

AS FOR ME AND MY HOUSE

HOUSE: Seasons & Transitions:
Living the RV Life

MARRIAGE: It's Not You - It's Me

HEALTH: As for Me and My Health

FINANCE: Where Is Your Heart?

PARENTING: In the Trenches
with Your Teen

COMMUNITY: Loving Our
Church Community like Family



PUBLISHING EDITOR

Niccie Kliegl is CEO of **Fulfill Your Legacy**, Author, Discipleship Leader, and Speaker, shepherding Christians and Ministry Leaders into their Sweetspot where they fulfill their calling by connecting to the presence of God and Tapping into the Trinity to transform lives, homes, communities, and nations.

Niccie founded the **Legacy Leader Community** and *As for Me & My House* magazine. She also loves sharing what God puts on her in her 3 podcasts: **The Presence of God**, **The 5-Fold Forum**, and **Your Divine Business**.



COPY EDITOR

Helen Izek is an award-winning author and was once also a freelance editor. In addition to her current full-time day job with a global medical device company, Helen continues to edit the articles for our monthly *As for Me and My House* magazine. Passionate about working with each and every author, Helen strives to ensure the magazine is free of errors while preserving the unique voice of the contributors. She'd rather stay true to you, the authors - quirky turns of phrases included!

Helen lives in Israel with her husband and is mother to three wonderful children, and grandmother to two tiny tots.



DESIGN EDITOR

Jana Smith writes *End-Times*, speculative Christian fiction with a hint of romance, for women of all ages. Her love of God's Word and interest in Biblical End-Times prophecy has led her to write a series of fictional stories dealing with this subject. Retirement has allowed her to focus much of her time on writing. Jana and her husband live in Calgary, AB, where they can be near their precious children and grandchildren.

Being involved with Niccie's **Sweetspot Mastermind** has opened her eyes to an entirely new form of ministry. For Jana, it is a joy and a privilege to help with the magazine layout every month.



**6**

HOUSE

Joyce Meek Wheatley is an author, speaker and encourager. Not having been raised in church, helping people realize God's great love for them to begin their own faith journey is always on her lips.

Encouraging men and women alike to pursue their God-given dreams while seeking the heart of the Father to be empowered, equipped, and enlightened to their purpose has led her on many rewarding adventures of faith.

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MARRIAGE

Niccie Kliegl, CEO of Fulfill Your Legacy and publisher of this magazine loves to contribute from time to time. This month she is writing the 'Marriage' article.

Niccie has been married to Jeff for 33 years but it wasn't until she fell in love with the Lord fully that she was able to love her Jeff as the Bible teaches. If you want to find a love that lasts in your marriage, one that flourishes and fights with power nothing can mess with, then go check out her article!

**18**

HEALTH

Lynn Shortino is an overcomer and lover of Jesus Christ. She is a mother of two wonderful adult sons and has been in the ministry of nursing for over thirty eight years. She is the recipient of the highly esteemed Daisy Honoree Award for compassionate nursing care.

A former competitive elite runner and triathlete, Lynn continues to run the beaches and trails near Seaside, Florida with her beloved dogs, Sadie and Macie. She continues to encourage, inspire and motivate others towards health and wellness in body, soul, and spirit as a nurse and as an author.

You can follow Lynn on Facebook and contact her at LynnShortinoauthor@gmail.com



22 FINANCES

Jan Henryson is a former teacher, an author, speaker, master financial coach, and life coach. She has also been instrumental in beginning a number of non-profits that serve families in unique ways.

Jan and her husband, Bruce, have four children and six grandchildren. They live in Sioux Center, Iowa.

Jan loves to support people to find financial growth with God's help, she also became a Certified Legacy Coach back in 2020.



27 PARENTING

Carrie Hurley is an author, speaker, and coach helping Christian Mamas recover from burnout, replace toxic thoughts and habits, restore identity and authority, and renew their passion and purpose as they redeem the courageous life that God calls each of us to live. Part of that redemption is equipping Mamas to train up the next generations so that our ceiling can be their floor. Carrie is wife to Andrew for 19 years, a homeschooling mama to four fabulous kiddos, children's ministry, and the mission field. Music is her jam, and she uses it in nearly all areas of life. Each age and stage of parenting has its challenges, but the teen years are in a category all their own. Carrie outlines three basic components that are necessary to help you connect with and be by your teen's side. Their struggle is not against you or anything else flesh and blood. It's against the enemy, and our teens need to know that we're for them and with them in the battle.



31 COMMUNITY

Dawn Ward is a speaker, writer, and biblical life coach. She is the founder of The Faith to Flourish, a ministry offering support and encouragement to women with addicted loved ones. Dawn also equips women to live transformed lives through inspiring teaching, mentoring, and biblical resources.

Dawn is married to Steve and is mom to three adult children. Her book, [From Guilt to Grace: Hope and Healing for Christian Moms of Addicted Children](#), published September 2024, is now available.

WORDS FROM THE PUBLISHER

NICCIE KIEGL, FULFILL YOUR LEGACY

February is known as the month of love. It often comes with a show of hearts, flowers, and Valentine's Day celebrations. While it's wonderful to share tokens of love with those closest to us, this month also provides a beautiful opportunity to reflect on the greatest love of all—the unconditional and unfailing love of God.

In 1 Corinthians 13:4-7, we are reminded of what true love looks like: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres." This passage reminds us that the love we celebrate this month is best modeled by God Himself and is meant to overflow into every relationship in our lives.

For those of you joining *As for Me and My House* for the first time, welcome! This magazine is a faith-filled resource designed to inspire and equip you to live a God-partnered life and build a lasting legacy. Our contributors are parents, Christian entrepreneurs, mentors, and leaders who share their wisdom and experiences as they seek to live out their faith in every corner of their lives.

This magazine is inspired by my second book in the Legacy Series, *Embracing the Loving Legacy*. As the book teaches us to extend our God-partnered life into our homes, *As for Me and My House* focuses on six vital areas: house, marriage, health, finances, parenting, and community. Each area reflects how God's love transforms us and reaches those around us.

As we celebrate love this month, let's remember that God's love is the foundation of it all. Whether you're celebrating with family, friends, or reflecting quietly on His goodness, take time to share His love with those around you. The love we pour into our homes, marriages, and communities is a direct reflection of His work in us, and it is the cornerstone of the legacy we're building.

I hope this month's issue encourages you to LIVE | LOVE | LEARN | LEAD with a heart full of God's love. May this season be a reminder of His faithfulness and a time to grow deeper in love with Him and those He's placed in your life.

Wishing you a February filled with blessings and the joy of God's perfect love!

Niccie Kiegl



JOYCE AS FOR ME AND MY HOUSE MEEK WHEATLEY

FACEBOOK: JOYCE MEEK WHEATLEY

INSTAGRAM: JOYCE MEEK WHEATLEY

Seasons & Transitions: Living the RV Life


"Are you kidding me? What in the world is going on, Lord?" I cried as yet another problem revealed itself in our temporary home while our new house was being built.

I'm going to be honest. I was more than a little nervous about living in a fifth-wheel camper trailer. I will call it an RV for short. I'm not fond of small spaces nor do I enjoy "roughing it." I happen to be fond of a large kitchen, having all my books around me, and a room I can go to for quiet, alone time. But, financially, it made the most sense of all the other options.

Selling my home and moving into an RV was a major but necessary step. My stomach would get queasy just

thinking about it. To encourage myself, I practiced self-talk: *"You can do anything for a year, Joyce. How bad can it be? It will be an adventure!"* These phrases have been on repeat in my head, playing their tune over and over as we have coped with numerous challenges.

First came the ants. Ugh! Creepy crawlies are definitely not my thing. Then, the air conditioner quit working. Next, the refrigerator went on the blink. And in succession, the electric element went out on the hot water heater, we had a gas leak in the furnace, and the furnace stopped working—not once, but six times!

