

AS FOR ME AND MY HOUSE

House: What Does "Home"
Mean for You?

Marriage: Five Simple
Choices to Positively RENEW
You and Your Marriage in the
New Year

Health: Take Control of
Your Health This Year!

Finances: Home-based
Business

Parenting: A Time for
Self, a Time for
Serving

Community: Escaping
the Winter Blues



**2****EDITOR'S NOTES**

Hello! My work on the *As for Me and My House* magazine this month has been done from my now very elderly parents' home in a remote farming area of the central African country of Zambia. While electricity cuts (rainy season) and unreliable Wi-Fi have been challenging, the scent of flowering bushes, washed clean by the rain, and the sweet song of the many unique birds that abound in this area and their beautiful garden have more than made up for all that!

A new year. That can be daunting. Yesterday, in the simple open-sided, thatch-roofed country church I attended, we sang an old and familiar chorus: "Because He lives, I can face tomorrow, Because He lives my fear is gone, Because I know that He holds my future, And life is worth the living just because He lives."

Jeremiah 29:11 gives us more encouragement: "'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future'" (NIV).

May your 2023 be blessed in every way!

5**TERESA: AS FOR ME & MY HOUSE**

Teresa Brunsting is CEO of *Behold You Are Bold*. Teresa is married with two wonderful grown children, Olivia who is in college and Cooper who is in the work force.

Teresa describes herself as a child of God, mother, and wife who has walked through fires but was made stronger and braver through perseverance for God's purposes. Her passion is to help those who struggle with identity and purpose.

Teresa is an author, Certified Living Legacy coach, Unhackable coach, and speaker helping women, mothers, and marriages become emB.O.L.D.en Overcomers© from struggles of the mind and spirit so they live joyously in their "New Self."

**10****KIRSTEN: AS FOR ME & MARRIAGE**

Kirsten D Samuel passionately points others to God's redeeming grace. She helps women devastated by the aftershocks of their husband's porn struggles find hope, healing, and honesty with themselves, their husbands, and others.

A survivor of clinical depression and PTSD, she chooses a life of authenticity, love, faith, fun, and forgiveness. Married to Dave for over 40 years, they marvel at how God gave them a brand-new marriage after the mess they created.

Read more about Kirsten's inspiring journey in *Choosing A Way Out: When the Bottom Isn't the Bottom*. Connect with her at KirstenDSamuel.com and on social media.



**15****JAIME: AS FOR ME & MY HEALTH**

Jaime Boyachek is a functional medicine nurse, nutrition, and lifestyle practitioner. After suffering a major health crisis, she found hope and healing, making it her mission to help other people understand the bigger picture of their health story by filling in the GAPS. She focuses on each individual's health history by gathering and assessing their information, connecting the dots, and proceeding with hope! She graduated summa cum laude from the University of Texas and is currently pursuing her doctorate as a nurse practitioner. She is the owner of a health food store in Arizona, Healthy Habit Health Foods, and a toxin-free, plant-based, bioidentical hormone and personal care line called Organic Excellence. She is also an author, speaker, and former host of the Healthy Habit Radio Show. Her book, *Taking Control of Your Health*, will be out in early 2023.

**20****NICCIE: AS FOR ME & MY FINANCES**

Niccie Kliegl is an author, faith-based life and business coach, and speaker who helps people get God-partnered, clarify their divine purpose, and tap into all the Trinity offers. She calls this their sweet spot . . . where their work and life are elevated spiritually, financially, and energetically for the Kingdom.

Niccie has published five books, has a talk show, and a 12-month mastermind for her life and business coaching clients who are ready to step further into the call God has on their lives.

**25****CHRYSTAL: AS FOR ME & MY PARENTING**

Chrystal Gilkey is an author, speaker, and bible study teacher who helps women stuck in the impossibilities of this crazy world find peace, joy, and hope through her Christian mystery novels and studies, so they know they can make the impossible possible with God (Luke 1:37).

You can connect with her at chrystalgilkey.com, Instagram, Facebook, Twitter, and LinkedIn.

**30****AMANDA: AS FOR ME & MY COMMUNITY**

Amanda Nelson is a college English professor, professional writer, and content marketing specialist for a large international software company.

Amanda and her husband live in Cleveland, Ohio and are actively involved in local ministry. They are especially interested in seeing others live in complete freedom through Christ-centered healing and deliverance ministries.

WORDS FROM NICCIE

NICCIE KIEGL, FULFILL YOUR LEGACY

Happy New Year! This issue of *As For Me & My House* is sure to inspire you to make great habits and changes to your 2023.

Isaiah 40:30

...those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

You may hear people mock the idea of making a new year's resolution but I think it is wonderful to set goals - daily, weekly, monthly, quarterly, and yearly. Big and small. There is no better time than now to gather up some hope and get some God-partnered goals going.

All of the writers of this magazine are Legacy Leaders with the sole purpose of encouraging you to elevate the way you . . . LIVE | LOVE | LEARN | LEAD.

The magazine is broken down into six areas of your God-partnered life: HOME | MARRIAGE | HEALTH | PARENTING | FINANCES | COMMUNITY and it is based on my second book, *THE LOVING LEGACY - AS FOR ME & MY HOUSE*. You see, in book one of my four-part series, we get our personal life partnered with God. In book two, we get our home (and family) God-partnered.

I hope you feel the nudging and prompting of the Holy Spirit as you read, that something jumps out to you and that you ask God to be a part of you receiving, achieving, and growing to the place God is nudging you to this year.

Go LIVE | LOVE | LEARN | LEAD according to the call!

