

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

Disclaimer

This list is not formally endorsed by the LCA/NZ, nor the Church Worker Support Department. The resources named were provided by church workers and are being shared in good faith. They may offer a range of theological, social, scientific or secular positions and/or perspectives. Individuals are advised to use their own discernment to decide if a particular resource is helpful or not.

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](http://Read Scripture App by the Bible Project) 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](#)