A woman with long blonde hair and a young child are in a garden. The woman is standing and looking down at something in her hands, while the child is kneeling on the ground, also looking down. They are surrounded by various plants and flowers, including some tall, thin stalks and some red flowers. The background is a dense line of trees.

"YOU CAN BE SURE THAT
GOD WILL TAKE CARE
OF EVERYTHING YOU
NEED, HIS GENEROSITY
EXCEEDING EVEN
YOURS IN THE GLORY
THAT POURS FROM
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FATHER ABOUNDS IN
GLORY THAT JUST
POURS OUT INTO
ETERNITY."

PHILIPPIANS 4:19
MESSAGE BIBLE

And all the while, days passed, the seasons changed, and work began on our new house.

In this span of time we had family gatherings, took four-wheeler rides with the grandkids, enjoyed the fruits of a garden on our little farm, gathered wildflowers, and took long walks down my favorite country lane behind our little red barn and into the fields beyond. My husband had knee surgery, influenza hit our tiny household, and we endured a winter storm. But the most important thing is we did these things together.

As we acclimated ourselves to a different location and navigated all the changes that entailed, I came to some realizations about this RV phase of life.

We adapted. We learned. We changed.

Yes, we had days where tempers flared, but we also laughed a lot. We shivered in the cold while huddled around an electric heater and relished the warmth of an electric blanket.

Mostly, we took care of one another. We tried to ease each other's burdens. And God has guided us every step of the way, showing us His faithfulness and growing us in ways we would not have chosen or expected.

I would like to share some of my thoughts about our journey that might help someone else facing major change:



Practice Thankfulness.

Being grateful for what we have changes the way we think about what is truly important.

I have a Facebook friend in India who travels weekly to minister to tribes that live in the surrounding hills. Looking at pictures he has shared of these beautiful people sitting in the dirt and heat in front of their grass hut homes with thatched roofs, I find my heart being so very thankful for our little RV. Yes, when the wind blows up a storm it rocks and sways a bit but I have never felt unsafe. And I know it is not a permanent situation for me.



Practice Perspective.

In the grand scheme of things, are our problems as big as they feel in the moment? I've had to mentally step back and look at the big picture. Doing so has allowed me to see with new eyes. For me, it takes the pressure off, releases the stress, and gives me the freedom to think outside the box for a solution. It also contributes to thankfulness. It shifts my mindset from looking at the problem to looking at all the possibilities.



Practice Self-Care.

Let's face it. Things happen. Things go wrong. The schedule of others doesn't always fit ours. Our elderly parents get sick and throw off the entire calendar. Sometimes we simply mess up and don't get it all right or get it all done. And, that's okay. I have learned to give myself, my husband, and others, some slack. I am constantly learning not to stress out over things I have no control over. Once the chaos has passed, resetting the plan and starting again helps me. Eating more whole foods, eating less sugar, and exercising regularly has also helped me feel better and have more energy.



Practice Faith.

Take everything to the Lord, for He cares for you. Know that He holds you in the palm of His hand. Walk with Him daily!


Envision the end result. See it before you see it. Remember that God is not constrained by space or time. Wherever you are going, He has already been there and nothing catches Him by surprise. Simply trust Him!

Always believe in the best outcome. Be the "glass half full" person looking for the positive in every situation. It makes the journey so much more pleasant. And, you will be surprised what your eyes will begin to see.



The creative power of The Creator resides in us because we are made in His image. Our words are so powerful. The words we speak create the atmosphere around us, so speak wisely and speak blessings.





"TO EVERYTHING
THERE IS A SEASON,
A TIME FOR EVERY
PURPOSE UNDER
HEAVEN,"

ECCL. 3:1 NKJV

My home for now is my little RV. But home? Home, I have found, is more than a physical address.

Home is where you feel safest. It's where you can express yourself without fear of judgment or condemnation. Home is where you love fully, with your whole heart, and receive the same kind of soul-quenching love in return.

It doesn't mean you don't have disagreements. It means that you love enough and care enough that you are willing to see your mate's perspective and are willing to yield when the situation calls for it.

Home is a place of faith and joy. For no matter the hardships you face, when you have Jesus in your heart and on your side, there is always joy to be found and love that abounds.

Living this RV life hasn't been exactly what we expected. It's been so much more! This adventure will be burned into our memories forever.

Every trial and every triumph, every person we have met along the way, will highlight this as a special time in our lives.

When my new house is complete, I will be overjoyed. However, I am already HOME!



mjoycewheatley

Follow

Message



Joyce Meek Wheatley - Author

155 likes · 643 followers

NICOLE KLIEGL

AS FOR ME AND MY MARRIAGE

FulfillYourLegacy.com



IT'S NOT YOU - IT'S ME

I fear this article might offend a few but I am writing with a humble heart. Here it goes . . . We are the main problem in our marriages. Now let me unpack that. I will share three main areas for WE (the spouse) to work on, which I know will transform your marriage. And, I will use my own life as an example. Then it's up to you to take it or leave it.

I welcome input, so message me back; I want to understand what other homes and marriages are going through and I love to see how God can work in them. I've seen couple after couple, marriage after marriage be restored by one spouse getting tapped into the Trinity.

So, hang on with me here, learn what you can do, and reach out if you want or need coaching for your marriage or home. If you need a scholarship to help with costs do not hesitate.

Here we go. After years of coaching, I see 10 topics that reoccurringly cause discord in marriages. Do a random internet search or ask any counselor, the problems marriages face today don't change. How we address them is what will transform your marriage and home. The ten problems are as follows. See if you have experienced any of these:

1. Lack of Communication

- Misunderstandings, assumptions, and unresolved conflicts can create distance.
- Not expressing feelings, needs, or concerns leads to resentment.

2. Unrealistic Expectations

- Expecting a spouse to “complete” you or always meet your needs sets you up for disappointment.
- Marriage takes work, not only romance and passion.

3. Financial Stress

- Differences in spending and saving habits can cause tension.
- Unexpected financial hardships add pressure.

4. Lack of Intimacy (Emotional & Physical)

- Emotional disconnection leads to feelings of loneliness.
- Physical intimacy often declines when emotional bonds weaken.

5. Unresolved Conflict & Unforgiveness

- Holding onto past hurts creates bitterness.
- Avoiding conflict rather than addressing issues leads to deeper problems.

6. Outside Influences & Boundaries

- Interference from in-laws, friends, or work can strain the relationship.
- Failing to set boundaries with others can create division.

7. Spiritual Disconnect

- When faith is not central, couples may struggle with direction and unity.
- Not praying together or seeking God’s guidance weakens the foundation.

8. Neglecting Quality Time

- Busy schedules and responsibilities cause couples to drift apart.
- Marriage requires intentional time together.

9. Parenting Differences

- Disagreements on discipline and parenting styles create tension.
- One parent feeling unsupported can lead to frustration.

10. Selfishness & Pride

- Putting personal needs above the marriage weakens the relationship.
- Refusing to apologize or compromise causes division.




This list might look daunting and you might only struggle with one area, yet if that is affecting your marriage negatively it is valid enough to take it seriously and fix it. Some of you might be struggling in several of these areas, while others every last one of them. Fear not, these three ways to attack the issue you can do alone and THEY WILL DRAMATICALLY HELP.

A strong marriage requires:

- 1) **THE HOLY SPIRIT:** walking with the Spirit, for intentional effort, to be made whole.
- 2) **GOD:** Seeking God’s ways at the center of your thoughts and actions.
- 3) **JESUS:** grace for yourself and your spouse beyond anything you can muster on your own.

When even one spouse commits to getting their own life whole through the work of God the Father, Son, and Holy Spirit, they can overcome struggles and build a lasting, fulfilling marriage.



The fruit of the spirit . . . love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. (Galatians 5:22-23)

THE HOLY SPIRIT

The Holy Spirit: An Intentional Effort to Be Made Whole with the help of the Holy Spirit.


