

# Joy in the Journey



Women's  
Conference

Stasi  
**Eldredge**



Judy  
**Dunagan**



Juni  
**Felix**



Pam & Lori  
**Mutz**



Dawn  
**Whitestone**



November 6, 2021



## SCHEDULE

### Saturday November 6 (12 pm - 5 pm Eastern)

12:00p - **Session One: Defiant Joy in Suffering** – Stasi Eldredge

Q&A and Prayer with Stasi

1:20p - Break

1:35p - **Session Two: Joy in Our Healing** – Juni Felix

2:00p - **Session Three: Joy in Our Victory in Christ** – Judy Bubeck Dunagan

Q&A with Juni & Judy

2:50-3:05 - Break

3:05p - **Session Four: Joy in Our Work** – Dawn Whitestone

Q&A with Dawn

3:45p - **Session Five: Joy in Parenting** – Pam Mutz & Lori Mutz Alt

Q&A with Pam & Lori



## WE'RE SO HAPPY YOU'RE HERE!

Hi! We're Amy & Stephanie, and we're honored to present to you Deeper Walk's first women's conference! Women are gathering together here from many countries, contexts, and hearts. We know God loves to meet us right where we are. Our prayer is that you can settle in and find God's shalom and joy for your journey.





## JUDY BUBECK DUNAGAN

Judy Dunagan is an acquisitions editor for the women's line of books and Bible studies at Moody Publishers. A wonder seeker of God and His Word, Judy is passionate about making God's Word—and the privilege of prayer—come alive in everyday life. A graduate of Moody Bible Institute, Judy serves on the Board of Deeper Walk International, the ministry her father Mark I. Bubeck founded. Judy and her husband Rick live in Colorado and are the joyful grandparents of five grandchildren. Connect with Judy at [judydunagan.com](http://judydunagan.com)

## STASI ELDREDGE

Stasi Eldredge is a New York Times bestselling author, and her books have sold nearly 3 million copies and changed women's lives all over the world. A teacher and conference speaker, Stasi is the director of the women's ministry at Wild at Heart, a ministry devoted to helping people discover the heart of God, recover their own hearts in God's love, and learn to live in God's kingdom. Her passion is to see lives transformed by the beauty of the gospel. She and her husband, John, make their home in Colorado Springs, Colorado.



## JUNI FELIX

Juni Felix is the award-winning author of the new book *You Are Worth the Work: Moving Forward from Trauma to Faith*. She is a member of the Stanford Behavior Design Lab Teaching Team, a C.S. Lewis Institute Fellow, speaker, podcast and radio host. As a Tiny Habits® Coach who has long used the method to help others to transform lives and relationships with God, Juni has gone on to be a leader in the church, and through her speaking, broadcasting, and podcasting ministries, an encourager to people around the world.





## PAM MUTZ & LORI MUTZ ALT

Pamela, from Lakeland, Florida, and husband, Mayor Bill Mutz, are the parents of twelve children. For twenty-five years they have served bi-vocationally on FamilyLife's "Weekend to Remember" Speaker Team. They are grandparents of twenty-seven children; two of whom are in the presence of the Lord, along with their own story-inspiring son, Jonathan. Pamela serves on the Deeper Walk International and FCA board, is a Colson Fellow, and has her Master of Art in Ministerial Leadership. After compiling many journal entries of her children's antics, she continues developing her writing and reading books she never got to read while chasing toddlers! Lori Mutz Alt is no stranger to child raising! Being the fourth child in the Mutz clan of twelve, and the mom to seven, encouragement is her middle name. Lori enjoys speaking and mentoring other moms who are walking this challenging path called Motherhood.

## DAWN WHITESTONE

Dawn Whitestone is the Founding Partner for WhiteStone Professionals, LLC and the author of *Strategic Business Prayer* and the *Strategic Business Prayer Workbook*. Her passion is growing people and organizations into their full potential. Dawn also serves as a board member at Deeper Walk International. Dawn's passion for joyful living is rooted in a strong family, vibrant faith, and familiarity with suffering. Her personal experiences with divorce, deaths of loved ones, and family illness give her a compassion that undergirds her love for life and passion for people. Dawn fills her joy bucket loving her husband, raising her two children, and spending time with friends in Lakeland, Florida. Contact her at [Dawn@WhiteStonePros.com](mailto:Dawn@WhiteStonePros.com)



Defiant Joy is very different than mere defiance. And altogether different than denial.

