



her *Paxis*

finding **your** beautiful

july/25

her oasis

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Brush Strokes
for Her Soul

do your shoes fit?

Hello Lovely.

Give the girl the right shoe, and she can conquer the world. – Marilyn Monroe

But what happens when your shoes don't fit the journey you're on?

Choosing the right shoes serves as a metaphor for the common experience of dealing with uncertainties, insecurities, and fears during life transitions. I'm well-acquainted with this feeling. In my current phase, amidst the challenges of change, I find myself trying on numerous pairs of shoes, seeking that ideal fit. My soul often suggests settling for discomfort and accepting ill-fitting shoes to avoid the hassle of searching. However, deep down I hear the gentle truth as the Father whispers, "My weary one, why are you bearing this burden alone? Come to Me because I have the perfectly tailored shoes for your next journey."

I have come to understand that "living aware" on the journey is imperative. Every step I take toward discovering what "fits" brings clarity and healing, enabling me to let go of what no longer benefits me. In the sacred stillness, I deepen my connection with God and can more readily recognize the priceless pearls of wisdom from the messengers He has placed in my path.

Discovering my perfect match has certainly been a difficult journey. For months I've been pursuing this path with determination, pushing beyond my comfort zone to seek guidance from the Father for my next steps. In overwhelming times I stay focused, knowing that once I find the right direction, what awaits is beyond my comprehension. This is what our Father does for each of us—guiding us to a place beyond our comprehension!

do your shoes fit?

Despite the difficulties, this journey is revealing the strength within me. What I choose not to let overwhelm me has become the stepping stones to success, guiding me directly to the Father's doorstep.

Lovely, each of us is on our own unique journey. With faith and perseverance, we will find the shoes created specifically for us—shoes that enable us to confidently stride toward our purpose and triumph in the specific part of the world God has destined for us to conquer.

I pray for you, Lovely, that you discover your perfect match, be it stilettos, ballet flats, hiking boots, slippers, or flip-flops. The Father is ready for us to confidently embrace our season of change, having crafted the perfect pair of shoes to guide us into the next phase of our journey!

finding stillness,

Ingrid

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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.](#)



Poetica Divina

BY POET SISSY REESE

Get ready for the launch of Sissy's new book, *Poetica Divina*.

It is her passion to inspire you to connect with the Father in the deep, quiet place.

The practice of *Lectio Divina* through poetry, also known as *Poetica Divina*, is an experience for your soul. It encourages you to linger in the words, listen with intent, and reflect on the profound truths that emerge. Sissy's inspired words, familiar yet transformative, serve as gateways to insight, inviting you to explore meanings far beyond initial perceptions. With her logophile expressions and deep yearnings, Sissy uncovers glimpses of the sacred, awakening our spirits to the beauty that surrounds us.

Coming to the Finding Beautiful Bookshelf July 20th.



Poetica Divina Meditation: ***Barrenness***

In my barrenness, I often lament,
"Father, why must I bear such torment?"

On bended knee I pray for my sorrow's end,
Yet You remind me that through trials, mercy You send.

You comfort me as I walk this difficult road,
Restoring my soul so my heart does not grow cold.

You are my Artistic Master holding my blank canvas so bare,
Transforming my deep sorrow with colors rich and rare.

With each gentle brush stroke, I rise and I soar,
Finding strength in Your transition, I fear not anymore.

Your hope fills my heart like the dawn's early grace,
It's the boundless love of my Father I cling to and embrace.



Poetica Divina Meditation Steps

Allow 5 – 10 minutes for this meditation.

Find a comfortable position without distraction.

Soften your eyes and take several deep breaths as you still yourself in the presence of the Father.

Read. Read the poem slowly as you open your heart to receive from God.

Don't get lost in the meaning; allow the words to wash over you.

Pause. Stop, soften your eyes, and allow your heart to metabolize what you read.

Sit in stillness for a moment or two.

Reflect. Reread the poem aloud, slowly, and with intention.

As you read the poem, think about how the words connect with you emotionally.

Embrace. Read the poem a third time as you ask the Father to highlight what He wants you to know. Ask the Holy Spirit for guidance if you feel stuck.

Gratitude. Finish with a prayer of gratitude.

LECTIO DIVINA MEDITATION

Isaiah 30:21 (NIV)

Whether you turn to the right or the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

Lectio Divina Meditation Steps

Allow 5 to 10 minutes for this meditation.

Read the brief Bible passage, then read it again slowly, discerning God's personal message to you.

Meditate on the words as you listen for God's voice speaking to you through them.

Listen to God's message, then respond to Him. He will hear you.

Relax in God's presence without the necessity of saying anything. Be still, let go of any distractions, and sense God within and around you.

Finish with a moment of gratitude.

be still and know

book of prayers



BE STILL AND KNOW BOOK OF PRAYER

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.

Pile your troubles on God's shoulders – He'll carry your load, He'll help you out.

Psalm 55:22 {Message}

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



Meditation - Lord, we explore and meditate on Your truth.

Navigating life's uncertainties can be likened to sailing a ship in unpredictable waters. When faced with stormy seas—representing doubts and conflicting advice—it's essential to have a compass that guides you. Just as a sailor trusts his compass to navigate the water, we can trust our faith and relationship with God to steer us through life's turbulence. By anchoring ourselves in His presence and wisdom, we find our direction and the calm needed to sail onward, even when the waters are rough.

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

Dear Father,

With unwavering faith, we anchor ourselves in Your presence and wisdom. We trust that Your guidance illuminates our path and grants us strength amid the storms of life. Even when the waters are tumultuous, we stand firm on Your promises, assured of Your unwavering support.