The first step is surrendering to the Holy Spirit's work in you. Too often, we pray for God to change our spouse when the real breakthrough happens when we allow Him to change *us*. The Holy Spirit convicts, guides, and equips us to respond with wisdom rather than react with frustration.

- For lack of communication → The Holy Spirit nudges us to listen before we speak, to seek understanding over being right.
- For financial stress → He instills discipline, contentment, and unity in decision-making.
- For lack of intimacy → He softens our hearts, removing walls of resentment and fear.

When you invite the Holy Spirit into your marriage, you're no longer operating from your limited strength. You are walking with divine help that changes everything.

I'm shocked to see how the Holy Spirit had tempered me. Recognizing the Holy Spirit's power in me allows me to keep quiet when I 'KNOW' I'm right or see my spouse acting up. We need to understand who the Holy Spirit is and who God is, to see our own imperfections. As we become more whole we recognize a spirit of rage, jealousy, indignation, anger, righteousness, indulgence, insecurity, and so on within our self. We rebuke it as a maturing Christian, working on our own journey, should. Then we ask to be filled with the Holy Spirit. Look at the fruit of the spirit: The "fruit of the spirit" refers to nine character traits mentioned in the Bible, specifically in Galatians 5:22-23, which are considered to be the result of the Holy Spirit working within a believer: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Can you imagine how powerful it will be for you to remain gentle as your spouse furiously articulates his concerns? Well, spirits are contagious and the two evil and good do not co-exist. So, as you learn to be gentle it wins. Your spouse will be shocked at his inability to remain angry when you are full of grace and kindness. I know this sounds unreal but it is true and powerful. Please practice this: Recognizing your spirit, calling on the Holy Spirit and standing firm in it - WHICH WILL OVERCOME anything of this world (John 16:33).



The first time I rebuked the ungodly nature I was stuck in during a fight, and leaned into God's promises, I immediately felt God's wisdom, clarity, and fortitude. That kept me calm and able to respond to Jeff's ungodliness with godly strength, which diffused Jeff and the argument on the spot. I left that fight humbled and shocked that my sinful responses in past arguments had such a bearing on our lives. Things changed fast once I learned to worry about myself and my desire focused on myself being more godly.

GOD THE FATHER

God: Keeping His Ways at the Center of Your Thoughts

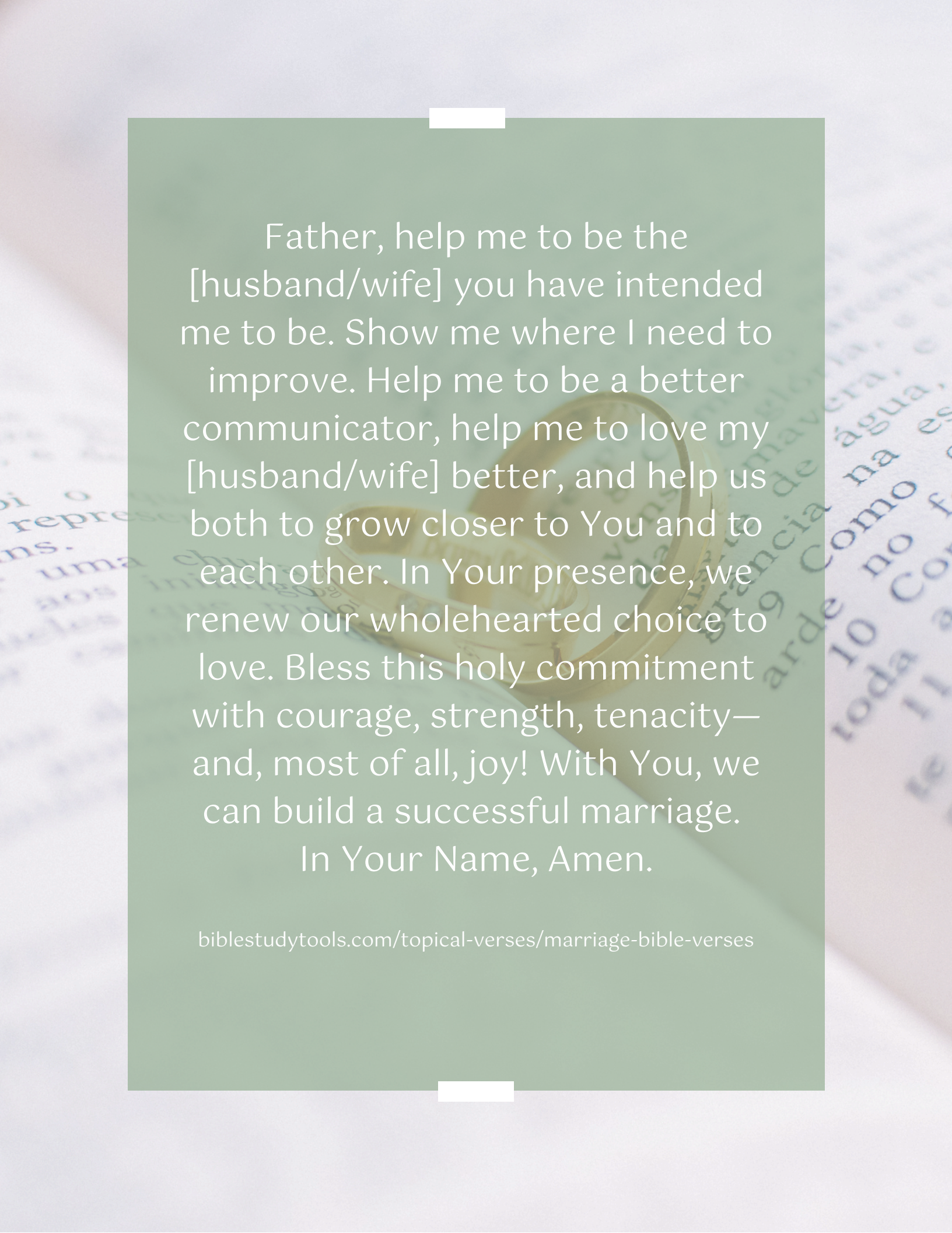
God designed marriage, and His blueprint for love, sacrifice, and unity is perfect. But how often do we follow His ways instead of the world's?

- For unrealistic expectations → When we root our marriage in God's Word rather than romanticized ideals, we find peace in the reality of two imperfect people growing together.
- For unresolved conflict → God commands us to forgive as He has forgiven us (Ephesians 4:32). When we take this seriously, past hurts no longer hold power over our hearts.
- For outside influences → God's order is clear: Him first, spouse second, family next. Setting boundaries becomes easier when we seek to please God above all else.

When we fill our minds with God's truth instead of worldly expectations our perspective shifts and we stop seeing our spouse as an adversary and start seeing them as our God-given partner. One that we want to see grow in their faith and character, more than getting stuck in the pain of their immaturity. Consider where you get your views and approaches for your marriage from. Your upbringing? How 'God partnered' is your parent's marriage? Maybe you get your advice from friends? How biblical are they? Maybe, you get advice from a counselor. If so, are they sharing God's truth about marriage with you? Are they helping you apply God's marital principles to your marriage?

When I wrote my second book, the one this magazine is derived from, God opened my eyes to biblical truths about our homes. He wanted me to encourage an "As For Me & My House" philosophy for my home and marriage. As well as for my clients. The book has a section devoted to biblical principles of Christ-like marriages, how to lean into His promises, and contracts for the husband and wife to abide in ("If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you," John 15:7.)

This was likely the most important aspect of me being able to call upon the Holy Spirit during conflict. It's very hard to ask for something you don't even know exists.



Father, help me to be the [husband/wife] you have intended me to be. Show me where I need to improve. Help me to be a better communicator, help me to love my [husband/wife] better, and help us both to grow closer to You and to each other. In Your presence, we renew our wholehearted choice to love. Bless this holy commitment with courage, strength, tenacity—and, most of all, joy! With You, we can build a successful marriage.

