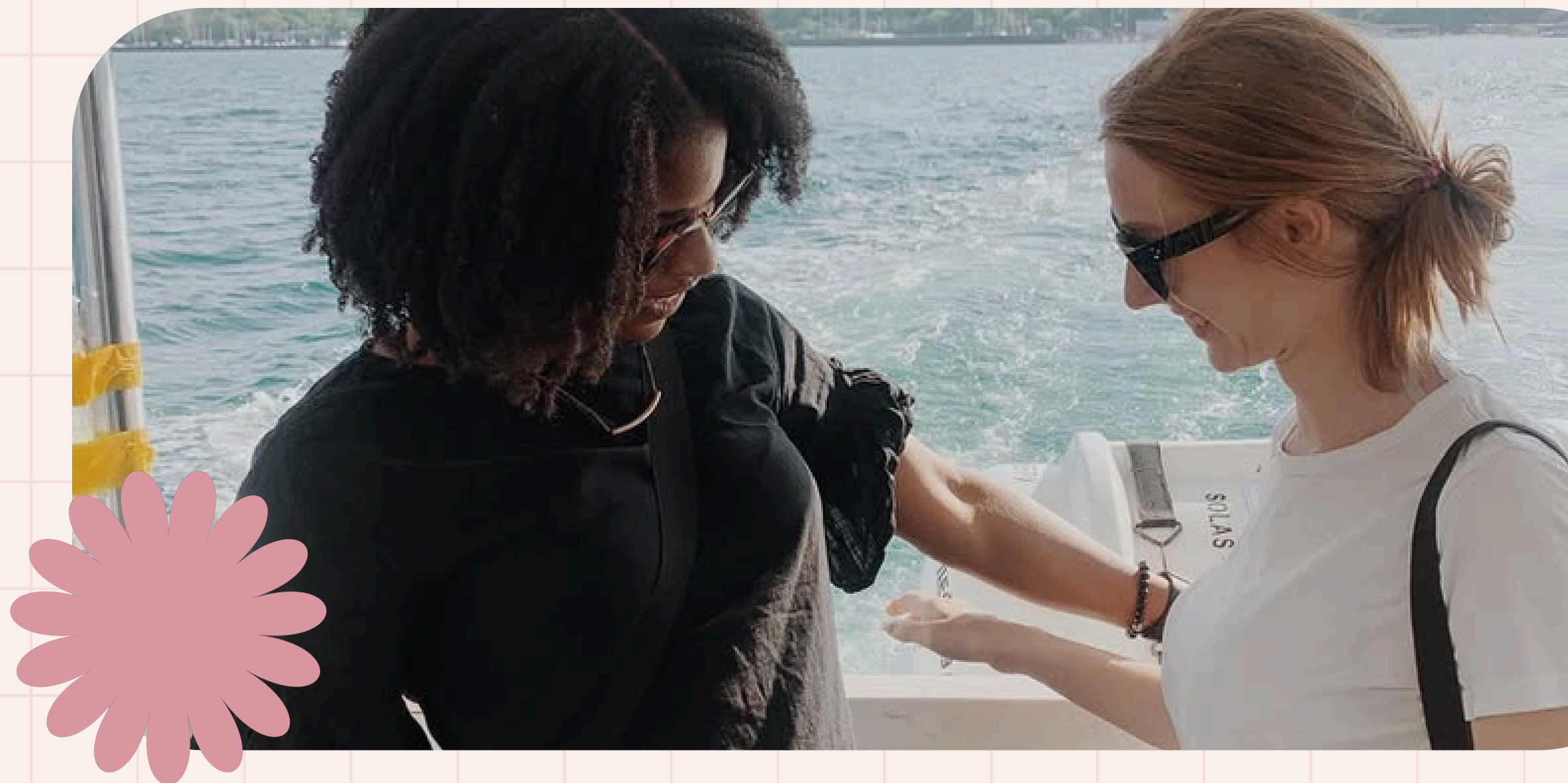
- The term “Gnostic” originates from the Greek word “gnosis” meaning **knowledge**
- Early church considered gnostic ideas as **heretical**.
- the body is inferior, **evil**, a prison for the soul

