

AS FOR ME AND MY HOUSE

HOUSE: Just Because It's a House
Doesn't Mean It's a Home

MARRIAGE: A Grace-Filled
Marriage

HEALTH: Wholeness in Every Step:
Cultivating Health with Jesus as Your
Guide

FINANCE: Why My Husband Loves
Budgets and I Love Starbucks Runs

PARENTING: Speak Life:
Changing Generations

COMMUNITY: Resilience:
A Journey of Overcoming and
Connection





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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.

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HOUSE

Peggy Adams lives in Madison, N.C. She is the founder of Kingdomvoice-418. She is an Ordained Minister, Speaker, Author, Prophetic Voice, and Intercessor with a Luke 4:18 call to bring freedom to those in spiritual bondage. From her own experience, she leads and instructs groups on a 30-Day Journey in the Secret Place. She is a teacher and instructor of prayer.

Peggy's passionate desire is to teach the Bride of Christ to know who she is through intimacy with her Beloved King Jesus, and to serve Him from a place of Rest and Trust.

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MARRIAGE

Chrystal Gilkey is an author, speaker, and Bible study teacher. A Texas girl born and raised, she now resides in Arkansas with her husband, three children, and two cats.

Chrystal writes to encourage and strengthen people's faith in God. She enjoys playing the piano and gardening. One day, she dreams of owning a pet minipig.

**15**

HEALTH

Crystal Persons is the author of *Cultivating Redemption: Finding Freedom Through the Darkness*, and a spiritual coach who equips women to pursue healing and wholeness through God's restorative process.

Crystal helps believers invite God into every part of their story—body, mind, and soul—to walk in freedom through His redemption power.

Connect with Crystal and learn more at crystalpersons.com.

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FINANCES

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.

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PARENTING

Carrie Hurley is an author, speaker, and coach dedicated to 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, homeschooling mama to four fabulous kiddos, as well as a veteran of the public school, children's ministry, and the mission field. Music is her jam, and she uses it in nearly all areas of life!

**32**

COMMUNITY

C.M. Smith is an author, speaker, and certified Christian coach whose journey of resilience has shaped her mission to inspire others. Having experienced childhood trauma and significant personal loss, Christina understands the challenges of rebuilding after brokenness. Through her Dare to Believe message, she empowers individuals to release limiting beliefs, embrace bold faith, and step into God's divine purpose for their life.

Christina is a contributing author to the bestselling book *Resilience*, available on Amazon, and writes an inspirational blog exploring themes of faith, resilience, and purpose. Through her writing, speaking, and coaching, she equips others to overcome adversity and walk boldly into their calling.

Connect with Christina at <https://www.authorcmsmith.com> or follow her on Instagram at @cmsmithofficial.

WORDS FROM THE PUBLISHER

NICCIE KLIEGL, FULFILL YOUR LEGACY

May has arrived, and with it, a new sort of busy. We are in our yards, planting gardens, and doing deep cleaning. In many ways, we find ourselves in a season of new things—both inside and out. Over the last few months, I've been learning the art of making my own homemade sourdough bread. It's been a journey of patience, practice, and trust in the process—for me, it's a daily reminder of how the Lord works in my life.

Baking sourdough has shown me the value of slowing down. From feeding the starter, waiting for the rise, shaping the dough, and letting it rest—none of it can be rushed. And yet, the result is so worth it. Isn't that a picture of our walk with God? Galatians 6:9 comes to mind: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." I encourage you to think about something you want to learn, heal from, or grow in . . . we may not always see immediate results, but when we stay faithful, God brings forth something beautiful in His perfect timing.

If this is your first time joining us in *As for Me and My House*, welcome! We're thrilled to have you here. This magazine was born out of my second book in the Legacy Series, *Embracing the Loving Legacy*, which focuses on extending our God-partnered lives into the heart of the home. Here, we explore six key areas that shape our legacy: house, marriage, health, finances, parenting, and community. Our contributors are a vibrant part of our faith family—parents, Christian entrepreneurs, mentors, and leaders—all committed to growing in their walk with God and pouring His love into the people around them.

As we move through this season of growth and renewal, may we all be reminded that God is at work in the hidden places of our lives, kneading, shaping, and rising something new within us. Whether you're learning a new skill, building healthy habits, or waiting patiently for God to move, trust the process. He is faithful.

We pray this month's issue encourages you to LIVE | LOVE | LEARN | LEAD with renewed faith and fresh vision for your home and your legacy.

Blessings friend,

Niccie Kliegel



PEGGY ADAMS

AS FOR ME AND MY HOUSE
CONTACT PEGGY



JUST BECAUSE IT'S A HOUSE DOESN'T MEAN IT'S A HOME

It was late Spring 2015 when my life moved in a different direction. I graduated from ministry school in May, and the lease on my one-bedroom apartment ended. This place had been my home with my Beloved for almost four years. As much as I adored this little nest of mine, I knew the Lord was preparing me to move to Nashville, TN, for ministry. Even though I wasn't sure when I would go, I decided not to renew my lease. I sold everything except for my personal belongings and then waited to hear from God.

THE JOURNEY OF FAITH BEGINS

Four months later, on October 17, 2015, I loaded my Toyota Camry with my belongings and headed for Murfreesboro, TN. My first place was a beautiful, spacious, L-shaped brick house where I rented a room. I'd never lived with a stranger before, so this was a new experience for me. As much as I liked the living situation, it didn't feel like home. In July of 2016, the owner of the house decided to sell it. I had to be out by the end of September, so I started praying for a place of my own to live.

MARK 11:22: HAVE FAITH IN GOD

Within a week, I was asked if I would move in with a young couple who were family members of the couple I was serving in the ministry with. They had a 2-year-old son, and the mother was pregnant. She needed help because her husband was working long hours. I said I would pray about it and let them know.

THIS IS NOT ABOUT YOU

In my time of prayer, I said to the Lord, "I've been living in the area for a year now, and I thought you were going to provide me with my own house." I heard Him say, "But this is not about you, Peggy. I have an assignment for you in this."

I knew this was going to stretch me. I'd never lived with another family except for my own. But I couldn't refuse if God was asking me to do this. So, I said YES.

I lived with this family for seven months until the baby was born. We developed a close family bond. I prayed with them. We talked about their life as missionary kids in the countries of Latvia and Russia. I had the opportunity to eat meals with them and even try new foods from different cultures. My short time living there brought them back to their relationship with the Lord. Even though this house

wasn't my home, it felt more like a home because they connected with me like my family, and we are still connected today.

