



Speaker 1 ([00:03](#)):

You're listening to the Faith and Work Podcast, where we explore what it means to serve God, neighbor, and society through our daily work.

Joanna Meyer ([00:17](#)):

Hello, and welcome to the Faith and Work Podcast, where we explore our everyday work in God's world. The Faith and Work Podcast is produced and hosted by Denver Institute for Faith and Work. I'm Joanna Meyer, director of events and sponsorships and head of the Women in Vocation initiative, which is a multi-year project focused on helping women effectively steward their gifts across their various callings.

Joanna Meyer ([00:39](#)):

I'm hosting the podcast solo today, but I am certainly not alone. I am excited to invite you into a conversation with my friend Mindy Caliguire, who in addition to being a major gift in my own life is nationally known for her work in organizational leadership and spiritual formation. You will not want to miss today's episode, because we dig in deep on what it looks like in very tangible, practical ways to experience God in the midst of the intensity in this season. Whether you feel like you're working from home or living at work in these days, she has principles and insight that'll help you walk with God well in this season.

Joanna Meyer ([01:14](#)):

Mindy will also do a workshop at our Women, Work, and Calling Event, which will be online Saturday, October 24th. Frequently podcast listeners will know that this annual event is hosted by Denver Institute, and it is unique in the world of Christian women's events. What sets it apart is that the bulk of our speakers are women who are leading in the marketplace, politics, culture, and in our community, and Mindy is a great example of that.

Joanna Meyer ([01:40](#)):

She serves in executive leadership at Gloop, which is a rapidly growing tech company in the Boulder area. She was the director of transformational ministry at the Willow Creek Association, and she founded a national movement called Soul Care with her husband, Jeff. Without further ado, I am excited to invite you into this conversation with Mindy Caliguire.

Joanna Meyer ([02:03](#)):

Mindy Caliguire, welcome to the Faith and Work Podcast. What an honor as a friend and, wow, a nationally known expert in spiritual formation to have you on our call. Thanks for joining us.

Mindy Caliguire ([02:11](#)):

Oh, gosh. Thank you. I don't know about that, but it's lovely to be with you-

Joanna Meyer ([02:16](#)):

Awesome.

Mindy Caliguire ([02:16](#)):

And I love the chance of serving together and being friends. Wonderful.



Joanna Meyer ([02:20](#)):

Yes. It's such a treat, a rare treat on this podcast to be interviewing a friend. I want to know a little bit about what you do, because you have two hustles in your life. You work for Gloop, a tech company, you're a senior leader there and you run a national movement called Soul Care. Tell me a little bit about those two diverse callings in your life.

Mindy Caliguire ([02:37](#)):

Yeah. On the surface seem quite separate, and some days they seem quite separate, and on deeper subterranean levels they're very similar, or at least very aligned.

Mindy Caliguire ([02:46](#)):

Gloop is, like you said, a tech company. We've got about 300 employees, about seven to 10 incubating and then really moving into the market, serving a lot of churches and other faith based organizations in this season, which is really exciting, but with a big global vision all around helping organizations that are helping people grow by providing the deep technological services and support that most people oriented organizations just don't have that technical expertise. The founders are really pulling together a world class team of engineers, and data architects, and data scientists, and all kinds of really intelligent people who care about helping people who are helping people grow.

Mindy Caliguire ([03:30](#)):

That's the primary work of my vocation at this moment in the ... Well, maybe we should distinguish how we use vocation, but that's my-

Joanna Meyer ([03:39](#)):

Yeah. That's a sticky question. Yeah.

Mindy Caliguire ([03:40](#)):

That's a sticky question, right? But that's the bulk of my day in and day out work. I lead a team. Over the last year, we've brought a product into the market called Journey Studio, and it's really exciting to see how this Journey Studio is just starting in the last eight weeks to come into something that churches and other faith based organizations are buying to help give their people a step-by-step growth journey and then being able to have analytics and encouragement to help them on that journey.

Mindy Caliguire ([04:07](#)):

That's what I'm doing there. I lead the team that's both engineering and product side of it, but also the going into market, revenue goals, marketing strategies, top of funnel, middle of funnel, bottom of funnel. People know that stuff.

Joanna Meyer ([04:20](#)):

Coding. Before I hit record, you mentioned that you had spent the afternoon up to your elbows in computer code. You're not just thinking spiritual formation. You're thinking about zeroes and ones, too.

