

Subject: Four for Friday [September 16, 2016]

From: Chuck Allen - To: bobby@sugarhillchurch.com - Date: September 16, 2016 at 7:14 AM

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Hi Everybody!

Welcome to **Four for Friday**, a collection of recommended READS, LISTENS, LEARNINGS & GADGETS. I'd love to hear your thoughts about these - just click "Reply" on this email.

#1 - A Really Good Read:
[Present Over Perfect by Shauna Niequist](#)

I would consider this a "must-read" for folks that feel overwhelmed with the stress of work, faith, family, health, and church balance! In these pages, you'll be invited to consider the landscape of your own life, and what it might look like to leave behind the pressure to be perfect and begin the life-changing practice of simply being present, in the middle of the mess and the ordinariness of life.

#2 - A Great Watch/Listen for Folks that Feel Stressed Out:
[Henry Cloud at Willow Creek Community Church](#)

One of my favorite authors, Dr. Henry Cloud, recently spoke at Willow Creek Community Church in Chicago on stress. It's funny, engaging and helpful. If you listen to this podcast and apply Dr. Cloud's teaching to your life, I promise you that you'll start gaining ground and eventually have a victory over stress. Please let me know what you think about this recommendation!

#3 - A Great and Inspiring Listen:

[Let Revival Begin by Sugar Hill Worship](#)

Hector and the Sugar Hill Worship Team have released their second EP, and I can't stop listening to it! Every song is packed with faith and encouragement. Grab your CD at Sugar Hill Church or online at iTunes, Spotify, or Amazon Music. [This link](#) is to iTunes. Let [Hector](#) know how much you enjoy this faith-filled creation.

#4 - A Reminder of a Great APP:

[The 5 Minute Journal APP](#)

Maybe you have never journaled on a daily basis, or maybe you are hit and miss on journaling. This simple app is a reminder to tackle the simplest essentials of your day. 1) What are you grateful for. 2) What are you going to do today, to make it a great day? 3) What daily affirmation can you direct your day with? Grab this app! I promise you that it will become a go to part of your daily routine!

Please share these recommended links with friends and family and please let me know what you think about the Four for Friday. Thanks for jumping on board with me! I trust these are helpful for you. I created this weekly list as a result of the many folks that asked what I was reading or what I was listening to, or what resource would I recommend. Enjoy!

Remember, this is a collection of recommended Reads, Listens, Learnings and Gadgets...with the occasional restaurant review and YouTube suggestion. This is not a class on doctrine or theology...enjoy and share!

See you soon!

Pastor Chuck

MORE RESOURCES FROM SUGAR HILL CHURCH:

SUGAR HILL CHURCH WEEKDAY DEVOTIONAL

5 Minutes a Day / 5 Days a Week

*Available on the SHC APP, iTunes,
and on the SHC Website*

The graphic features a red background with white text and icons. At the bottom, there are four white icons representing a smartphone, a tablet, a desktop monitor, and a laptop, each with a small white icon on its screen.