

# Women of Faith Resources: August 2021



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## Quotes for August

“The month of August had turned into a griddle where the days just lay there and sizzled.” ~ Sue Monk Kidd, *The Secret Life of Bees*

“August is a gentle reminder for not doing a single thing from your new year resolution for seven months and not doing it for next five.” ~ Crestless Wave

“Breathe the sweetness that hovers in August.” ~ Denise Levertov

## Our Virtue for August: Wisdom

Wisdom is the ability to use experience and knowledge to make sensible decisions or judgments. Wisdom is not just about knowing what’s right and good, but also about applying that knowledge in everyday life and testing it in daily experiences.

In the Bible, Solomon asked God not only for knowledge but also for insight on how to apply knowledge effectively. New Testament wisdom seeks the mind of Christ to discern appropriate responses.

As we consider wisdom, we might want to remember people in our lives we experience as wise. Spend time considering why, according to you, someone is wise, how he/she speaks, what he/she does.

**Self-reflection:** When and how do you notice yourself to be wise, to be “a living example” of wisdom?

**Some synonyms or qualifiers of wisdom are:** understanding, insight, perception, enlightenment, and savoir faire. People who are wise are: informed, sensible, contemplative, tactful, thoughtful, and discreet.

## Scriptures on Wisdom

As we pray with the following Scriptures on wisdom, we place ourselves into the Scripture passage. We are encouraged to go to the citations below to read them in context.

*James 3:13* “Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom.”

*Job 12:12* “Is not wisdom found among the aged? Does long life bring understanding?”

*Colossians 4:5-6* “Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.”

## Wisdom in our Daily Lives

As we move through this summer season, we seek ways to be wise in our daily lives:

- Try new things: Take a road trip to another town or city; eat (safely!) at a popular restaurant in your locality; choose newness over something familiar.
- When making decisions, consider all odds and do not procrastinate.
- Think before speaking.
- Put personal desires on hold to opt for the common good.
- Consider pros and cons before accepting things.
- Ask questions to obtain appropriate information.
- Meet with a mentor to reflect on ways of being.
- Seek to be empathetic and to understand what others are sharing with you.
- Network with positive and wise persons.
- Do not be upset by the negativity of others.

## Spiritual Reading

The following articles can nurture wisdom in our daily life. You are invited to reflect on the contents as you read.

[Knowledge, Wisdom, Understanding, and Insight: What are the Differences?](#) By Victorino G. Abrugar, July 14, 2021. This article explores the differences in the concepts of knowledge, wisdom, and understanding.

[Defining Spiritual Wisdom for Yourself](#) By Shellie Warren. This article considers how to achieve, gain, and apply spiritual wisdom to daily life.

Go to [amazon.com](https://www.amazon.com) and type in *spiritual wisdom*. You will find many book titles there.

## Music that Nurtures Wisdom

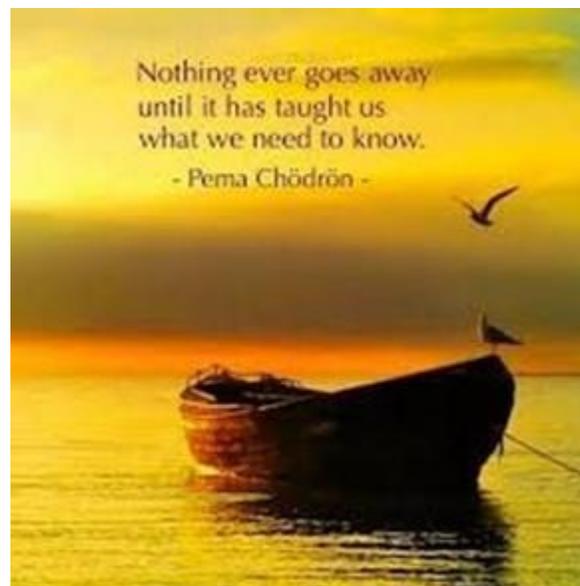
The music listed below can guide and enhance our experience of wisdom.

[DappyTKeys Piano Worship](#) This music is quiet and inspirational. The author writes, “ It's an overflow of time spent in God's presence and fellowship with the Holy Spirit.”

[Beautiful Relaxing Hymns, Peaceful Instrumental Music, "Summer Morning Sunrise"](#) by Tim Janis. This is meant to be peaceful, prayer music. Quiet moments nurture wisdom.

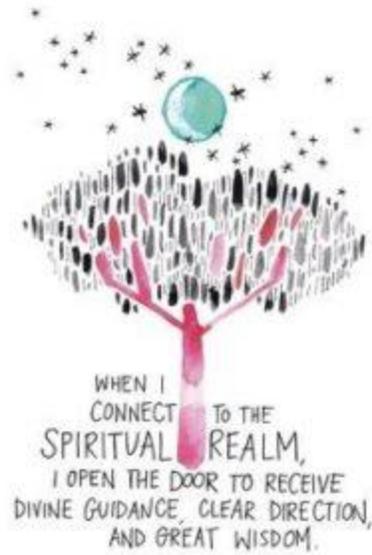
## Art that Depicts Wisdom

Spend some time in prayer as you gaze on the artwork below.

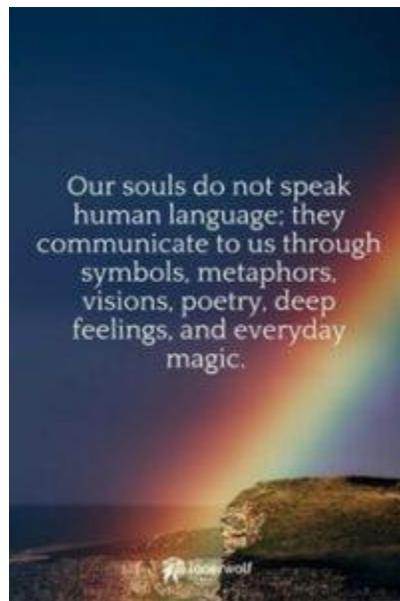


<https://www.pinterest.com/pin/477240891753851680/visual-search/>

What do this image and the saying teach about spiritual wisdom? Spend time with the image and words applying them to you, to your life now and in the past.



Reflect on this image. Paint, draw, or letter your own image and words on connecting to spiritual wisdom.



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Notice today or remember instances of how spiritual wisdom inundates your soul and life through symbols, metaphors, visions, poetry, deep feelings, and magic. Journal what springs up from your inner well of experiences.

# Websites that Spark Spiritual Wisdom

[The Wisdom Page](#)

[Spiritual Wisdom](#)

[The Wisdom Years](#) Do not ignore this one!



**Women of Faith SSA greet our readers in a special way. Stay well and be safe.  
Know you are always in our prayers.**

*Resources compiled by Sr. Yvette Bellerose, SSA*