

7 Experimental Mutiny Against Excess

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CARLY HERNANDEZ

Good Night Minnesota Church Publishing, Inc.

No more hiding or people-pleasing up in here, sisters. No more being sidelined in your own life. It is time for us to be brave, to claim our gifts and quirks and emotions. You are set free and set up and set on fire. NOW you can get busy doing what you were placed on this planet to do. NOW you can be honest, honest, honest about all of it, even the hard stuff, even the humiliating stuff, even the secret stuff. NOW you can walk in your convictions of faith and ask new questions unafraid. NOW you can be so free, because you are not searching for value from any source other than your own beautiful soul made piece by piece by God who adores you and is ready to get on with the business of unleashing you into this world. In this book, I break it down into five self-reflective categories—who I am, what I need, what I want, what I believe, and how I connect—and by working your way through them, you will learn to own your space, ground, and gifts (they are YOURS, sister); be strong in your relationships and lay down passive aggression, resentment, drama, and compliance; say GUILT-FREE what you want and what you need; and welcome spiritual curiosity and all the fantastic change that doing so creates. You with me, beloveds? If we do this work on our own selves now, not only will we discover a life truly worth living, but we will free our daughters to rise up behind us, with spines straight, heads up, and coated in our strength.

Little Horror Revell

God gave us emotions to experience life, not destroy it! Lysa TerKeurst admits that she, like most women, has had experiences where others bump into her happy and she comes emotionally

unglued. We stuff, we explode, or we react somewhere in between. What do we do with these raw emotions? Is it really possible to make emotions work for us instead of against us? Yes, and in her usual inspiring and practical way, Lysa will show you how. Filled with gut-honest personal examples and biblical teaching, Unglued will equip you to: Know with confidence how to resolve conflict in your important relationships. Find peace in your most difficult relationships as you learn to be honest but kind when offended. Identify what type of reactor you are and how to significantly improve your communication. Respond with no regrets by managing your tendencies to stuff, explode, or react somewhere in between. Gain a deep sense of calm by responding to situations out of your control without acting out of control.

7: An Experimental Mutiny Against Excess (Updated and Revised)
Tyndale House

Argues for a life based on humility, service, and sacrifice instead of the accepted worldview of a life valuing fame and recognition.
Interrupted NavPress

Give your kids the decluttering guide that will encourage their independence and create a more peaceful home for your family. Allie Casazza has created a resource for you to show kids how to create and design their own space, offering practical ideas on organization and productivity, kid-friendly inspiration for mindfulness, and interactive pages for creativity. Allie has encouraged women to simplify and unburden their lives as the host of The Purpose Show podcast and through her first book *Declutter Like a Mother*. Now she's helping you equip your kids and tweens to discover the same joy of decluttering as they design and create a space that supports their interests and goals, make more room in their lives for playtime and creativity, increase productivity and find renewed focus for schoolwork, learn valuable life skills, and cut down on cleaning time, reduce

stress, and feel more peaceful. Your kids will start to understand that the less they own, the more time they have for what's important. Written in Allie's fun, motivational voice, *Be the Boss of Your Stuff* is ideal for boys and girls ages 8 to 12, includes photography and interactive activities with space to write, draw, imagine, and plan, shares step-by-step instructions for decluttering, offers added practical, personalized instruction from Allie's children, Bella and Leeland, and is a great gift for coming-of-age celebrations, the first day of spring, New Year's, Easter, birthdays, back-to-school, or school milestones. As your kids become more proactive in taking care of their stuff, you'll find your whole family has more time and space for creativity and fun. After all, less clutter, less stress, and less chaos in your kids' lives means more peace, more independence, and more opportunity to grow into who they're meant to be. Read Allie's first book, *Declutter Like a Mother*, to further equip yourself in decluttering while you empower your kids to embrace their space.