Mindy Caliguire ([04:29](#)):



Yeah. I'm not an engineer myself and I'm not the one writing the code, but yeah, I do have more of an engineering brain and at times, when needed, I help solution gt different things. That's ac my title at Gloo. I have two titles kind of. One is to be the solution owner. It's like at that level, I have responsibility for everything related to this product, and if it means getting in there with an engineer and figuring out how do we actually solve what needs to be done right here, then that's what I'm going to do. By God's grace, that's a little bit of a fun part of my personality.

Mindy Caliguire ([05:02](#)):

My other title at Gloo is all about being the executive director for personal growth, and that gets to my passion around Soul Care. That, if I were to say vocation, if you took it from that sense of the roots of that word, of calling in the sense of what is the sense of vocation that one has, and all those great quotes from Frederick Buechner I'm sure you guys talk about a lot.

Joanna Meyer ([05:25](#)):

Yeah.

Mindy Caliguire ([05:25](#)):

Yeah, right?

Joanna Meyer ([05:25](#)):

The world's great needs and your great passions coming together. It happens in Soul Care.

Mindy Caliguire ([05:30](#)):

Yeah.

Joanna Meyer ([05:30](#)):

Yeah. Tell us about Soul Care.

Mindy Caliguire ([05:31](#)):

Yeah, yeah, yeah. Soul Care really came out of really a season of pretty dark times actually when my husband and I were planting a church in Boston in 90s. I just unintentionally, like many leaders, completely jettisoned the care of my own soul. That's a luxury and a prize. If you've got nothing better to do, then you can go have solitude or whatever. But obviously the work is the ministry. You've got to get about that, and there's no vacation. I'd rather burn out than rust out. Like we've all heard these comments that just appeal to a certain kind of driven person, which is me.

Mindy Caliguire ([06:09](#)):

I had some really severe and sort of scary neurological symptoms that crept in. Well, didn't creep in. They suddenly hit and forced me to be sidelined from my own life for a season. I mean now 25 years ago, but it forged in me ... and I think of it as a severe mercy. Some people may know of that book by that title, but it was a severe mercy.

Mindy Caliguire ([06:33](#)):



It was incredibly painful, very disorienting at the time, and caused me to call into question all manner of things about what does it mean to be a leader in God's world, what does the thought of being connected to the vine really mean. My head was full of ostensibly very good theology, but I had no rhetoric or rationale for why I needed to intentionally carve out time and space to care for my own soul in the midst of everything else.

Mindy Caliguire ([07:04](#)):

Coming through that season, that has fundamentally shifted and never changed. As God brought more and more health into my life, because I was choosing to care for my soul as my first and foremost responsibility, not just a passing thought once in a while, I just got more and more healthy, which is kind of the point. That's what happens.

Mindy Caliguire ([07:26](#)):

As I was healthier, I kept being invited to do things that I just didn't even ... wouldn't have ever considered. Thus what you're referring to now is this ministry around soul care has turned into books, and conferences, and consulting, and a variety of different ... Now an entire team of people who are coming together around Soul Care in supporting leaders with the wellbeing of their own soul so that their life and leadership really flows from a healthy place. There's so much more that could be said, but that's how those two sides of my life kind of play together.

Mindy Caliguire ([08:00](#)):

At Gloop, I care a lot about our culture. I care a lot about supporting people in the day to day experience of their work. What kind of people are we becoming as a result of the culture of this organization, and how can I contribute to that? Based on what are my fundamental beliefs about our best work, our best contribution comes from a place of deep health. That's one point of integration.

Mindy Caliguire ([08:26](#)):

Also, there's fun points of integration with using the very Journey Studio thing that I've now created, or our team has created, to provide these little growth plans that are about how leaders can increase their soul health. Like what's a step-by-step path for leaders? I'm able to put that out there on my website. It's just it's fun how the world collide.

Joanna Meyer ([08:49](#)):

Yeah. How would you distinguish between soul care and kind of mainstream religious activity? I think most people think of faithful involvement in a faith community would be attending a weekly service, being in a small group, having a personal time of being in scripture. Those are the first things that come to mind. How might soul care differ from those things-

Mindy Caliguire ([09:09](#)):

Yeah, yeah.

Joanna Meyer ([09:09](#)):

Or [inaudible 00:09:10] those things?

Mindy Caliguire ([09:11](#)):



I don't think anybody's ever asked me that quite so directly.

Joanna Meyer ([09:13](#)):

Oh, my goodness.

Mindy Caliguire ([09:13](#)):

I love that.

Joanna Meyer ([09:14](#)):

That's amazing, that I've asked you a new question. Wow.

