

# Sentinel Watch - April 2023 Phone Edition

These descriptions are intended to support branch churches and individuals who would like to share and promote the upcoming Sentinel Watch topics. You're more than welcome to adapt these descriptions for your individual use. Feel free to use the information in a way that best meets the needs of your community.

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April 3, 2023

## **I wanted to solve some of the problems I had**

Guests: Mayal Alexis Tshiabuila

Today's guest, Mayal Alexis Tshiabuila, read an issue of *The Herald of Christian Science* magazine while in college and learned about spiritual healing. He began to study Christian Science and found solutions to all sorts of problems, even physical healing. And today, Mayal is a Christian Science practitioner.

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April 10, 2023

## **Getting rid of shame**

Guests: Julie Ward

Living with shame—even a little—is a heavy weight. What kind of praying do you have to do to remove that kind of burden? This week's guest has learned that it often starts with a simple shift in perspective.

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April 17, 2023

## **Embracing diversity**

Guests: Joan Bernard Bradley

Can prayer really have an effect on the world? Joan Bernard Bradley discovered that learning to pray for herself taught her how to pray effectively for her family and even her community.

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April 24, 2023

## **Seeing ourselves as we really are**

Guests: Christine Nacewicz

For this week's guest, a negative self-perception started to dominate, to the detriment of her mental health. But turning the tide on that feeling required more than just a more positive view. Listen in to find out how identifying ourselves with God is the key to discovering our real, spiritual individuality.