Niccie Kiegl



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AS FOR ME AND MY HOUSE




Home: What Does It Mean for You?

home

[hom] Oxford English Dictionary

2. a. A dwelling-place, house, abode; the fixed residence of a family or household; . . . In N. America and Australasia (and increasingly elsewhere), freq. used to designate a private house or residence merely as a building.

Now I have a dictionary definition, but what does the word mean to me and my family? Home can mean different things to each person but rarely just a building. I strive for a home that is as this magazine title begins, "As for Me and My House . . . we will serve the Lord." I also enjoy making a good home for my family and having time to work from home on projects that are close to my heart and faith in my business, beholdurbold.com.

A woman with brown hair, wearing a beige cardigan over a blue patterned top, sits on a concrete porch. She is holding a blue mug with both hands. To her left is a large, green fern plant. The background shows a white house with a porch and a green lawn under bright sunlight.

“Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God.”

Revelation 21:3

I will begin by telling you that I am very blessed to live in a safe town and in a warm, comfortable home. As I think about what makes a house a home, it is hard not to have compassion for those who may be homeless or may not have had a good home life. Home life can be good or bad. When it comes to family, love is a must to survive. Families see each other at their best and worst times and love each other through it all.

In preparation for writing this article, I asked my family what the word “home” meant to them; I also reflected on the question myself. I thought about how I have had ups and downs in life, but the Triune God has always seen me through.

Most recently, I had a close call with my health. Two months ago, I was airlifted because of a brain hemorrhage and was in ICU for most of the week. As my husband was driving over an hour to the hospital by himself, he thought I might be going to my eternal home. When I think about home in that light, it brings up new meanings.

People are usually afraid of death and start making a bucket list of places away from home they want to go to before they die. But I see it as more like I’m on a journey, and Heaven is my final house. Now, I have Napa Valley, Italy, and Heaven on my bucket list. Why not put Heaven on the list as your last and best? They always say save the best for last.

I will begin by telling you that I am very blessed to live in a safe town and in a warm, comfortable home. As I think about what makes a house a home, it is hard not to have compassion for those who may be homeless or may not have had a good home life. Home life can be good or bad. When it comes to family, love is a must to survive. Families see each other at their best and worst times and love each other through it all.

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**“MY FATHER’S HOUSE HAS MANY ROOMS; IF
THAT WERE NOT SO, WOULD I HAVE TOLD YOU
I AM GOING THERE TO PREPARE A PLACE FOR
YOU?”**

JOHN 14:2 (NIV)

I thought about how I am getting ready to send my daughter, Olivia, on a college adventure where she will study abroad oceans away from home. Olivia will be studying for a semester in South Korea. God brought her to us from South Korea when she was 5 months old, and this is a great opportunity for her to visit and study there.

As a mother, I have a certain amount of fear. But the joy of faith over fear can be seen in the journey of life, trusting God to bring us home. The bible tells us in Jeremiah 29:11 and Ephesians 1:5 that we are all His children, and He has plans for us.



**“FOR I KNOW THE PLANS I HAVE FOR YOU,”
DECLARES THE LORD, “PLANS TO PROSPER
YOU AND NOT TO HARM YOU, PLANS TO GIVE
YOU HOPE AND A FUTURE.”**

JEREMIAH 29:11 (NIV)

“HE PREDESTINED US FOR ADOPTION TO
SONSHIP THROUGH JESUS CHRIST, IN
ACCORDANCE WITH HIS PLEASURE AND
WILL—”

EPHESIANS 1:5 (NIV)

I looked at my family's responses when considering my answer.

Cooper: “Where you can be yourself without worrying about what others think.”

Olivia: “Home is where you can show your worst and best without fear of rejection. Home is where you go to rest and recharge from everything and everyone else in the world.”

Doug: “Home is where my best friend in the world is my wife. It is where the people I love most can always come to spend time even though they don't live here all the time. Home is great food because mom can cook like none other.”

Ha, isn't that funny, ladies? As we get older, we are both wife and mom.

I think of “Home” as faith, unconditional love, and a sense of family in your heart. Even when you are far away from loved ones, a note, picture, or voice on the phone can bring that connection and feeling, no matter the distance.

I am very old-fashioned at heart. When everyone else wanted to have a career, I wanted to be a wife and mother. Due to many circumstances, I had the career first and didn't get married and have children until I was in my 30s because God had a plan for my Home and my

exact family and how it would be made up. He knew I had to go through things and wait for that to happen. His timing is always right, and I wouldn't have it any other way.

The answers from my family I've quoted above are the testimony to what He wanted for me because it is everything I dreamed of; I am blessed with my family.

To me, “Home” is family, faith, and love that we all continue to share in Jesus' name now and forever. Amen.



*Blessings to your home in this New Year
of our Lord 2023.*

“

But as for
me and my
house, we
will serve
the LORD.

”

JOSHUA 1:9 ESV



KIRSTEN SAMUEL

AS FOR ME AND MARRIAGE

KIRSTENDSAMUEL.COM

FIVE SIMPLE CHOICES TO POSITIVELY RENEW YOU AND YOUR MARRIAGE IN THE NEW YEAR

Like most people, as you approach January, you think about what you need to finish and the possibilities a new year represents. “New Year, New You” resonates with us, especially when you know something needs to change.

This “New Year, New You” concept can apply to your marriage relationship as well. Wouldn’t it be lovely to start a new chapter in your marriage every time the New Year rang in?

I remember dreading the New Year, knowing that my damaged marriage teetered on the precipice of destruction. Like you, my marriage struggled from time to time, but this latest betrayal forced my husband and me to face facts.