Mindy Caliguire ([09:15](#)):

No, I love it. I absolutely love that, because sort of the itch factor that a lot of people feel is that those sort of tired formulas for how to have a deeper relationship with God or how to be ... and I'm using air quotes as if people could see it, but how to be a good Christian. I mean, I just fundamentally hate that even phrase, that language. That's so broken.

Mindy Caliguire ([09:41](#)):

But there is a sort of you read your Bible, you pray, you have a quiet time. It's 15 minutes. Everybody has three spiritual gifts, and they're in a certain order. You serve. It's like we have these formulas. Formulas, kind of like I guess the concept of stereotypes ... You and I were just talking about the Enneagram, right? Stereotypes. They have usually a basis in some of reality. Is reading your Bible, and praying, and understanding your spiritual gifts important to the spiritual journey? Obviously and absolutely yes.

Mindy Caliguire ([10:16](#)):

Along the way, the complexity of how we are as people in relationship with God, those things can sadly become pretty rote, and they can become even formulaic. Even in cases where you think of Jesus talking about the difference between the vessel and the treasure, and sometimes we come to prize the vessel more than the treasure itself.

Mindy Caliguire ([10:44](#)):

If you think about all of those different spiritual practices you could say, reading your Bible, praying, having a quiet time, serving, attending church, those kinds of things, they can either open us up to God's presence and his infusing us with his life, or they can become kind of rigid things that even appeal to our pride, our achievement, all the things that are even actually against what life and God actually produces. We end up with these very legalistic structures that have caused great harm in many sincere believers lives, not knowing how to tease apart what is about real life with God and what is about this like mechanistic, achievement based, earning points with God kind of thing.

Mindy Caliguire ([11:36](#)):

The whole baby and the bathwater. Even to this day, I've got some friends who I have known, or worked with, or whatever who are still trying to tease apart what is the really, really dirty bathwater that I need to throw away, and what is the baby? Or to keep with Jesus's sayings, what is the pearl of great price and what are the other things that I was told were the pearl and really aren't?



Mindy Caliguire ([11:59](#)):

In the end, it's all about life. It's like where are we drawing our life from? Those practices can be extremely helpful in helping you slow your RPMs down, really dial into your connection with God. When and as you do those things, God's life flows into us and breathes life into our souls, and we move towards soul health when we connect with God in those ways. But if those have become sort of rigid and lifeless for people, sometimes they need to do the exact different things. Anyway, that's how I would distinguish them.

Joanna Meyer ([12:40](#)):

Yeah. Piling on more of those disciplines aren't going to help if that's not what the soul needs.

Mindy Caliguire ([12:43](#)):

No. No, no, no.

Joanna Meyer ([12:44](#)):

I had a question of contrasts. What does a healthy soul look like, and in contrast what do you think are some indicator lights that there is unhealth at a soul level?

Mindy Caliguire ([12:55](#)):

Yeah. You may know this, but I do that with groups all over. I've asked that question to groups all over the world, large groups, small groups. I usually do it as a very interactive exercise where I write it out on a flip chart. I usually start with that.

Joanna Meyer ([13:10](#)):

Let's say our listeners can answer that, too.

Mindy Caliguire ([13:11](#)):

What? Yeah, yeah.

Joanna Meyer ([13:12](#)):

Our listeners can answer that. As we talk about indicator lights, be asking yourself, do you have any of these in your life?

Mindy Caliguire ([13:17](#)):

Exactly. You guys can totally do that. We can put a link to an actual assessment in the notes, show notes, or however you do that.

Joanna Meyer ([13:25](#)):

We'll do that.

Mindy Caliguire ([13:25](#)):

Yeah. I can do that, or we can work together for that. But you guys, what I usually hear ... I usually start with that symptoms of soul neglect. It's benign neglect. Nobody sets out to trash the wellbeing of their soul, but it happens. We get running and gunning and we forget about God, and then we forget that we



forgot. Even if we're in vocational ministry, we can be doing the work but have lost that sense of God being with us and for us.

Mindy Caliguire ([13:51](#)):

When we lose that sense of connection, now God hasn't gone anywhere, but we lose that sense of connectedness, when that happens, utterly predictable symptoms. That's anger, resentment, insomnia, other physical symptoms. People have muscle tension, digestive issues. Even their immune system starts to lower. We isolate. We medicate. We do any number of other things. We get super judgmental. I'll speak for myself.

Joanna Meyer ([14:23](#)):

Amen. Amen to that one.

