

#### 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**.



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 is a Christian Life and Author Coach, Bible Teacher, and End Times writer who transforms lives at the intersection of Faith, Fact, and Fiction through her two programs, Writing with Eternal Favor and Living for an Eternal Future, to help others discover their divine purpose, be transformed by God's word, and reflect His L.I.G.H.T. INTO THE WORLD.

Jana is also the author of the End Times futuristic series, *Children of Light*.









#### 6 HOUSE

Sharon Brisbin is grateful that a lifelong friend invited her to follow Jesus at the age of 10. Since then, the Lord has shown Himself faithful through every season of her life—whether leading in the corporate world, serving in the church, being a mom, or grandma.



#### 3 MARRIAGE

Anne is a published author in *Resilience: Anthology One*, Warrior writer, blogger, young women's mentor, photographer, and business owner along with her husband, Travis, of twenty-one years.

Anne's mission is to inspire hope and empower young people to break free from the lies of shame and insecurity, and walk in the confidence of their God-given worth.

She is working on her debut book, Finding My Seat At The Table: How Can I Make A Difference When I Feel So Insignificant, due out in 2026.



#### 8 HEALTH

Drawing on neuroscience and scripture, Dr. Robyn Graham offers a solution for Christian Mothers to transform moments of anxiety into opportunities for connection and calm in their relationships with their children.

Robyn is host of **The Robyn Graham Show,** author of You, Me, and Anxiety: Take Action Over Anxiety to Enjoy Being You, and a speaker.



#### 23 FINANCES

Paige is an author, speaker and freedom coach. Her passion is to help others through her testimony find the healing that she has found in Christ.

She believes that God doesn't call the equipped he equips the called and she loves being apart of the process in the lives of others.



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#### PARENTING

Deena Trocino is the founder of **Specially Empowered Moms**—a faith-based movement and coaching ministry equipping overwhelmed moms to rise from survival to strength. A wife, mom of five, and special-needs parent, she shares biblical strategies that heal the heart, renew the mind, and help families thrive amid extreme parenting.

Through her YouTube channel and podcast, Deena teaches women to stand firm in faith, restore peace at home, and walk in God-given authority. With authentic storytelling, humor, and biblical insight, she calls moms to be spiritual gatekeepers—walking in freedom, fighting for their homes, and living their God-designed purpose.



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#### COMMUNITY

Teresa Brunsting is an author, life coach, and speaker who shares hopeful messages about overcoming bipolar, international adoption, parenting with mental illness, restoring marriage after infidelity, and more in her new book available December, 2025, *Finding Normal in Bipolar*. She hopes to give all the glory to God through her writing.

Teresa, who loves a good game of golf or bunco, is an empty nester, and enjoying life with her husband, Doug. She loves visiting her two adult children, Cooper and Olivia. She resides in Orange City, Iowa.

Connect with Teresa at teresabrunsting.com

## WORDS FROM THE PUBLISHER

NICCIE KLIEGL, FULFILL YOUR LEGACY

As the chill of November rolls in, our hearts can't help but turn toward gratitude. Thanksgiving has a way of slowing us down—reminding us of all that God has provided, even in the seasons that stretched us most.

In our family, we extend the celebration a little longer. Each year, on the Saturday after Thanksgiving, our extended family—cousins, aunts, uncles, and all—come together to share another meal, gifts, laughter, and stories of God and the blessings that have been offered over the year. It's a time that feels sacred in its simplicity, a reminder that blessings aren't only found at the table but in the people gathered around it.

I'm reminded of 1 Thessalonians 5:18, "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." Gratitude isn't reserved for when life feels full—it's the key that unlocks peace in every circumstance.

If you're new to **As for Me and My House**, welcome! This magazine was born out of my second book in the Legacy Series, *Embracing the Loving Legacy*. Each issue focuses on six vital areas that shape our homes and lives: house, marriage, health, finances, parenting, and community.

Our contributors—parents, Christian entrepreneurs, mentors, and leaders—are faithfully living out God's call and sharing their wisdom so we can grow together. As a family of believers, we LIVE | LOVE | LEARN | LEAD with God at the center, knowing that what He plants in our homes has the power to reach generations.

Maybe this year hasn't looked exactly how you hoped. Maybe it's been a year of pruning, preparation, or planting seeds that haven't yet sprouted. Still, there's always reason to give thanks because God is always working. His hands never stop shaping, providing, and leading.

As you gather around your own table this month or join family for that Saturday-after-Thanksgiving meal, take time to name your blessings out loud. Speak them into the air. Let your family hear the faith in your voice. And remember, gratitude doesn't just fill the room; it fills our hearts with the peace of Christ.

Wishing you a November full of warmth, reflection, and the sweetness of His presence in every thankful moment.

Blessings,

Niccie Kliegl



## WHAT WOULD HOME MEAN TO ME NOW THAT I AM ALONE?

As the moving men brought the last boxes into my new apartment's great room, I stood there wondering what would home mean to me now?

Alma, my sweet thirteen-pound tan pug-chihuahua with an underbite and floppy ears was looking up at me as if asking, "What are we doing here mom?" I looked at her with my hair in two knots behind my ears, sweaty and dirty and with no answer except I knew where we could no longer stay. My three kids were adults with their own families, and I was soon to be divorced after nearly forty years with their dad.

My mind went to the first two lines of a poem my mom used to read to me called *Home*, by Edgar Albert Guest:

It takes a heap o' livin' in a house t' make it home, A heap o' sun an' shadder, an' ye sometimes have t' roam.

I had never lived alone before so naturally, I wondered: did I even know how to create a home for myself?

That first night, emotionally and physically tired from the move, I collapsed into the cot-like bed I had been sleeping on since we separated, unsure of what my future would hold.

As I woke up the next morning, I lay there sorting through my emotions as I noticed something new. My head felt clear. My body was at peace. It was completely unsettling. What is going on? I thought. I just left the life I had built for decades, and I feel at peace?

Then it hit me: for the first time that I can remember, I wasn't waking up with my radar on.

For so many years, I would wake in the middle of the night with anxious questions: Is he next to me in bed? Did he come home last night or was he still at the casino? Will tomorrow be a day we spend together or will he disappear into his own world as though I didn't exist?

But there, in bed with Alma, in my new apartment, was so much peace. Peace from the top of my head down to my toes, exactly like the Bible says:

"AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS,"

(PHIL 4:7 ESV).

