

her Oasis

finding **your** beautiful



june/25

# her oasis

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Connect With Us





Brush Strokes  
for Her Soul



# move on

Hello Lovely.

*Stand firm. I must maintain the posture of the one who stands, ready for action, expecting further orders, and cheerfully and patiently awaiting the Director's voice. It will not be long until God will say to me - as distinctly as He told Moses to tell the children of Israel - "Move On!" - Charles H. Spurgeon*

Like Moses, we too long for that divine moment when God directs us to "Move On!" This powerful invitation beckons us to embrace the next phase of our God-ordained journey. It represents a crucial transition from passive waiting to active engagement. By standing firm, we prepare ourselves for what lies ahead. In this state of readiness, we embrace our "next" adventure and find our faith and courage tested and intensified for "such a time as this."

In moments of stillness, we remain vigilant, open to the whispers of the Father guiding us. Each minute spent in this hopeful anticipation allows us to grow and deepen our relationship with Him. That growth is a priceless gift!

Just as God triumphantly led the Israelites to the Promised Land, I am filled with steadfast faith that YOUR journey will unfold in His perfect timing, guided by our Father's wise and steady hand! Don't lose faith, Lovely, remain steadfast. God has not forgotten you, and because He never lies, the promises he has written upon your heart are YOURS. Keep the fire of your faith burning until you hear God gently say - Move On!

finding stillness,

A handwritten signature in a cursive script, reading "Ingrid".

# Contributors



Ingrid Maddock

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Retreat Schedule 2025

**Roots**

Identifying and Releasing What Is Keeping You Stuck

**Be Still and Know**

Dwelling in His Undistracted Presence

**Beauty from Ashes**

Releasing the Stain of Shame

**A Soul Restored**

Journey from Hopelessness to Hope

The first retreat will be this Spring.

[For more information.](#)

# THE ALLURE OF DISTRACTIONS

*By Ingrid Maddock*

Distractions can significantly impair our ability to live authentically. Pinpointing how we are distracted helps us resume control of our lives. By managing our distractions, we can sharpen our vision and focus.

Nurturing our relationship with God is number one.

Distractions have a negative impact on our spiritual lives. Our time with God should always be our first priority. If it is not number one, everything else will be chaos.

If you want to achieve your God-given assignment, focus is necessary.

Goals act as a roadmap, helping us prioritize our time and concentrate on what truly matters while reducing distractions from unproductive activities.

Meaningful God-given relationships are not optional.

Don't settle for "good enough" relationships. Foster relationships that will challenge and provoke you to grow.

Small talk does not take the place of meaningful conversations.

While small talk has its place, it's the meaningful conversations that truly foster mental, emotional, and spiritual growth.

Ask yourself:

Are you focusing on what truly matters?

Are you living a purposeful and fulfilling life?

*Dear Father,*

*Help us to see our distractions as You remind us of Your dreams for our lives. Show us that we are never too old, too young, or too anything to accomplish what we were meant to do on this earth.*

*In Jesus' Name. Amen.*

I know what I'm doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for.

-Jeremiah 29:11 (Message)

# BE

*By Ingrid Maddock*

The answers to our prayers often unfold as powerful challenges, each a transformative stepping stone toward our spiritual growth and personal development.

We ask for patience and then are tested by the actions of those around us.

We long to love more deeply, and God places challenging individuals in our lives to help us grow.

We desire to embrace gentleness then feel tempted to slip into irritability and harshness.

We pray for increased faith, then struggle to strengthen our trust in Him, be it through financial hardships, job losses, or the illness of a loved one.

We seek humility, then face wrongful accusations with no chance to defend ourselves.

We plead for strength, then face spiritual hurdles that push us to rely entirely on Him.

We endeavor to surrender, then are profoundly tested on our journey toward a heart of submission and obedience.

We desire to be less self-centered so God brings ample opportunities to serve others.

We desire quietness and distractions miraculously multiply around us.



We aspire to be more like Jesus as God assures us, "I have answered your prayer because it aligns perfectly with My will for you. I've put you through the furnace of affliction to refine you. I've strengthened you through opportunities to display courage and endurance. I've given you trials to ignite a deep longing for Me."

Be still and know that I am God.

Be still and know that I am.

Be still and know that I.

Be still and know that.

Be still and know.

Be still.

BE!





be still and know

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# book of prayers



# BE STILL AND KNOW BOOK OF PRAYER

## **Just Released**

Immerse yourself in the power of stillness and unlock the treasures within the Be Still and Know Book of Prayers. This unique collection of creative and traditional prayers is a must-have resource, intentionally crafted to deepen your connection with God. Each prayer is a gateway to reflection and contemplation, inviting you to experience peace as you witness His goodness while waiting on Him.

Every time you revisit this book, you'll discover profound layers of release. Share its deep wisdom with those prepared to welcome the remarkable beauty of stillness into their lives.

Click [HERE](#) to read.

*sissy reese*

Hi! Words are my passion. I joyfully partner with God to weave His inspired words with my heart, crafting poetic prayers that invite others to experience His presence.

Discover my latest collection of poetic prayers in the "Be Still & Know" Book of Prayers.

*finding beautiful*





*victoria sandage*

Hi, Visio Divina is my passion. I cherish using my gift of photography to help others encounter God in profound ways. Discover my latest Visio Divina photos in the Be Still & Know Book of Prayers.

*finding beautiful*



# FIVE MINUTE MEDITATION

*from Finding Beautiful*

## **One-Minute Solitude Meditation**

Find a comfortable position. Relax your eyes. Inhale deeply and exhale slowly. For one minute, remain in solitude, contemplating the Goodness of the Father.

**Lectio Scripture** – Lord, we open our hearts to hear what you are saying.

*Do you see what this means—all these pioneers who blazed the way, all these veterans cheering us on? It means we'd better get on with it. Strip down, start running—and never quit! No extra spiritual fat, no parasitic sins. Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever. And now he's there, in the place of honor, right alongside God. When you find yourselves flagging in your faith, go over that story again, item by item, that long litany of hostility he plowed through. That will shoot adrenaline into your souls! Hebrews 12:1-3 {Message}*

**Visio Divina** – Lord, we open our eyes to see what you see.



**Meditation** – Lord, we explore and meditate on Your truth.

Take a moment to pause. Inhale deeply and exhale slowly. As you breathe, notice three things in your surroundings. Allow your mind to break free from the chaotic rush of thoughts and enter this serene space where divine light shines through the darkness.

Our lives are full of distractions. From social media to our never-ending to-do lists, it's easy to overlook what really matters. God wants us to remain vigilant, guarding our hearts and minds against distractions that lead us away from why He placed us here. Setting boundaries allows us to open our eyes to intentional living.

**The Posture of Prayer** – Lord, we enter Your throne of grace with simplicity of speech.

*Dear Father,*

*Please help me to remove the distractions that cloud my vision of You. Grant me the clarity to see things as You do and the courage to release whatever holds me back from living my fullest and most meaningful life.*

*In Jesus' Name, Amen.*

**Question to Ponder** – Lord, we ponder through questioning.

What three things caught your attention?

What is God communicating to you about them?



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*Sisters of the Crown*



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