Things had to change. Now.

That Christmas and New Year season was anything but jolly and merry. I felt betrayed to my core. He felt shame and disgust over his betrayal.

Thankfully, God didn’t leave us stranded. He knew what we needed before we asked (see Matthew 6:7-8). Isn’t that God’s way? Even when we turn our backs on Him, and wallow in self-pity and recrimination, He remains faithful and true. As He promised, God is the same yesterday, today, and forever (Hebrews 13:8). His character doesn’t change based on circumstances. Or our doubts, fears, and failures.

“A good marriage isn’t something you find; it’s something you make and you have to keep on making it.”

—Gary Thomas

How can you apply the “New Year, New You” concept to your marriage? Choose to RENEW.

1 RECONNECT TO YOUR COVENANT.

Like you, I’ve heard that “marriage is 50/50.” Both husband and wife need to invest equally in the relationship (contract) for it to succeed. However, in Ephesians 5:21, God says, “Submit to one another out of reverence for Christ” (NIV). Reading on in this passage, we see we are to treat each other as Christ treats us (covenant). What has Christ done for you? How does that impact how you see your marriage covenant?

2 EXTEND GRACE TO EACH OTHER.

Betrayal pain kicks your legs out from underneath you. Yet, Jesus asks us to forgive as we’ve been forgiven. I remember reading Ephesians 4:31-32 (NLT) which says,



“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.”

The last thing I wanted was to extend forgiveness and grace to my husband. Yet, to follow Jesus means allowing the Holy Spirit to do this impossible work. Would you ask God to show you how to extend grace to your husband?

3 NURTURE YOUR GRATITUDE MUSCLE.

The last time you became angry with your husband, what was easier to remember: all the things you love about him or those things that drive you crazy? All humanity sees the negative easily. Only when you and I decide to look for positive things, do we build our gratitude muscle. Ann Voskamp, in *One Thousand Gifts*, recalls the process God took her through to exchange depression and fear for gratitude and joy. I highly recommend reading this book regularly.



“

Get rid of all bitterness,
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well as all types of evil
behavior. Instead, be
kind to each other,
tenderhearted, forgiving
one another, just as God
through Christ has
forgiven you.

”

EPHESIANS 4:31-32 (NLT)

Strengthening your gratitude muscle opens your eyes to God's daily blessings. As part of my recovery from betrayal, my coach challenged me to find three things I was grateful for every day. That challenge changed my ability to focus on the good in my life and marriage. And when I did that, I saw my husband differently. How can you nurture your gratitude muscle today?

4

EMBRACE PERSONAL CHANGE.

Understanding you need to change to recover allows you to stop throwing rocks at your husband.

Yes, he made mistakes. So did you. Yes, he hurt you. How have you hurt him?

Like many women, I can use words to cut another person down to size. I remember believing that was a good skill. It's not. To recover from the betrayal in our marriage, I had to look at the woman in the mirror and change her thoughts, attitudes, and actions. While his decision to betray might have precipitated the crisis, your recovery depends on you. What changes do you sense God nudging you to consider? For your personal health, I hope you'll embrace them.

5

WONDER AT GOD'S IMPOSSIBLE.

The world tells us to walk away when we've been betrayed. Sometimes, that is the best decision. A dear friend of mine faced this crisis. After years of prayer, counseling, and trying everything possible to allow the marriage to succeed, it crumbled. You can't save a marriage by yourself. It takes two. God worked a miracle in our marriage, for which we praise Him. Every day, I wonder at God's *impossible*. Want to build your covenant relationship and faith? Wonder together about God's redemptive work in your lives.

"A marriage cannot survive when we think only of ourselves. We need to recognize that to love someone is a choice, not a feeling."

—Christin Slade

This Christmas and New Year season, would you **RENEW**: Reconnect, Extend, Nurture, Embrace, and Wonder? Through the power of the Holy Spirit, you can implement a "New Year, New You" mentality in your life and marriage.



HOW TO LEAVE THE HURT BEHIND

3 KEYS

TO CHOOSE A FRESH START WITHIN
YOUR MARRIAGE

What if you could take the new
year, new you mentality and
apply it to your marriage?

Make this your opportunity to get unstuck and
start having your best connection with your
husband that you've been longing for.



Hi, I'm Kirsten D Samuel. As a coach, author, and speaker, I help women step out of the shadows of their husband's porn addiction and into their preferred future.

Join us.

Are you ready to heal? If so, join me LIVE on
January 10 at 9:00 AM Mountain/11:00 AM
Eastern. You're not alone. I'm here to help.

WWW.KIRSTENDSAMUEL.COM

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JANUARY 10
9AM MST, 11 AM EST



JAIMIE BOYACHEK

AS FOR ME AND MY HEALTH

WWW.JAIMEBOYACHEK.COM

TAKE CONTROL OF YOUR HEALTH THIS YEAR!

Well, it is a new year and another chance to start focusing on your health. This is continuously at the top of the most popular New Year's resolutions, yet over 64% of people abandon it after the first month, and only 9-12% stick with it for the long run.

Many people focus on eating healthier or exercising more, but many different factors are involved in living our best healthy lives. There are one in six Americans dealing with an autoimmune disease, 40 million with Type 2 diabetes, 96 million with pre-diabetes, and

countless others dealing with Lyme disease or co-infections, not to mention the rise in mental health issues and more.

Taking care of ourselves and getting to the root cause of health issues is essential. Doing this requires help from trained professionals, but there is much we can do to support our own health.