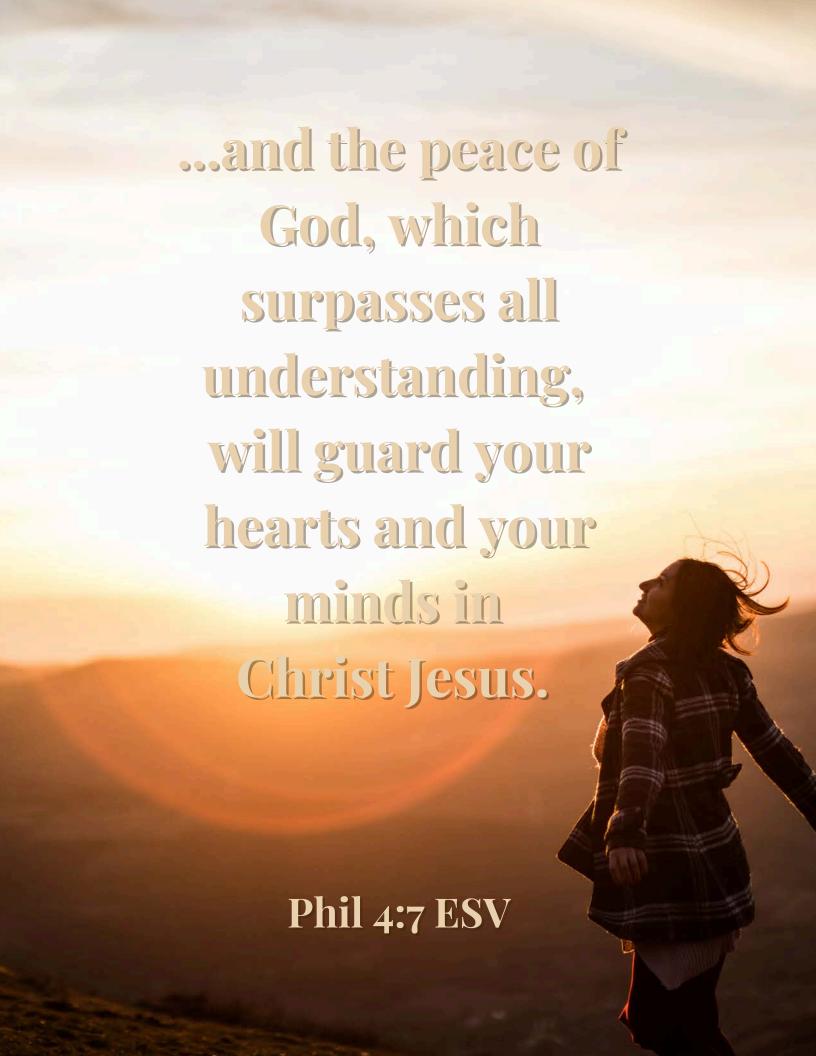
As the shock of my new peaceful reality lifted, I got up, made a cup of coffee, and settled into my "quiet-time chair" by the window in my bedroom. Bible in hand, I took a deep breath and looked out at my new view of a driveway, green grass and beyond that to what I would soon begin calling my hill.



There it stood—my hill—covered in wheat grass and sprinkled with wildflowers. Birds swooped and danced before darting away. In truth, it was only a pile of fill dirt from nearby construction, but to me, it was sacred. I would spend hours there, crying, praying, and listening to God as I faced my divorce. The sway of the grass and the birds against the blue sky felt like worship.

Within a week, I stumbled onto something else unexpectedly. I enjoyed my own cooking. He often criticized the food I prepared: undercooked, overcooked, or not seasoned right were his responses to my efforts.







I'm no gourmet, but I've mastered a few dishes: Mom's peanut butter fudge, Grandma's Christmas cookies, Maggiano's Rigatoni D, and even he agreed I make a mean stir fry.

One night while re-seasoning my old cast iron skillet on the stove with oil, I turned my back for a minute. When I saw smoke out of the corner of my eye, I quickly turned around as a foot-wide fire ignited in my pan. Panicked, I screamed and threw a towel over it—miraculously, it put out the fire! I opened my door and windows as the smoke billowed out toward my hill. Terrified and laughing, I thought, "Well, now my apartment truly is a home—I've had my first Lucy moment!"

Lucille Ball was the queen of comedy when I was growing up, starring in several TV shows. If something could be tripped over, broken, or turned into a ridiculous scene, her character Lucy managed to do it. That little kitchen fire only confirmed what I've been saying for years—deep down in my heart, I'm a true Lucy wannabe.

And this brings me back to the next lines in that same poem:

It don't make any differunce how rich ye get t' be,

How much yer chairs an' tables cost, how great yer luxury;

It ain't home t' ye, though it be the palace of a king,

Until somehow yer soul is sort o' wrapped round everything.

I'm learning to make a home for myself—not defined by walls or furniture, but by creating space where my heart can rest, wrapped in laughter, God's purposes, and His peace.



## TURNING THE TABLES ON HOLIDAY LEFTOVERS

It's the warm and cozy season. We are surrounded by happiness, pumpkin spice, and everything nice. But what is it about the holidays that tends to bring out the worst in us, and often times, the worst in our marriage? We're snappy, we're grouchy, we're disconnected. Your spouse's usual quirks have you suddenly muttering, "What child is this?"

November's barely begun, but you're already starting

to wonder if "Frosty" is more of your theme song.

Maybe it's the stress of having to get things done after procrastinating; maybe you dread the family drama that comes with the turkey; or perhaps, there's the worry if there'll be enough money for food on the table.

I've been there! The dilly-dallying, the drama, and living on a dime (and prayer!).



As I look back on all the celebrations and banqueting tables over the years, I also think about the challenges we faced behind the scenes. Moving across the country; deaths in the family; surgeries; unemployment. Whatever difficulties we faced, we always did our best to make sure there was festivity with the season.

Of course, it's natural that we want the holidays to be special, especially for our children. But amidst the hustle and bustle to make things holiday-bliss, how do we make sure our marriage doesn't get placed on the back-burner?

Over the years, I've discovered four important ingredients to having a home filled with peace, and keeping the love in our marriage strong, too.



## 1 BE STILL

Psalms 46:10 (NLT) calls us to,

#### "BE STILL, AND KNOW THAT I AM GOD!"

I know the season can be filled with long lines at the grocery store, fundraisers, cookie swaps, and even unpleasant family drama. But are you taking care of you? Another version of the verse says, "Stop striving," (NASB). Holiday burn-out is a real thing, and if I am off-balance somewhere within-be it spiritually, physically, or emotionally—my marriage will inevitably take a back seat. Which . . . leads to resentment on both sides of the table. In Matthew 11:28 (NLT), Jesus gives us the secret for our tired souls: "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." For the sake of your relationship, it's important that you create space to "be still." It's a time you set aside to allow God to comfort you, speak to you, and pour His love into you so you have the capacity to give it to others. Don't miss this!

