

## Verses / Module 6 / Words of Encouragement

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“<sup>1</sup>Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God-this is your true and proper worship. <sup>2</sup>Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-his good, pleasing and perfect will.” (Romans 12:1-2, NIV)

“<sup>10</sup>For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (Ephesians 2:10, NIV)

“<sup>7</sup>Cast all your anxiety on him because he cares for you.” (1 Peter 5:7, NIV)

<sup>16</sup> Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? (1 Corinthians 3:16, NIV)

“So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.” (Galatians 6:10, ESV)

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“No" is a complete sentence.”

- Annie Lamott

“When we fail to set boundaries and hold people accountable, we feel used and mistreated. This is why we sometimes attack who they are, which is far more hurtful than addressing a behavior or a choice.”

- Brené Brown, *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*

“Vulnerability is based on mutuality and requires boundaries and trust. It's not oversharing, it's not purging, it's not indiscriminate disclosure, and it's not celebrity-style social media information dumps. Vulnerability is about sharing our feelings and our experiences with people who have earned the right to hear them.”

-Brené Brown, *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*”, p.45, Penguin

“Creative work is hard. It's painful. It takes a whole lot of time. And if you don't consciously set aside that time, it won't happen. That means finding balance and setting boundaries.” -Jane Porter, Fast Company article: *Why Your Creativity Needs Boundaries to Thrive*