Diet can be more than simply reducing calories or making a few food swaps. It may require removing certain foods such as gluten, dairy, or the nightshade family to help reduce specific health symptoms.



While exercise is great, some people need to reduce the amount they are doing for a time so they can heal. The other essential lifestyle habits to focus on are reducing stress, getting enough sleep, and having healthy relationships.

Reducing stress is one of the most overlooked areas I see that cause many health issues. One of the best ways to help this is by meditating on God's word while doing deep breathing exercises. Romans 12:2 (NIV) tells us, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

This one thing can have a profound effect on your health. Biologically we are rebooting our Limbic System when we do this. This is the area of our brain that gathers and filters information and then assigns emotional significance to it, whether it is safe or unsafe, and then responds to it. When this is not functioning properly, it can become overactive or hypersensitive leading to immune, endocrine, and autonomic nervous system issues that make a person more vulnerable to developing chronic health conditions. So maybe there is more to God's advice on renewing our minds than we realized!

THREE THINGS TO DO TO TAKE CONTROL OF YOUR HEALTH:

Besides finding balance in all the lifestyle factors, focus on implementing these three things to reduce stress in your life and start taking control of your health:

1 *Say no.*

Sometimes, reducing stress includes saying no or removing stressful elements from our lives and simplifying things.

2 *Renew your mind by meditating on God's word.*

Take the time to meditate daily on scripture. Focus on a verse or two that encourages you, think about it, contemplate what it conveys about God, His plan, and how you can apply it, allowing it to transform you. Do this and some deep breathing exercises for 5-10 minutes daily.

"DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND. THEN YOU WILL BE ABLE TO TEST AND APPROVE WHAT GOD'S WILL IS—HIS GOOD, PLEASING AND PERFECT WILL."
ROMANS 12:2 (NIV)

Deep breathing can calm and balance the nervous system. There are many different methods out there, but square breathing is a simple one: breathe in for four seconds, hold for four seconds, breathe out for four seconds, hold for four seconds, and repeat.

For those dealing with health issues that are keeping you from living the abundant life God has for you, think about what you can do to change that this year. Do you need to get a health coach or counselor or find out what is causing your health issue and work with a Functional Medicine practitioner?

**"THE THIEF COMES ONLY TO STEAL AND KILL AND DESTROY.
I CAME THAT THEY MAY HAVE LIFE AND HAVE IT ABUNDANTLY."**

JOHN 10:10 (ESV)



Our health and wellness are extremely important to God, as is our relationship with Him. When we are dealing with chronic health issues, it can take away from our joy and our ability to care for others around us.

This year focus on **Taking Control of Your Health** and taking care of yourself so that you can better serve God and others (Luke 10:27-28).

Jaime Boyachek, BSN, RN, FNLP, CTNC

[JAIME'S LINKEDIN PAGE](#)

[JAIME'S FACEBOOK PAGE](#)



“

The man answered,
“‘You must love the Lord
your God with all your
heart, all your soul, all
your strength, and all
your mind.’ And, ‘Love
your neighbor as
yourself.’”

“Right!” Jesus told him.
“Do this and you will
live!”

”

LUKE 10:27-28 (NLT)

ENJOY THESE WAYS TO TAKE CONTROL & STAY HEALTHY IN 2023!

Healthy Habit Radio Show

HOME ABOUT CONTACT RADIO SHOW & PODCAST MEDICAL CENTER FAQ NEWS SHOP

The Healthy Habit Radio Show 01-16-22
by KFNX - The Healthy Habit Radio Show

13:28 | 53:58



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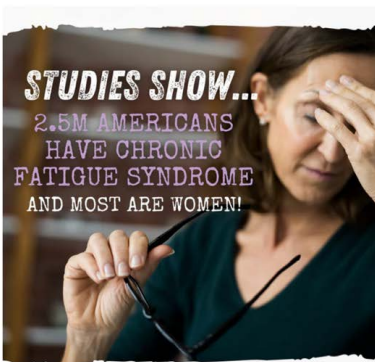
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Joint Pain Therapy



BLOG



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NICCIE

KLIEGL

AS FOR ME AND MY FINANCES

NICCIEKLIEGL.COM

DO YOU EVER WONDER ABOUT BECOMING A COACH OR HAVING A HOME-BASED INCOME OR BUSIENSS?

I'm Niccie Kliegl, a faith-based Life and Business Coach who helps individuals first get God-partnered so they can heal, restore, learn to hear God and find the abundant life of peace, joy, and hope that is there for each and every one of us. This happens with my Legacy Coaching.

The other part of my practice is Business Coaching where I help faith-based entrepreneurs get their faith-based practice started and then next-leveled so they can make Kingdom impact.

One of the most wonderful gifts God shared with me is a 4-part process for transforming lives, home, communities, and nations. I see it work every time.

I can hardly take an ounce of credit, other than being real with my life coaching clients and to holding them accountable with gracious love - and God does the rest.

About three years into my practice, I got extremely busy. People were wanting my Legacy Coaching and

there just wasn't enough time for me to reach them all.

This is how my **Legacy Coaching Certification** program came to be. The first couple to complete the program were coaching clients who'd had their marriage transformed by God through my first program in the Legacy Series, *The Living Legacy*. They now coach other couples and exactly as with me, the program and God do the work.

HAVE YOU EVER WONDERED ABOUT BEING A LIFE COACH?

Become a Certified **LEGACY COACH** Today

HELP OTHERS TRANSFORM THEIR LIVES
AND HOMES WITH US



Most wonder what it takes, what the training is like, or how much help they might need to have a viable business.