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Romans 12:2 NIV

## 2 BE RESOLUTE

There's something about the festivities that tend to make us over-extend ourselves, perhaps to prove ourselves or prove our love. As a recovering people-pleaser, know that saying "yes" to all "the things" means somebody else is often getting our table scraps. And that somebody is usually a spouse! I have learned that it's okay to say, "Not this time," to the outside world. And believe me, the holidays are when my people-pleaser behavior wants to come out the most. But I've learned to ask myself, "Am I saying 'yes' because I'm worried about what people will think of me? Or, am I saying 'yes' because I genuinely want to participate in this event/activity and I want to bless those involved?" For the sake of peace, boundaries are vital, whether it's a budget, relationships, or activities we're involved in. And it will mean the world to your spouse that you didn't hand them your "leftovers"!



## 3 BE PRESENT

I am learning that the greatest gift I can give to my spouse will not be under the tree. It's being present to learn what their needs are, and meeting those needs as their helpmate. (This may be a good time to do a little brushing up on love languages!) It's easy to get disconnected from each other in the busyness. But, if you're strategic, you can actually use the beauty of the season to your advantage. What is more dreamy than twinkling lights, apple pie aromas filling the air, or the sound of leaves crunching under your feet as you walk hand-in-hand in the great outdoors? The season is already dripping with romantic opportunities. It is such a great chance to learn and love your spouse in a deeper way.



## 4BE THANKFUL

I know this sounds like a cliché, but it's tried and true. Romans 12:2 reminds us, "Be transformed by the renewing of your mind." No matter where you are at in your relationship, shifting your thoughts from scarcity to thankfulness is one of the most significant steps you can take for your marriage. During a season of complaining, I felt the Lord nudging my heart, reminding me of the parable of The Three Servants in Matthew 25. Two out of the three servants invested wisely, and multiplied the money given to them. Instead of investing, the third servant buried the money given to him. In ancient times, this would have been considered a sign of disrespect for the giver of the gift, and the gift itself. I felt the Lord asking me, "How long are you going to be fault-finding about the gift I have given you? It's not about what you don't have." Shifting to a mindset of thankfulness toward my husband cultivated a whole new level of love in our marriage. Don't underestimate the power of a thankful mindset!



After twenty-one years, I've found that making my marriage a priority doesn't happen by accident. There will be celebrations, parties, and many tables we sit at throughout the years. But when all is said and done, it's the one I sit across the table from every day who needs to be thought of, seen, heard, cherished, thanked, connected, and romanced.

Like any worthy endeavor, lasting love takes work and intentionality. But that is a recipe that is worth more than pumpkin spice and everything nice in the world.



# Anne Day

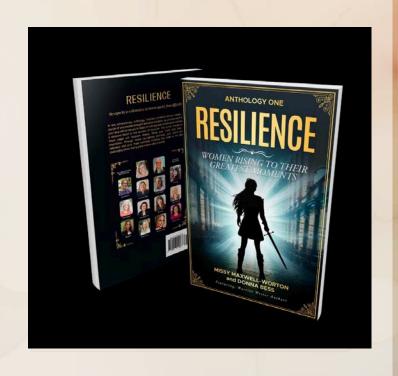
My goal is to shine the light on who we are as God's precious children so that we can unleash our God-given potential and become our best selves.

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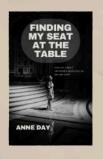
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This special collection includes a chapter by Anne Day, along with contributions from a group of accomplished and inspiring women of faith.



Anne is working on her full-length debut book, *Finding My Seat At The Table*. Look for it in Summer of 2026!



Finding My Seat At The Table: A Journey to Discovering Authentic Love, Identity and Purpose







## S FOR ME AND MY HEALTH CONTACT ROBYN



#### UNMASKING ANXIET

DISCOVER CALM, CONFIDENCE, AND CONTENTMENT

From a little girl to adulthood, anxiety influenced my life. It surrounded my childhood with emotional outbursts from parents, an inability to participate confidently, a lack of focus, low self-esteem, and an eating disorder. It followed me into my parenting. And what I've learned about anxiety is that it never had the power over me that I gave it. It never had authority over me, but I allowed it to consume me.

After years of healing work, I am on a mission to help others navigate anxiety so that they, too, can feel calm, confident, and content in every aspect of their lives, and especially find peace in their identity in Jesus Christ, the One who saved me from the perils of anxiety.

#### WHAT IS ANXIETY?

Anxiety, an abnormal sense of fear or apprehension that leaves you feeling incapable of handling a situation or person, can be debilitating, but it doesn't have to be. In fact, when you accept the diagnosis of anxiety, get curious about what it means for you, and take action to navigate it so you can live a life of calm, confidence, and contentment. The journey to navigate and overcome anxiety cannot be sugar-coated. It will take time, work, energy, and intention. But you've got this!

Anxiety is often associated with shame, which adds to the complexity of navigating it. However, anxiety is not your fault; it is not something you've made up in your head,

it does not mean you are broken, it is not an excuse, and it certainly does not define you or have authority over you. Try to set shame aside so that you can connect with yourself and act intentionally to navigate anxiety and discover joy in who God created you to be. For He created you in His image and with a purpose; therefore, you must be awesome —even on the days you don't feel like it.

#### **IT'S NOT YOUR FAULT**

Genetics, epigenetics, environmental factors, and injuries all influence how your brain functions. You have no control over any of these factors, but you do have control over the choices you make and how you treat the brain you have.

God created you with a miraculous brain, one that does not stay stuck unless you choose to let it. With your brain He gave you free will. That means you have a choice to stay in the muck and mire of anxiety and negative thoughts, or you can choose to take action over anxiety and enjoy being you. You get to choose to enjoy the transformation and renewing of your mind and the life you've been given.

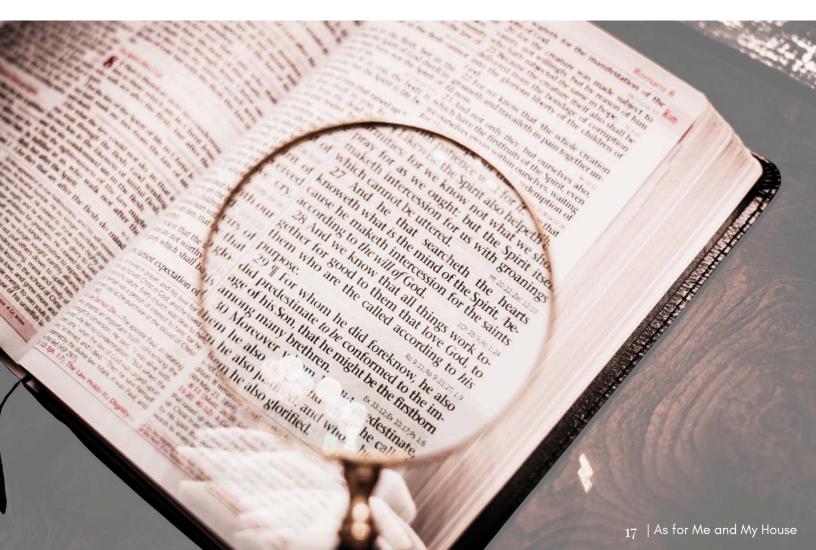
#### **TREATMENT OPTIONS**

There are many ways you can treat anxiety and begin to transform your mind. It is important to note that many people need medication to

ease the symptoms of anxiety so that their brain and emotional center is open to therapy and/or coaching. Medication can be temporary, but it is imperative that you also do cognitive and emotional work in therapy, with or without coaching. It is the combination of therapeutic options that will help you achieve the best results.

