



Soul Spa

Sharla Fritz

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Do you need a place to rest your heart? When we are tired or stressed, when our muscles ache and our skin feels dry, we can go to a health spa for renewal. But what do we do when our soul needs care? How do we cope with this hectic, messy, and complicated world?

Come to the *Soul Spa* where spiritual practices refresh you, where God is eager to meet with you and care for your spirit. Using spa analogies, this resource guides the reader to engage in the holy habits such as Bible study, Scripture meditation, sacred reading, prayer, and more!

In this eight-week study, you will sample twenty-eight different experiences that will help you draw upon the spiritual renewal that only the Holy Spirit offers. He will soothe your hurts and fill you with hope. He will nurture your soul with grace and mercy and peace.

Includes suggestions for life application and answers to Bible study questions.

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