



**CHURCH AMBASSADOR NETWORK**

**APRIL 2025**

**MIND: RENEWING OUR THOUGHTS WITH TRUTH**

Stress begins in the mind—but so does transformation. Romans 12:2 reminds us to “be transformed by the renewing of your mind.” That happens through faith-based mindfulness—pausing in the middle of chaos to pray, reflect on scripture, or simply breathe deeply and remember: God is in control.

When anxiety rises, anchor your heart in scriptures like Philippians 4:6-7: “Do not be anxious about anything... and the peace of God... will guard your hearts and minds in Christ Jesus.”

Easter reminds us that no situation is too dark for God to redeem. If He brought life from death, He can bring peace to a stressed-out mind.



**BODY: RESTORING PEACE THROUGH MOVEMENT & REST**

Jesus rose in a physical body, reminding us that ours matter too. When stress takes a toll, God provides tools to restore our physical well-being.

Movement—like a walk outdoors, stretching, or light exercise—releases endorphins and clears mental fog. Whole, nourishing foods and consistent hydration help regulate energy and mood. And rest isn’t a weakness—God Himself models it.

Your body is a temple (1 Cor. 6:19). Caring for it honors the One who created it.



<https://ccvchurches.storehousewellness.co/welcome>

**SPIRIT: TRUSTING GOD  
IN THE TENSION**

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**FINANCES: FINDING FREEDOM  
THROUGH STEWARDSHIP**

Financial stress is real—but Easter reminds us of a God who provides miraculously and generously. Jesus fed thousands with a few loaves and fish. That same God is with you today.

Biblical stewardship—living wisely, giving generously, saving diligently—brings order to financial chaos. Prayerfully review your budget this month. Ask God to renew your trust in His provision, even when things feel tight.



**April is about more than awareness—it’s about resurrection.**

In your mind. In your body. In your spirit. Even in your finances.

Because of Easter, you are not stuck. You are being renewed—day by day, breath by breath, through the power of the risen Christ.

**LEARN MORE ABOUT STOREHOUSE  
WELLNESS HERE:**

<https://ccvchurches.storehousewellness.co/welcome>