THREE MORE HOUSES

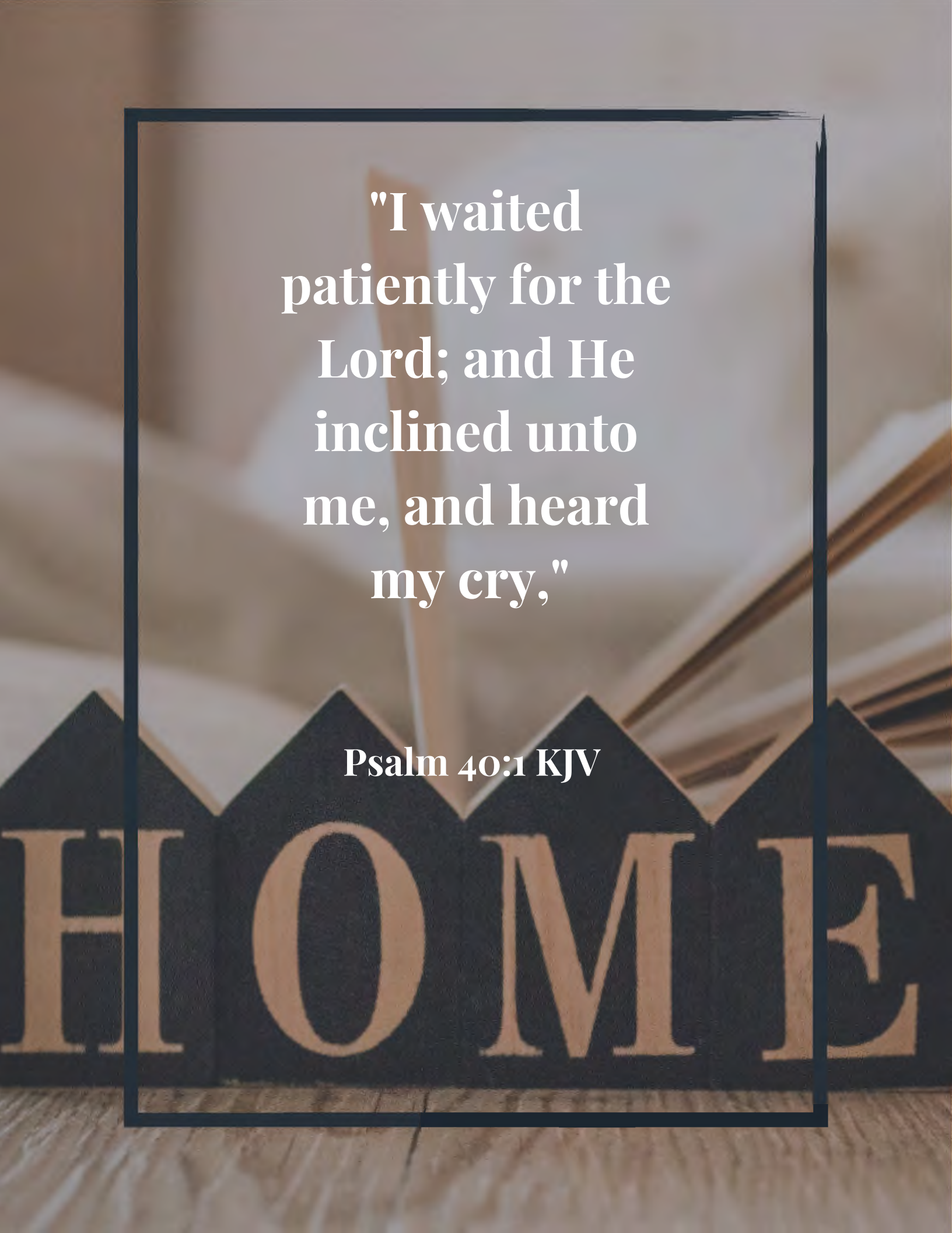
I lived in three more places within five years. One was a Mother-in-law apartment in Nashville. I lived there for three years. This was a one-bedroom apartment that was decorated and furnished by the owner. I loved the location, but it didn't feel like home.

Next, I moved in with a friend and traveled a lot. This was more like five months of places to go. I'm grateful for it, but it still wasn't home.

After that, I had the opportunity to house-sit for a couple who had a place in Nashville and a second place in California, where they lived most of the time. This place was a magnificent 2-story house with a private, saltwater pool. I felt this place was a kiss from the Lord for my obedience and sacrifice. I loved it there and did my best to make it a home; however, it wasn't my home.

I also had a few clients that I pet-sat for regularly. These were all nice houses that I spent a lot of time in, but they still did not fill my longing for my own home.





"I waited
patiently for the
Lord; and He
inclined unto
me, and heard
my cry,"

Psalm 40:1 KJV

MY SEVEN-YEAR JOURNEY ENDS

In the Fall of 2022, my time in Nashville had come to an end. The Lord was calling me back to my small hometown of Madison, N.C., to live and spend time with my family.

I returned in late October and stayed with my daughter for a couple of months. That first year, I traveled back and forth to Nashville and stayed with a friend when I wasn't traveling. This became very stressful, both mentally and physically.

I BECAME DESPERATE

**"I WAITED PATIENTLY FOR THE LORD; AND HE INCLINED
UNTO ME, AND HEARD MY CRY."
(PSALM 40:1 KJV)**

The first thing I did was pray for the house and home the Lord had for me. Then I asked the Lord in what location He wanted me to live. Then, in which county and city was I to live? After receiving the answer to these prayers, I knew I had to wait on His timing. I didn't want to simply settle for the first thing that came along. I knew my Beloved had something special for me.

Exactly one year from the month I moved back, a cute little two-bedroom house came my way. The owner was a dear friend of mine from years past. As soon as I walked into the kitchen with yellow walls and white cabinets, I knew I had not only found my house, but I had also found my home.





KW KINGDOM VOICE 4:18

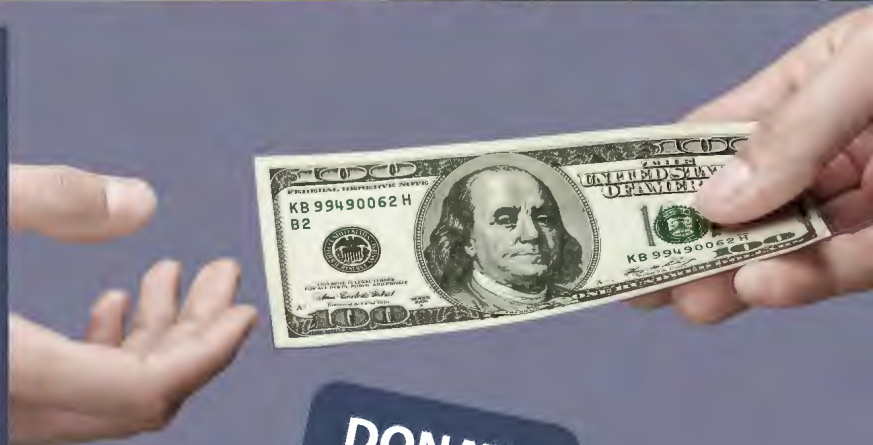
Peggy Adams, Founder

As a Prophetic Voice, Intercessor and Revivalist, everything God is calling me to do for His Kingdom is encompassed in the Luke 4:18 scripture. My passionate desire is for the Bride of Christ to know her King and to know who she is as a Bride. As a Prophetic Intercessor my desire is to birth and establish, through prayer, His Kingdom plans as well as teach and instruct in prayer and prophetic intercession.

"The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; to proclaim the acceptable year of the Lord."

LUKE 4:18

Give to Kingdom
Voice 4:18



DONATE



CHRYSTAL GILKEY

AS FOR ME AND MY MARRIAGE

CONTACT CHRYSTAL

A GRACE-FILLED MARRIAGE

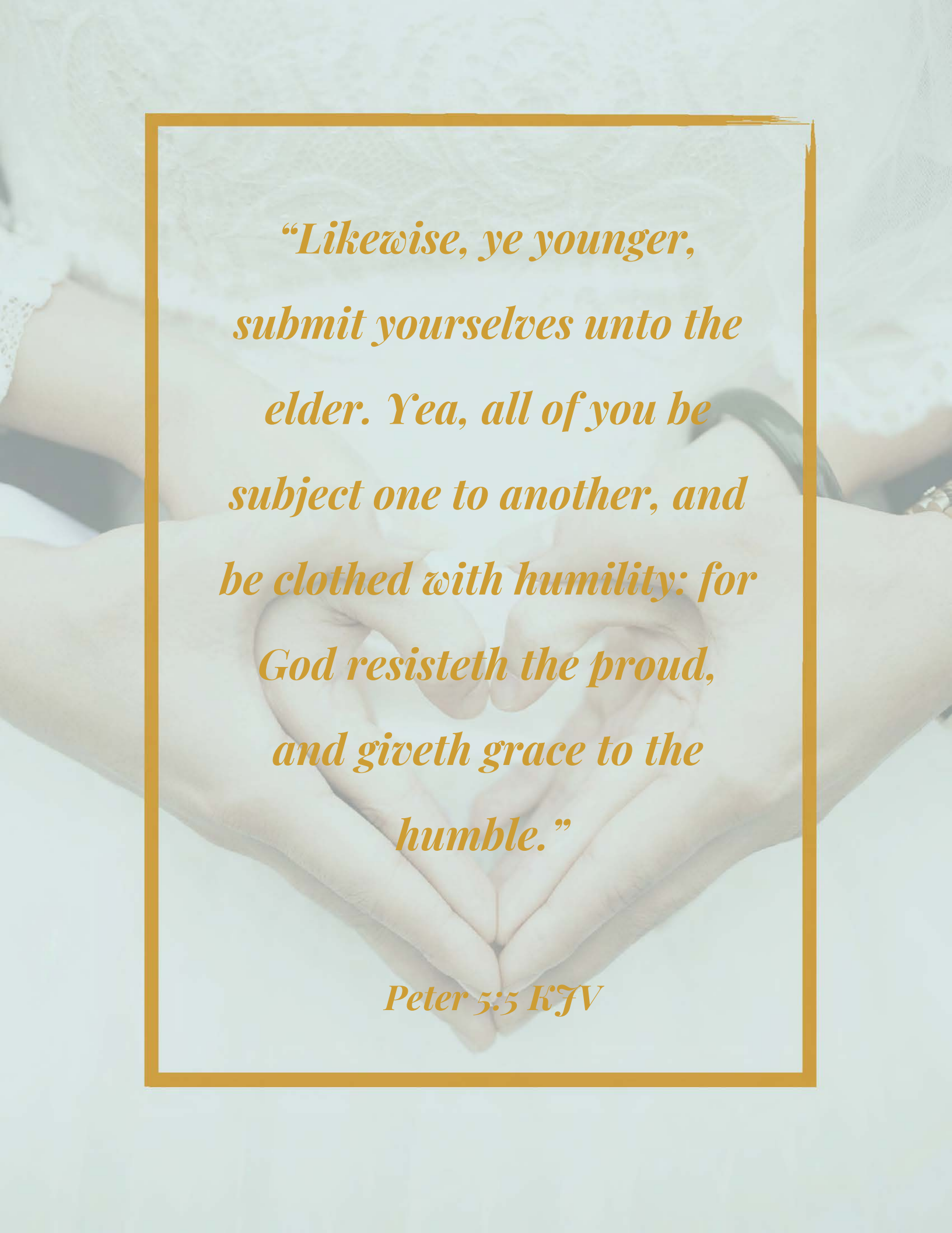
Relationships are built on trust. What do we do when that trust is broken by someone, especially when that person is our spouse? How can we find and give grace to our loved one?