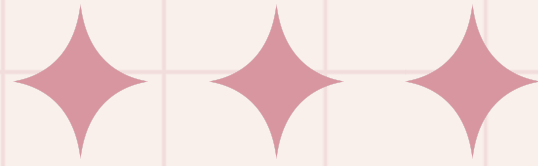




TRANSLATOR

- Communicate
- Understand
- Help
- Reveal





PERIOD POWER

Maise Hill

harness your **hormones** and
get your cycle working for **you**

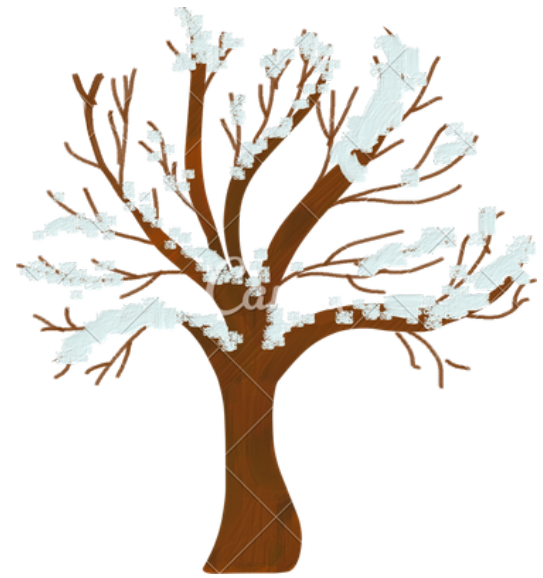
'a bloody brilliant
book (pun intended)'
Miranda Sawyer

period
power.

maisie hill

GREEN TREE

FOUR SEASONS



Winter



Spring



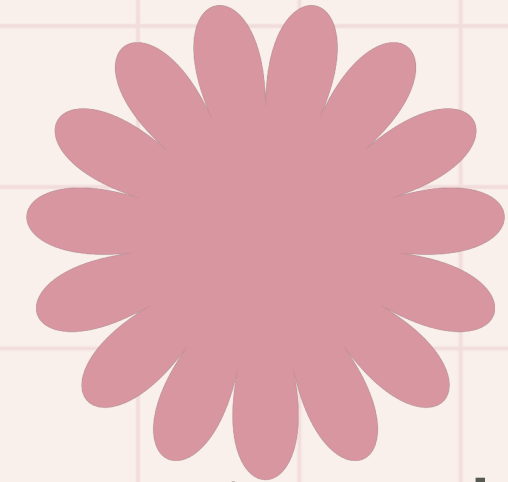
Summer



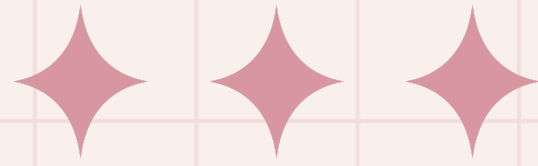
Fall

SPRING (FOLICULAR)

@ADENIRAE



“It’s time to shake off the slump of hibernation and step into the sunny side of your cycle. As you emerge from your cocoon, can you feel life getting lighter and brighter again? This is the season for new beginnings and for starting over, of possibilities and potential. Your renewed interest in the world could leave you feeling like a kid in a candy store; drawn to every pretty thing and playfully skipping from one thing to the next. This is the time to enjoy the possibilities that are available to you without getting serious about them, or where none exist, to create them because you could find yourself buzzing with ideas. As estrogen increases, your memory and mental agility will improve and once testosterone gets in on the act you’ll want to take on challenges.” -Period Power, p.93, 95



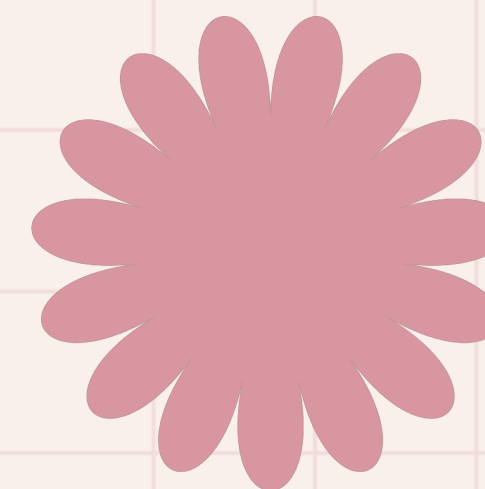
PSALM 126:1-6



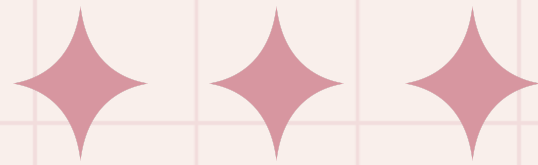


Insight
Warning
Practice

SUMMER (OVULATION)



“You’re in a state of flow, and with that comes an inner strength and flexibility that enables you to adjust and move with what life chucks at you, all with a dazzling smile on your face. You’re oozing capability and confidence, not to mention some serious sex appeal, and because you’ll feel both productive and playful, this is the ideal time to stretch yourself and make the most out of your professional and personal (and I’ll add spiritual) life. And why not? You’re feeling good and looking good, so werk it.”