From Him and For Him Penguin

How do we hear from God and discern His will when it's time to make big decisions? Terry Looper shares a four-step process for doing just that - a process he has learned and refined over thirty years as a Christian entrepreneur and founder of a multi-billion dollar company. At just thirty-six years old, Terry Looper was a successful Christian businessman who thought he had it all—until managing all he had led to a devastating burnout. Wealthy beyond his wildest dreams but miserable beyond belief, Terry experienced a radical transformation when he discovered how to align himself with God's will in the years following his crash and burn. *Sacred Pace* is a four-step process that helps Christians in all walks of life learn how to slow down their decision-making under the guidance of the Holy Spirit, sift through their surface desires and sinful patterns in order to receive clear, peace-filled

answers from the Lord, gain the confident assurance that God's answers are His way of fulfilling the true desires he has placed in their hearts, and grow closer to the One who loves them most and knows them best. This book is not another example of name-it-and-claim-it materialism in disguise. Instead, it walks readers through the sometimes-painful process of "dying to self" in their decisions, both big and small, so that they desire God's will more than their own.

Stories about Friendship, Love, and Being True to Yourself

Thomas Nelson

Jen Hatmaker reveals how to practice kindness, grace, truthfulness, vision, and love to ourselves and those around us.

7 Days of Christmas Convergent Books

Inspired by her iconic *7: An Experimental Mutiny Against Excess*, New York Times bestselling author Jen Hatmaker explores the spiritual side of a simpler life and the way our choices affect our spirit, our loved ones, our community, and the earth in her new gift book *7 Days of Simplicity: A Season of Living Lightly*. In *7 Days of Simplicity* Hatmaker shares from her own experiences in living lightly, "finding deep delight in exactly what you have and where you are, never letting anyone shame you out of simplicity or contentment." Throughout the book are excerpts of Jen's own journey to offer hope, humor, facts, and encouragement for the reader with a fresh look at how our own daily choices affect the sustainability of our lives and God's earth. The book confronts our desire to compete in the all-consuming consumer-goods game calling the reader to slow down, catch a breath, live with intention, and live like today is all we have, because those small ripples eventually make big waves for everyone.

For the Love Tyndale House

Big Mama blog founder and New York Times bestselling author Melanie Shankle helps us sort through our questions about being true to ourselves in a world gone crazy and what matters the most in the end. These days, so many voices tell us what to do, what to think, and what kind of parent or friend or spouse to be that it's easy to feel overwhelmed and defeated. Somewhere in the midst of online arguments and crazy politics and the ups and downs of life, we've lost sight of the gifts that are all around us: kindness, love, mercy, and joy. In *On the Bright Side*, Melanie Shankle reminds us of the unchanging principles we can count on in a changing world. These are lessons that Melanie has learned

along the way about how to find all the joy that life has to offer--and why encouragement is never something to keep to ourselves. Melanie invites us to lead with love in all areas of our lives, exploring topics such as: Finding your people Giving up on comparing and competing Aging (kind of) gracefully Believing in ever after Staying mostly sane while raising kids Thinking before speaking Making decisions And more! This delightful memoir highlights the joys of life told in Melanie's down to earth, relatable, and totally enjoyable style. *On the Bright Side* is a how-to guide to knowing--and living--what matters most.

Whisper Image Books

Why do we pursue more when we'd be happier with less? In this updated edition of *7*, New York Times bestselling author Jen Hatmaker tells the story of how she and her family tried to combat overindulgence—and what they learned along the way about living a truly meaningful life. *Simple and Free* is the true story of how Jen Hatmaker (along with her family) identified seven areas of excess—food, clothes, spending, media, possessions, waste, and stress—and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence. So, what's the payoff from living a deeply reduced life? It's the discovery of a greatly increased connection with God—a call toward simplicity and generosity that transcends social experiment to become a radically better life. In this new edition, written not just for readers of faith but for everyone who craves a gentler, simpler life, Hatmaker shares how sustainability and generosity still impact and challenge her today. Annotated throughout with new reflections from the author, this book offers thoughtful insights on the vastly different world of *Simple and Free* from back when it was first published as *7*, and considers the dramatically different space Hatmaker occupies now. *Simple and Free* is funny, raw, and not a guilt trip in the making. Come along and discover what Jesus' version of rich, blessed, and generous might look like in your life.