Several years ago, my husband and I went through a time when the trust between us became severed. Although I could forgive my husband, it was hard to give him grace. Grace is unmerited favor; it is an undeserved kindness. In marriage, it can sometimes be hard to give grace to our spouse when we feel wronged. The world justifies tit for tat behavior, but the Lord wants our homes to be grace-filled.

REMEMBERING GRACE

The first step in a grace-filled marriage is remembering how God has shown His grace to you. In Ephesians 2:8, we have grace through Christ, God's Gift of Salvation. "For by grace are ye saved through faith; and that not of yourselves: it is the gift of God."

We are given freedom and peace through His grace. Romans 6:14 says, "For sin shall not have dominion over you: for ye are not under the law, but under grace." Grace frees us from the guilt, condemnation, and shame to which sin shackles us.

A background image showing several hands of different skin tones reaching up and interlacing their fingers to form a heart shape. The hands are positioned against a light, textured background. The entire image is framed by a thin, hand-painted style orange border.

*“Likewise, ye younger,
submit yourselves unto the
elder. Yea, all of you be
subject one to another, and
be clothed with humility: for
God resisteth the proud,
and giveth grace to the
humble.”*

Peter 5:5 KJV

If we have truly forgiven our spouse, we must be careful not to actively guilt, condemn, or shame them. Ruth Bell Graham is well known for saying, “A good marriage consists of two good forgivers.” Our model is our Heavenly Father.

ENDURING GRACE

Grace that endures is a precious virtue. Striving for enduring grace is the second step in a grace-filled marriage. Kindness and long-suffering are evidenced gifts of grace received. What if our trust is broken more than once? Does our grace run out? We have an endless supply of grace available to us. James 4:6 says,

“BUT HE GIVETH MORE GRACE. WHEREFORE HE SAITH, GOD RESISTETH THE PROUD, BUT GIVETH GRACE UNTO THE HUMBLE.”

My husband and I received Biblical counsel and went to marriage counseling to help us with our situation. I didn’t enjoy talking to someone else about my imperfect marriage, but seeking help outside of ourselves helped us tremendously. What the devil meant to tear down our marriage helped our marriage grow even stronger.

OBEYING WITH GRACE

As Romans 1:5–6 says,

“BY WHOM WE HAVE RECEIVED GRACE AND APOSTLESHIP, FOR OBEDIENCE TO THE FAITH AMONG ALL NATIONS, FOR HIS NAME: AMONG WHOM ARE YE ALSO THE CALLED OF JESUS CHRIST.”

The third step in a grace-filled marriage is to be obedient in giving grace. Colossians 4:6 says that our speech should always have grace. Everything we say, all the time!

All scriptures quoted are KJV translation.



Despite the hurt and wrong we are feeling, can we show kindness to our spouse? Out of a humble heart and obedience to the Lord, we can! The grace we have received is a testimony and witness to those around us. When we refuse to show that kindness to our spouse, the distinction between the Christian home and the non-Christian’s is lost.

CONFIDENT IN GRACE

In Hebrews 4:16, God promises that in our time of need, we can come boldly and without hesitation to the throne of grace. He will help us during our darkest times, heal the hurt, and restore our relationship if we humble ourselves and let Him.

“LIKEWISE, YE YOUNGER, SUBMIT YOURSELVES UNTO THE ELDER. YEA, ALL OF YOU BE SUBJECT ONE TO ANOTHER, AND BE CLOTHED WITH HUMILITY: FOR GOD RESISTETH THE PROUD, AND GIVETH GRACE TO THE HUMBLE,”

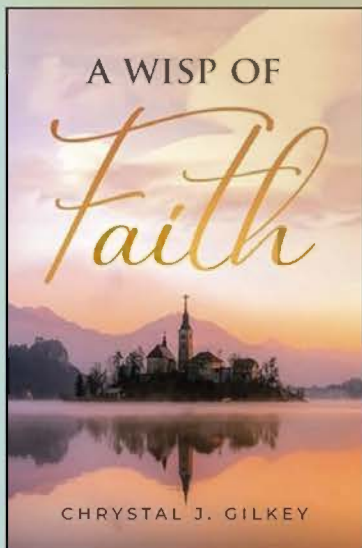
1 PETER 5:5

When I was going through this dark time with my husband, it would have been easy to quit. The Lord was my Rock through it all. Every day I see how much my Heavenly Father loves me and cares for me despite all my failings, and I can give that grace right back to my husband and my family. He gives us more grace than we could ever need.

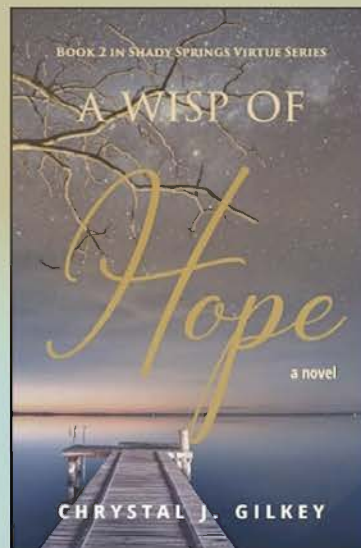


Chrystal Gilkey is an author, speaker, and Bible study teacher who helps women stuck in the impossibilities of this crazy world find peace, joy and hope through her Christian mystery novels and devotionals, so they can make their impossible possible with God (Luke 1:37)