## ANXIETY AND IDENTITY: HOLISTIC MEASURES

The first weapon in your arsenal in the battle against anxiety is the Sword of the Spirit, the Word of God. What does Scripture say about you? You are redeemed, loved, chosen, radiant, anointed, a temple of the Holy Spirit, cherished, fearfully and wonderfully



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

**JEREMIAH 29:11** 

made, a conqueror, sanctified by truth, beloved, forgiven, cleansed, and saved. The list could go on and on, but nowhere does Scripture say you are anxious therefore not worthy. No! Instead, you are told how wonderful you are and given hope in Romans 12:2 that you can renew your mind.

DO NOT BE CONFORMED TO THIS WORLD, BUT BE TRANSFORMED BY THE RENEWAL OF YOUR MIND, THAT BY TESTING YOU MAY DISCERN WHAT IS THE WILL OF GOD, WHAT IS GOOD AND ACCEPTABLE AND PERFECT.

ROMANS 12:2

Again, in 2 Corinthians 10:5, you are reminded that you can take all your thoughts captive to Christ. He will pick up your anxiety and carry it for you. You have the easy part; surrender it to Him.

WE DESTROY ARGUMENTS AND EVERY LOFTY OPINION
RAISED AGAINST THE KNOWLEDGE OF GOD, AND TAKE
EVERY THOUGHT CAPTIVE TO OBEY CHRIST.

2 CORINTHIANS 10:5

#### PRACTICAL ACTION

The second weapon in your arsenal in the battle against anxiety is gratitude. Your miraculous brain cannot feel anxious and grateful at the same time. When you practice gratitude and actively feel thankful, you show your brain that you are safe, blessed, provided for, and the anxious thoughts will quiet.

To begin a gratitude practice, write at least three things you are grateful for every day. Soon you will not be able to stop at three. And you will begin to say thank you in all circumstances (1 Thessalonians 5:18) as your brain begins to shift and look for the positive and not always go to the negative first.

The third weapon against anxiety is regulating your nervous system. That's right, God has given you authority over your nervous system. When you take care of it, you can more quickly move from fight, flight, freeze, or fawn and into a state of calm, confidence, and contentment.

Here is an abbreviated list of nervous system regulation activities that will help you pause to respond versus overreact from anxiety:

- Prayer—use Scripture
- Gratitude
- Movement—walk outside, dance, sway, tap your feet right, left, right, left
- Journaling
- Meditation
- Creativity
- Nature
- Healthy diet (proteins and vegetables)
- Exercise
- Breathing—longer exhale
- Sunlight-morning, mid-day, evening exposure
- Connect with and spend time with others
- Ask yourself if you are safe, if you feel safe, and let out an exaggerated sigh

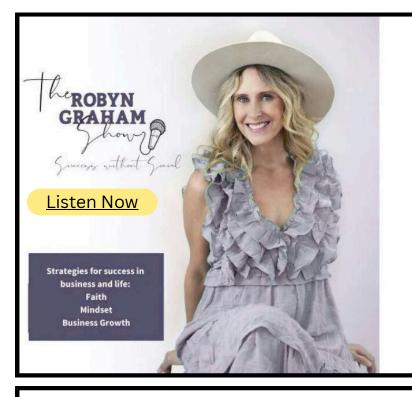
## IT'S MORE THAN A THOUGHT

Anxiety is not only a thought pattern. It is an emotion. Be mindful of what you feel in your body. How is your body signaling that you feel anxious and need to take action to navigate a situation and respond positively versus overreacting?

As you practice awareness of anxiety and take the above action steps consistently, you will feel more calm, confident, and content in every area of your life, parenting, career, and relationships.

You've got this because God's got you!

Do not settle for a diagnosis of anxiety. Do not settle for less than God created you to be. Alleviate anxiety and emotional chaos and you will better hear the Lord and all He has for you, all He is calling you to be for His glory.



## Alleviate emotional chaos to maximize your potential personally and professionally.

The Robyn Graham Show is a podcast for Christian moms in leadership as a parent, entrepreneur, or career woman. As a host, Robyn strives to deliver valuable insights that you can not only listen to but take action to implement.

Frequent topics we cover include but are not limited to: mindset, parenting, health and wellness, growing your faith, alleviating emotional chaos, and mental health - overall well-being of the mind, body, and spirit. In addition, we have an extensive library of older episodes on business growth strategies.

There is something for everyone!

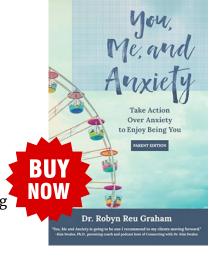
You, Me and Anxiety

Are you or someone you know struggling with anxiety? You, Me, and Anxiety can help!

Is the stress and pressure of daily life manifesting in physical symptoms like a stomachache, headache, trouble breathing, or sleepless nights?

Do you wish you or someone you love could just be happy and enjoy life?

Are negative thoughts and what ifs keeping you or someone you love from doing activities, sleeping at night, or enjoying relationships? Please check out this book.

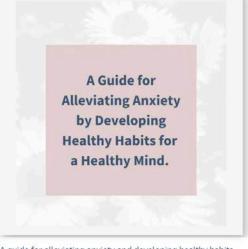


#### FREE RESOURCES



15 Journaling Prompts and Scripture Verses

Download the ebook



A guide for alleviating anxiety and developing healthy habits for a healthy mind

Download the ebook

My mission as a parenting coach is to help you alleviate emotional chaos and discover calm, confidence, and contentment in all aspects of your life.

Download these resources to alleviate emotional chaos, navigate anxiety, and grow in your faith.







#### STEWARDSHIP— What It Really Means

I want to start off by saying that if you asked me any time before last year about a topic I would want to write about, finances would be at the bottom of the list. I am a homeschooling mom of three as well as an author and business owner. My husband and I have spent our entire adult life pursuing the kingdom of God and building a business. But the topic of finances held contention in my heart. I had dealt with lack my whole life and "just enough" was enough for me. Until God chose to walk me through a season that changed my whole mindset. This is what I want to share with you.