Denial is refusing to \_\_\_\_ .

\_\_\_\_\_ and \_\_\_\_\_ are flip sides of the same coin.

If you want the joy, you can't run from the \_\_\_\_\_.

*Sorrow may last for a night, but joy comes in the morning. Psalm 30:5*

*So for the present you are also in sorrow but I will see you again and then your hearts will rejoice, and no one can take from you your joy. John 16:22*

What makes you rejoice?

Romans 8:28

For I am \_\_\_\_\_ that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in \_\_\_\_\_.

God doesn't ask us to ignore sorrow and grief but to invite Him into it so that we can bear it together.

Because of Jesus, we can be \_\_\_\_\_.









# Moving Forward

## Tiny Habits that Lead from Trauma to Faith

by Juni Felix  
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# Tiny Habit Recipe

### Recipe: Because of Love

**After I...** \_\_\_\_\_

'Anchor Moment' - an existing routine or activity in your life that reminds you to do the Tiny Habit

**I Will...** \_\_\_\_\_ *(Take a deep, mindful breath & say outloud:) "No matter what happens, God is with me"*

'Tiny Behavior' - the new habit that you want, scaled down - super simple, tiny behavior.

**Celebrate by..** \_\_\_\_\_ *Smiling 😊 like it's my Birthday!*  
To wire the habit into my brain, I will **immediately**

### Creating new healthy Successful Soul-Care Habits is as Easy as A, B, C!

For best results, each Anchor must be a part of your existing routine (like the notifications on your smartphone). For best results, choose an Anchor that happens multiple times a day, like taking a sip of coffee, changing rooms or noticing your child

The scaled down Tiny Behavior (habit) must immediately follow the Anchor.

Always include the Tiny Celebration - (dopamine spark) it wires the habit into your brain for good! You can celebrate any *healthy* way you choose, to create '*Shine,*' but always keep it tiny! For example: Smile, Inhale, turn your palms up, exhale slowly.

Great job creating your 1st **Tiny Habit Recipe!** As my Behavior Design Mentor Dr. BJ Fogg always says, 'Habits are like seeds, place them in the right soil and they will grow without coaxing!'

**This always reminds me of Matthew 13:1-9 - Remember, Our God is a Systems Guy!**

I pray you'll be sure to keep taking mindful & loving care of the 'soil' of your mind and soul!

Let your hope, love and joy in the Lord overflow into every area of your life - one Tiny Habit at a time.

To the Glory and Honor of God, because He's Worthy!



Well  
Done!



JOY IN OUR VICTORY IN CHRIST

Judy Bubeck Dunagan

O LORD,  
 I bless thee that the issue of the battle  
 between thyself and Satan  
 has never been uncertain,  
 and will end in victory.  
 Calvary broke the dragon's head,  
 and I contend with a vanquished foe,  
 who with all his subtlety and strength  
 has already been overcome . . .  
**My soul with inward joy extols  
 the mighty conqueror.**

*Excerpt from The Valley of Vision  
 A Puritan Prayer*

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**We are more than conquerors through him who loved us.**

For I am convinced that neither death nor life,  
 neither angels nor demons, neither the present nor the future,  
 nor any powers, neither height nor depth, nor anything else in all creation,  
 will be able to separate us from the  
 love of God that is in Christ Jesus our Lord.

Romans 8:37–39

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Cast all your anxiety on him because he cares for you.  
 Be alert and of sober mind.  
 Your enemy the devil prowls around like a roaring lion  
 looking for someone to devour.  
 Resist him, standing firm in the faith . . .  
 And the God of all grace, who called you to his eternal glory in Christ,  
 after you have suffered a little while, will himself restore you  
 and make you strong, firm and steadfast.  
**To him be the power for ever and ever. Amen.**

1 Peter 5:7–11

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Satan roars to make us afraid and thus more vulnerable,  
 but **our purchased right is courage** to resist him.

Mark I. Bubeck — *Warfare Praying: Biblical Strategies for Overcoming the Adversary*

## Three Reasons to Find Joy Even in the Battle

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### 1. The Ultimate Victory Has Already Been Won!