In Your Name, Amen.

biblestudytools.com/topical-verses/marriage-bible-verses

JESUS OUR LORD & SAVIOR

Jesus: Grace for Yourself and Your Spouse

Without Jesus, we will fail. We will hold grudges. We will let pride win. We will expect more from our spouse than we give. But Jesus offers a far better way.

- Feeling neglected → Jesus teaches us that love is not about convenience but commitment. Even in the busiest, or loneliest seasons, He reminds us to lean on Him for complete love.
- For parenting differences → Jesus calls us to unity, not division. When both parents submit their parenting to God, their home finds a peace that the Holy Spirit offers.
- For selfishness and pride → Jesus humbled Himself to the point of death for us (Philippians 2:5-8). If we want a strong marriage, we must learn to lay down our pride and love selflessly. It heals and restores the standard.

The grace Jesus gives you is the same grace your spouse needs. And when we extend that grace—even when they don't "deserve" it—miracles happen.

I've coached many couples ruined by infidelity and many others broken by sexual abuse as a child. Once a couple learns how to lean into Christ Jesus for their own healing and restoration, their relationship is finally redeemed and able to be blessed fully.

Are you, or do you know someone who is trying to heal from their own mess but they haven't fully surrendered the mess to the Lord? Maybe they don't know how or they've tried but still feel crippled.

If so, please know that forgiveness is a YOU job. Like with Jesus, the offer of forgiveness is not and should not be based on their fault.



Therefore, confess your sins to one another and pray for one another, that you may be healed.

The prayer of a righteous person has great power as it is working.

James 5:16 ESV

SO, ARE YOU THE PROBLEM OR IS YOUR SPOUSE? DO YOU WANT TO TAKE RESPONSIBILITY FOR YOUR GODLINESS AND TO SEE HOW THAT ALONE WILL TRANSFORM YOUR MARRIAGE?

The Choice is Yours . . .

One of the biggest lies the enemy whispers is, "It's not fair that I have to do this alone." But let me tell you, I have seen one Spirit-filled spouse change the atmosphere of a home over, and over, again. I have witnessed God restore marriages when only one person took the first step. And I have watched Jesus bring healing where there was once hopelessness.

You may not be able to change your spouse, but you can invite the Trinity to change you. And when you do, your marriage cannot stay the same.

So, the choice is yours. Will you let God work in you first?

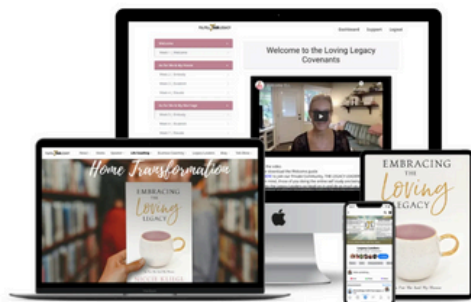
I would love to hear your thoughts. Message me, share your experience, and if you need coaching (click on the image below to learn more). Let's walk this out together because marriage is not meant to just survive—it's meant to be a reflection of the incredible, unshakable love of Christ.



COACHING

PRIVATE OR GROUP ...

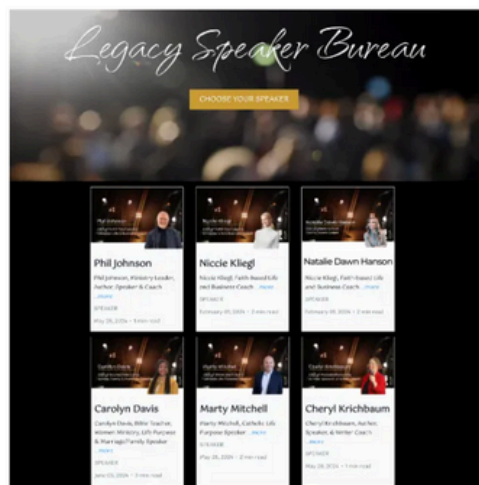
Coach with Niccie or choose one of our Certified Living Legacy Coaches to find coaching that works for you.



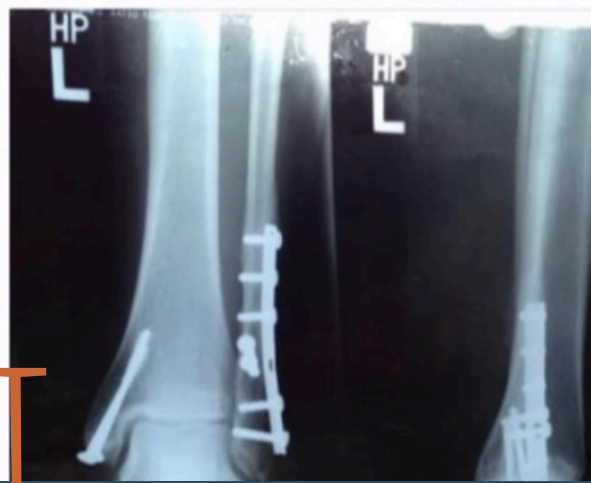
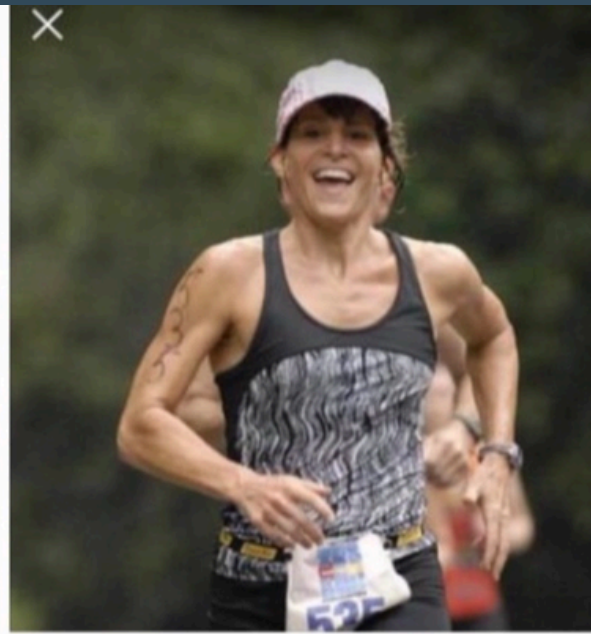
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WORKSHOPS/RETREATS/KEYNOTES

FAITH COMES BY HEARING ... In our Christian Business Building program we train speakers to provide Life Transformation on stages big and small.



VIEW ISSUES



LYNN SHORTINO

AS FOR ME AND MY HEALTH
[CONTACT LYNN](#)

AS FOR ME AND MY HEALTH

**"MY CHILD, PAY ATTENTION TO WHAT I SAY. LISTEN CAREFULLY
TO MY WORDS. DON'T LOSE SIGHT OF THEM. LET THEM
PENETRATE DEEP IN YOUR HEART. FOR THEY BRING LIFE TO ALL
THAT FIND THEM AND HEALTH TO THEIR WHOLE BODY,"**
(PROVERBS 4:20-22 NLT).

I recently watched a documentary about the beloved singer Karen Carpenter, who died from heart failure from self-induced starvation, known as anorexia, at the age of 32. She was young, beautiful, famous, wealthy, and adored, yet in her mind, she lacked one thing . . . feeling loved. The focus of her life was love and acceptance from her mother.