When God created the world, when He breathed life into man, they lived and dwelled in a real paradise. Not only because of its beauty, its lush provision, and because they got to walk with God daily. Although that last part sounds amazing, what I can't help but think about is that Adam and Eve didn't have to concern themselves about finances and creating an income in order to survive.

Ever since that time, society has evolved to be more and more centered on the dollar bill. The importance of what you do as a career is more about how much income you earn instead of whether or not you enjoy what you are doing, or if you feel like you are using your unique talents and giftings to contribute to society. Life revolves around money. It doesn't only dominate those we would label *greedy*; in fact, sometimes when you are operating with less you think about it more. It is not that you are obsessed but rather each decision you make has to be run through how much it will cost and whether

or not it is within budget. It is a big part of anyone's life, even for believers.

Much of Christian culture has at times even been centered on money with the *name it-claim it* and abundance theologies. I will not knock revelation that people believe in and decide to share. After all, here I am about to share with you a revelation that I had this year regarding finances. I am not a finance expert. I like words, not numbers, which is why I am writing this. It is a huge topic for everyone and so if what I went through and what God revealed to me can help anyone else, then it is worth sharing.

My husband and I are self-employed; we have owned a business for many years which gives me the flexibility to be at home, raise our children, and focus on some other passion projects of mine. Considered in light of the background I have come from—being raised by a single mom—the life we live is wonderful and we feel incredibly blessed. We have also sat in tension for many years; although we were seeing provision, we were also expecting an increase. We work hard, we live lives obedient to the will of God, and we were believing for a season of more than "just enough."

We have watched many people around us be blessed at really high levels. We shucked off comparison and jealousy with extreme intention because we wanted to be focused on our path and what God had for us.

Last year in the first quarter, my husband brought in an amount that indicated this would be his best year yet, and that he would hit the number I had been praying and speaking over his work income for a couple of years. But then something happened. He experienced his first 0 month as a commission-only employee since starting this position seven years ago. Not a big deal, considering how the first quarter went. But then that continued for several months.

If you, like many believers, have gone through seasons like this, you know what a financial attack feels like and the lies that begin to surface. I will list a few: Am I being punished? Am I a bad steward? What am I doing wrong, as we have always been faithful in our tithe? I guess God simply doesn't want us to have abundance. You should be better at preparing for seasons of drought.

You could probably add some lies to this based on your own experience.

But let me tell you about how the goodness of God showed up in that moment. No, I am not going to tell you that a check showed up in our mailbox; those stories can be annoying when you are in the midst of a financial strain trying to make ends meet. No, the truth is that God showed up for me in whispers. He made it very clear, giving specific instructions that I was to focus on correcting the lies when they would surface. I could sense that something holy was taking place and I was



"Now Go; I WILL HELP YOU SPEAK AND WILL TEACH YOU WHAT TO SAY."

Exodus 4:12

reminded that God orders our steps. Sometimes you go up the staircase but sometimes you must come down.

What did this look like? It looked like making sure my husband knew that this was not his fault. That he had done nothing wrong. That this was not something we could have expected. It was important for him to not hear me complain but rather to remind him that we are together in every situation and that God remains in control at all times. I believe fully that God was trying to do two things:

- remove any self-reliance that remained in my husband, and
- abolish the spirit of lack that I had grown up in, once and for all.

The temptation for my husband is to say, "This is my fault and I will fix it," and then step into a grind mode that doesn't honor the man he is called to be in this season, especially as a father. And the temptation for me is to say, "Well, I am used to this; I grew up with very little, and apparently that is what God's plan is for us."

Contentment is okay; a lack of faith and complacency is not, especially when God is calling you higher.

I did not know what God was doing, but I knew for a fact that neither of those responses sounded well when adding the tag line of "in Jesus' name." So, I encouraged my husband and kept my head held high. I refused to bow to circumstances, and I refused to believe this was the end of the story. I tapped into a new level of faith.





The story gets crazier before it gets better.

Three days before Christmas, we were told that our family of five needed to move because the landlord wanted to move on. And although only six months prior, we were house hunting and things were looking good, things had changed a lot in that short time. Our response was not, "Let's just handle this," but rather it was to ask God. He told us to go get the house that He had given us a vision for. He wasn't checking our budget or our bank account, but He was looking to check our faith. So we went for it.

So much has changed since then. We own this beautiful home built in 1910 that was originally a school house, and we are in the process of renovating to accommodate our homeschooling ministry family. It is a lot of work, but it will be beautiful. Before that breakthrough, there were several months of pursuing this property while living in my Mom's basement.

I share this story while we are still in the middle of receiving a new vision for our life, one where unexpected things are happening, doors are being flung wide open, things are being prepared and given to us without us seeking and striving but simply trusting God.

So, this is what I will leave you with: I had my "aha moment" when I was sitting with my Bible in my lap, living in the need of constantly taking negative thoughts about our finances captive. I read this scripture with new lenses and it changed everything:

"AGAIN, THE KINGDOM OF HEAVEN CAN BE ILLUSTRATED BY THE STORY OF A MAN GOING ON A LONG TRIP. HE CALLED TOGETHER HIS SERVANTS AND ENTRUSTED HIS MONEY TO THEM WHILE HE WAS GONE. HE GAVE FIVE BAGS OF SILVER TO ONE, TWO BAGS OF SILVER TO ANOTHER, AND ONE BAG OF SILVER TO THE LAST-DIVIDING IT IN PROPORTION TO THEIR ABILITIES. HE THEN LEFT ON HIS TRIP."

MATTHEW 25:14-28 (NLT)

Keep in mind what it says here: he gave them each in proportion to their abilities. Not what he hoped they were capable of, but what he knew they were capable of. Let's continue in verse 16.