The Search for a Life of Passion, Purpose, and Joy Thomas Nelson
Women are relational by design, but in the frenzy of everyday life friendships are often the first casualty on an overwhelming to-do list. *Girl Talk* helps explain 5 levels of communication that nurture intimacy. Reset your priorities while studying God's design for community. Leader's guide included. If using in a group, personal study is needed between meetings. 5 sessions

Of Mess and Moxie Tyndale House

Cant hear God though the cell phone, the kids, and the endless static of life? Discover over 20 ways God speaks to us, and learn to tune in to the power of divine conversation. The 5 sessions of this womens Bible study from the Modern Girls Bible Study series talk about what is really important to you, such as your relationships, work, stress, sexuality, and forgiveness. Includes leaders guide with discussion questions. If using in a group, personal study is needed between meetings.

How to Hear the Voice of God Convergent Books

Life is messy for each of us. But Jen Hatmaker reminds us that it's okay to admit that we're all in the same boat. Join New York Times bestselling author and honorary big sister Jen as she shares hilarious tales, shameless honesty, and unconditional hope for the woman who's forgotten her moxie. We will endure discouragement, heartbreak, failure, and suffering. All of us. And more than once. But we are the very same folks who can experience triumph, perseverance, joy, and rebirth. More than once. And in more than one category. And in more than one season. And that? That's moxie. Moxie reaches for laughter, for courage, for the deep and important truth that women are capable of weathering the storm. We are not victims, we are not weak, we are not a sad, defeated group of sob sisters. Yes, life is hard, but we are incredibly resilient. *Of Mess and Moxie* shines a light on Jen's own triumphs and tragedies into a sigh of relief for all normal, fierce women everywhere. Whether it's the time she drove to the wrong city for a fourth-grade field trip or the way she learned to truly forgive, she offers a reminder to those of us who sometimes hide in the car eating crackers that we do actually have the moxie to get back up and face our messes head-on. After all, this race is not a contest--there's enough abundance to go around. This book will give you the encouragement you need to remember that: Your mess is normal You are not in competition with your peers--your seat at the table is secure You have incredible gifts to offer Come alongside Jen as she teaches us that we can all choose to live undaunted and in the moment, no matter what the moments hold, and we really can lead vibrant, courageous, grace-filled lives.

Simple and Free: Study Guide Crossway

PUBLISHERS WEEKLY BESTSELLER • The question isn't whether God speaks. The question is what does He have to say to you?

The New York Times bestselling author of *The Circle Maker* teaches readers how to listen to God. WINNER OF THE ECPA CHRISTIAN BOOK AWARD FOR CHRISTIAN LIVING The voice that spoke the cosmos into existence is the same voice that parted the Red Sea, and made the sun stand still in the midday sky. One day, this voice will make all things new, but it's also speaking to you now! That voice is God's voice, and what we've learned from Scripture is that He often speaks in a whisper. Not to make it difficult to hear Him, but to draw us close. Many people have a tough time believing God still speaks. Sure, in ancient times and in mysterious ways, God spoke to His people, but is He still speaking now? Mark Batterson certainly believes so. And he wants to introduce you to the seven love languages of God; each of them unique and entirely divine. Some of them you might suspect but others will surprise you. By learning to tune in to and decipher each language, you'll be able to hear His guidance in simple as well as life-altering choices. God is actively speaking through: Scripture, Desires, Doors, Dreams, People, Promptings, and Pain. Batterson gives you the tools you need to unlock each of these languages. God's whisper can answer your most burning questions, calm your deepest fears, and fulfill your loftiest dreams. Discover how simple it is to hear God's voice in every aspect of your life! He's speaking, make sure you know how to listen!

Staging Your Own Mutiny Against Excess (Workbook) Tyndale House

A Bible teacher with a keen understanding of women offers forty devotions for moms based on the words and deeds of Jesus.

A Season of Generosity Thomas Nelson

The author uses advice and insight to help readers find purpose, happiness, and fulfillment in their lives.