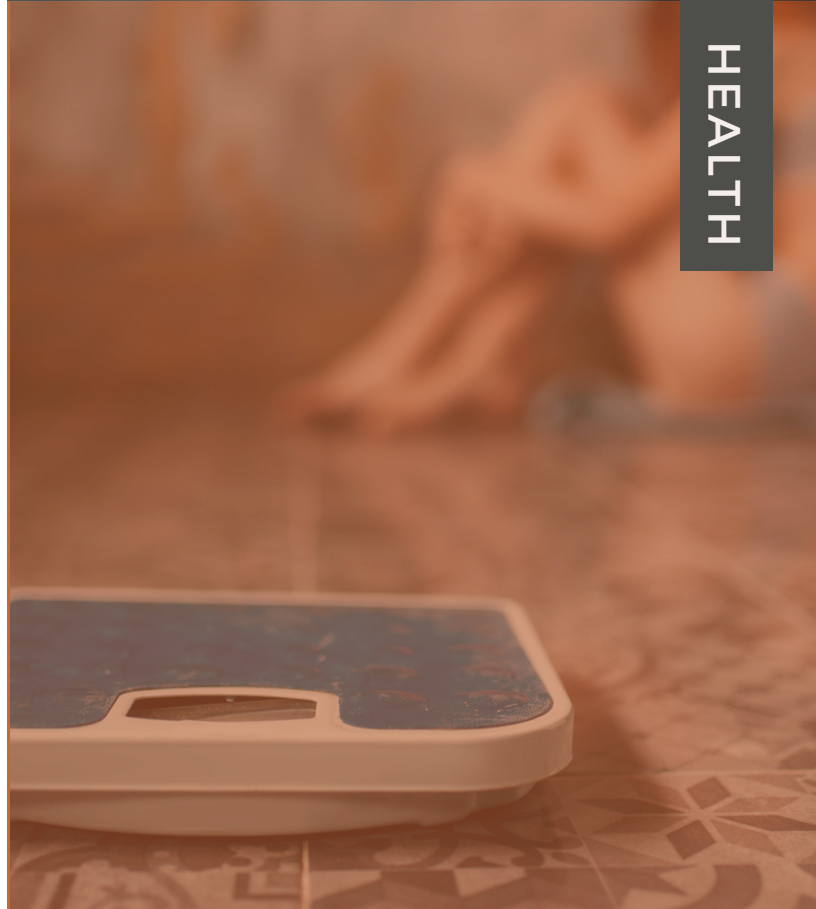
When Karen didn't receive that love from her mother she turned to pleasing others. Wanting to have children and become a loving mother, she married. But the man she

married manipulated her, took her money, and failed to mention his vasectomy. Childless, she asked for a divorce. A music producer had commented that she needed to lose weight. These words set her on an obsessive journey to control her world through diet, exercise, and weight loss. On the outside, she appeared to have an abundant life with a very thin body, but on the inside, she was dying.

I can relate to Karen's mindset in many ways. My mother died from alcoholism at the age of 35. She was not capable of loving me. I endured severe neglect and abuse from birth until her sudden death when I was eleven. Feeling unloved, I turned to substance abuse, cigarettes, and other addictions to self-medicate the depression and anxiety from which I suffered. I also developed bulimia and anorexia in an attempt to control my world. At the age of 23, I nearly died from electrolyte imbalances. On the outside, I looked healthy, but on the inside, my soul was sick.


“AS A MAN THINKS IN HIS HEART, SO IS HE,”
PROVERBS 23:7 AMP

Honestly, I was the most unhealthy person I knew. I abused diet pills, alcohol, amphetamines, and marijuana. I felt rejected and unloved. I drank diet drinks instead of water and battled constipation. I binged and purged on sweet creamy foods and self-induced vomiting for many years. The stress on my throat caused me to need a tonsillectomy at the age of 21. All of these poor habits were conceived and birthed from believing the lies of the world and not knowing my true identity. All along, I was dearly loved, accepted, and wanted by my Creator and Father, God.



My life was meaningless and lacked peace. One day, I saw a commercial with a famous NFL football player who, despite his fame and fortune, declared his life was meaningless and empty without his relationship with Jesus Christ. I had accepted Jesus as my Savior when I was a little girl, but I knew nothing about having a relationship with Him. This man spoke of knowing Him in a personal way. He radiated hope, joy, and purpose. Everything I lacked. I dropped to my knees and asked Jesus to forgive me and guide every part of my life.

At that moment, a peace overwhelmed my soul and I was suddenly aware of His personal love for me. I still had all my issues and bad habits, but as I read His word and applied it, my mind began to **think** differently. I recognized the need to forgive others and the first person who came to my mind was my mother. Next, I forgave myself and allowed God to love me by opening my heart up to Him. Through the healing process, God changed my spirit, soul, and body dramatically.

The background of the image is a sunset or sunrise over a body of water. The sky is filled with soft, orange and yellow clouds, and the sun is low on the horizon, creating a warm glow. The water in the foreground is calm, reflecting the colors of the sky. A dark, semi-transparent rectangular overlay covers the center of the image, providing a space for the text. At the top and bottom of this overlay, there are small white rectangular bars.

*“He sent forth
his word and
healed them
and delivered
them from
their
destruction.”*

Psalm 107 20 NKJV

“LORD, HERE I AM. I WILL NEVER KNOW IF I CAN RUN AGAIN UNLESS I TAKE A STEP OF FAITH.”

With this new mindset, healthy new desires replaced old bad habits. I traded my cigarette habit for a pair of running shoes and began doing prayer walks. Within a couple of years, not only did I break free of all the addictions, but I also left my five-dollar-an-hour job and entered nursing school. I began to learn about health and nutrition while applying it to my own life. Before long, my walking turned into running, and by God's grace, I ran straight out of that pit of destruction and became an elite athlete, winning 5K and 10K races.

But tragedy struck during a run when I fell on black ice only a few months after I started working as an ICU nurse. To repair my shattered ankle and lower leg required nine screws and a plate. They also discovered I had developed osteoporosis from the eating disorder. At the age of 26, I found myself with limited mobility. My nursing career was on the line and the possibility of not being able to run was devastating. I turned to Jesus and His Word for comfort instead of food.

I read where Jesus healed everyone who came to Him and thought, “Well, I’m an ‘anyone!’” So hobbling with my cast and crutches, I went to the exact place where I’d fallen and agreed with God to stand on His healing promise. I began working out at a gym and duct-taped my cast to the pedal of an indoor bicycle. Holding myself up on parallel bars, my feet midair above the mat, I would perform a running motion with my legs and experience myself running again.



When the cast was removed, I went back to the place where I'd fallen and said, “Lord, here I am. I will never know if I can run again unless I take a step of faith.”

Miraculously, I slowly jogged four miles that very day and the following month I ran the 10K Peachtree Road Race in 46 minutes. Over the next two years, I became one of Atlanta's fastest female runners on the Atlanta Track Club's elite women's racing team. Jesus empowered me to run a mile in five minutes and eight seconds. I had never ran that fast before I broke my leg!

To honor God for my miracle, in bold white letters on the back of all my running shirts, I had printed “I can do everything through Christ, who strengthens me,” (Philippians 4:13). I wanted others to see Who was my strength.

Jesus is waiting for you to get your running shoes on and join Him in the race.

*Lynn has written a chapter in the next **Resilience 2 Anthology** along with 14 other Warrior Writers; the anthology will be published in February. She's also working on her memoir, which should be completed by this summer.*



JAN HENRYSON

AS FOR ME AND MY FINANCES

[CONTACT JAN](#)



WHERE IS YOUR HEART?

This question may seem strange for an article on finances, but I encourage you to think about this as you read. Recently I was presented with the question, "What are you devoted to?" This caused me to really stop and evaluate my life. What is most important to me? How does it show up every day in my life? Come with me as we explore these questions together.

What things tend to consume your days? Is it your calendar, your bank account, your family, your children, your career?

Each of us would probably answer this differently depending on the day we were asked. How this question is answered gives us a good indication of where our hearts are.

All these things are good, but are they in the most important place in our lives?

For today, let's look at our bank accounts. We strive to provide the best for our families, but does the size of our bank account really measure our lives? In today's

society, the bigger our bank account is often a measure of our success in life.

It is important to provide for our family's *needs*, but so often today that has expanded to providing many *wants* as well. Is that wrong? Absolutely not unless that is our end goal, our consuming mission. Teaching our children to save and to give should be high priorities in our lives.

Growing up I was given an allowance each week. Granted this was a number of years ago. That allowance was \$1.50. With those resources I was expected to give \$1.00 to church, to save \$0.25 and to be able to spend \$0.25. To many this would seem very backward and controlling but I am very grateful to my parents for teaching me the priority of giving. This value was deeply instilled in me. My parents did not intend for this to continue throughout my life, but they wanted me to experience the joy of giving.