"THE SERVANT WHO RECEIVED THE FIVE BAGS OF SILVER BEGAN TO INVEST THE MONEY AND EARNED FIVE MORE. THE SERVANT WITH
TWO BAGS OF SILVER ALSO WENT TO WORK AND EARNED TWO MORE. BUT THE SERVANT WHO RECEIVED THE ONE BAG OF SILVER DUG A
HOLE IN THE GROUND AND HID THE MASTER'S MONEY. AFTER A LONG TIME THEIR MASTER RETURNED FROM HIS TRIP AND CALLED THEM
TO GIVE AN ACCOUNT OF HOW THEY HAD USED HIS MONEY. THE SERVANT TO WHOM HE HAD ENTRUSTED THE FIVE BAGS OF SILVER CAME
FORWARD WITH FIVE MORE AND SAID, 'MASTER, YOU GAVE ME FIVE BAGS OF SILVER TO INVEST, AND I HAVE EARNED FIVE MORE.' THE
MASTER WAS FULL OF PRAISE. 'WELL DONE, MY GOOD AND FAITHFUL SERVANT. YOU HAVE BEEN FAITHFUL IN HANDLING THIS SMALL
AMOUNT, SO NOW I WILL GIVE YOU MANY MORE RESPONSIBILITIES. LET'S CELEBRATE TOGETHER!' THE SERVANT WHO HAD RECEIVED THE
TWO BAGS OF SILVER CAME FORWARD AND SAID, 'MASTER, YOU GAVE ME TWO BAGS OF SILVER TO INVEST, AND I HAVE EARNED TWO
MORE.' THE MASTER SAID, 'WELL DONE, MY GOOD AND FAITHFUL SERVANT. YOU HAVE BEEN FAITHFUL IN HANDLING THIS SMALL
AMOUNT, SO NOW I WILL GIVE YOU MANY MORE RESPONSIBILITIES. LET'S CELEBRATE TOGETHER!' THEN THE SERVANT WITH THE ONE
BAG OF SILVER CAME AND SAID, 'MASTER, I KNEW YOU WERE A HARSH MAN, HARVESTING CROPS YOU DIDN'T PLANT AND GATHERING
CROPS YOU DIDN'T CULTIVATE. I WAS AFRAID I WOULD LOSE YOUR MONEY, SO I HID IT IN THE EARTH. LOOK, HERE IS YOUR MONEY BACK.'
BUT THE MASTER REPLIED, 'YOU WICKED AND LAZY SERVANT! IF YOU KNEW I HARVESTED CROPS I DIDN'T PLANT AND GATHERED CROPS I
DIDN'T CULTIVATE, WHY DIDN'T YOU DEPOSIT MY MONEY IN THE BANK? AT LEAST I COULD HAVE GOTTEN SOME INTEREST IN IT.'"

So, this is what I need you to realize. While in the midst of a brutal attack against our stewardship from the enemy, we found a few things to be true. For one, we didn't truly understand what stewardship meant. The way most people view it is being responsible. I have to say that if you look at this scripture, the last servant was the most responsible. Investments are risky and all of the silver could have been lost.

The last servant avoided risk and protected the assets of his master, guaranteeing that he would give back what he had been given. The other two ran the risk of losing it all but yet they were the ones called good and faithful servants.

Stewardship, therefore, cannot mean simply doing the responsible and sensible thing. Stewardship means knowing that what you are being given is based on your ability, and to honor what you have been given is to take it and do something with it, not wastefully but wisely, based on what you are capable of. God knows what is within you, and He is giving you provision based on that.

The second and most important component is this: Fear. The servant who hid his master's money wasn't afraid because of his inability; he was afraid because of his perspective of his master's character. He was afraid of his master, and he did not want to disappoint him or lose what was his for fear of punishment.

The reality is that the first two servants stewarded their relationship with the master well. They took his trust in them and used it as fuel to take risks and then present to him what they had gained. The last servant was crippled by fear—not fear of money, but fear of his master. He was crippled by the fear of punishment, by the fear of being a bad steward, and therefore that is what he ended up

becoming: someone who was given something and yet because of what could happen if he lost it, he took it and buried it, ignoring his potential and his master's belief in what he could handle. He let the lies override his potential and he cowered in fear.

I realized that God was making sure that before we walk into the next season—which will no doubt require extreme faith—we trusted Him. We trust Him to give to us based on our ability, and we trust that He is okay with us taking risks, and that He is not waiting on the side lines, eager to slap our hands and label us bad stewards. We are not to live in fear of punishment but in complete faith in the ability to steward our relationship with God. We are capable and He is eager to celebrate us in the risks we take, knowing the good character of our Master.

So, this is what I will leave you with: a new idea of stewardship. God is the Master and the ultimate provider. What He gives, He gives based on what He knows you are capable of. So let's not bite the hand that feeds us. Let's not return His faith in us with fear. He trusts you, and He wants you to trust yourself and His faith in you.

Who knows what happens if all is lost? That is not a part of the story, and for good reason. Stewardship is not about winning and losing; it is about trusting God amid the ups and downs. It is about not burying the things you are being given because you are afraid if you want to hear, "Well done, good and faithful servant." We must stop believing the lies, stop living in fear of punishment, and be willing to take risks.

From this point forward, remember the currency you are stewarding is faith, not finances.

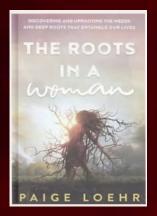




Meet Paige:

A Story-Lover, Truth-Seeker, and Kingdom Woman

At the core of Paige Loehr's work is a deep belief: your story matters, and healing is possible. Paige is a writer, speaker, and mentor who walks alongside others as they uncover the roots of their pain, rediscover their identity in Christ, and step into the freedom they were created for.



#### THE ROOTS IN A WOMAN

A bold and honest look at the hidden struggles women face—with practical, Spirit-filled tools to help you heal, grow, and rise strong.

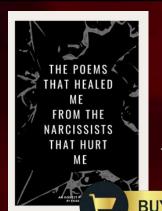


## Written to Stir the Soul and Anchor You in Truth SIN IS FINISHED:

Eradicate Habitual Sin, Rediscover Grace, and Unlock Your Christ-Centered Destiny

A bold, Spirit-led invitation to break free from shame and live fully in the finished work of Christ.





## THE POEMS THAT HEALED ME FROM THE NARCISSISTS THAT HURT ME

A raw and redemptive collection of poetry for those recovering from toxic relationships—reminding you that healing is possible, and you are not alone.



## A MOTHER'S TURNING POINT

It was 4:47 p.m. I was at my desk writing, the kind of focused quiet where the only sound is a blinking cursor and your own breathing. My phone lit up with a text from my son: "Did you hear about Charlie Kirk?" A few minutes later, my husband ran up to my office. "Did you hear that Charlie Kirk was shot and killed?" I was in shock, trying to process what I had just heard. It didn't feel real. Something in me knew the world had shifted.

I didn't know Charlie personally, but I'd watched his videos and followed his work during the presidential election. I still remember the look on his face the night

they announced President Trump's victory—tears welling as he pulled his MAGA ball cap over his eyes and his wife, Erika, wrapped her arms around him as if to say, "I'm so proud of you, baby." Charlie said, "We cannot take the credit for this. This was a move of God, saving our country." That humility stayed with me.

The grief overwhelmed me for days. I didn't understand why it affected me so deeply—this wasn't typical grief. It was bigger than bloodlines and family ties; it felt as if heaven was mourning and, at the same time, awakening the hearts of God's people to something greater.