A Love Letter to Life Around the Table with Recipes Thomas Nelson

Why do we pursue more when we'd be happier with less? In this updated edition of *7*, New York Times bestselling author Jen Hatmaker tells the story of how she and her family tried to combat overindulgence--and what they learned along the way about living a truly meaningful life. *Simple and Free* is the true story of how Jen Hatmaker (along with her family) identified seven areas of excess--food, clothes, spending, media, possessions,

waste, and stress--and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence. So, what's the payoff from living a deeply reduced life? It's the discovery of a greatly increased connection with God--a call toward simplicity and generosity that transcends social experiment to become a radically better life. In this new edition, written not just for readers of faith but for everyone who craves a gentler, simpler life, Hatmaker shares how sustainability and generosity still impact and challenge her today. Annotated throughout with new reflections from the author, this book offers thoughtful insights on the vastly different world of *Simple and Free* from back when it was first published as *7*, and considers the dramatically different space Hatmaker occupies now. *Simple and Free* is funny, raw, and not a guilt trip in the making. Come along and discover what Jesus' version of rich, blessed, and generous might look like in your life.

Be the Boss of Your Stuff Zondervan

Packed with tools and practices, this study guide takes us deeper into *Simple & Free: 7 Experiments Against Excess* by New York Times bestselling author Jen Hatmaker, helping us combat the areas of overindulgence and excess in our lives, freeing us to feel less stressed and more fulfilled. In *Simple & Free*, first published as *7*, Jen Hatmaker gave readers the story of how her reckoning with excess and materialism turned into a social experiment--which soon propelled a spiritual movement. Now, in this study guide, Hatmaker invites us to delve deeper into solutions and practices for our own seven areas of excess--from stress to spending to social media. This nine-week study guide walks us through these excesses and equips us with practical tools for creating solutions--and making this idea a way of life, not just an experiment. Taking the best from *Simple & Free* and packing these points with Scripture followed by prompting questions, this resource is broken down into focused, thematically organized weeks for readers to explore patterns and solutions around sustainability and gratitude in greater depth. What's the payoff from living a deeply reduced life? It's the discovery of a greatly increased connection with God--a call toward simplicity and generosity that transcends social experiment to become a radically better life.

Simple Steps for Abundant Living Lifeway Church Resources

Family members hurt us. Friends betray us. Fellow Christians deceive us. But Jesus provides a path through the pain--the Lord's Prayer. In *The Wall Around Your Heart*, Mary DeMuth shows you that you can reach wholeness and healing in the aftermath of painful relationships by following the road map of the Lord's Prayer. You'll walk through story after story of hurt people who are led through biblical truth into amazing, life-sustaining, joyful growth. Life is hard. People can be mean and petty and awful. But they can also be amazing and beautiful and sacrificial. God is good. He is faithful. You can trust him with your relationships. "He'll send people to call out what is hard in your heart," Mary shares. "And that's a gift to you." Allow God to access the wall around your heart. Dare to say, "Tear down the bricks, Lord, whatever it takes." Pray first. Ask for bravery--for yourself and for others. Risk engaging despite your hurt. Seek the shelter of Jesus. You don't have to resign yourself to your wounds! You can rise above the pain. You'll usher in a new life--an openhearted way of relating to others that expands the kingdom of God. In the process, you'll draw closer to Jesus, be healed, and become an agent of healing to others.

A Modern Girl's Guide to Bible Study B&H Books

In this 5-session Bible study on character, you'll see what women from the Bible have to say about balancing our sanity with great expectations. With her infectious humor and honest voice, Jen Hatmaker shares insights that will help you manage your time, set priorities and boundaries, and organize your world. Leader's guide included with discussion questions. If using in a group, personal study is needed between meetings.

Decluttering and the Spiritual Life Penguin

Who Murdered Mr. Malone? is Book 1 in the Garden Girls Cozy Mysteries Series BONUS - RECIPES INCLUDED! Nothing exciting ever happens in the small town of Belhaven. Nothing that is, until a body was found in the woods behind the local elementary school. With the entire town in an uproar, "Garden Girl" Gloria Rutherford makes it her personal mission to find the killer or killers and solve the mystery with some help from her friends. With a little amateur detective work, Gloria is able to uncover enough clues that point right to the murderer. She's about to discover, however, things aren't always as clear cut as they would appear.