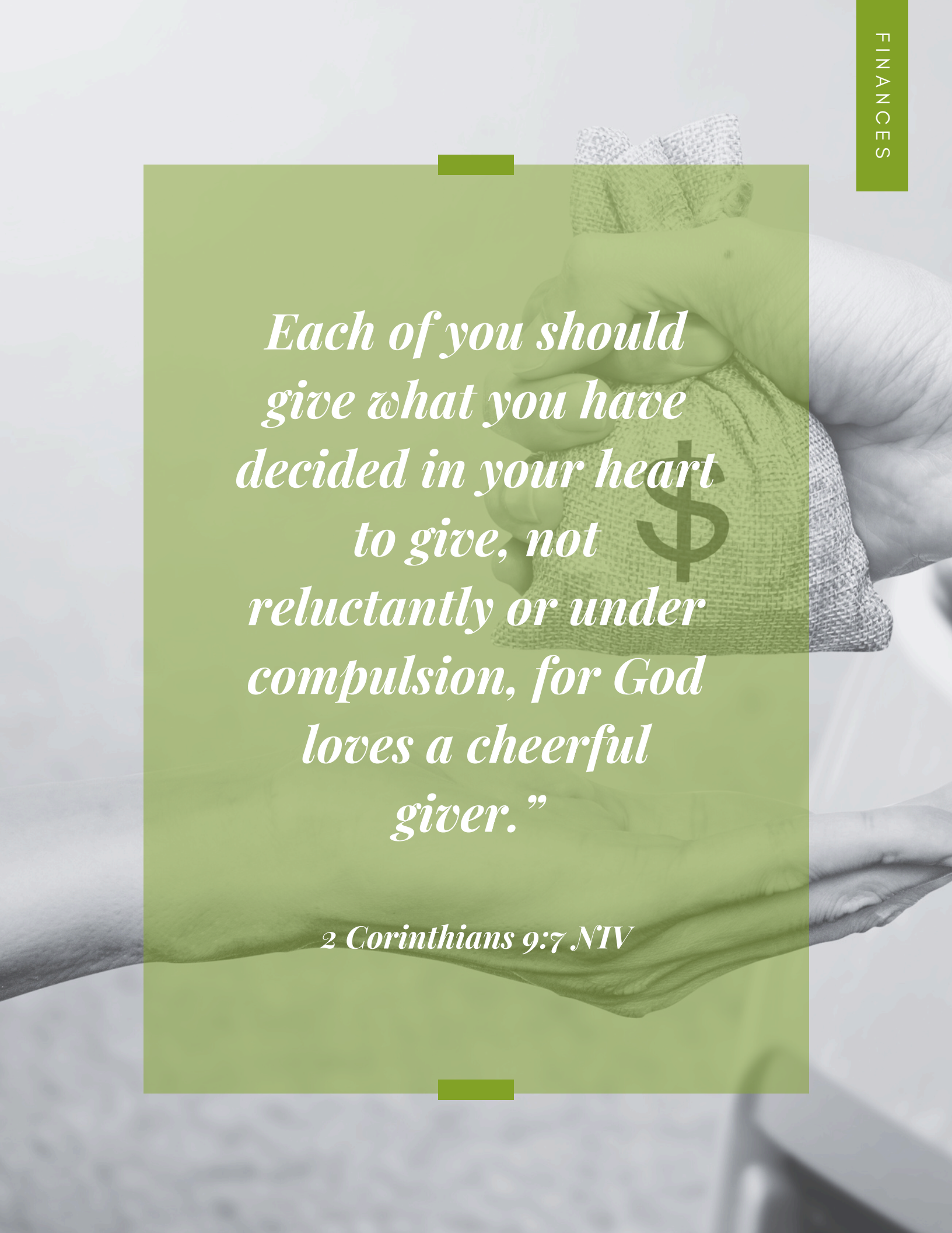
LOOKING AT THE CHECKBOOK

As I look at my checkbook I know that my giving does not meet this level today, but it is still ingrained in me. Looking through the check register I now see where the majority of my funds go. Those categories would include: groceries, utilities, insurance, transportation, and medical expenses. In other words, the necessities of life. Yes, saving is in there as well as giving, but this comes with the reality of raising a family and providing for their needs.

Examine where your money is going. It is an eye opening experience. Matthew 6:21 (NIV) says,

**“FOR WHERE YOUR TREASURE IS, THERE YOUR HEART
WILL BE ALSO.”**





*Each of you should
give what you have
decided in your heart
to give, not
reluctantly or under
compulsion, for God
loves a cheerful
giver.”*

2 Corinthians 9:7 NIV



HERE ARE SOME TIPS FOR USING WHAT YOU HAVE BEEN GIVEN:

1 WITHHOLDING TAX

- Be sure the correct withholding is being done for your tax bracket.

2 PAY DOWN THE RIGHT DEBT

- If you have high interest rate credit cards, pay the most you can to each one.
- If you have a mortgage, make it as low a fixed rate as possible. Shop around for better rates.
- Purchase as much as possible with cash. It is difficult to overspend if you are using a set amount of cash.
- Plan your purchases so you do not do impulse buying.

3 HAVE A BUDGET:

- Budgets are guides to tell your money what to do.
- Budgets do not need to be ten page spreadsheets. Keep them as simple as possible but yet effective.

4 PLAN YOUR SAVINGS:

- Emergencies will arise. Have a fund to cover them.
- Have savings for vacations and fun times. These are needed for relaxing and for growing family relationships.

5 BE A CHEERFUL GIVER:

- Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver," (2 Corinthians 9:7 NIV).

Take time to check where your treasure is.



Finding Value *in a* Cracked Pot

FAITH TO OVERCOME & JOY IN FORGIVENESS
HOPE IN JESUS CHRIST



Jan Henryson

To purchase a copy of Jan's
book click the link below



Life can be harrowing if you only see
the broken pieces.

Do you feel you have lost all hope?
That your life has no meaning or
purpose? Are you feeling alone?

Jan Henryson has lived through her
share of misfortune; a devastating
miscarriage, abuse, a missing child,
and feelings of worthlessness. But Jan
found a way to pick up the broken
pieces and make a life filled with
meaning. In *Finding Value in a
Cracked Pot*, Jan explores what it is
like to see the pieces of a broken life
fit back together in ways that seem
unimaginable.

You will be challenged to explore the
broken pieces in your life, to examine
them, and to learn to see how they
have helped you become the person
you are today. This is the theme of
God's grace, hope and forgiveness
that runs throughout the story.



CARRIE HURLEY

AS FOR ME AND MY PARENTING
CARRIEHURLEY.COM



IN THE TRENCHES WITH YOUR TEEN

"What do I do that makes you feel loved?"

"What else can I do to help you feel loved?"

I asked these questions of my daughter as we drove down the highway on another errand. As the middle child and the only extrovert in the family, her sense of feeling unseen and unheard and unimportant is heightened beyond my other kiddos.

And really, simply being human puts us all in that category, right?

We all desire to be seen and heard and loved and to feel important.

And we each have our own unique things that make us feel loved.

Gary Chapman's books on *The 5 Love Languages* have been pivotal for increasing my success in showing my kids love in a way that they get. Have you read it? I highly recommend it!

My love language is Acts of Service—I receive love that way . . . and it's easiest for me to give love that way. BUT to my kiddo who has the Physical Touch love language? It doesn't mean much for her if I bring her a drink or pick up a gift for her or brag on her. She flourishes, though, when she gets lots of hugs and can lounge on me as we chat or watch TV together. If I did that for one of my other kiddos, though, she would be totally irritated!

We have to know our kids . . . and take the initiative to learn and practice what makes them feel loved.

We parents are supposed to be the front line for our kids—protecting them, training them up in the way that they should go, but particularly when they get to be teens, it gets **really** challenging. There are so many more influences in their lives, and they are trying very hard to figure out their place in the world.