*Today we do not fight **for** victory; we fight **from** victory.  
We do not fight in order to win but because in Christ we have already won.  
Overcomers are those who rest in the victory already given to them by their God.”<sup>1</sup>*

Watchman Nee — *Sit, Walk, Stand*

### 2. The Protective Armor Covering Us Is Jesus!

*“Your armor is Yahweh’s own armor—  
given as a gift and empowered by His Spirit to ensure victory.”<sup>2</sup>*

Priscilla Shirer — *The Armor of God*

### 3. Our Mighty Weapons Are God’s Word and Prayer!

He who dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.  
I will say of the LORD, “He is my refuge and my fortress,  
my God, in whom I trust.”  
Surely he will save you from the fowler’s snare  
and from the deadly pestilence.  
He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.

Psalms 91:1–4

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<sup>1</sup> Watchman Nee, *Sit, Walk, Stand* (Carol Stream, IL: Tyndale, 1977), 8.

<sup>2</sup> Priscilla Shirer, *The Armor of God* (Nashville: LifeWay, 2015), 65.

2021 Judy Bubeck Dunagan — [judydunagan.com](http://judydunagan.com)









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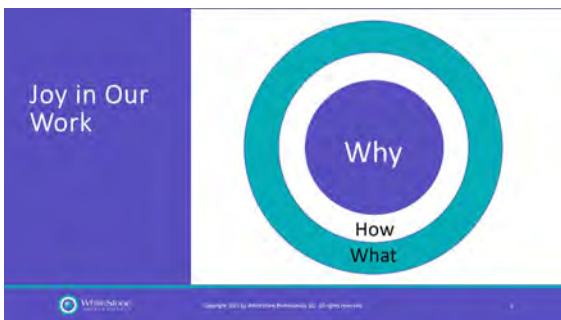
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Additional Notes:

Questions? Dawn Whitestone can be reached at [Dawn@WhiteStonePros.com](mailto:Dawn@WhiteStonePros.com).

## Raising Joy-Filled Children

Introduction:

Marcus Warner's The 4 Habits of Raising Joy-Filled Children:

1. Attuned
2. Build Bounce
3. Correcting with Care
4. Develop Disciplines Relationally

### Attuned

- \*Daily smile, get down at eye level, look directly in child's eyes. This helps child feel adored, cherished, loved and prioritized
- \*Assess where your child is emotionally so you know how to speak into their heart
- \*Take time to understand how child is feeling (can use emotions chart)

### Build Bounce

- \*Validate child's emotions with words and physical touch
- \*Train child to regulate own feelings so can come back to joy
- \*Affirm good character in your child outside of the situation
- \*Role play
- \*Train to access own emotions
- \*Do not solve your child's problems for them
- \*Train in thankfulness and to listen to the Holy Spirit
- \*Pray for your children and memorize Scripture together
- \*Encourage identity in Christ rather than fear (See Scriptures on following page)

### Correcting with Care

- \*Speak calmly
- \*Exemplify emotional regulation, joy, thankfulness, and peace in own life
- \*Be authentic
- \*Prioritize family discipleship

### Develop Disciplines Relationally

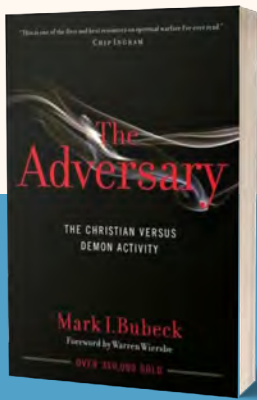
- \*Define family values and then set up boundaries
- \*Family fun shows your child you desire to be in relationship
- \*Forgiveness and humility in all relationships
- \*Allow for margin in your family life
- \*Pray for and over children
- \*Build rapport- ensure your kids know you believe in and love them
- \*Respect and Authority- God has placed YOU, the parent, in authority



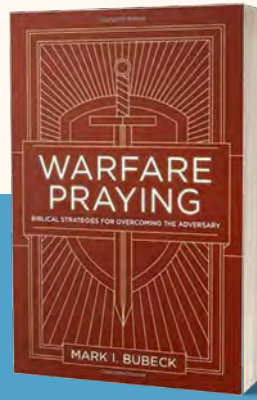


# Come visit the Deeper Walk Bookstore!

[DeeperWalkInternational.org/shop](http://DeeperWalkInternational.org/shop)



**A modern classic on spiritual warfare.** The purpose of this book is to alert Christians to the battle they are engaged in & give them scripturally-balanced effective guidelines for dealing with all 3 enemies of their sanctification.