ENJOY HER SWEET MYSTERY NOVELS

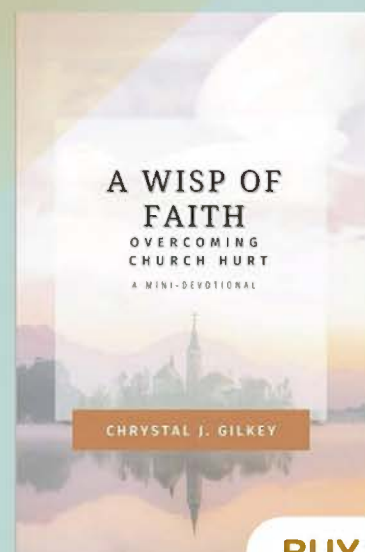


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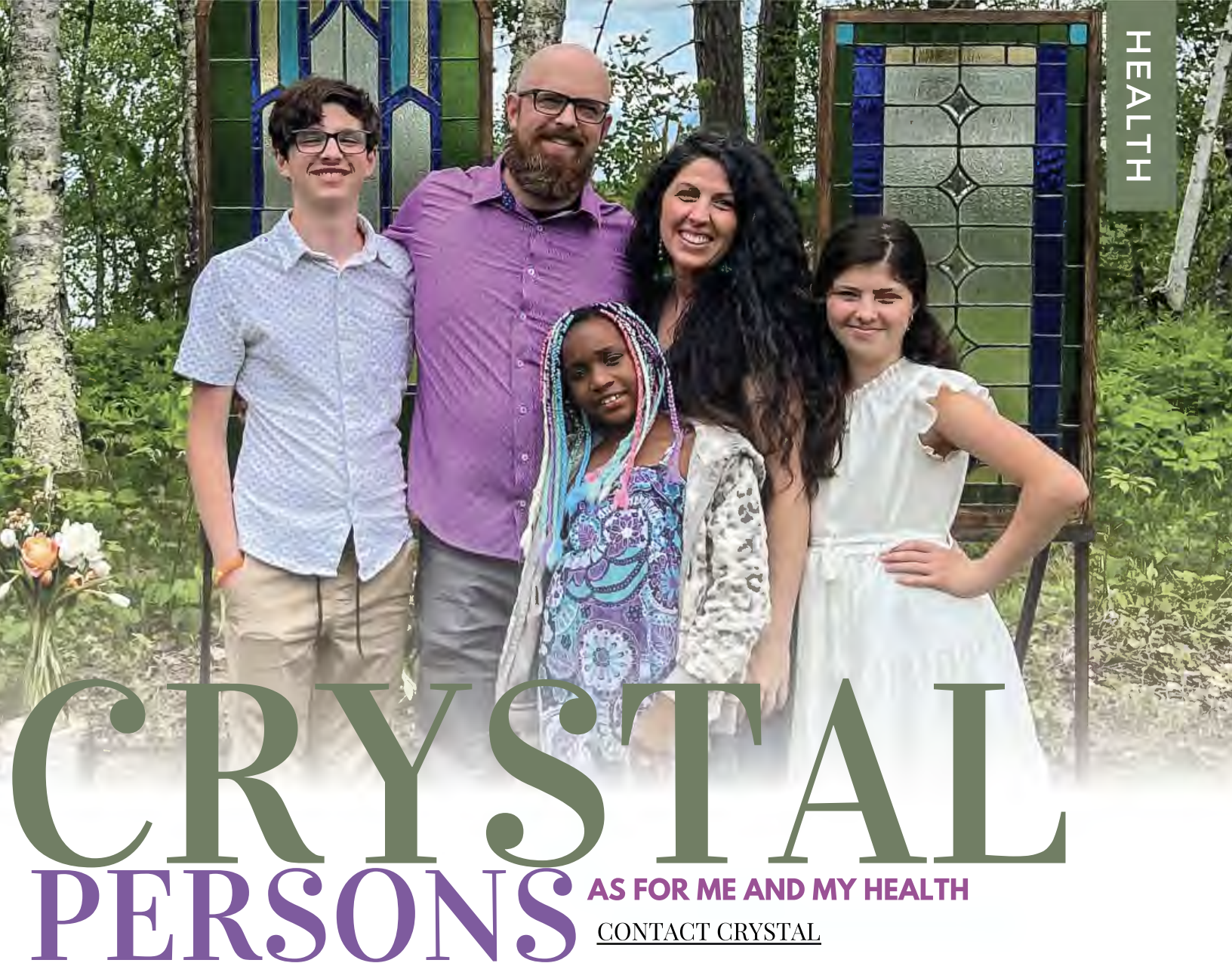
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Struggling with forgiveness? Looking to restore your faith and confidence in God? Get her new mini-devotional



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WHOLENESS IN EVERY STEP: CULTIVATING HEALTH WITH JESUS AS YOUR GUIDE

As moms, business builders, and believers with a God-sized vision, it's easy to pour out without pausing. We carry much. Build much. Love deeply. And sometimes in all that good work we unintentionally overlook the very vessel God entrusted to carry His call: ourselves.

I wrote *Cultivating Redemption* to guide women into the very same healing process rooted in God's redemptive power that Jesus led me through. It's not only about spiritual awareness; it's about the intersection of emotional, physical, and spiritual health because God desires us whole in every way. Not perfect. Whole. Redeemed.

After joyfully serving alongside my pastor husband for over a decade, I found myself mostly chasing after all the things I knew to do. It was here that Jesus called me into a more holistic application of His grace than my unhealed self could absorb.

I don't have to have the answers—He does. My strength isn't what others need to see—it's His, which He demonstrates most intimately and profoundly through my weakness. Knowing every step of the journey isn't a weight I am supposed to carry—that's His part.

I was living life and loving it, but if I'm honest I was operating out of survival mode as I hopped from caring for our kids and keeping house, to discipling beloved sisters, to encouraging my husband, to kids ministry, and small group, and on, and on. Although everything I was doing was good, I easily lost my sense of identity because I was functioning only skin deep. Self-preservation mode didn't allow me to live otherwise.

When Jesus called me to heal deeper than my brokenness, everything changed. Now I refuse to go back to how things were because this freedom is meant to be known deeply by all who would accept it. It's become a most meaningful, life-giving, personal mission.

Here are six intimate truths from my journey, truths that shape both my ministry and the wholistic wellness I encourage within my workshop and community:

Develop Awareness: You can't heal what you ignore.

Establish a Safe Place: Healing needs environments where truth and grace can grow.

Examine Fear: Fear distorts our choices; calling it out invites freedom.

Process Who God Is: A right view of God leads to a right view of ourselves.

Embrace New Depths: The deeper we allow God to go, the stronger our health becomes.

Redeem Brokenness: God uses the very places of pain to release purpose.