The enemy is a liar, and he wants each of our children to feel unseen and unheard and unimportant and unloved. He uses media, their peers, culture, and that little voice in their head to reinforce those lies. When they believe those lies, they are set up to make poor choices in their lives that can lead to sin and regrets, and have them believing even more lies about themselves.

So what do we do in the face of all the other pressures?

1

One, we must be fervently praying for our kids and their friends. I don't do this nearly as much as I should; granted, it feels like a 24/7 requirement! Something that helps is praying Scripture over them—I always know that I am praying God's will over them when I'm praying Scripture.

To help me do that, I created a prayer journal filled with Scripture and Power-Packed Prayers for my Teens. I have three teens: a 17-year-old son, 13- and 15-year-old daughters, and a 9-year-old tween daughter.

I am right there in the trenches with you, and I need all the brain power that I can get. Having this prayer guide puts it on paper, so I don't have to keep it in my head.

Freebie - [FREE Power-Packed, Scripture-Based Prayers for My Teen](https://carriehurley.com/prayers-for-my-teen-journal-page) - carriehurley.com/prayers-for-my-teen-journal-page


Would you like to use my journal, too? You can get my [FREE Power-Packed, Scripture-Based Prayers for My Teen](https://carriehurley.com/prayers-for-my-teen-journal-page) when you click on the link. It will give guidance as you pray and has places for you to write out your own personal prayers for your child.



2

Two, we need to be demonstrating love to them in a way that they get. I have used the 5 Love Languages Test with my kiddos, and it was sooo helpful for us all! If you use it, have everyone take the kid's test—the others all get into romantic love.

We were able to have a family discussion about how each one of us (parents included) best feels loved, and we now make a concerted effort to demonstrate love to each other in those ways.



**ALL YOUR
CHILDREN SHALL
BE TAUGHT BY THE
LORD, AND GREAT
SHALL BE THE
PEACE OF YOUR
CHILDREN.**

ISAIAH 54:13 ESV



And Three, we need other parents who are also in the trenches. The enemy wants us isolated and to think that we're the only ones who are dealing with whatever issue with our kiddos. Anyone else have a teenage boy who only hears part of what they say or is it only me?

To give you that space and share what the Lord has been teaching me over 15 combined years of teens, I am hosting a "Reconnect with Your Teen Workshop" on March 9 from 5:30-9:00 CST.

RECONNECT WITH YOUR TEEN

1-Day FREE Reconnect Workshop
March 9, 5:30-8:30pm CST

ENTER YOUR INFO & REGISTER NOW!

We are now accepting registrations.
Click the button & you'll be taken to a short interview to see if you're a good fit for this training.

First Name *
Your First Name

Last Name
Last Name

Email *
Your Email

Phone *
Your Phone Number For Update

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The contact information you provide will be used to contact you about our products and services - even if you are on the Do Not Call list. You may unsubscribe from these communications at any time. See our [privacy policy](#) for terms and conditions and to learn how we protect your data.

YES, PLEASE COUNT ME IN!

God has given us a huge mandate for raising our kiddos to know Him and to walk in His ways. We are only responsible for how we do things.

I equip Christian Mamas to redeem the courageous life that God has called each of us to live. Part of doing that is influencing our relationship with our children.

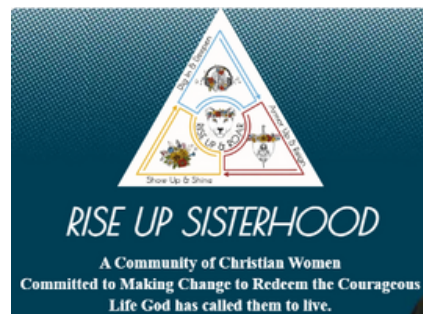
- ★ If you want to reconnect or strengthen your relationship with your teen . . .
- ★ If you want to have a relationship where your teens want to spend time with you now and when they're adults . . .
- ★ If you want to connect with other parents who are in the trenches . . . [Click this link to join me.](#)

A final encouragement: God gave you your children for such a time as this. He is equipping you to be the parent that He has created you to be. Each stage and season brings new challenges, but you are not left all on your own. Let's come together and tap into His equipping.

Love to you. With God, you've got this!

**AS ALWAYS... I LOVE TO SEE NEW SISTERS
JOIN THE SISTERHOOD!**

Click the image to learn more!





DAWN WARD

AS FOR ME AND MY COMMUNITY
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LOVING OUR CHURCH COMMUNITY LIKE FAMILY

“FOR AS IN ONE BODY WE HAVE MANY MEMBERS, AND THE MEMBERS DO NOT ALL HAVE THE SAME FUNCTION, SO WE, THOUGH MANY, ARE ONE BODY IN CHRIST, AND INDIVIDUALLY MEMBERS ONE OF ANOTHER,” ROMANS 12:4-5 ESV

When the Lord called me to follow Him, at once I felt a deep desire to serve Him by serving His people. Whether it was at church or in my local community, I was honored and blessed to share His love with others.

When I got involved in my church, I signed up for every

opportunity within the church community. I joined the worship team, attended our ladies' Bible study, volunteered to prepare food for the homeless, served at our annual Mother's Day teas and Christmas luncheons, took care of babies in the nursery, and dreamed of someday going on a mission trip. I benefited tremendously by being part of the body of Christ and serving alongside fellow members of the Church.

One thing I was not prepared for was how quickly the church became like a family to me. We gathered regularly to worship the Lord and study the Bible. We prayed together, broke bread together, and partook in the Lord's Supper together. We raised our kids together.

But like any family, we were not without our problems. While we all loved the Lord and each other, there were occasions when we fought, gossiped, judged, or were jealous of each other. Like it or not, it was there amid all our dysfunction that the Lord taught us to live not only as a community, but as a family.

This holds true for the church in general. While we desire to love each other and get along with each other, nothing tests our love like serving alongside each other. It is in our church families that Jesus teaches us to love each other as He loves us. This is why the Apostle Paul wrote often about how we are to treat each other. He reminded us that we are part of the body of Christ and are not meant to operate independently of one another.

“FOR JUST AS THE BODY IS ONE AND HAS MANY MEMBERS, AND ALL THE MEMBERS OF THE BODY, THROUGH MANY, ARE ONE BODY, SO IT IS WITH CHRIST. FOR IN ONE SPIRIT WE WERE ALL BAPTIZED INTO ONE BODY—JEWS OR GREEKS, SLAVES OR FREE—AND ALL WERE MADE TO DRINK OF ONE SPIRIT. FOR THE BODY DOES NOT CONSIST OF ONE MEMBER BUT OF MANY,”
(1 CORINTHIANS 12:14 ESV)

WE ARE FAMILY

You may be familiar with the old saying, “You can pick your friends, but you can’t pick your family.” When we join a local church, we find out soon enough that this saying is true. While our relationship is different from our birth families, the Church is now family because we have all been born again into the body of Christ.

Who doesn’t have a family member who drives them crazy at holiday get-togethers? I had an aunt and a grandmother who made me want to bolt for the back door every time one of them came to our house. While my grandmother nagged and belittled me, my aunt used sarcasm as a backhanded way of making her point.

