

Retreating to a Land of Milk and Honey

Sharon Norris Elliott says that women often imprison  themselves in the cares of this world by not slowing down to relax and pray.

As a result, Elliott, founder and CEO of Life That Matters Ministries, began Milk & Honey Life Retreats—spa vacations for Christian women who need some time to unwind, think and ultimately hear from God.

“It’s a weekend where we go away from what we are used to, our day to day, in order to hear God’s voice,” Elliott says.

The average woman takes care of everyone around her, she says, but it’s usually at the expense of the woman’s personal needs. Elliott says these retreats provide women a small window of time in which to focus on themselves.

The weekend getaways include keynote speakers and workshops dedicated to rejuvenating the physical, spiritual and emotional aspects in the lives of those who attend. In addition to hearing biblically sound teaching, spending time in worship and fellowshiping with others, the women can enjoy massages, facials, manicures, pedicures and then soak up some sun by the pool.

Elliott says the “idea of living a milk and honey life is letting go of the things that you have become accustomed to and moving toward the things that God wants” for you.

79% of adults under 30 claim to believe in Miracles

—Pew Research Center