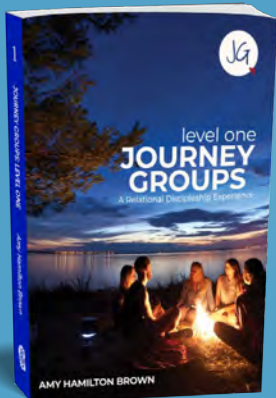
*Warfare Praying* helps look beyond present battles and highlights the protection and victory in Christ due to His death and resurrection, the Holy Spirit's role in that protection, the power of prayer, and the armor of God outlined in Ephesians 6.



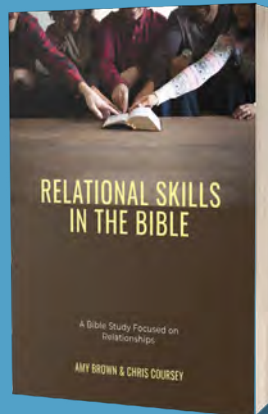
This book will give you not only a kit of practical tools but also a sustainable prayer model to live by and work by. Learn to listen in prayer, ask the right questions, and find the direction you are looking for in work.



This book will help you understand what the Bible means by walking in the Spirit and how it applies to both marriage and parenting. Discussion starters and exercises at the end of each chapter make this an ideal guide for personal study and small groups.



In Level One, you'll find 6 units each with 4 to 7 lessons, covering topics on heart-focused discipleship foundations: appreciating & listening to Jesus, staying relational, heart-to-heart community, relational discipleship, maturity, connecting with God, & healing hearts.



This fun, flexible, eye-opening Bible study focuses on what matters most in life: *relationships!* Journey through the Bible with friends & look at relational skills from well-known characters like Adam & Eve, Abraham, Jacob & Esau, Peter, the early church, and more!



Let's face it: Life is hard. We all get overwhelmed at times. But some people seem to bounce back from their upset emotions faster than most. Are they just born happy? Or is there a secret to building emotional resilience that anyone can learn?



This 20-page resource guides your prayers in topics like confessing sin, knowing God, and resisting the enemy. Perfectly sized to slide into your Bible or notebook, these prayers are designed for individual or group use.



# BUILD JOY AT WORK

If you want to take your organization to the next level, it starts with you. Healthy teams begin with healthy leaders, and at the heart of this dynamic is emotional maturity—the quality the greatest leaders possess.



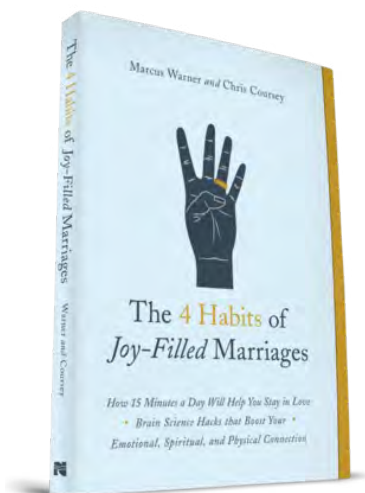
Combining cutting-edge brain science with decades of counseling and consulting experience, *Rare Leadership in the Workplace* shows you how to take your leadership and your team to the next level.



Take a deeper dive into the theology, neuroscience, and practice introduced in *Rare Leadership in the Workplace*.

Originally written for pastors, many workplace leaders have found *Rare Leadership* transformative to the way they lead.

## BUILD JOY AT HOME



### THE 4 HABITS OF JOY-FILLED MARRIAGES by Marcus Warner & Chris Coursey

What separates happy marriages from miserable ones? Surprisingly, it's not healthy communication. It's not conflict resolution skills. It's actually the size of the marriage's joy gap.

**Joy Gap /joi gap/ (n.) - 1. The length of time between moments of shared joy**

When the joy gap gets bigger, problems are more likely to overwhelm you, resentment creeps in, and you start to feel distant and alone in your marriage. When the joy gap is smaller, you regularly feel connected and happy, problems feel manageable, and your marriage becomes a reliable source of joy.

