



Sally Clarkson

1. Facing Your Story with Courage

Psalm 31:24 — Determine to follow God, to serve God, to hope in God.

2. Following the Hope Found in the Word

Psalm 130:5 — Find your hope in God and his Word.

3. Setting Your Goals, Keeping Your Boundaries

Proverbs 22:28 — Be faithful to God's foundations.

Jeremiah 6:16 — Walk in the good way of God.

Marriage, Family, Children

4. Keeping Spiritual Perspective

Luke 10:27 — Love the Lord your God with your heart (what are your affections and values?), and with all your soul (what are your spiritual passions and longings?), and with all your strength (what are your convictions and habits?), and with all your mind (what are you thinking, what are you reading?).

5. Building Your Home

Proverbs 14:1— Choose to be a wise woman.

6. Taking Care of Your Physical Well-Being

1 Corinthians 6:19 — Your body is a temple of the Holy Spirit.