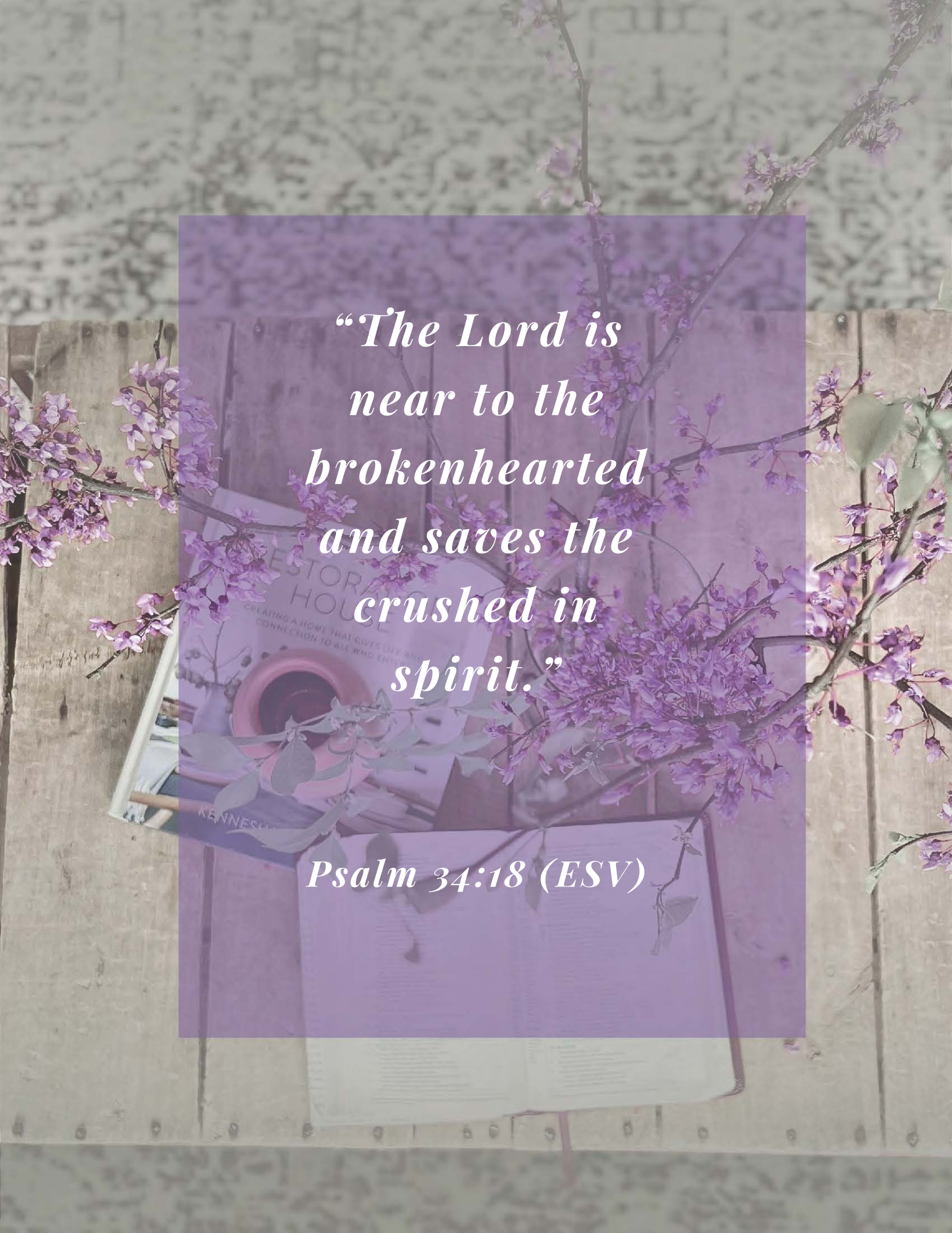
TANGIBLE STEPS FOR CULTIVATING HEALTH WITH GOD

1. CHECK IN WITH YOUR HEART AND BODY

We often spiritualize exhaustion instead of healing it. That tight chest, short fuse, or constant fatigue may be the Holy Spirit's invitation to pause. Invite Jesus in when you feel yourself spiraling. God, what are You revealing through this?

"SEARCH ME, O GOD, AND KNOW MY HEART! TRY ME AND KNOW MY THOUGHTS!"

PSALM 139:23, ESV



*“The Lord is
near to the
brokenhearted
and saves the
crushed in
spirit.”*

Psalm 34:18 (ESV)

2. SURROUND YOURSELF WITH FAITH-FILLED SUPPORT

You don't have to process your journey alone. Maybe it's your small group leader, a counselor, or a few wise voices, but healing accelerates in safe, Spirit-led spaces.

"THEREFORE ENCOURAGE ONE ANOTHER AND BUILD ONE ANOTHER UP, JUST AS YOU ARE DOING,"
1 THESSALONIANS 5:11 ESV

3. LET FEAR TRIGGER FAITH, NOT SHUTDOWN

Fear will whisper: "Keep going, don't stop, you're failing if you rest." But God says, "Fear not—I am with you." Invite Him into those moments of fear so they become altars, not obstacles.

"FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD."
ISAIAH 41:10, ESV

4. REALIGN WITH WHO GOD ACTUALLY IS

He's not a taskmaster. He's not waiting for you to collapse before stepping in. He's near. And His nearness is the very thing that restores.

"THE LORD IS NEAR TO THE BROKENHEARTED AND SAVES THE CRUSHED IN SPIRIT."
PSALM 34:18, ESV



5. EXPAND YOUR CAPACITY BY HEALING WITH JESUS

When we allow Jesus to heal the deeper places in us, we don't simply feel better—we become stronger. Healing expands our capacity to love, lead, parent, and live with greater purpose. But that new capacity needs to be filled with what sustains us, not drains us. Be intentional by inviting the Holy Spirit to guide what enters your calendar, your body, your mind, and your heart.

“AND I WILL GIVE YOU A NEW HEART, AND A NEW SPIRIT I WILL PUT WITHIN YOU.”
EZEKIEL 36:26, ESV

6. CHOOSE REDEMPTION OVER PERFECTION

You're not behind. You're not broken beyond use. You're in process—and with God, process always leads to redemption.

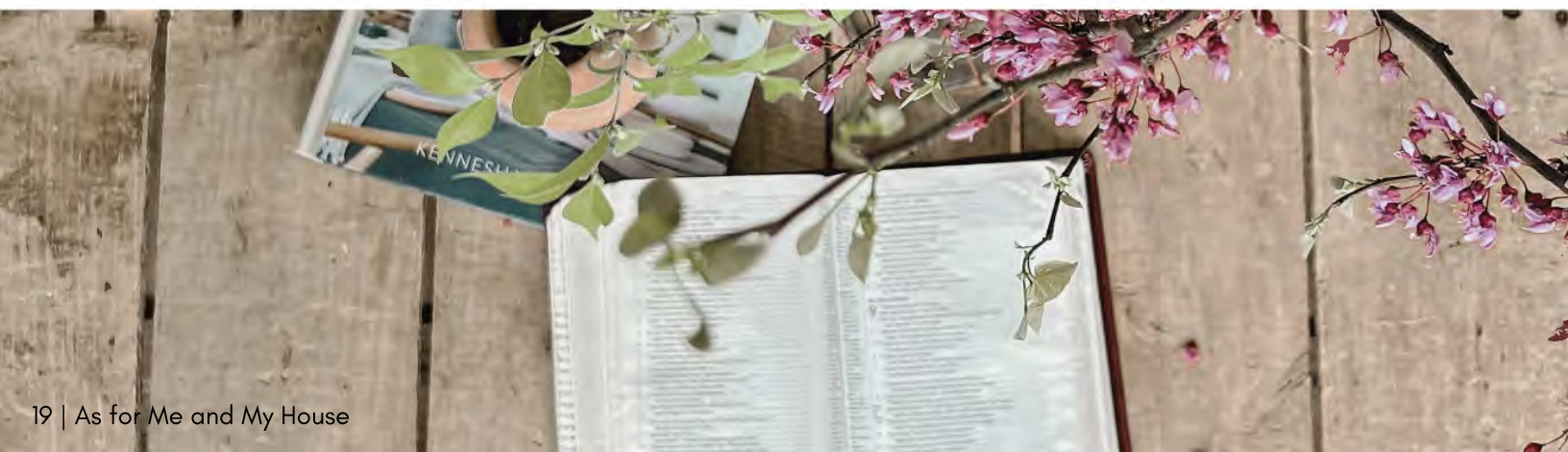
“AND WE KNOW THAT FOR THOSE WHO LOVE GOD ALL THINGS WORK TOGETHER FOR GOOD.”
ROMANS 8:28, ESV



FINAL ENCOURAGEMENT:

You are raising world changers, building Kingdom businesses, and leading in bold faith. But don't forget: your health matters to God. Your restoration is part of your legacy.

Wholeness isn't found in more effort—it's found in deeper intimacy with the One who knows how to restore all things. Walk with Him. Breathe with Him. Heal with Him. Every step matters. Jesus knows the way.





Crystal Persons

Register
Now

6-STEP HEALING D.E.E.P.E.R. PROCESS

Whether you're looking for help identifying the parts of your story that are holding you back or you want to cultivate space for others to heal, I know personally of the power of surrender . . .

Based on my book *Cultivating Redemption*:

- Develop Awareness: Are you pushing back the darkness? Or are you enslaved to it?
- Establish a Safe Place: Learning where and w/ whom you can heal.
- Examine Fear: Discerning between the fear of the Lord vs the fear of the enemy.
- Process God's Character: Who do you believe God is . . . allowing Him to be revealed.
- Explore New Depths: God grows your capacity as you heal, and increases your stewardship.
- Redeem Brokenness: Embracing Kingdom purpose in your story.



DEVELOP AWARENESS

Are you battling against
darkness? Or are you
enslaved to it?



ESTABLISH A SAFE PLACE

Learning where and
w/ whom you can
walk out your
healing journey.



EXAMINE FEAR

Understanding
when it
enslaves versus
sets you free.



PROCESS WHO GOD IS

Allowing who He
is to transform
your narrative.



EMBRACE NEW DEPTHS

Growing your
capacity as you heal,
and increasing your
stewardship.



REDEEM BROKENNESS

Embracing
Kingdom
purpose in your
story.





KIRSTEN SAMUEL

AS FOR ME AND MY FINANCES

[CONTACT KIRSTEN](#)

WHY MY HUSBAND LOVES BUDGETS AND I LOVE STARBUCKS RUNS (And We're Still Married)

DID YOU KNOW YOU HAVE A MONEY PERSONALITY?

And, like other personality quirks, your money ones might not always be so adorable to your spouse.