Mindy Caliguire ([14:24](#)):

We get super judgmental toward ourselves and toward others. We enter into blame. We find it more difficult to forgive. Our productivity. Shame becomes quite operative. I mean there's just a lot. Usually groups have no difficulty coming up with that.

Mindy Caliguire ([14:41](#)):

But then in contrast, you're asking about the symptoms of a healthy soul. This one is really fun, and I usually have people think very personally, very autobiographically. As you're listening now, think about your own life. Where is a season in your life when your sense of connection with God was really strong? It could be right now. It could've been a couple weeks ago. It could've been a couple years ago. It doesn't really matter when, but isolate like you're looking through the scenes on a video. Like find where in your life was that sense of connection with God really strong? It could've been well supported by different practices and things like we were just talking about, or it could've been a season when all hell was breaking loose and the wheels were coming off, but somehow in the midst of it you knew that you knew that you knew that God was with you and God was for you.

Mindy Caliguire ([15:29](#)):

Then what I love is when people have isolated on a very true to their own story season of that life, then I say to them as a group, what flowed out of you in that season? What kind of person were you? I just stand at the whiteboard and write. You guys, like what comes out, what pours out even faster than thinking about the symptoms of soul neglect, hope, joy, energy, boundlessness, healthy boundaries. I'm trying to see the list in my own head. They report natural levels of self care, natural inclination to hear God's voice and respond as he leads. Creativity pours out. Vision pours out.

Mindy Caliguire ([16:17](#)):

Like you think of all the different spiritual gifts, and even the fruit of the Spirit. They have patience. They talk about gratitude. They talk about contentment. Like things that any one of us would say are highly prized. Like we want that list. We want our lives, and we love seasons in our life when we are marked increasingly by those attributes.

Mindy Caliguire ([16:38](#)):

The contrast is pretty clear. Like I usually can then put one flip chart page on one side and then the other that we just filled on the other and say, which of those do you choose?

Joanna Meyer ([16:50](#)):

As you think about life in this season of pandemic, where are you seeing spiritual unhealth and tension?

Mindy Caliguire ([17:02](#)):

Everywhere.

Joanna Meyer ([17:04](#)):

Yeah. That's true.

Mindy Caliguire ([17:06](#)):

People are isolated, so that is very difficult. One friend, I was laughing with her like, "Why is it so exhausting to go from one Zoom meeting to another?" She said, "Mindy, there's actually very deep neurological reasons why it's exhausting." We're created to get energy from one another in interactions, and we are three dimensional embodied beings. Even though I can see you on the screen, and our listeners can't, they'll only hear our voices, when we're physically together, it sounds maybe a little woo woo, but like there is something that we ... God has made us for this, right?

Mindy Caliguire ([17:43](#)):

When you're reduced to even I hear your voice but you're two dimensions in front of me, you're not a three dimensional person, it's harder for us to pick up signals, especially if it's a Zoom call that's got like 80 people on it and you can't even see then all in one screen. It's very difficult. Then constantly seeing ourselves, which I can look at myself right now. Like that in itself is exhausting.

Mindy Caliguire ([18:05](#)):

There are things that are inherently deeply depleting. I really feel for the parents who are trying to do homeschooling with their kids while they're trying to run their counseling practice and then doing something else as well. The worry, just the constant worry. The kids are picking up on it. Five-year-olds, six-year-olds are crying at night. It is hard for anyone.

Mindy Caliguire ([18:29](#)):

That is why I'm so ... I have had more opportunities to talk to people about Soul Care in the last six months than in a long time, because everyone is going, "Wait. Life in the Kingdom is such that while these circumstances are hard, we are absolutely able to draw our life from God." We are absolutely able. Maybe some people have more opportunity to explore some of these different ways of being in silence with God or acknowledging and receiving his presence with them day after day. Maybe the level of worry makes us more inclined to be like, "Wait. Jesus, I need you in this moment. I need you with me right here and right now." Again, God is always with us. He never leaves. It's just our awareness, our receptivity is what shifts.

Mindy Caliguire ([19:26](#)):

I mean look on every front. There's fear. There's financial instability. There's relational chaos. There's isolation. There's being stuck with people that you're in conflict with. There's difficulty of achieving





organizational goals. There's whole companies and ministries that are having to pivot their business models and everything else. Every decision is only as good as the next bit of information comes in, so there's massive decision fatigue, which is truly a psychological thing, phenomenon, right? We just get exhausted having to keep remaking decisions every week or two.

