

Has your church become a body of frustrated believers?

Frustration plagues the church family when:

1. A critical spirit infiltrates members.
2. Our actions don't seem to be appreciated or fruitful.
3. We have forgotten the depth of our resources as believers – the invaluable resources of God's great spiritual gifts AND the ability to lean on the support of our church community.

The causes of this frustration are many and include:

- * Not confronting the critical spirit so it continues to spread.
- * The reversal of gratitude; we begin to only see the challenges in life.
- * A lack of awareness; not realizing what our reactions say to people.
- * The hesitancy to reach out to give or get help for fear of being rejected.
- * Forgetting the value of small acts of kindness in our daily lives.
- * Difficulty overcoming the distrust non-believers have in the faith community.

Together we can improve people's lives by teaching them the skills to combat the critical spirit in themselves & others.

My program expands on the free 5 Day Devotional (included in this packet and available on You Version, the Bible app) by speaking to your congregation about the true remedy to negativity and frustration. Each presentation is unique and based on the specific needs of your community, but includes a Bible-based conversation to answer questions like:

- * How do I create a mindset that sees the good in people?
- * How can I show kindness to others when I feel like I have nothing left to give?
- * How do I respond kindly to difficult people?

Along with providing more than a dozen specific, practical, take-away tools, I am honored to share 10 years' worth of true kindness stories to inspire and illustrate life change. These stories come from people all over the United States and were gathered for my weekly newspaper column, Kindness is Contagious.

Your attendees will leave with a call to action which will set tangible goals to keep the kindness conversation going and keep the critical spirit at bay long after I am gone.

I'd love to discuss tailoring this content to the specific needs of your congregation whether that's bridging the generational gap within church walls, supporting a strong family ministry, developing more digital interaction, or creating new disciples through kindness. Let's start a conversation! Contact me at 701-730-6911 or info@NicoleJPhillips.com