Authors Scott and Bethany Palmer explore this in *The 5 Money Personalities*, offering humor, practical tips,

and grace for navigating financial differences.

It didn't take long after Dave and I married to realize we saw money differently.

Dave counted pennies—literally. I rounded up—a lot. I figured the money would always be there. Dave worried we'd go bankrupt.

If we were going to live in financial peace, we had to learn to “dance” with our differing perspectives.

Before you take sides, know this: the Palmers outline five money personalities, and each of us has a primary and a secondary.

No judgment here—just see where you land:

● **Saver:** Gets a thrill from saving, avoids debt, and resists spending. (Also known as a penny-pincher.)

● **Spender:** Loves buying gifts and making memories now, even if it means breaking the budget.

● **Risk Taker:** Big-picture thinker, moves fast with money decisions, and thrives on financial adventure.

● **Security Seeker:** Researches purchases thoroughly, plans for the future, and worries about financial risk. (Also struggles with buyer’s remorse after a significant purchase.)

● **Flyer:** Doesn’t focus on money at all, values relationships over receipts, and tends to be disorganized financially.

Dave is a Saver/Security Seeker. I’m a Spender/Security Seeker. Not shocking, right?

Once we understood this about each other, we figured out how to make our financial dance work—and even enjoy it.

OUR FINANCIAL DANCE STEPS

1 BUDGET.

For me, “budget” used to feel like a four-letter word. But my inner Security Seeker still craved a plan. Dave, on the other hand, thrives on a budget down to the last cent.

After trial and error, we created a budget we could both live with. I learned to spend within those limits—and that I didn’t have to hate it.

2 BANK BALANCES.

Dave checks our balance often. I can give you a ballpark guess.

In the early years, I handled the bills and the checkbook. However, after I made a massive financial mistake (yep, it was painful), we decided Dave would take over.



Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Above all, clothe yourselves with love, which binds us all together in perfect harmony.

And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

... And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

Colossians 3:12-15, 17 (NLT)



Now he pays the bills, checks balances, and records receipts—immediately. I’m still not great at that, but at least I ask for the receipt now.

3 BINGE FUNDS.

This was a game-changer.

As a Spender, I used to feel frustrated about tracking every dime. Try buying a surprise gift for someone when you have to explain the receipt!

The Palmers suggest giving each person a monthly “no-questions-asked” spending amount. Budgeted, of course.

Once it’s gone, it’s gone—but you don’t have to justify it. Total freedom.

Dave would often have money left over. I rarely had any by the end of the second week. And that’s okay. It worked.

4 BRIDGE WORK.

We learned to talk about money. It wasn’t easy, but it was essential.

We set aside one evening a week to review our spending, discuss upcoming needs, and dream about vacations or big goals.

We agreed on a dollar amount we could spend without checking in. That one boundary helped me feel like a respected partner, not a kid asking for permission.

These talks also helped us address our family-of-origin beliefs about money. (Spoiler: we all bring those beliefs into marriage.)

I learned to respect Dave’s need for detailed tracking. He realized that no amount of saving could fully calm his fear of going broke. That realization brought a lot of grace into our relationship.

YOU CAN MAKE IT WORK

Understanding your money personalities won't magically fix everything, but it will provide a framework for grace, growth, and even fun around your finances.

Instead of fighting over dollars and cents, start dancing with your differences.

Get curious about your own quirks and be compassionate about your spouse's.

You don't need to agree on every expense—you just need to agree to talk about them.

And maybe, like us, you'll discover that money doesn't have to divide you. It can actually bring you closer, one budget conversation (and binge fund!) at a time.

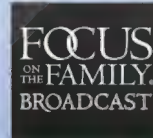


Aftershock Recovery Method Coaching

A proven process with support and the jaw-dropping-awesomeness of God, changes your life. The life you can't imagine right now. A better life awaits you. There is no depression too deep, no addiction too strong, and no pattern too ingrained for our compassionate Father's immeasurable power.



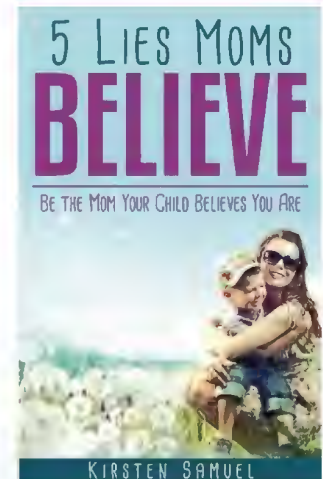
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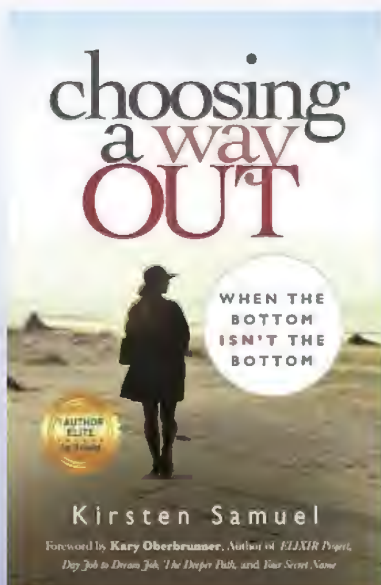
Kirsten Samuel

5 Lies Moms Believe

Someone is telling you lies. Is that "someone" you? "I'm a terrible mom. My kids hate me. She's a better mother." What lies do we believe as moms? How do they sneak into our minds without us knowing? Explore 5 lies moms believe and how to defend against them. Discover the truth about motherhood and rearing the children God entrusted to you. Embrace your mothering fears and find hope to overcome those fears. Find practical encouragement to tackle the hardest job you will ever love. No lie: You are exactly the right mom for your child. Guaranteed.



BUY NOW



BUY NOW

Choosing a Way OUT - When the Bottom Isn't the Bottom

Kirsten writes what for most of her adult life she believed:

- She wasn't good enough, or pretty enough, or smart enough, or rich enough, or talented enough, or whatever enough.
- She wasn't a good person. She was too stubborn, opinionated, and direct.
- She was a failure because she'd tried something bold and audacious and didn't succeed like planned.
- She was invisible and forgettable.

In these pages, you'll experience raw honesty and a clear path through the pain. You'll realize that no depression is too dark and no lie too strong. Discover a powerful process where you exchange isolation for accountability and deception for deliverance.



CARRIE HURLEY

AS FOR ME AND MY PARENTING
CONTACT CARRIE

SPEAK LIFE: CHANGING GENERATIONS

As I heard the crash of the large glass bowl shattering on the kitchen floor, I ran to hide. My mother's shrieks at my younger sister filled the house. My sister had somehow caused the bowl to hit the floor. The rant seemed to go on forever as Mama catalogued my sister's clumsiness, lack of caring, and penchant for breaking things. My sister was six years old.

It wasn't until I was an adult that Mama and I had a conversation about that moment that was seared into my soul. Why had she totally lost it over this bowl getting broken?

It was just a bowl, right? Actually, no.

My grandmother, her mother, had given her this bowl. When that bowl hit the floor, Mama reacted with anger rooted in fear because she knew how my grandmother would respond to the bowl being broken and the condemnation that would come because of it.

Grandma's brokenness led her to respond with anger when anything was broken and this response created brokenness in my mother, which then caused her to respond with fear and anger when anything was broken.



Whew. What a mess.

Would you agree that we are all broken in some way, shape, or fashion? And as a result, as hard as we try and pray, we are going to create issues in our children.

As parents, we want our ceiling to be our children's floor. One way we can make that a reality is to go after our own healing—to go after the broken places in our lives regardless of their source.

We need to be intentional about getting our souls healed and whole so that we can be the best influence on—as well as example to—our kids. You know it's true: they do what we do, not what we say to do.

As you are going after your own healing (I recommend working with someone like me who is trained in biblical inner healing), one of the best things that you can do to make a difference for your kiddos—in addition to praying for them—is to SPEAK LIFE over them.

Your words have so much power! Life and death is in the power of the tongue and our children eat the fruit.

My mom “ate the fruit” of her mother's anger.

My sister “ate the fruit” of our mother's fear.

What is your child eating the fruit of?