With this being the section on *As For Me & My Finances*, I want to inspire those who do wonder what it would be like to be a Certified Legacy Coach. I'll break it down into four topics:

- 1) How to know if you would make a good Certified Legacy Coach.
- 2) Which certification would be best for you, the LIVING Legacy Coach or the LOVING Legacy Coach?
- 3) What sets the Certified Legacy Coaches apart from others, giving them a leg up?

21| As for Me and My House

4) How do I go about selecting our Certified Legacy Coaches?

1 HOW TO KNOW IF YOU WOULD MAKE A GOOD CERTIFIED LEGACY COACH.

Most of the Legacy Coaches have first received coaching personally, felt the transformation that God did through the program in their own life, and know they have to share it with others. **This of course makes for an excellent coach.**

But sometimes our Legacy Coaches are simply men or women who want to become entrepreneurs and more specifically faith-based entrepreneurs. Coaching has them intrigued but building a program, marketing it, and all that seems to

be too much. **These individuals are perfect for my Certified Legacy Coaching Program.**

Lastly, we have a few coaches who felt God nudging them. They can't even put their finger on why but they are being obedient and looking for the best way to step into the call God has on their life. That was my story too and yes, **these folks will make excellent coaches as well.**

2 WHICH CERTIFICATION WOULD BE BEST FOR YOU - THE LIVING LEGACY COACH OR THE LOVING LEGACY COACH?

They are progressive; the first book is all about getting your own life back to the way God intended.

The clients you might serve would be coming for help with all sorts of things, such as life purpose, anxiety, and/or overwhelm. They might be struggling with marriage, desire to step into their faith deeper, or be looking for help with a life transition like a new job, recovering after a divorce, or maybe a death in the family.

Regardless of the reason, if you feel nudged to help INDIVIDUALS elevate to a beautiful place in their health, life, and faith GOD'S WAY, then the LIVING LEGACY course would be best for you.

The LOVING LEGACY course is what comes next in life. Once we find our lives healed, restored, and we are LIVING within the sweet spot of a God-partnered life, WE WANT TO SHARE THIS WITH THOSE CLOSEST TO US, THUS THE LOVING LEGACY.

Which program you want to become certified in is really a personal conviction. Where do you feel God nudging or calling you to?

3 WHAT SETS THE CERTIFIED LEGACY COACHES APART FROM OTHERS, GIVING THEM A LEG UP?

Well, being an entrepreneur 'ain't for sissies.' I know that isn't the most proper thing to say but it says it like it is. This is why I love certifying coaches into my already completed program.

The Legacy Leader certification takes away so many of the hard entrepreneurial tasks. These new coaches get the 'Legacy Business in a Box.' They get all my training videos which they may use or re-record in their way. They get all my study guides and coaching tools to begin coaching right away. I even provide a platform for my coaches to use for free – a website – and four days of coaching training so they feel equipped to launch well.

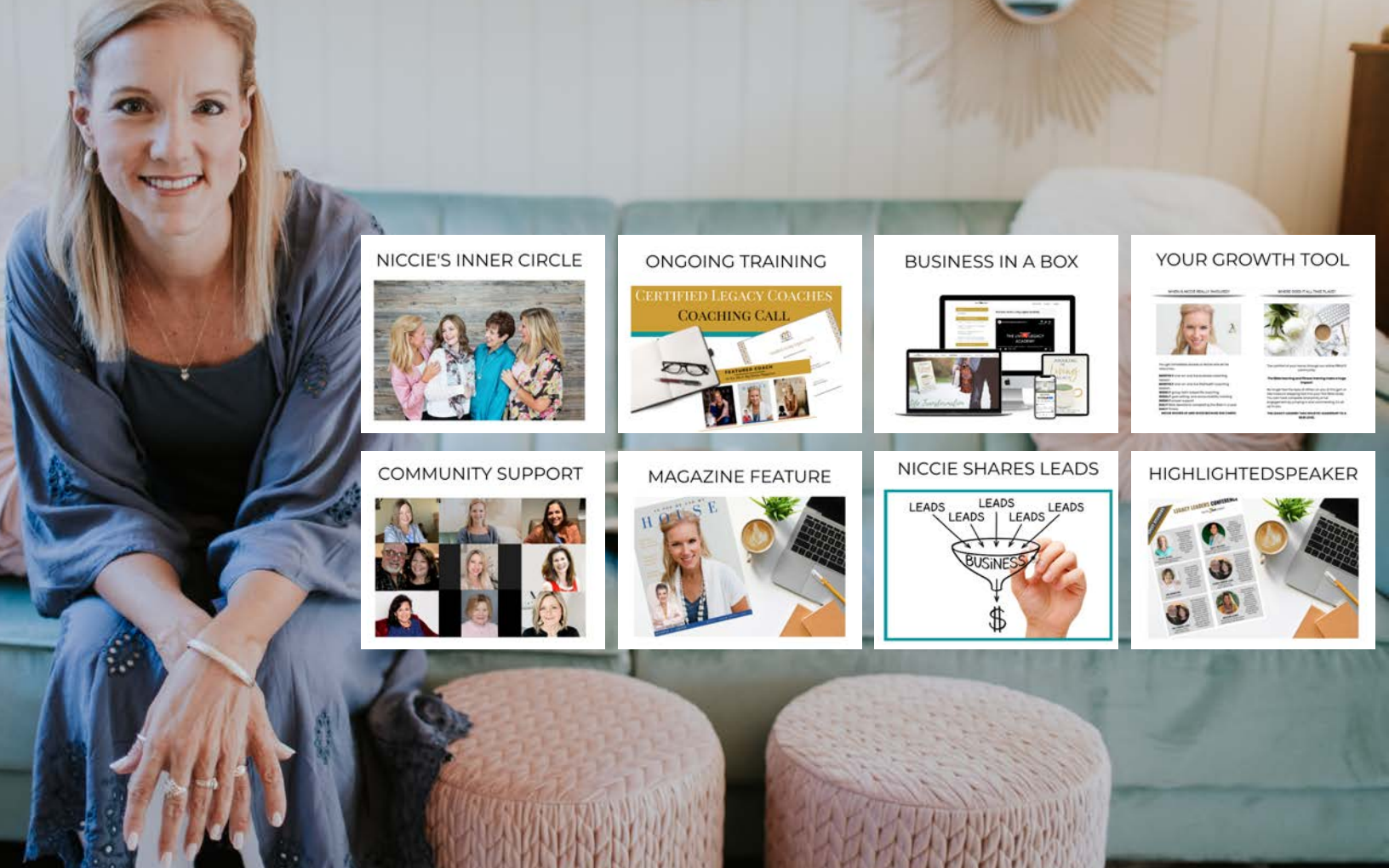
I've seen many certification programs that offer similar services but I've learned that my coaches do better when they have ongoing training, so my coaches get business and coaching training every two weeks.