Mindy Caliguire ([20:01](#)):

I think the circumstances of this pandemic are affecting everyone in ways that are depleting, and I think this is an opportunity for the people of God to stay centered, and drive even more deeply into the reality of the Kingdom, receive our life from God and move into this world as healing and loving agents, empowered by God. Not doing it because we should or because we're trying so hard, but because it's increasingly just who we are and how we are.

Mindy Caliguire ([20:39](#)):

That's what our world needs right now. We need people of peace, people of imagination, people of hope, people of service and love.

Jeff Hannen ([20:53](#)):

Hi. This is Jeff Haanen, the founder of Denver Institute for Faith and Work. Hey, thanks for listening to the Faith and Work Podcast and for letting me interrupt you briefly to share just a request. I want to ask you to consider becoming a financial contributor to Denver Institute. Each day, thousands of people listen to our podcasts, engage our short courses, and grow spiritually as a result of generous donors like you. Each podcast episode is 100% funded by generous donors who believe that work is a way to love God, serve of neighbors, and demonstrate the gospel to our world.

Jeff Hannen ([21:23](#)):

If you've enjoyed the Faith and Work Podcast, would you consider paying it forward by giving right now? You can give my visiting [difw.org/donate](http://difw.org/donate) or by visiting the show notes page from this episode. Whether it be \$50 a month, \$25 a month, or a gift of any amount, we are so grateful for your support. Again, you can give by visiting [difw.org/donate](http://difw.org/donate) or by checking out this episode's show notes. Thanks again for your generosity towards God's people and toward the mission of Denver Institute. Now, back to the Faith and Work Podcast.

Joanna Meyer ([21:57](#)):

It's a season of great revealing.

Mindy Caliguire ([21:59](#)):

Yes.

Joanna Meyer ([22:00](#)):

It's an opportunity to say, "Okay, Lord. This is who we are at our core. How will you step in to heal and grow?"

Mindy Caliguire ([22:07](#)):

Yes, yes. He can and he does. He does not look at us with that judgment. He has an open arm extended to say, "Are you ready for life? Are you ready for peace? Are you ready for joy?"



Mindy Caliguire ([22:20](#)):

Joy, here's a little bonus pack, right? This thought leader has actually recently moved to Colorado. He's a neighbor closer to you than me.

Joanna Meyer ([22:27](#)):

Oh, cool.

Mindy Caliguire ([22:27](#)):

Jim Wilder. He has done a lot of brain neuroscience research and understanding about transformation, et cetera, et cetera, and has helped us understand, helped me understand that joy is an inherently relational construct. The part of your brain that recognizes joy is the part that is firing when you see someone who knows you well and their face lights up. That feeling when somebody that you know who loves you, who delights in you, right ... When you and I haven't seen each other in a while and we're like, "Ah," you're so excited to see each other, that registers in our brains as joy, when someone has that reaction to seeing us.

Mindy Caliguire ([23:15](#)):

If you think about how I mean many of us maybe during this time, we're living alone or there's conflict in the home, and we don't have access to that feeling of someone lighting up. But here's the truth. You think of the Aaronic blessing in the Hebrew scriptures, right? "The Lord bless you and keep you. Make his face shine toward you and give you peace." That I believe is almost like a prophetic vision and a prayer that we rightly say as a blessing over someone, knowing with great confidence that that is the posture of God's face shining towards us always, always.

Mindy Caliguire ([24:04](#)):

In the middle of a pandemic, in the middle of isolation, or conflict, or resource depletion, or fear of the politics, or fear of our health or our loved one's health, all of those are real, but we can always come back to a place of reconnecting with God. In that, find joy. In that, find peace.

Mindy Caliguire ([24:28](#)):

This may sound simplistic to someone who's saying, "You don't really understand how hard it is." But I've got to say, we are made for that kind of connection and that is fundamentally God's posture toward us. If you can pause, and still, and slow your life enough to rest all the unrest that sits below the surface or below the visible surface of our lives and really connect with God, that peace does flow, that joy. Not like yippy skippy, I'm so happy about all these things, but the joy part of your brain that feels the pleasure of God looking at you.

Joanna Meyer ([25:14](#)):

I love it. I heard an expression on the radio last night that we describe many people's current existence as working from home, but we're not working from home. We're living at work.

Mindy Caliguire ([25:25](#)):

Oh, my gosh. That's so true.

Joanna Meyer ([25:27](#)):

Yeah. Just the sheer volume, I would say the presence of our daily work in our daily lives all the time. Whether that's our work as parents, our work as tech executives, our work as women that are admins, all kinds of roles, it's all happening all the time in our daily life. I just think there's a place for us to reorient ourselves toward experiencing God in the midst of that overflow of work into every area of our lives.