Find out what your marriage looks like after a little work and a whole lot of joy.

### THE 4 HABITS OF RAISING JOY-FILLED KIDS by Marcus Warner & Chris Coursey

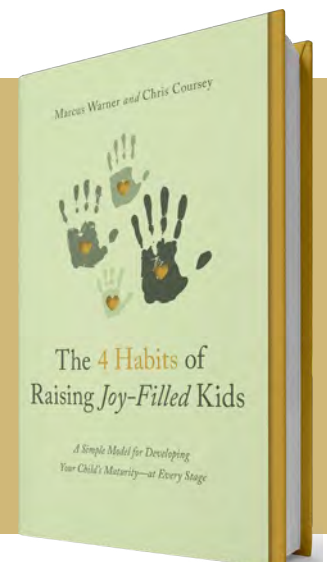
Is “Joy-Building” the secret to raising mature, healthy kids?

Joy-filled kids aren't always happy kids, but they do know how to work for and wait for what is truly satisfying in life. In *The 4 Habits of Raising Joy-Filled Kids* you will discover a tool box full of skills that you can use with your children to help them grow in maturity and live with greater joy.

These tools help your kids, from infants to teens, build skills like:

- Regulating upset emotions so they can return to joy
- Forming a stable identity that doesn't change with each new emotion
- Developing discernment to distinguish between what is satisfying and what is only temporarily pleasurable
- Discovering heart values and not just living to please others
- Building “joy bonds” rather than “fear bonds”

The skills you'll learn in *The 4 Habits of Raising Joy-Filled Kids* will not only help you parent your children well, but they will also help you grow joy in your family.



Find these and more at [www.deeperwalkinternational.org/shop](http://www.deeperwalkinternational.org/shop).

Recovery from Complex Trauma is Work



and You Are  
Worth the Work!



Hi, I'm Juni...

AS AN EXPERT BEHAVIOR DESIGNER, &  
NEUROTHEOLOGIAN, I OFFER SIMPLE,  
SUSTAINABLE SOLUTIONS THAT WORK - TO HELP  
YOU

**Move Forward from Trauma to Faith**

Behavior Design is the Science of Love - are you  
brave enough to believe that because of love -  
you can be well and find peace and everyday rest  
for your soul?

I know, recovery from complex childhood trauma  
is work - but You are Worth the Work!

*Let's journey together to design your  
personalized strategy for daily victory over the  
wounds of the past - one Tiny Habit® at a time.*

*"If you need more hope in your  
life (and who doesn't?), I urge you  
to let Juni's book be your guide."*

- **BJ Fogg PhD** - Behavior  
Scientist, Director of Stanford's  
Behavior Design Lab

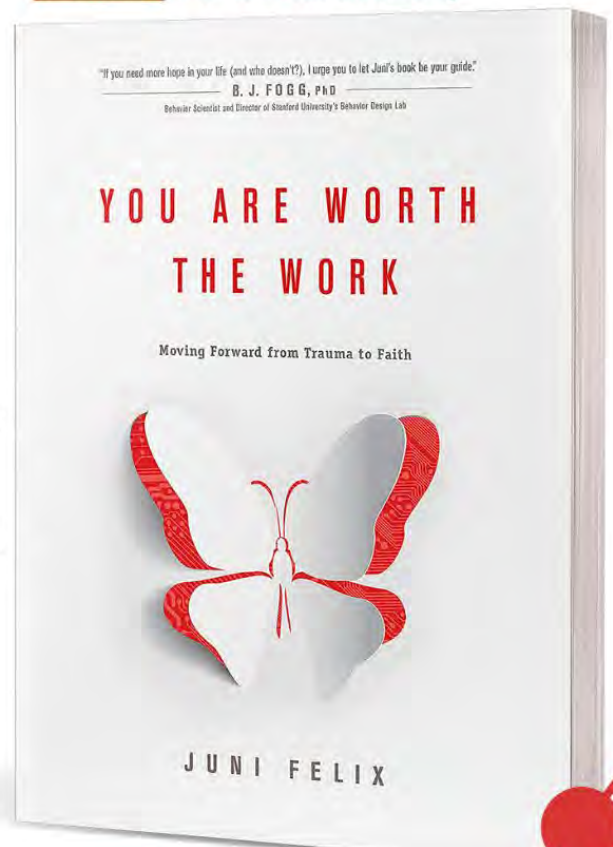
"I love Tiny Habits and use  
them in our work every day.  
This is a powerful book that  
can change your life quickly  
and permanently. Juni Felix  
is a wonderful guide to help  
you move toward an  
abundant life."