In Jesus' Name. Amen.

Question to Ponder - Lord, we ponder through questioning.

Where is your compass?

Oasis

CREATIVE PRAYER STUDIO

What is the Oasis Creative Prayer Studio?

Your vibrant haven for rejuvenating the mind, soul, and body!
Here, be empowered with resources to uplift your spirit and spark
your creative journey with the Father as He wraps you in childlike
hope!

lectio divina
visio divina
musica divina
poetica divina
soul healing meditations



A Prayer to Still Your Soul

Dear Father,

Thank You for creating Your daughter with such unique qualities. I celebrate her uniqueness today, for she is a special creation of Yours, and I ask that she remain resolute in who You made her to be – not backing down to settle for something that clashes with her God-given identity. No matter her age, no matter her stage, may she wear her uniqueness with confidence and grace.

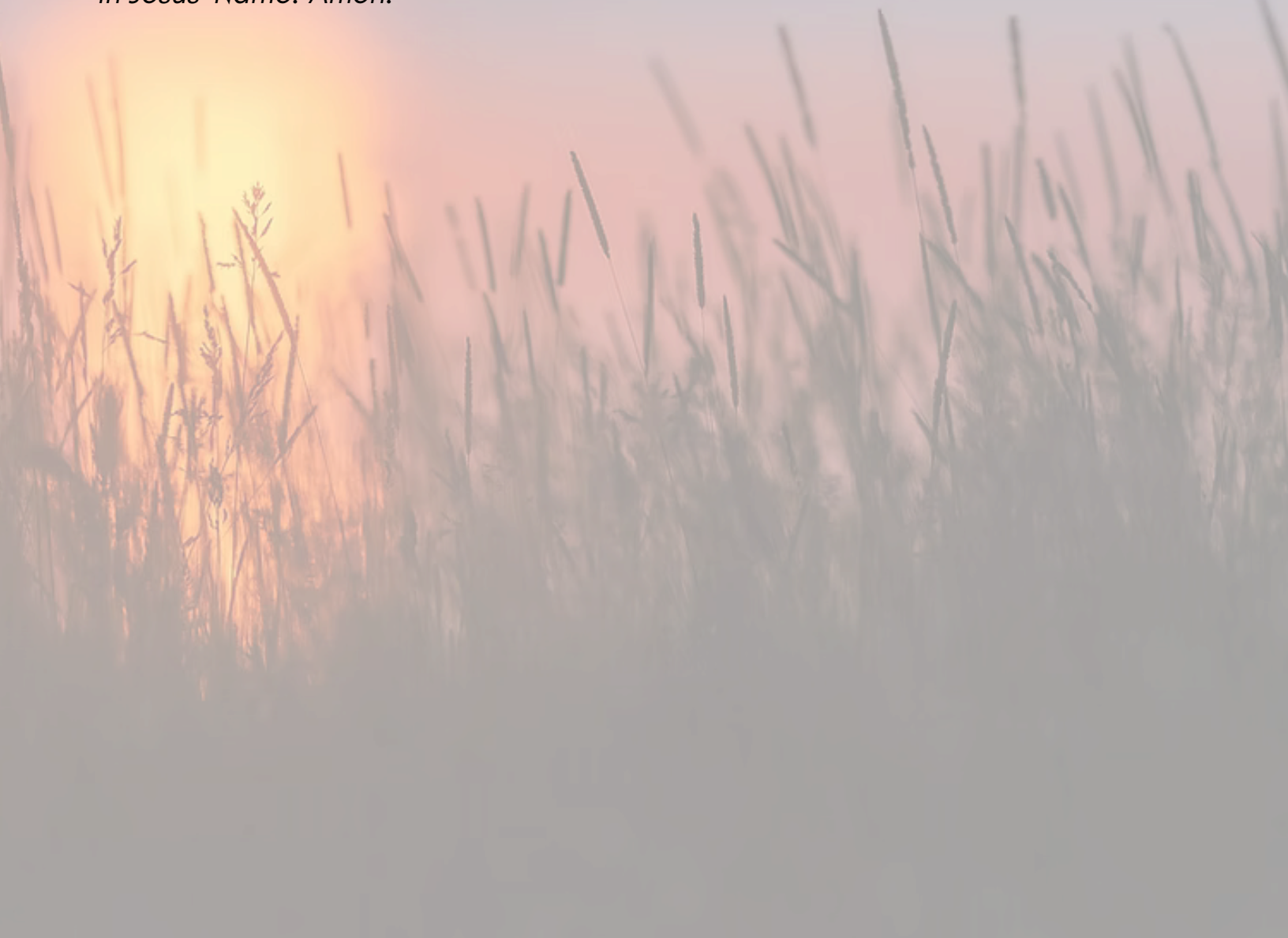
Today, I pray for the decisions pending in the hearts of Your daughter. As she weighs decisions, help her to determine what's right. I ask that You, the ultimate guide, lead her with increased wisdom and heavenly grace so that she may feel reassured and confident in her choices.

Lord, fill her mind with clarity and peace so that as she discerns the path You have laid out for her she will know! May she trust in Your understanding and lean on Your strength in moments of doubt, feeling secure and at peace in Your divine plan. Surround her with Your light, and may she feel the warmth of Your embrace, especially when she is overwhelmed by waves of doubt.

May she always be aware of Your unwavering love and support with every step she takes. Give her joy to overwhelm any fear that may be trying to grab hold of her life.

Father, may her decisions draw her closer to You as You reveal more of her journey. Bless her, and may she seek and find solace in Your guidance and comfort.

In Jesus' Name. Amen.





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FOR SUPPORTING WOMEN

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