I remember walking into my daughter's room to check on her and finding her giving a full concert to her dolls, all neatly lined up on the bed—singing with such joy and abandon, blissfully unaware of an audience. In that moment, my mind shifted to Charlie's family, his two small children, and a wave of sorrow washed over me. I couldn't stop thinking about them growing up without their father.

That day was a personal turning point for me. It's one of those moments that make you stop and take inventory of your life. Maybe it hit so hard because Charlie was the age of my three oldest children. It made me think, "Are we truly preparing our kids for the world they're inheriting? Are we teaching them to stand firm in truth, to love people boldly, to know who they are in Christ? Or are we handing them over to a world that's trying to devour them?"

This generation has grown up in a climate of hatred, division, and fear. Their social media feeds normalize addiction, sexual immorality, and gender confusion, while depression and hopelessness stalk them like a shadow.

I kept thinking about the shooter. I don't know his story, and I'm not here to condemn his parents. Although he wasn't born evil, he committed the greatest of evils.

Somewhere along the way, lies, pain, and isolation shaped his identity, and he slipped through the cracks unnoticed. That realization turned the mirror toward my own heart and home, and I knew we must do better. Our kids are counting on us to do better.

I looked at my own parenting and realized how easy it is to drift—to let exhaustion, distraction, and compromise take the driver's seat. I saw how often I chose convenience over conviction, and fear over faith. Under the constant demands of special needs parenting, I had lost sight of what motherhood really is. When did motherhood become a burden? This is one of the highest callings we can have. I may have been keeping my kids alive and safe, but was I preparing them for this world? When the world tries to sell them lies, will they reach for the Word of God, or for whatever shouts the loudest?

"FOR OUR STRUGGLE IS NOT AGAINST FLESH AND BLOOD, BUT AGAINST THE RULERS, AGAINST THE AUTHORITIES, AGAINST THE POWERS OF THIS DARK WORLD AND AGAINST THE SPIRITUAL FORCES OF EVIL IN THE HEAVENLY REALMS."

EPHESIANS 6:12, NIV



# HEAL THE PARENT, HEAL THE HOME

I started with myself. I repented for the way I had parented out of exhaustion and control instead of trust. For the times I'd yelled without taking time to hear their hearts. Yelling and punishment never prepare a child for this world; they only teach compliance without character and turn pain into the pattern they'll pass on.

I asked the Holy Spirit to sit with me in the frustration, the hurry, the mess, the meltdowns. Make my words gentle and my boundaries strong. Remind me—every time—that my home is a sanctuary, not a battleground, and my motherhood a ministry, not a punishment.



#### **GUARD THE GATE**

God has called us to be the gatekeepers of our homes—to watch what enters through screens, music, media, and words, and to stand guard in prayer over our marriages and our children's hearts. The family is God's first ministry. And if the family crumbles, society follows. Before we chase platforms or ministries, we must return to the first one God gave us—our home. When our homes fall out of order, we hand the enemy the keys. Charlie's mission was to restore the family and bring God back to the center. That same mantle now rests on us. We are the guardians of the next generation.

# HEAL THE NATION, START AT HOME

This nation will never heal from the White House. It will heal from our house. We've raised a generation that knows how to scroll, but not how to pray. They can express their feelings but not always manage them. They can debate politics, but they're starving for truth. If we want our children to produce good fruit, we must nurture the vine. That means tending to the soil of our own hearts—healing our trauma, managing our emotions, and modeling peace under pressure. Because every evil act ever committed was committed by someone's child. Each of those lives was once a baby placed in someone's arms with the same God-given assignment: raise this child up in the way they should go.

"START CHILDREN OFF ON THE WAY THEY SHOULD GO, AND EVEN WHEN THEY ARE OLD THEY WILL NOT TURN FROM IT."
PROVERBS 22:6. NIV

I won't pretend I've mastered this. Some mornings I mess up before breakfast. But something in me shifted at 4:47 p.m. that day, and I cannot stand by anymore while the Train up a child in the way he should go, and when he is old, he will not depart from it.

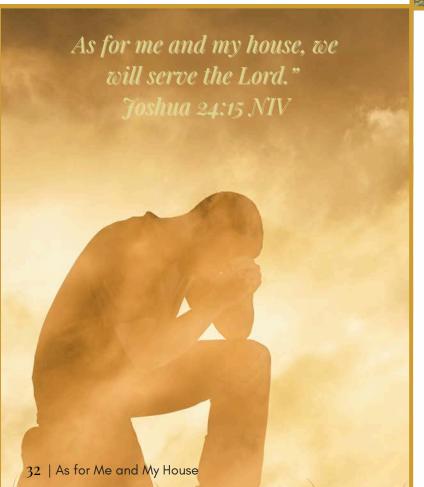
Proverbs 22:6 NKJV

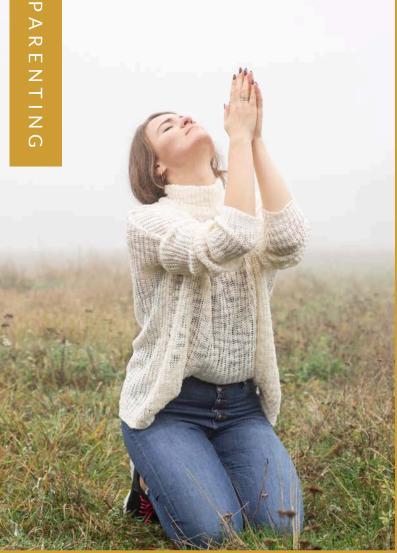
enemy disciples our children through pop culture, confusion and despair. My calling didn't begin on a stage; it began at my table—with an open Bible and an open heart, with apologies when I miss it and worship when I'm weary, with teaching my children to love the Word, not the world.

#### **CALL TO ACTION**

The Church must stop whispering when the world is shouting. We are called to be bold, not bitter, courageous, not combative, loving, but unwavering in truth.

One day, we will stand before the Lord and give account for what we did with the children He entrusted to us—not the career we built, not the platform we grew, but the lives we shaped. May we hear the words, "Well done, good and faithful servant." The world may be growing darker, but the light inside of us is growing brighter and is coming—not from the stages, but from the living rooms of parents who have decided, "As for me and my house, we will serve the Lord," (Joshua 24:15 NIV).





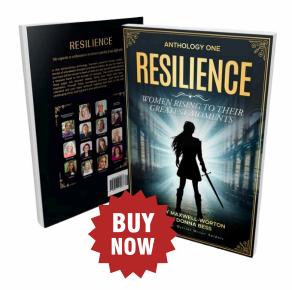
No more sitting quietly while the world defines morality for our kids. No more being their "friend" at the expense of being their parent. No more silence while what's right is being trampled. It's time for families to rise—for every parent, grandparent, and guardian to fight for their home, and for every believer entrusted with a child's heart to stand for truth and light.