Joanna Meyer ([25:54](#)):

Let's talk practically. Like how do you invite God into that? Because I'm convinced God shapes our souls through the pressures of our daily work.

Mindy Caliguire ([26:02](#)):

Totally.

Joanna Meyer ([26:03](#)):

How do we do that?

Mindy Caliguire ([26:04](#)):

Yeah, yeah, yeah, yeah. Oh, man. This feels like it's been the conversation of the week. No, I'm serious. I think fundamentally, there's a lot of ways we may get to this point, but fundamentally it's about cultivating a conversational relationship with God, a day by day, moment by moment, crisis by crisis, decision by decision, role change by role change, ongoing conversation with God whereby we can receive reassurances of his love and his care, reassurances of his sovereignty and goodness, guidance maybe specifically around the various dilemmas of, "What do I do with this four-year-old who's having a meltdown and I have to make a board presentation in the next five minutes," right? Like that happened for somebody who's listening.

Joanna Meyer ([26:59](#)):

Yeah.

Mindy Caliguire ([27:01](#)):

I don't see that as an invitation to muscle up to what would Jesus do in this moment, because frankly I don't think anybody's willpower is that strong. We may even, in our own flesh, be quite deceived about what Jesus would do in that moment. But how do we in that moment, four-year-old right in front of me having a meltdown, Zoom meeting has already started that I need to go present on in like four minutes, how do I breathe in and be like, "Okay, God. You're here. You're with me. You love this child. You're with this responsibility I am holding. How do you want me to navigate? What do you want me to hear? Where is a solution that I'm not seeing right now? Open my eyes. Open my ears."

Mindy Caliguire ([27:53](#)):

Whenever we open ourselves up to God's presence, his guidance, new ideas happen. New things happen. Solutions show up that didn't exist prior. I don't have that current situation, but there was something ... I'm trying to remember what it was. A couple weeks ago where I was heading into an impossible like this needs to happen and this needs to happen, but this other thing also needs to happen. How's that for the most vague illustration ever?



Joanna Meyer ([28:22](#)):

That could describe any listener who's probably had that this week.

Mindy Caliguire ([28:24](#)):

Exactly. Exactly. I was churning it all in my head, like if I could just keep changing the puzzle pieces I could force them together. I kept trying to do that, and it's like I caught myself. It might've been even in the middle of the night, because you know the middle of the night is when we think of all our disaster scenarios.

Joanna Meyer ([28:42](#)):

Our best thoughts happen at that time.

Mindy Caliguire ([28:45](#)):

No. My worst thoughts happen. Maybe your best one do-

Joanna Meyer ([28:47](#)):

No, no.

Mindy Caliguire ([28:48](#)):

But I wake up and I'll call you, like, "What do I do?" But I come up with all the worst things. But anyway, in the middle of me just trying to force fit these things, I just had the, "Oh wait, God, you're still God. You're still part of all these things. What do I do? How do I fit these together?" I mean, Joanna, it's not like I can say I heard an audible voice. I didn't, but like an idea emerged, and it offered a path that solved one and a half of the things and opened up a way that another thing could be sequenced differently.

Mindy Caliguire ([29:26](#)):

Like what if I hadn't had that, "Wait, God, you're here. Where are you?" It's like how do we develop that ability? It's get harder and harder the higher the stress goes, because I feel more obligation to control, to figure it out. I feel responsible. It's the cultivating of the inclination. We're told to incline our hearts to God, to return, to come to him. It's all about connection. It's not about perform well, do your thing well, be perfect. Well, there is that, but it's only like in me. How do we just keep turning to God in the midst of daily life?

Mindy Caliguire ([30:05](#)):

Whatever spiritual practices help you with that, cultivate those. If something isn't helping you in the midst of a crisis be turning toward God to receive your life from him and receive direction if there's that on hand, then I don't know, maybe I sound terrible, but don't keep doing those things. Figure out how to build a conversational, moment by moment relationship of guidance, of intimacy, of love.

Mindy Caliguire ([30:36](#)):

It strikes me sometimes how many of us as Evangelical Christians, which I'm going to assume is the bulk of our listeners today, our hallmark of what we believe and what we want to invite people into is a personal relationship with Jesus Christ.



Joanna Meyer ([30:49](#)):

Totally. Totally.

Mindy Caliguire ([30:50](#)):

Right?

