

# DISCIPLESHIP COLLECTIVE '26

*Emotional  
Wellbeing*



## Shepherds of Emotional Wellbeing

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## Welcome:

Welcome to the Discipleship Collective '26

The Discipleship Collective is a shared invitation from Hope Covenant Church to intentionally grow as whole people—formed in heart, soul, mind, and strength. Each pathway offers a focused season of discipleship, inviting you to slow down, lean in, and engage practices that shape us more fully into the life God desires for us.

While each pathway explores a unique area of growth, they all share the same purpose: to create space for transformation through intentional rhythms, meaningful reflection, and a supportive community. Whether this is your first step or your next step, we're glad you're here.

We pray this season draws you closer to God, deepens your faith, and equips you to live out your calling with clarity and joy.

These experiences are meant to give all of us an opportunity to improve our emotional wellbeing and mental health. Emotional Wellness is the cultivation of a state of mental and emotional health where a person is able to successfully handle life's stressors and difficult times. Positive changes work to increase one's resilience to difficulties, to decrease levels of stress, to improve sleep quality, to develop an increased awareness/mindfulness of the present, to increase one's ability to cope with loss and to strengthen social connections. All this is to say that our Emotional Wellness goal is to develop an improved and improving ability to successfully cope with life's difficulties and foster peacefulness and hopefulness.

Why is this important? It is important to seek to improve our mental and emotional health because we matter to God. God created us with a full range of emotions as part of His good creation.

On the next page, you'll find 4 "avenues" to choose from. Please reach out to the shepherds or our Pastor of Formation for any additional support.

# Avenue 1:

## Emotional Wellness Checklist :

- Start by looking at and completing the linked [Emotional Wellness Checklist](#) to help determine what areas are going well and what areas are not going as well. This is just for your information as you view all the areas that Emotional Health touches on.



[Emotional  
Wellness  
Checklist](#)

In order to improve one's emotional wellbeing, to experience less anxiety and depression and to become more resilient and able to cope with life's difficulties better, one must acknowledge that you matter. A person must believe that the whole experience of humanness is worthy of care. God created us with a full range of emotions as part of His good creation.

# Avenue 2:

**Read Scripture & an Invitation to Journal:** As you pursue a pathway towards emotional wellbeing, we encourage the practice of journaling. This is a great tool for reflection and for the work of the Holy Spirit to illuminate areas of your life God wants to speak into with his healing love.

- **Journaling options:**
  - Choose a physical journal on your favorite online retailer or local bookstore. Journal as you dive into scripture.



[Daily Journaling:  
Prompts, Ideas,  
Questions, and Topics](#)



[Managing Anxiety  
By Steve Cuss](#)

# Avenue 3:

**Explore a video series:** The following is available on Right Now Media.

- Managing Anxiety by Steve Cuss

# Avenue 4:

## Readings

- **A 90 Day Devotional:** Calm Moments for Anxious Days by Max Lucado
- **Why Emotions Matter** by Collins & Collins
- **Have a Beautiful Terrible Day, Daily Meditations For the Ups, Downs and In-Betweens** by Kate Bowler by Kate Bowler



[Calm Moments  
for Anxious Days  
by Max Lucado](#)



[Why Emotions  
Matter by  
Collins & Collins](#)



[Have a Beautiful  
Terrible Day.](#)

# Avenue 5:

## Try an app

- **Lectio 365** is a daily devotional that invites you to pause in the presence of God and create space to pray morning, noon and night.



[Lectio 365 App](#)

Updated  
12/18/25