However, something that other programs do not offer are regular opportunities for my coaches to next-level and get business. I put my coaches in this magazine, for example. I feature them on my talk show, and I have them speak at my events. Being a great coach is truly not hard when you are letting God do the work as the Legacy Programs do. But, getting known and booked is so much simpler when someone is supporting and promoting you. **IF YOU FEEL YOU NEED EXTRA SUPPORT TO DO THOSE TRICKY ENTREPRENEURIAL THINGS LIKE YOUR WEBSITE AND MARKETING, THEN THIS IS A GREAT PROGRAM FOR YOU.**

4 HOW DO I GO ABOUT SELECTING OUR CERTIFIED LEGACY COACHES?

The truth is we pick each other and let God help us decide. I send you a link to meet by zoom if you live far from me; otherwise we meet in person. I like to hear your hopes and dreams, and I like to share with you who I am and what it would be like to work with me.



NICCIE'S INNER CIRCLE



ONGOING TRAINING



BUSINESS IN A BOX



YOUR GROWTH TOOL



COMMUNITY SUPPORT



MAGAZINE FEATURE



NICCIE SHARES LEADS



HIGHLIGHTEDSPEAKER



BOOK A SWEET SPOT SESSION

JOIN THE SWEETSPOT MASTERMIND FOR ACCESS TO ALL NICCIE'S COACHING PROGRAMS

WHY I WANT **YOU** TO JOIN OUR TEAM



Right from the start, I could see the power of this training. It was transforming lives, marriages, health, and so much more right before my eyes.

As my company grows I am finding I have less time to get folks God-partnered and to get that transformation happening. Then Karen and Joe (you can find them highlighted below) went through my program and opened up the idea of taking this message and way of life further. They wanted to share what they learned and what changed their life...with others.

And so it goes...

The Legacy Coaching Certification Began!

1 JOHN 2:27 ESV

BUT THE ANOINTING THAT YOU
RECEIVED FROM HIM ABIDES IN
YOU, AND YOU HAVE NO NEED
THAT ANYONE SHOULD TEACH YOU.
BUT AS HIS ANOINTING TEACHES
YOU ABOUT EVERYTHING, AND IS
TRUE, AND IS NO LIE—JUST AS IT
HAS TAUGHT YOU, ABIDE IN HIM.

1 CORINTHIANS 7:17ESV
LIVE AS YOU ARE CALLED:

ONLY LET EACH PERSON
LEAD THE LIFE THAT THE
LORD HAS ASSIGNED TO
HIM, AND TO WHICH GOD
HAS CALLED HIM. THIS IS
MY RULE IN ALL THE
CHURCHES.

”



CHRYSTAL GILKEY

CHRYSTALJGILKEY.COM

AS FOR ME AND MY PARENTING

A Time for Self, a Time for Serving

As a wife and mother of three, I often felt depleted after the holiday season. There have been times where I've been so physically and emotionally spent, I feel I don't have any more to give. I struggled with spending time on rest and relaxation without feeling guilty.

Was it selfish of me to spend time or money on myself?

What exactly do the Scriptures say about dedicating time to yourself? I found myself going back to the portrait of a virtuous woman found in Proverbs 31—a

passage that I honestly struggle with because this woman seems impossibly out of reach. How is she able to do "all the things?"

It says in verse 27 that she "eats not the bread of idleness." It's clear that she is very intentional with her time and interestingly enough, she does have time set aside to take care of herself.

Here are a few ways we can learn from her in taking care of ourselves so that we can better serve others.

A Time for Reflecting

"SHE CONSIDERETH A FIELD, AND BUYETH IT: WITH THE FRUIT OF HER HANDS SHE PLANTETH A VINEYARD . . . SHE PERCEIVETH THAT HER MERCHANDISE IS GOOD: HER CANDLE GOETH NOT OUT BY NIGHT.

PROVERBS 31: 16, 18 (KJV)

The virtuous woman is constantly serving others, working and ministering to the needs of her household and community. However, in verse 16 we see her considering, and in verse 18 we see her perceiving. Somewhere in her day, her week, she has a time of reflection.

Mary, the mother of Jesus, pondered and reflected in her own heart as well (Luke 2). How important it is to have quiet time set aside for reflecting on what the Lord would have us do. Our lives are not over once we have children. God still has a purpose and ministry for us. If we don't stop, reflect, and listen, how will we hear what His purpose is?