Joanna Meyer ([30:51](#)):

Yep.

Mindy Caliguire ([30:51](#)):

But sometimes it gets reduced to, do we actually believe these set of things about God, and do you do these rituals with God? Or with or without him, do you do these rituals? I feel like I'm championing the, what do they call us, the Caption Obvious. It's like, "Hey, guys. Guess what? You can have a personal relationship with God." But it actually is true. We can, and we can cultivate that. For many, many people, it's been a long time since they were just in that sort of conversational, "Well God, what do you think about this? Oh, my gosh. This person is mad at me again. What do you think we should do about that? What do you want to say to me about loving that person right now?" That kind of conversational relationship in the midst of what's hard.

Mindy Caliguire ([31:47](#)):

I think one of the benefits you said, we're not ... What did you say? We're living at work.

Joanna Meyer ([31:51](#)):

We're not working from home. We're living at work.

Mindy Caliguire ([31:54](#)):

Yeah. One of the things that's good about that is that a lot of us have led very compartmentalized lives. I can leave the conflict at home and go be a rock star at work. Then I can be a rock star at work and then go have my quiet time and walk to Jesus about four things, or not, and just feel good about myself because I had my quiet time. Then I can go to my health club and do that. I shape shift throughout the day.

Mindy Caliguire ([32:20](#)):

This is forcing a level of integration that is actually who we are. I actually am this person at Gloop, this person who's talking to a large national, international organization that I blew off a call with them because of the engineering thing at Gloop. It's like all of that is me in one place. I was sitting in this actual chair that I'm talking to you in while I had conversations with my kids, my husband, Soul Care things, Gloop things, and all the things.

Joanna Meyer ([32:50](#)):

Yeah. I think about someone who is in a moment where they just feel like their soul is absolutely charred and they're exhausted. If those two themes that you have just woven throughout our conversation of knowing that God is with you and that he is for you, that his disposition is that he loves you he's for your good, if that's the only thing you can sit in, that's a place to start.

Mindy Caliguire ([33:14](#)):

Yes. I believe that. Anything that's another spiritual practice that doesn't have you end up recognizing your belovedness in God, like maybe set it aside for a while and go figure out how to connect with God. It might mean going for a walk to a place you don't usually go. It might mean ... I don't know, but be on the hunt for what allows you to truly rest in God's presence and know that you are loved.

Mindy Caliguire ([33:44](#)):

There's a psalm that I love, Psalm 131:2 that says, "I've stilled and quieted my soul. Like a weaned child in its parent's lap is my soul within me." A weaned child. There's nothing wrong with an unweaned child. Just they're younger. They need stuff. They want something. They're there to get. A weaned child that wants to hang out on its parent's lap, on its mother's lap is there for the sake of relationship.

Mindy Caliguire ([34:12](#)):

I think God welcomes our prayer requests. He invites that certainly. But what does it mean to just choose to be with? What does it mean to just hang out with God as it were? What would that look like? What if you said, "I'm not going to allow myself ..." If you're charred, if your soul is charred, first of all, know this. The power of God's love and grace to bring new life and healing to a soul has no measure.

Joanna Meyer ([34:41](#)):

I love that.

Mindy Caliguire ([34:42](#)):

There is no limit to God's ability to breathe new life and new healing into your soul, no matter how dirt tired you are, how angry, resentful, steeped in some terrible addiction or behavior. Whatever it is, you just turn toward God. Wherever is to your right right now, just turn your head. That's where God is. Then turn to the left. God's there too. He is front of you. He's behind you. He's within you. He's here, and he is for you, and he can handle whatever it is that has come your way.

Joanna Meyer ([35:18](#)):

Thanks. I have a final question for you. You'll be teaching a workshop at Women, Working, Calling on October 24th about how do we experience God through our callings. That our daily work, in whatever form it takes, is an invitation for us to experience God there, not just in our spiritual discipline moments, but just in presence with him. The theme we're exploring in that is the theme of resilience, because I think the message for this year for women is not, "Go, girl. Climb the mountain." That's not what we need. We need hearts that are resilient and able to respond to the challenges that we face.

Joanna Meyer ([35:55](#)):

What do you think it looks like for women to be resilient in this season? I say that it's not slapping a bumper stick that says, "I'm resilient," on your car. There's a different approach to that.

Mindy Caliguire ([36:04](#)):

No. Gosh no. There's a huge body of research that the Lilly Foundation did on resiliency for people in ministry, and there are five key drivers that came out of their research for the five things that contribute to resilience.