- **Dr. Daniel Amen** -  
'America's Most Popular  
Psychiatrist'

Juni Felix

**You Are Worth the Work: Moving  
Forward from Trauma to Faith**

#1 New Release in Christian Pastoral Counseling



Juni Felix

**You Are Worth the Work: Moving  
Forward from Trauma to Faith**

★★★★★ (7)

#1 New Release in Christian Death & Grief

**JuniFelix.com**





# COME GET YOUR HEART BACK.

Continue your journey at  
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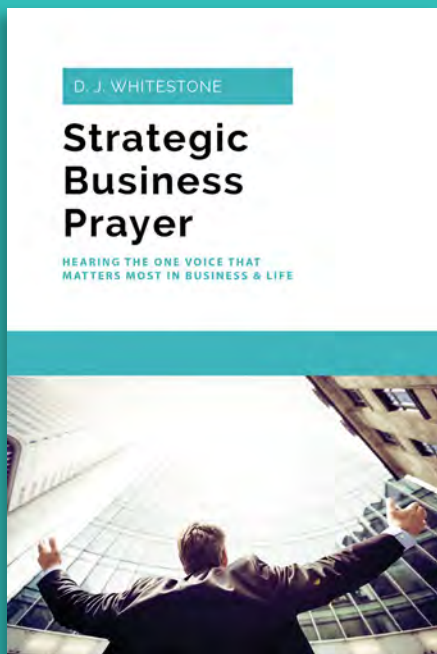
*Live Events*



Download the **Wild at Heart App.**



**WILD  
AT HEART**  
LOVE GOD. LIVE FREE.



Find joy, purpose and productivity in your work!  
Read *Strategic Business Prayer*  
by Dawn Whitestone.

Want to stay connected and keep the joy going?  
Join us for a FREE Joy in the Journey Follow-up  
Meeting next Saturday.

Find out more at:

<https://whitestonepros.kartra.com/page/JoyMtg>

Or Scan the QR Code:



## JOY IN THE JOURNEY

### Let's stay connected!

Let's chat! How do YOU want to stay connected?

- » Join us for a follow-up meeting and tell us what YOU want!
- » Training? Online connection? Live and local meetings?
- » Join the email list and we'll keep you posted. Don't worry—we don't like spam either. We won't bombard you.

**Follow the link or QR Code above and you'll find an opportunity to access**

- » Joy in the Journey Follow-up Group
- » Created and Called: Discover how God has designed you for good work!
- » A free 15-minute consulting/ coaching call with Dawn Whitestone.
- » The **free** Strategic Prayer Worksheet