My time for reflection is in the morning with my devotion. I also have a "business meeting" time with the Lord at a certain time once a week where I solely focus and pray on connections and my business.

A Time for Conditioning

"SHE GIRDETH HER LOINS WITH STRENGTH, AND STRENGTHENETH HER ARMS."

PROVERBS 31:17 (KJV)

In verse 17, we see the virtuous woman physically strengthening her body. Exercise improves our mood, boosts our energy, and benefits our body. It is essential to physically take care of our body in order to serve others. Spending time or money at the gym or on a fitness class is not an act of selfishness; it's an integral part of improving our quality of life. I incorporate this into my morning routine as well.

26 | As for Me and My House



A Time for Pampering

"SHE MAKETH HERSELF COVERINGS OF TAPESTRY; HER CLOTHING IS SILK AND PURPLE."

PROVERBS 31:22 (KJV)

Instead of focusing on this woman making her clothes (it's not like she had a Macy's), think about her fabric and color choice. She didn't use the leftover fabric and patch something together. She used silk, a luxurious fabric. She didn't dress in drab colors but a royal purple.

It's okay to have nice things and a little luxury! I love a certain brand of nail strips or getting a pedicure and will carve out some time for those things.

A Time for Joy

"STRENGTH AND HONOUR ARE HER CLOTHING; AND SHE SHALL REJOICE IN TIME TO COME.."

PROVERBS 31:25 (KJV)

Later in the chapter we see a time for rejoicing and celebration. Her family and town celebrated her.

Take time and celebrate the things you've accomplished. Let your family and friends know what you are working on so they can celebrate with you. I had a writing goal for the month of November that my sons knew I was working towards. When I met that goal, they were so excited and celebrated with me!



The hardest challenge is finding the time. I have never been a morning person and fought for years trying to rise earlier in the morning. I tried to get up early and failed, so I did everything late at night. The result was a very tired mommy and teacher. Then I heard someone speak about how the Lord helped them get up early to write. I knew that if God could help her do that, then He could help me. Guess what? He did.

Find *your* time and make *your* time happen. Write it down in your calendar or set a reminder on your phone.

When we are intentional with our time for ourselves, we can better meet the needs of our loved ones. Even our Creator had an intentional time of rest from creating!

You can connect with Chrystal at chrystalgilkey.com, Instagram, Facebook, Twitter, and LinkedIn.

“

And looking at them Jesus said to them, “With people this is impossible, but with God all things are possible.” Matthew 19:26

I can do all things through Him who strengthens me. Philippians 4:13

For nothing will be impossible with God. Luke 1:37

And Jesus said to him, “If You can?” All things are possible to him who believes.” Mark 9:23

And He said to them, “Because of the littleness of your faith; for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you.” Matthew 17:20

“I know that You can do all things,
And that no purpose of Yours can be thwarted. Job 42:2

Therefore I say to you, all things for which you pray and ask, believe that you have received them, and they will be granted you. Mark 11:24

Ah Lord God! Behold, You have made the heavens and the earth by Your great power and by Your outstretched arm! Nothing is too difficult for You.
Jeremiah 32:17

Is anything too difficult for the Lord? At the appointed time I will return to you, at this time next year, and Sarah will have a son. Genesis 18:14

Declaring the end from the beginning, And from ancient times things which have not been done, Saying, ‘My purpose will be established, And I will accomplish all My good pleasure.’ Isaiah 46:10

”



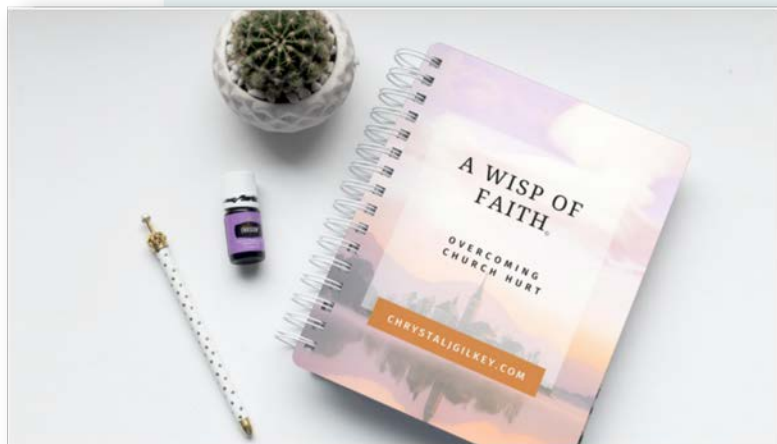
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Chrystal's Book, "A Wisp of Faith"

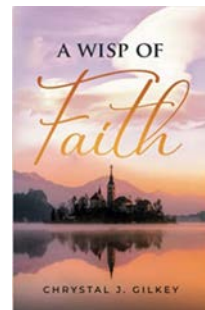
Every cloud has a silver lining . . . right?

Unexpectedly out of a job, Meteorologist Mercedes Lewis responds to an intriguing email about a strange weather anomaly in Shady Springs. Carrying the burden of past hurts and an uncertain future, she heads to the small town hoping to uncover a story that will get her career—and her life—back on track.

Pastor Grant Ford's ministry hangs in the balance—on a cloud. Literally. The people of Shady Springs have long believed the unique cloud that has hovered over the area for more than a century is a symbol of God's approval of their beloved town. But as the cloud diminishes, so does their faith in Grant's leadership.

