

# Resources recommended by church workers of the LCA/NZ in the LCA Covid-19 wellbeing short-term project 2020

---

*Survey 1 and 2: Resources for wellbeing you wished to share*

## Spiritual practice

Worship and devotional resources that are now available; 'Church at home' resources; prayer; bible; worship videos; online worship; looking at what other churches are doing; good Bible teaching podcasts; preparing sermons

*Specifically mentioned:*

- [Alliance for Missional Leaders Network](#) Facebook page
- [Alpha Course](#)
- [Australian Chesterton Society](#)
- [BuildingFaith](#) — A Ministry of Virginia Theological Seminary
- [Care@Trinity](#) (*'This Update focuses on resources for nurturing faith and worship beyond the traditional gathered space, including moving worship services on-line'*)
- Daily office and meditations from the [Northumbrian Community](#)
- Devotional readings such as *Time Out*
- [DWELL](#) at home
- [Fuller Youth Institute](#)
- Grow Ministries — [Church at home resources](#)
- [Illustrated Ministry](#) — faith formation resources for all ages
- Ipswich Lutheran Church's Sunday [webcast](#)
- [LCA's Church@Home](#)
- [LCA Daily Devotions](#)
- LCA's [Worship Planning](#) webpage (*'Many LCA pastors blogs, discussion groups etc.'*)
- Life.church: Craig Groeschel leadership podcast '[Leading Through Crisis](#)'
- [Lostsheep.com.au](#)
- [lutheranmission.blogspot.com](#)
- [Messy Church Australia](#)
- [OBS — Open Broadcaster Software](#) (*'This is the free software we use for recording services and is very useful'*)
- [Storypath](#) — Connecting Children's Literature With Our Faith Story
- [Strandz](#) (*'Great ideas for faith at home'*)

- [Stuff You Can Use](#) Facebook page (*'A really helpful page for youth pastors/leaders/coordinators to receive support, ideas and see what other youth groups are up to'*)
- The lectionary <https://thewordendures.org/>
- [The Lutheran Hour](#) devotions
- [The Online Pastor](#) Facebook page
- [The Society of Gilbert Keith Chesterton](#)
- The [SURRENDER Toolkit](#)
- *The Treasury of Daily Prayer*, ed. Scot A. Kinnaman, St. Louis, MO: Concordia Pub. House, 2008.
- Ray Godwin's Ministries — *'The Blessings Course'*
- [Read Scripture App](#) by the Bible Project
- ResourceUMC: [Taking your worship online: A guide for beginners and everyone else](#). By Jeremy Steele
- Uniting Church in Australia — Synod of Victoria and Tasmania: [Covid-19 worship resources](#)
- Vibrant Faith: [Moving Faith Formation Online](#). By John Roberto
- [Word on Fire](#)
- [Worship at St Mark's](#)

## Mindfulness and wellbeing

Exercise; daily walks; journaling; meditation; laughing; sitting in the sun; deep breathing exercises; try new things; have a hobby; don't be afraid to talk about feelings; keep connected with others; sharing with family; appreciating beauty; download a wellbeing app

*Specifically mentioned:*

- [Beyond Blue](#)
- [Black Dog Institute](#)
- [CDC](#) Resources
- [Freedom App](#) (allows you to limit your access to the internet at times you want to work without distraction)
- [Headspace App](#)
- [R U OK?](#)
- [Queensland Health](#) guides for [sleeping](#) and [eating](#) well
- [Minute with Maxwell](#) Daily Videos
- The World Community for Christian Meditation ([WCCM](#) and [WCCM Australia](#))
- Scott Berinato, *'That Discomfort You're Feeling Is Grief,'* *Harvard Business Review*, 23 March 2020.
- Aisha S. Ahmad, *'Why You Should Ignore All That Coronavirus-Inspired Productivity Pressure,'* *The Chronicle of Higher Education*, 26 March 2020.

## Music, books and more

Humorous stories; music; poetry; YouTube clips; reading books; Christian Radio; Christian music on *Spotify*

*Specifically mentioned:*

- Ken Blanchard, Phil Hodges, and Phyllis Hendry, *Lead Like Jesus Revisited. Lessons from the Greatest Leadership Role Model of All Time*. Nashville, TN: W Publishing Group, 2016.
- Kevin DeYoung, *Just Do Something: A Liberating Approach to Finding God's Will*. Chicago, IL: Moody Publishers, 2014.
- Peter T. Forsyth, *The Soul of Prayer*. Vancouver, BC: Regent College Pub., 1997 (with a Foreword by Eugene H. Peterson).
- Henri Nouwen, *Following Jesus: Finding Our Way Home in an Age of Anxiety*. La Vergne, TN: SPCK, 2019.
- G. Lloyd Rediger, *Clergy Killers: Guidance for Pastors and Congregations Under Attack*. Louisville, KY: Westminster John Knox Press, 1997.
- Pete Scazzero, *The Emotionally Healthy Leader. How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World*. Grand Rapids, MI: Zondervan, 2015.
- Peter Steicke, [Spirited](#). *Ordinarily Spectacular Everyday Life in the Holy Spirit*.
- Rick Warren, *40 Days of Community Study Guide: What On Earth Are We Here For?* Grand Rapids, MI: Zondervan, 2012.
- Michael McIntyre ('He is great')
- *Sun Herald* Giant Crossword
- Books by Gordon MacDonald, Eugene Petersen, Carey Nieuwhof
- [Carey Nieuwhof's Blog](#) ('There are some good blog posts on how to deal with a crisis as a pastor')
- [The Verge](#) Facebook page
- [The Daily Wire](#)
- Brené Brown, [Unlocking Us](#) podcast
- [mikeysfunnies.com](#)