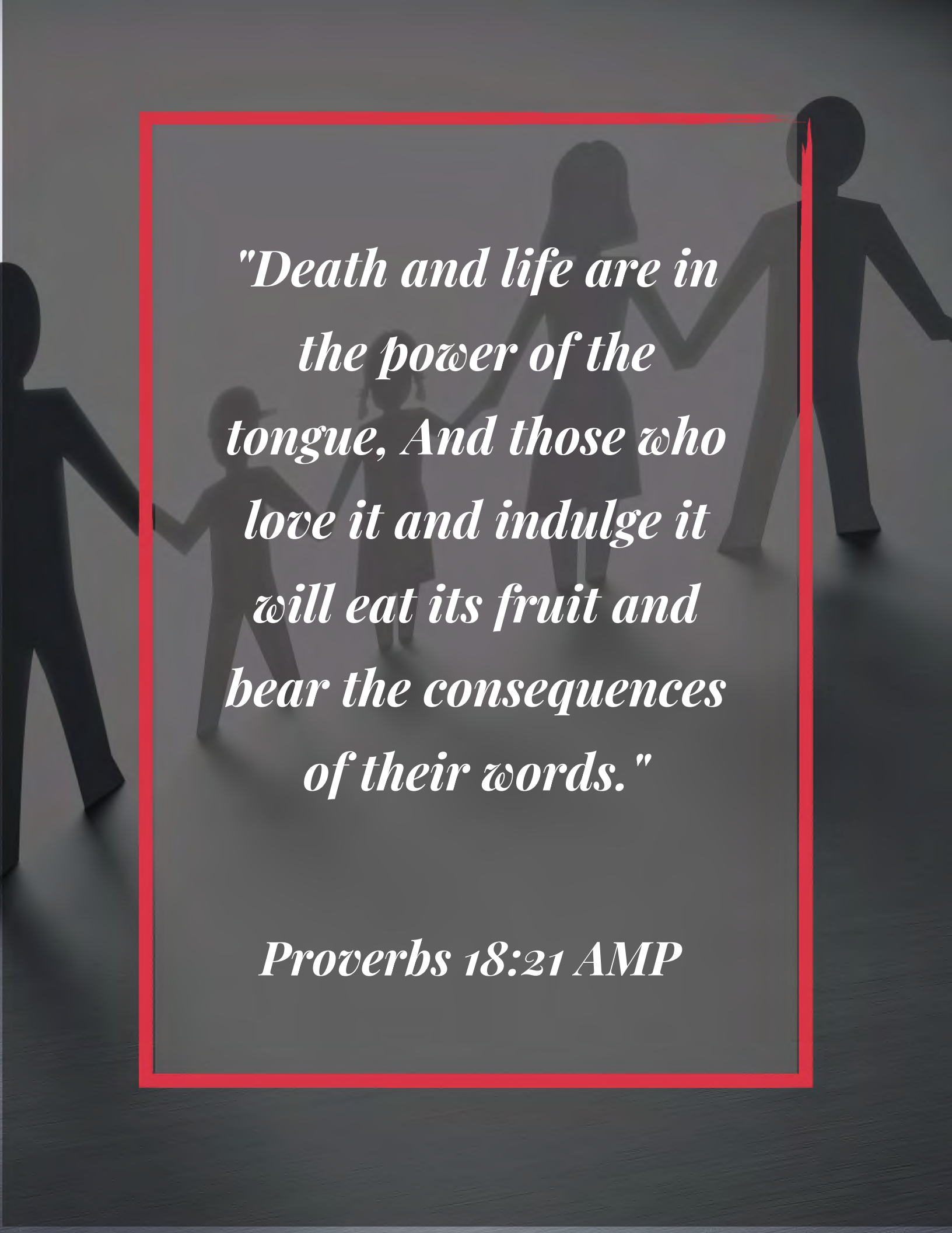
Let's change it by changing what we are speaking.

HERE ARE THREE SIMPLE TIPS TO GET YOU STARTED:

1 SPEAK MULTIPLE POSITIVE STATEMENTS FOR EVERY NEGATIVE STATEMENT.

When I taught school we implemented this with our “hard case” kiddos. Studies have shown that negative statements are far weightier than positive statements and it can take up to NINE positives to outweigh ONE negative statement.



The background of the image features dark silhouettes of a family—a man, a woman, and two children—holding hands in a circle. The scene is set against a dark, textured background. A prominent red rectangular border frames the central text area.

*"Death and life are in
the power of the
tongue, And those who
love it and indulge it
will eat its fruit and
bear the consequences
of their words."*

Proverbs 18:21 AMP

2 EXPECT THE BEST OUT OF YOUR CHILDREN

They will live up or down to your expectations and the things that you speak over them. If you call them “little trolls,” they will behave like little trolls. If you consistently speak the attributes of cooperation and kindness over them (“I know that you will work together with kindness on this,”) then that is how they will come to work together. It takes time. Galatians 6:9 NLT is encouraging: “So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.”

3 CHANGE HOW YOU SPEAK OVER YOURSELF

“Monkey see. Monkey do.” Our children are so much better at doing what we do than what we say for them to do, right? I can’t speak for men, but I know that most women do not have the best self-talk. “I’m so stupid.” “I just can’t get anything right.” “I’m such a ditz.” You get the idea. When we speak these things over ourselves in our children’s presence, they will learn how to speak over themselves. Yikes. This will keep them on our level, and we want better for them.

4 BONUS

Grab my FREE “Power Prayers for My Children: Bold Scripture Prayers” Journal to help guide your prayers for your kiddos.



These tips are simple, but they may not be easy.

To avoid struggles and get help out of the gate, I encourage you to join me on May 5 for the next “[Speak Life](#)” workshop. This workshop will equip you to eliminate negative self-talk and instill positive self-talk as well as learn to speak life over yourself, your family, and your circumstances, and it will introduce you to inner healing so that you can make a difference for yourself and future generations.

God wants the best for you and for your children. It’s time to Rise Up & Roar into all that He has for you.





SPEAK LIFE

Change Your Words. Change Your Life

WHO this is for...

Christian Mid-Life Women who:

- Battle negative self-talk on a daily basis.
- Are FINISHED with a negative mindset and mouth.
- Long to replace self-doubt with God-given confidence.
- Desire to live courageously for God's purpose but feel they're not worthy.
- Know that in order to grow in their faith, they must SPEAK LIFE over themselves, their life, and others.

If this resonates with you, God is calling you to step into His truth and renew your mind.

1-Evening FREE Workshop

May 5, 5:30-8:30pm CST

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.

*Even if we know each other, go ahead and schedule a time so we can catch up!

First Name *

Last Name *

Email *

☐ I agree to the terms and conditions of the workshop.

[Contact us](#)

[Privacy Policy](#)

Get your free copy of Power Prayers for My Children





CHRISTINA SMITH

AS FOR ME AND MY COMMUNITY

CONTACT CHRISTINA



RESILIENCE: A JOURNEY OF OVERCOMING AND CONNECTION

Life's challenges are inevitable, but how we respond to them shapes the strength of our resilience. Resilience is often seen as a personal trait—a combination of grit and inner strength—but it's so much more than that. It's a journey that weaves together personal growth, intentional actions, and, most importantly, the power of community.

As we reflect on Mental Health Awareness Month this May, it's the perfect time to explore how resilience can be cultivated—not only within ourselves but through the support and connection we find in others.

RESILIENCE AS A BYPRODUCT OF OVERCOMING CHALLENGES

Every challenge we face holds the potential to shape us. From navigating loss to enduring life's uncertainties, these moments teach us how to persevere. Resilience, in this sense, becomes a byproduct of consistently overcoming difficulties. Each success reinforces our confidence and strengthens our ability to face future challenges.

However, resilience is like a bridge; it's constructed through challenges and strengthened by the support and connection of others. Behind every resilient person, there are people who encourage, support, and walk beside them. Whether it's family, friends, mentors, or faith groups, community amplifies our ability to navigate life's hard seasons.

In my own life, besides God, my husband has been my rock and greatest source of strength. As we prepare to celebrate 28 years of marriage this May, I am deeply grateful for his unwavering love, steadfast support, and faithfulness through every trial.

My church family has also been a profound blessing, walking with me through seasons of devastating loss. Their prayers, encouragement, and practical help during those times carried me in ways I will never forget.