While Grant tries desperately to hold his church family together, Mercedes struggles with the decision to allow God to take control of her life.

Join Grant and Mercedes on a journey of faith as they uncover the past and search for the truth about God's plan for the future of Shady Springs and for themselves.



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AMANDA NELSON

AS FOR ME AND MY COMMUNITY

ESCAPING THE WINTER BLUES

If you are like the majority of Americans, you find that the cold, dark winter months (especially after the holidays) seem to go on. . . well, forever. But there are some creative (and even fun) ways you can stay involved in the lives of your favorite people, or even some strangers! Here's a quick look at some great ways to stay connected instead of hibernating this winter.

Up to a quarter of Americans admit that the long, cold months between November and March affect their mood, and not in a positive way.

You may know this, but millions of people who live in colder climates have been diagnosed with Seasonal Affective Disorder (SAD), a medical condition linked to low levels of Vitamin D in the body. This means that many people are dealing with increased fatigue, depression, hopelessness, and social withdrawal.

But even if you are a fellow sufferer of the “winter blues,” there are some easy tips for getting through those cold months while strengthening your relationships within your community.

5 Easy Ways to Stay Plugged in This Winter:

1 Grab some friends and cozy up by the fireplace for book club night.

Have you ever thought, “It would be nice to have more time to read for leisure,” or “If only I had someone to keep me accountable to getting through my reading list?” Then you’re in luck. There are others in your community who are exactly like you, and who think the same way. For bonus points, make it a funny read that you all choose together. Laughter can improve your immune system, which naturally takes a dip in the indoor months. (Tip: Try the Libby app on your smartphone for some free library titles and share your thoughts about the book with others—the possibilities are endless.)

2 Take a day trip to a museum or monument to learn something new about your local history.

Take a day trip to a museum or monument to learn something new about your local history. Who doesn’t love a good road trip to keep your social calendar full, even if nothing else is going on?

I think we all dream of those invisible places within a day’s drive that we’d like to visit “someday.” Well, why not make “someday” this weekend? Ask around your social circles to see who would be willing to share the cost of a tank of gas and go! Call ahead to the museums to find out which days of the week they offer discount admission. Then make a follow-up date with your road trip crew to scrapbook your travels. And don’t forget the camera-phones!



3 Here’s another way to make your smartphone work for your social life: join your local Face-

book marketplace or garage sale group and enjoy some “freebies” or cheap local giveaways while meeting new people. It’s always best to be safe when meeting up with strangers, so be sure to take a friend, and always meet in a public place during daylight hours. You may be surprised how many great deals you can score.

Be sure to listen to your gut instincts, and trust the leading of the Holy Spirit, too. A couple of weeks ago, I met a sweet young lady who was giving away some coupons I needed . . . as it turned out, she really needed prayer! We ended up having a prayer revival right in the lobby where we met. The Lord may send you on some local missions, too, if you are open to hearing His assignments for you.

4 Start (or continue) a Bible study under your local church's small group ministry.

If you don't already have a Bible study topic that interests you, or if you don't fit the demographic for those already in session, then start one. All you need is six chairs, a pot of coffee and your favorite Bible, and you can start a group of your own.

Whether you are a single mom needing other moms' support, or a couple mature in the faith looking to pass on your wisdom to the next generation, there are others like you, right in your own backyard. Some of our best friendships that we still treasure today began over a decade ago in small groups.

"AND LET US NOT NEGLECT OUR MEETING TOGETHER, AS SOME PEOPLE DO, BUT ENCOURAGE ONE ANOTHER, ESPECIALLY NOW THAT THE DAY OF HIS RETURN IS DRAWING NEAR"

HEBREWS 10:25 (NLT)

5 Say hello to a stranger in the produce section at the grocery store . . .

. . . or take your new neighbor some homemade cookies to share (or maybe consider carrots, since we're in the new year, with fitness goals and all). There is a very communal element to sharing ideas over food, so why not use the tools around you to make a new friend?

"AND LET US NOT NEGLECT OUR MEETING TOGETHER, AS SOME PEOPLE DO, BUT ENCOURAGE ONE ANOTHER, ESPECIALLY NOW THAT THE DAY OF HIS RETURN IS DRAWING NEAR"

HEBREWS 10:25 (NLT)



Like the fitness idea that "summer bodies are made in the winter," so can the very best relationships be developed during the long, cold winter months.

Don't be discouraged . . . unless you live in a tropical climate, we are all likely going through the winter blues together. You'd might as well take someone else along for the ride!

*Love in Christ,
Amanda*



“Be kind and
compassionate
to one another,
forgiving each
other, just as in
Christ God
forgave you”

Ephesians 4:32 (NIV)



What Happens In The LEGACY LEADER Community?





BIBLE IN A YEAR

30 MINUTES EACH MORNING NICCIE READS & WE DISCUSS THE BIBLE GENESIS - REVELATION PER YEAR.





TESTIMONY TRANSFORM


TUESDAY OUR FAITH INCREASES THROUGH SHARED TESTIMONIES AND HOLY SPIRIT STORIES






GOAL SETTING

WEEKLY YOU CAN POST YOUR GOALS FOR INCREASED SUPPORT AND ACCOUNTABILITY.





SCRIPTURE TEACHING

WEEKLY OPTIONAL FIND AND SHARE OF TOPIC RELATED SCRIPTURE TO FIND DIRECTION & INCREASE WISDOM





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WEEKLY JOIN THE SWEETSPOT TALKSHOW AS A GUEST OR IN PERSON WHERE WE COACH LIVE AND ANSWER QUESTIONS





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