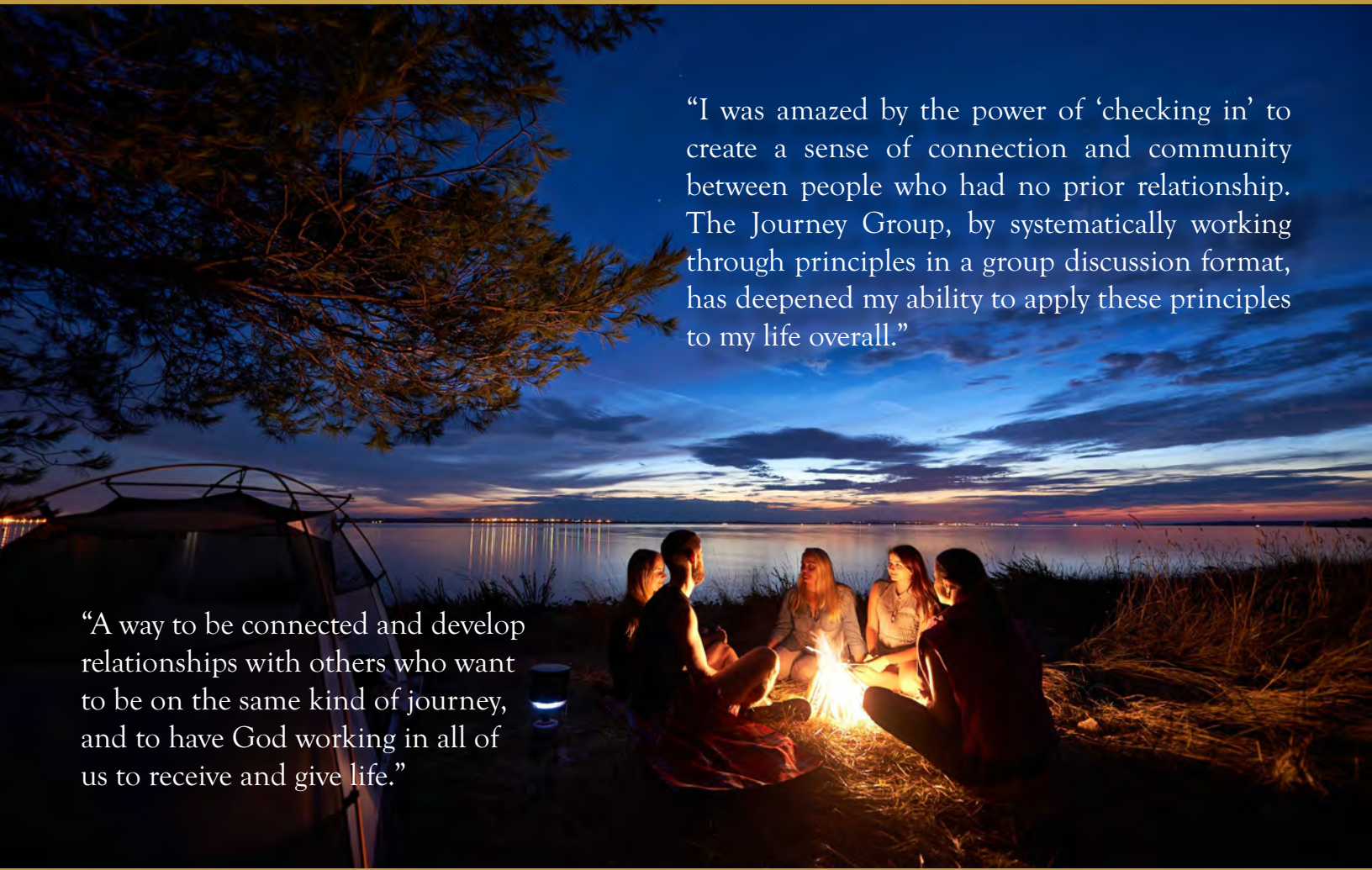






# Journey Groups

Experience Relational Discipleship Online



"I was amazed by the power of 'checking in' to create a sense of connection and community between people who had no prior relationship. The Journey Group, by systematically working through principles in a group discussion format, has deepened my ability to apply these principles to my life overall."

"A way to be connected and develop relationships with others who want to be on the same kind of journey, and to have God working in all of us to receive and give life."

## We were made for relationships.

Deeper Walk has taken the initiative to provide small group gatherings online where relationships are formed and fostered, God is central, and fabulous content is discussed. We call these communities Journey Groups.

As a Journey Group member, you'll read a brief lesson from the Journey Group curriculum, then meet online for an hour to strengthen relational skills while interacting with the group discussing the lesson. The content is important, however, these groups are relationally-focused and interactive!

Learn more at [deeperwalkinternational.org/journey](https://deeperwalkinternational.org/journey)



## Do you have a story to tell?

[deeperwalkinternational.org/share-a-testimonial/](https://deeperwalkinternational.org/share-a-testimonial/)

Have you experienced greater freedom in Christ, found healing for your heart, or grown in maturity through the ministry of Deeper Walk?

If so, we'd love to hear about it!



Help others walk in freedom, grow in maturity,  
and win life's battles through Deeper Walk.

Your donation keeps people walking deeply with God!

## Become a Trailblazer!

Through your monthly giving, you are partnering with Deeper Walk so that together, we can blaze a new trail for multitudes to follow into a deeper walk with God through heart-focused discipleship!

**DONATE online at**  
[deeperwalkinternational.org/trailblazers](https://deeperwalkinternational.org/trailblazers)