I am equally thankful for my Warrior Writer Sisters, who have helped me heal through the transformative power of writing. Their support and shared experiences have reminded me of the strength found in vulnerability and connection. These relationships have shown me that resilience is deeply rooted in community.

THE ROLE OF COMMUNITY IN RESILIENCE


The role of community in building resilience cannot be overstated. Relationships—whether with family, friends, faith groups, or support networks—act as lifelines during life's toughest moments. Community reminds us that we are not alone, providing encouragement, accountability, and hope.

As Scripture reminds us, "Carry each other's burdens, and in this way you will fulfill the law of Christ," (Galatians 6:2 NIV).

HERE ARE A FEW WAYS COMMUNITY FOSTERS RESILIENCE:

- **Encouragement during Hardship:** A supportive word or a listening ear can make all the difference.
- **Perspective and Wisdom:** Trusted people help us see strengths we may overlook.
- **Accountability and Growth:** Community challenges us to keep moving forward, even when it feels hard.
- **Shared Experiences:** Knowing others have overcome can inspire hope in our journey.



A group of people are gathered outdoors for a meal. In the center, a woman in a dark dress holds a plate with a piece of food. To her left, a man in a pink shirt is seated. To her right, a woman with glasses and a black top is standing. Further right, another woman in a ruffled top is holding a yellow cup. In the bottom left, a man in a light blue shirt is seated with a blue plate and a white cup. In the bottom right, a person is seated with a blue plate and a white cup. The background shows a wooden fence and green foliage. The text is overlaid in a semi-transparent brown box.

AND LET US
CONSIDER HOW WE
MAY SPUR ONE
ANOTHER ON
TOWARD LOVE AND
GOOD DEEDS.

HEBREWS 10:24 (NIV)

THE ROLE OF FAITH COMMUNITIES IN RESILIENCE

COMMUNITY

For those who rely on faith, spiritual communities provide unique strength. Churches, small groups, and faith-based organizations offer both practical support and spiritual encouragement. These spaces allow us to share burdens, pray for one another, and find hope in God's promises.

Throughout my journey, I've seen firsthand how community strengthens resilience. Faith communities remind us of truths like Isaiah 41:10:

"DO NOT FEAR, FOR I AM WITH YOU; DO NOT BE DISMAYED, FOR I AM YOUR GOD. I WILL STRENGTHEN YOU AND HELP YOU; I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND."

These promises unite people and give hope during even the hardest seasons. Faith provides a foundation for resilience, offering assurance that we are never walking alone. Together, we can weather storms that might feel insurmountable on our own.

PRACTICAL STEPS TO BUILD RESILIENCE THROUGH COMMUNITY

Building resilience isn't only about enduring challenges; it's about intentionally connecting with others. Here are a few practical ways to lean on and build a community for greater resilience:



1. REACH OUT AND BE VULNERABLE:

Vulnerability takes courage, but it's the first step to building genuine connections. Sharing your struggles with trusted individuals invites support and reminds you that you don't have to face challenges alone.

2. INVEST IN RELATIONSHIPS:

Strong relationships don't happen by chance. Be intentional about nurturing bonds with people who uplift and encourage you. Set aside time to deepen these connections, whether through meaningful conversations or shared experiences.

3. JOIN SUPPORT GROUPS OR COMMUNITIES:

Isolation can make challenges feel heavier. Joining a group—whether it's a mental health support group, a Bible study, or a hobby-based community—provides a sense of belonging and encouragement.



4. BE A SOURCE OF ENCOURAGEMENT:

Resilience grows when it's shared. By encouraging others through their struggles, you reinforce your sense of purpose and connection. Offering support to someone else can remind you of your strength.

5. CELEBRATE PROGRESS TOGETHER:

Acknowledge the victories—both big and small. Celebrate your own progress and the milestones of those around you. Shared celebrations strengthen community bonds and foster a sense of hope for the future.

RESILIENCE AND MENTAL HEALTH

Resilience is a cornerstone of mental health. It doesn't mean avoiding challenges or pain; instead, it equips us to face life's difficulties with courage and hope. Communities provide a safety net, offering emotional, practical, and spiritual support when we need it most.

During Mental Health Awareness Month, let's recognize the value of resilient communities. Supporting one another not only strengthens individual resilience but also creates environments where hope and healing thrive.

DARE TO BELIEVE IN THE POWER OF COMMUNITY

Resilience is more than a personal journey—it's a shared experience. By daring to believe in the power of connection, we tap into a strength far greater than our own. Communities remind us that we are never alone, no matter how hard life becomes. When we come together, we embody resilience in action: lifting one another, standing together, and moving forward with bold faith.

This Mental Health Awareness Month, let's commit to cultivating resilience in ourselves and others. Reach out, connect, and dare to believe that together, we can overcome anything.

Resilience looks different at different points in our journey. Take my free Resilience Assessment and reflect on the ways God has strengthened you.

Visit www.authorcmsmith.com to take the assessment.

RESILIENCE AS AN INTENTIONAL PRACTICE

While life's challenges can naturally foster resilience, waiting for adversity to shape us isn't the only path. Resilience can also be intentionally cultivated. By making conscious choices, we can proactively prepare ourselves to face difficulties with greater strength and clarity. Here are a few ways to intentionally build resilience:

1. DEVELOP A GROWTH MINDSET:

How we frame challenges can make all the difference. Instead of seeing failure as an endpoint, view it as an opportunity to learn and grow. Adopting a mindset that values progress over perfection equips us to handle setbacks with grace.

2. STRENGTHEN YOUR SUPPORT SYSTEM:

Resilience doesn't happen in isolation. Surrounding yourself with encouraging, trustworthy people provides the emotional safety net needed when times get tough.

3. PRIORITIZE SELF-CARE:

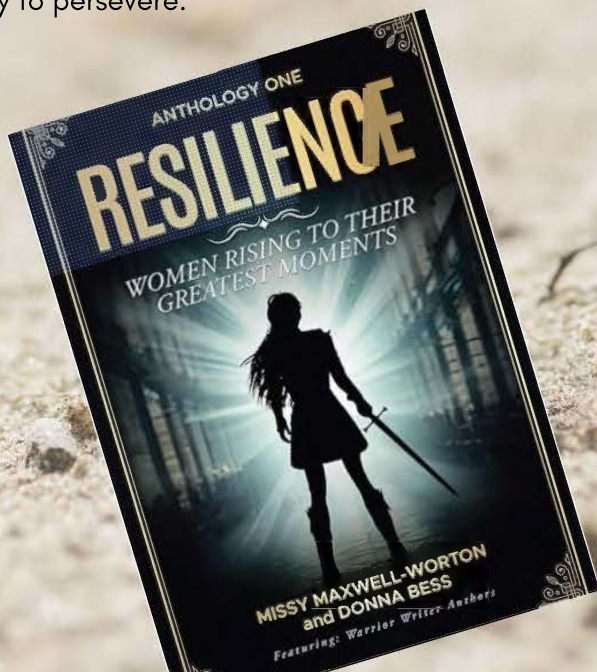
A well-cared-for mind and body are better equipped to endure challenges. Regular exercise, proper sleep, and intentional moments of rest are powerful tools for resilience-building.

4. LEAN ON FAITH AND SPIRITUAL PRACTICES:

Faith provides a foundation of hope, reminding us that we are never alone in our struggles. Prayer, meditation, and reflecting on God's promises can center us in moments of uncertainty.

5. PRACTICE PROBLEM-SOLVING:

Resilient individuals are solution focused. Rather than being overwhelmed by a problem, take small, actionable steps toward a solution. This proactive approach builds confidence and reinforces your ability to persevere.



**GET IT
NOW!**

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REAL STORIES. INSPIRING CONVERSATIONS.
EVIDENCE THAT GOD IS ALWAYS AT WORK.



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Curious how resilient you are?

Christina's free Resilience Assessment helps you reflect on the strength God is building in your life—and reveals where He may be inviting you to grow.

Take the assessment at
www.authorcmsmith.com

CHECK IT OUT



Looking for more encouragement?

Christina's blog shares faith-filled posts that inspire bold faith, strengthen resilience, and bring hope in life's hardest seasons.

BOLD BIG DREAMS FAITH

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