

EXHALE



On May 13, 2017, I graduated from Dallas Theological Seminary. For six and a half years I have juggled work demands with assignments, papers, an internship, and many late night cramming sessions. Having an overloaded schedule went from being a temporary situation to my everyday life, and it left me with the battle wounds to prove it- extra weight, migraine headaches, poor self-care habits, and a neglected personal community.

My only goal in this new season is to take a deep breath in and exhale. In a culture where we simply run from one goal to the next, I'm choosing to press pause and care for my own soul by having good boundaries and walking in my "no anointing"! I'm choosing to slow down, simplify, and rediscover me!

As women, many times we spend life in survival mode, living at an unhealthy pace. I want to encourage you to be intentional about taking time to exhale! Turn off your social media for a few days, start exercising and eating healthy, take up a hobby, and spend uninterrupted time with a few close friends or just yourself. Most of all, spend some alone time with God. It doesn't have to be at the crack of dawn, but make sure you get in some quality time with the Lord! If we aren't intentional about caring for ourselves we will lose ourselves in the midst of our life's demands.

Truth be told, what I'm really doing in this season is learning to live like God is enough. I need to relinquish control, believing that if I take the time to care for me, God will take care of the rest! If life has become overwhelming for you, I hope you join me. I hope you learn to press pause, breathe in deeply and exhale!

Elizabeth Woodson is a passionate bible teacher whose deepest desire is to know Christ and to make him known! Engaging both the heart and mind she loves to teach the truth of Scripture, empowering believers to experience abundant life with Jesus. Whether it's over a cup of coffee or a few of scoops of ice cream, Elizabeth also loves to disciple women. She believes in keepin' it real as she strives to encourage them to be mighty women of God!

Elizabeth has a background in accounting, but over the past few years God has allowed her long time ministry passion to become her full-time job! On most days you can find her hanging out with singles at Oak Cliff Bible Fellowship, where she works as the Singles Coordinator, giving oversight and leadership to the Singles Ministry. She is also a graduate of Dallas Theological Seminary.