Empowered Moms—women who are tired of watching the enemy devour families and are ready to stand, speak up, and fight for their homes with the power of the Holy Spirit. Together, we can heal homes, raise warriors, and build a generation that knows who they are in Christ—so they can take the baton from our hands and advance the Kingdom in theirs—and go on to do greater things than He (John 14:12, NIV).



### SPECIALLY MOMS Empowered MOMS with Deena Trocino

A Sisterhood of Moms Fighting Extraordinary Battles
Standing Strong Together



"In this extraordinary anthology, fourteen powerful women reveal their stories of unshakeable strength and determination. As you turn each page, your soul will be moved to tears of both joy and sorrow while discovering a renewed belief in the wonder of miracles.

The truths shared within these pages will resonate deeply, filling your heart with love and inspiration. Through these courageous journeys, your spirit will be rekindled and your hope restored, realizing that even in the darkest challenging times, God's grace is alive with promise."



#### Stand and Fight Like a Girl

In Stand and Fight Like a Girl, Deena Trocino shares her raw and honest journey from despair to empowerment as a special needs mom. When life took an unexpected turn, she felt overwhelmed, exhausted, and lost to the point of despair. But through unwavering faith and fierce determination, she found strength, purpose, and the ability to thrive—even amid extreme parenting challenges. With a blend of storytelling, humor, and biblical truth, Deena equips moms to step into their true identity, find joy in the struggle, and live from a place of victory.

This book is for every mom who's tired of just getting by. Stand and Fight Like a Girl is your call to rise—reclaim your joy, embrace your strength, and transform survival into victory. It's time to unleash the warrior within and thrive.

33 | As for Me and My House









#### PLANTED TO FLOURISH AND FIND COMMUNITY

My name is Teresa Brunsting. I am an author and speaker. Today, I want to tell you about how my daughter, Olivia, truly inspired me with her love of community and fellowship. It's an amazing thing when your children surpass you and end up teaching you valuable lessons about faith, courage, and connection. This was definitely the case with Olivia

After she graduated from the University of Northern Iowa in May, she spent the summer at home while applying for

jobs. She had many friends in college and was a big part of her church there. But now she would start new.

Most of the job openings she was looking for were far from home, which caused me, as a mother, to worry. I wanted her to find not only a job, but new friends where she moved and a place where she could belong. She was committed to staying in touch with friends from college, which required intentional effort but also added support while they were all job hunting.

In August, she accepted a position at a Christian publishing company in Michigan—eleven hours from anyone she knew. My heart swelled with pride and a bit of fear. Would she be lonely? Would she find her footing so far away? But now, only two months into her new life, she's already found a strong sense of community and belonging. Her social media tells the story: worship nights, young adult gatherings, new friends, and weekends serving at a local soup kitchen. She didn't wait for the community to come to her—she went out and built it.

I recently visited her in Michigan and was amazed at how quickly she'd settled in. Watching her has inspired me deeply. It reminded me that no matter our age or stage in life—whether we're twenty-two or eighty-two—community doesn't simply happen. We must be intentional.



My own mother, now in her eighties, also recently moved to a new town and continues to struggle with finding "her people." It can be hard for all ages. I pray for both my daughter and my mother as they establish community. The contrast between the two journeys has made me reflect on what truly helps us grow roots wherever God plants us. How do we get involved in our communities?

As I've watched my daughter flourish, I've seen that her success wasn't by accident. She was deliberate about surrounding herself with believers and building new friendships rooted in faith. Instead of isolating herself, she joined worship teams, volunteered in ministry, and looked for roommates through church-based groups rather than apartment listings. She made finding community a priority, and that made all the difference.

Meanwhile, my mother's journey has reminded me how different building community can look later in life. For her, it takes extra courage to step into unfamiliar circles, attend a new church, or join a senior center for companionship where she doesn't know anyone. But the principles are the same. Whether twenty-two or eighty-two, we all need to take small steps of faith to plant ourselves and allow God to grow something beautiful.

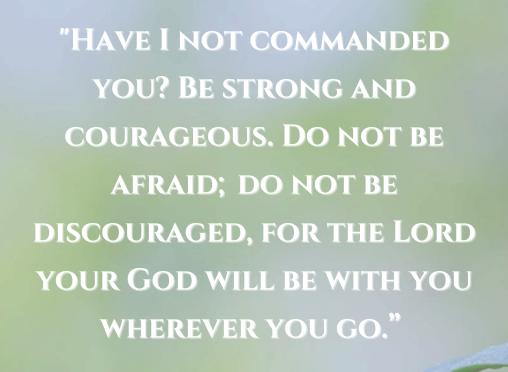
Olivia's story offers lessons not only for young adults moving away from home, but for anyone longing to find their place in a new season.

I offer you five tips that I learned from her.

- Be intentional—don't wait for community to come to you. Go to your local library and church to see what programs they have and to find out more about the community as a whole.
- Get involved early. You are your best advocate.

  Make a list of services and ministries you want to explore weekly.
- Build friendships through service. Church is a good place to meet people and build friendships while serving others.
- Stay rooted in prayer and Scripture. Make sure your first and key relationship is with the triune God.
- Keep your heart open to new people and experiences. Your "Yes" and an open heart can lead you to many new adventures.





JOSHUA 1:9 NIV

#### "SHE DIDN'T WAIT FOR COMMUNITY TO COME TO HER— SHE WENT OUT AND BUILT IT."

## "THEY ARE PLANTED IN THE HOUSE OF THE LORD; THEY SHALL FLOURISH IN THE COURTS OF OUR GOD." PSALM 92:13 ESV

When I look at my daughter now, I see someone who chose to be planted—not only to move somewhere new but to dig deep roots and let her faith guide her. She found her place by stepping out of her comfort zone and trusting God to provide the right people along the way.

Her courage has inspired me to look inward and outward—toward my church, my neighborhood, and even new opportunities to connect.

Community takes work. It requires vulnerability and faith that God will meet us where we are. And it's never too late to start again.

Sometimes, in a world where isolation often feels easier, community is a lifeline. It's how God reminds us we're not alone. My daughter's journey has rekindled my own desire to connect, to serve, and to grow right where I am planted.

When we're rooted in faith and surrounded by God's people, we don't simply survive. We thrive.

Thank you, God, for guiding and directing my daughter and my mother to community. It warms and inspires my heart.







## **NORMAL**

/nôr'məl/ adj \* English

conforming to type, standard, or regular pattern: characterized by that which is considered usual, typical, or routine.