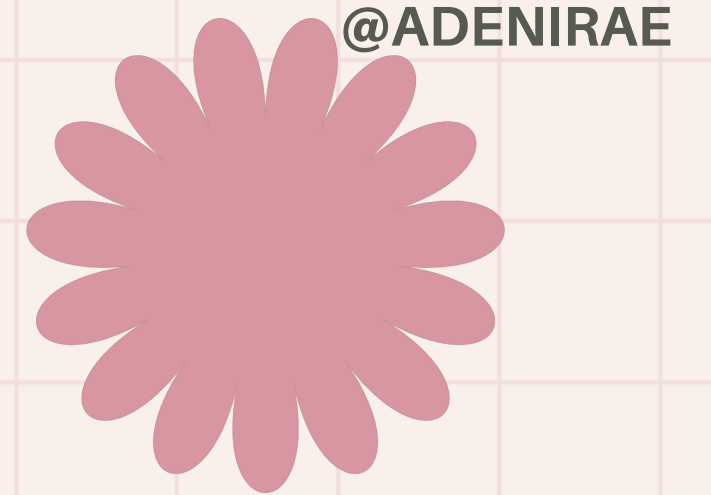
ACTS 2:42-47



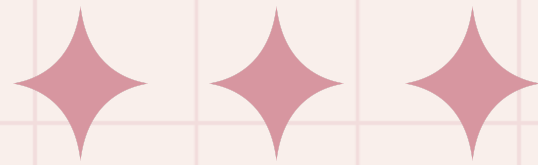


Insight
Warning
Practice

AUTUMN (LUTEAL)



“Welcome to the less glamorous half of your menstrual cycle! At some point after ovulation, you’ll notice a subtle or dramatic shift in how you feel and behave. The high of your Summer might extended beyond ovulation for several days, perhaps even a week (lucky you), though you might notice a subtle shift and feel a bit quieter and more introspective. Or, if you’re sensitive to estrogen taking her first nosedive (you can look forward to a second one just before your period starts) then you might find yourself unceremoniously dumped in Autumn the day after ovulation and feel cranky/agitate/sad/tired/all of the above. Autumn, this premenstrual phase of the cycle is typically where we fall apart a little or a lot—our energy and positivity disappear, our emotions spill out, our frustration leaves us feeling like tightly wound coils, and of course the physical side of things such as sore boobs/bloating/dodgy digestion/night sweats/headaches/backache can all make for a really fun time. p.135



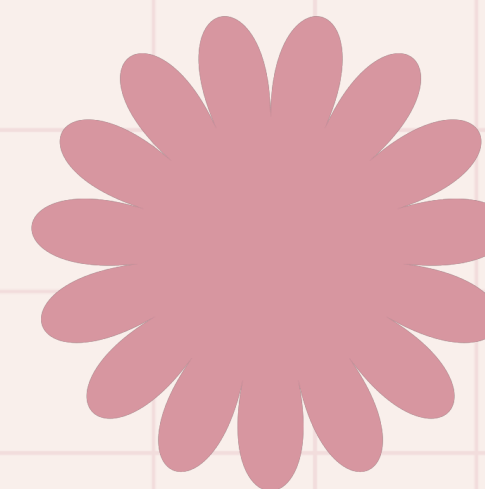
1 PETER 4:7-11



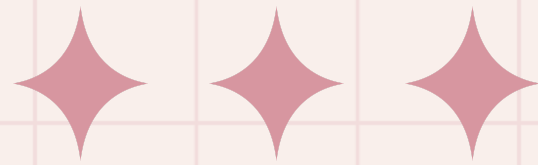


Insight
Warning
Practice

WINTER (MENSTRUATION)



“The days around the start of your period are when your hormones collapse to their lowest levels. You may feel this hormonal drop off acutely and experience a state of collapse on some level as your period begins. Overwhelming fatigue, emotional vulnerability, teariness, anxiety and an unsettled spirit can all show up now, but it’s often the case that you don’t realize that’s what’s going on until you start bleeding, at which point it suddenly makes sense.” -Period Power, p.63



1 CORINTHIANS 2:6-11





Insight
Warning
Practice