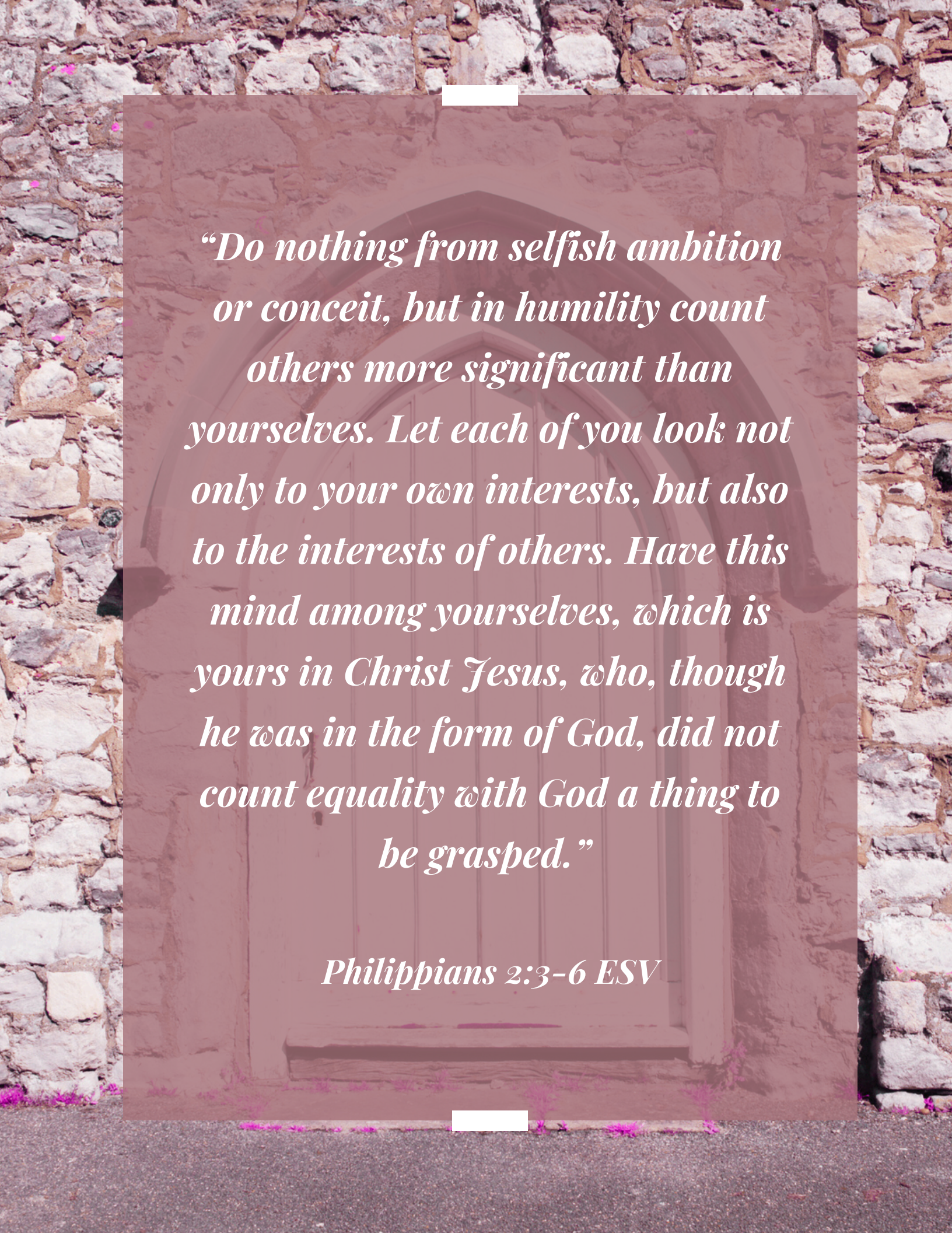


My father also had a male friend who made my skin crawl whenever he visited. His humor was always at my expense, but because he was older, I had to feign a smile and put up with it.

While the family unit helps us learn how to socialize and relate to one another, relationships can be hard, even painful. It can be especially challenging when dysfunction is present.

“FROM HIM THE WHOLE BODY, JOINED AND HELD TOGETHER BY EVERY SUPPORTING LIGAMENT, GROWS AND BUILDS ITSELF UP IN LOVE, AS EACH PART DOES ITS WORK,”
(EPHESIANS 4:16 NIV)





*“Do nothing from selfish ambition
or conceit, but in humility count
others more significant than
yourselves. Let each of you look not
only to your own interests, but also
to the interests of others. Have this
mind among yourselves, which is
yours in Christ Jesus, who, though
he was in the form of God, did not
count equality with God a thing to
be grasped.”*

Philippians 2:3-6 ESV

LAYING OUR LIVES DOWN FOR OUR FAMILY

Likewise, members of our church families are not always on their best behavior. When we decide to follow Jesus, He calls us to live our lives sacrificially, just as He did. No longer are we supposed to enter into relationships for what we can get out of them. Instead, we are to lay them down as an offering to Him.

Galatians 2:20 (NIV) reads,

"I HAVE BEEN CRUCIFIED WITH CHRIST AND I NO LONGER LIVE, BUT CHRIST LIVES IN ME. THE LIFE I NOW LIVE IN THE BODY, I LIVE BY FAITH IN THE SON OF GOD, WHO LOVED ME AND GAVE HIMSELF FOR ME."

We observe from these verses that dead bodies do not fight back or hate or retaliate. Instead, we stay dead so that Christ can live in us. *Ouch!* This does not mean we are to be doormats, either. Jesus certainly was not, but He knew which crosses to carry and which ones to let go. For the sake of love, He let go of His personal rights and comfort and surrendered Himself to His Father. Within our community, He calls us to do the same.

"DO NOTHING FROM SELFISH AMBITION OR CONCEIT, BUT IN HUMILITY COUNT OTHERS MORE SIGNIFICANT THAN YOURSELVES. LET EACH OF YOU LOOK NOT ONLY TO YOUR OWN INTERESTS, BUT ALSO TO THE INTERESTS OF OTHERS. HAVE THIS MIND AMONG YOURSELVES, WHICH IS YOURS IN CHRIST JESUS, WHO, THOUGH HE WAS IN THE FORM OF GOD, DID NOT COUNT EQUALITY WITH GOD A THING TO BE GRASPED,"
(PHILIPPIANS 2:3-6 ESV)

Because we are Christ's followers, we are on full display for all the world to see. People are watching us to see how we treat each other. As we all know, the Church is under attack. The enemy of our souls, Satan, has put a huge target on our back. Church leaders are falling into scandal. Greed, idolatry, and sexual sin hide out within our church culture, and rather than confront it, we wait for it to make headline news before we deal with it.

As the body of Christ, for fear of raising eyebrows, we turn the other cheek and fail to address our sins, disputes, and relational issues within the confines of the family. But how are we to address these concerns within the church without seeming judgmental or self-righteous?

5 WAYS TO ADDRESS OFFENSE IN THE CHURCH FAMILY

The way we address offense in the church family is to do so with the intent of restoring the person who has sinned. We are never to humiliate them or make a public spectacle of them. Some sins will require church leaders to address the issue, but the member of the church family should try to work the situation out between themselves. Look at these five ways to address offenses within the church family.

1 FORGIVE THEM.

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you," (Ephesians 4:31-32 ESV).

2 CONFRONT THEM.

"If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained a brother. But if he does not listen, take one or two others along with you, that every charge may be established by the evidence of two or three witnesses. And if he refuses to listen to them, tell it to the church. And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector," (Matthew 18:15-17 ESV).

3 PRAY FOR THEM

"Bless those who curse you, pray for those who abuse you. To the one who strikes you on the cheek, offer the other also, and from one who takes away your cloak do not withhold your tunic either;" (Luke 6:28-29 ESV).

4 BE AT PEACE WITH THEM

"Repay no one evil for evil, but give thought to do what is honorable in the sight of all. If possible, so far as it depends on you, live peaceably with all," (Romans 12:17-18 ESV).

5 RESTORE THEM

"Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted," (Galatians 6:1 ESV).

Finally, when we love our church families as Jesus loves us, rather than grumbling and complaining about each other, we will be a testimony to the world that we are His children. There is no better way to witness to the world than for us to love one another. *"By this all people will know that you are my disciples, if you have love for one another," (John 13:35 ESV).*





Christian Moms of Addicted Children is a closed and supportive Facebook group created as a space of grace for women who are hurting because their child's addiction to substances or life-controlling, self-destructive behaviors that are causing harmful effects on them as well as their families.

[Order Here](#)



Renew Your Thought Life
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