Mindy Caliguire ([36:18](#)):

The first ... We're all in vocational or avocational ministry, so let's just broaden this to whatever your line of work is, right? Whatever your calling is. If you're an MD, if you're an admin, if you're an at home mom, executive, if you're any role, accountants, lawyers, everybody, right? These five drivers for resilience.

Mindy Caliguire ([36:41](#)):

The first is soul care. It is weaving your life into the life of God, whatever intentionality, whatever form that takes. Soul care.

Mindy Caliguire ([36:53](#)):

Second thing is they put in the broad category of just like self care. Like exercise, and nutrition, and just taking of your self. Getting rest, getting sleep, getting all those things, because we're people, right? We are physical bodies. Soul care was the first and foremost. Self care was the second.

Mindy Caliguire ([37:14](#)):

The third is all around our relationships, life giving relationships. If you're in a family, it's the quality of health in a marriage or your parenting relationships. Even beyond that, it's also inclusive of, or if you're not in a family situation, it's your network. It's your people. It's your friends. It's the people who are for you. What are the quality of those relationships? Third driver.

Mindy Caliguire ([37:40](#)):

Fourth one, this is interesting, is emotional and cultural intelligence. This has been a massive issue lately. We've seen where if we as a people, as Jesus's people, are lacking some cultural intelligence to the moments we've been in this year-

Joanna Meyer ([37:55](#)):

Wow.

Mindy Caliguire ([37:55](#)):

It's hard for us to stay resilient, because we're going to get blindsided by something we didn't even know was real. Then emotional intelligent similarly.

Mindy Caliguire ([38:03](#)):

Then the last driver is what we usually think of as success, making for success in leadership. It's all the leadership and management practices, skills, et cetera. You could say for whatever your actual job is, it would be the set of skills. Like are you a good lawyer? Are you good at accounting? Whatever it is, let's count those as a driver of resilience.

Mindy Caliguire ([38:25](#)):

Yes, you need excellence in your practice, whatever it is, but those other things, because of how God has created the soul, are actually the primary drivers. They all matter, but the primary ones are those.

Mindy Caliguire ([38:40](#)):



What contributes to resilience and where are we going to go on that conference? We're going to be talking about the soul care dimension of resilience and how can we be intentional with carving out the time and space to become aware of and responsive to this ongoing work of God in our lives. For me, that directly relates to vocation, because the more we are able to receive from God and hear his direction in our lives, we get the various assignments that he has for us and we more quickly drop the illusions about who we thought we were.

Mindy Caliguire ([39:19](#)):

Sometimes some people may have illusions that are grander and inappropriate to have. I think a lot of times, men and women, we have so much self doubt and so much shame that we're combating almost all the time. I think God wants to invite you into things you've never even dreamed of and you didn't know you had capacities for. We want to live in such a way that we're open to those things. We receive from him what he wants to give. Anyway, I think resilience is a huge topic.

Joanna Meyer ([39:51](#)):

I love it. If women who are listening are intrigued by this, I'll tell you more about Women, Working, Calling in just a minute. Mindy, thanks for the gift of this conversation. My prayer is that folks that are listening will find one solid, solid nugget that they'll take home and just like be able to rest in that. Even if it's that simplicity you said of knowing God's presence and his heart for us is a wonderful place to start in this season. Thanks for sharing that with us.

Mindy Caliguire ([40:16](#)):

Oh, you're so welcome. I can't wait to be with you guys in October.

Joanna Meyer ([40:19](#)):

Thanks again.

Mindy Caliguire ([40:20](#)):

Thanks for the invitation.

Joanna Meyer ([40:22](#)):

Awesome.

Mindy Caliguire ([40:23](#)):

See you.

Joanna Meyer ([40:23](#)):

Bye.

Joanna Meyer ([40:31](#)):

What an encouraging conversation with Mindy Caliguire. If you were intrigued by what she had to say about soul care and how we can experience God's presence in the context of our work, I invite you to join us online at Women, Working, Calling on Saturday, October 24th. It's going to be an amazing event.





We're already seeing women sign up from all over the country to be part of this special day. Event details are at [denverinstitute.org/events](https://denverinstitute.org/events).

Joanna Meyer ([40:56](#)):

If you have enjoyed this podcast, we encourage you to subscribe or leave a review. We welcome your suggestions for topics or guests that you'd like to see us discuss, or you can share it with a friend. I pray that this week is rich for you, that you experience God's presence and his delight towards you as you go about your daily work.

Speaker 1 ([41:15](#)):

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