

AS FOR ME AND MY HOUSE

HOUSE: A Home Is More than a House

MARRIAGE: Whole, Healed, and Chosen

HEALTH: Should I Fast?

FINANCE: Creativity Brings Increase

PARENTING: Parenting Your Teen Without Losing the Relationship

COMMUNITY: Gathered by God



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PUBLISHING EDITOR

Niccie is CEO of Fulfill Your Legacy and the Legacy Leader Community and magazine, as well as host of Fulfill Your Legacy Podcast, A Spiritual Growth & Leadership Podcast To Equip Mankind & Ministries Through Holy Spirit Revelation (Discipleship), Restoration (Physical & Spiritual Support) & Education (Training & Coaching) for believers and ministries who are ready to move beyond lukewarm faith and to step into the fullness of life with Christ. Niccie has just finished her final book in the Legacy Series and now devotes her time discipling mankind and ministries into the fullness of Christ.



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 three little 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*.





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HOUSE

Mark Eastman is a business owner, author, father, and friend. His 40+ years in the construction industry has given him a passion for helping construction companies that are searching for business solutions, and people overwhelmed by the construction process. He helps both BUILD their dreams by providing businesses with systems and training to make their companies more successful, while educating and assisting customers in navigating construction.

Mark and his wife, Debby, live on their family farm in Winfield, KS in the house his great-grandfather built in 1916. In addition to doing the work that he loves, Mark enjoys motorsports, especially NASCAR and big-tired four-wheel drives.



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MARRIAGE

Christian Life Coach Sonya Jones, known as Coach Sonya J, is the founder and CEO of Nulmages of You, LLC, a faith-based coaching ministry dedicated to helping women break free from past trauma, heal deeply, and discover their identity in Christ. As a former Richmond Police Officer, Sonya brings wisdom, compassion, and spiritual authority to her work.

She is the author of *Nulmages of You: My Healing Journey & Becoming Me Prayer Journal* and serves as an intercessor and prayer warrior for God's Kingdom. Through prayer journaling, coaching, and Scripture-centered reflection, Sonya creates sacred spaces for women to experience restoration, clarity, and spiritual renewal.



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HEALTH

Dawn Ward is an author, speaker, Bible teacher, and a certified biblical life coach. She is the founder of The Faith to Flourish, a ministry offering support and encouragement to women with addicted loved ones.

The ministry also equips all women of faith to live transformed lives through inspiring teachings, mentoring, and biblical resources. She is married to Steve and mom to three adult children.

Her book, *From Guilt to Grace: Hope and Healing for Christian Moms of Addicted Children*, published September 2024, is now available.



22 FINANCES

Adrienne is a pioneer of churches in New York and Alexandria, Egypt. Adrienne has been involved in the Middle East since 2005, making several trips to the region every year. She also ministers in South Africa and Australia. In Alexandria, each year AF Ministries have a conference, "SHE HE EGYPT." Between 300 and 600 young people attend with their heart cry, "We must become the future our country needs."

As a John Maxwell graduate, Adrienne is involved in leadership training, team building and personal growth. AF ministries is about people; people are the focus of God and we partner with Him to build up all people wherever He sends us.



27 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 20 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

Adana Cengeri is a Bible teacher, speaker, writer, and missionary, as well as the founder of Qara International, a growing global ministry dedicated to discipling and equipping women. Through Qara International and the Qara Collective, she creates spaces for women to deepen their faith, develop their gifts, and step confidently into their God-given callings.

Whether teaching Scripture, speaking at gatherings, writing, or serving in cross-cultural contexts, Adana leads with clarity, compassion, and a steady commitment to seeing women strengthened and supported in every season of their journey with Jesus.

WORDS FROM THE EDITOR

NICCIE KLIEGL, FULFILL YOUR LEGACY

January 2026 has arrived, and with it a fresh beginning filled with promise and possibility. There's something sacred about standing at the start of a new year, pausing long enough to ask the Lord what He desires to speak over the months ahead. A practice I love is asking God for a word, impression, or insight for the year—not a resolution, but an invitation to walk closely with Him. Three weeks ago, as I prayed into 2026, the word the Lord placed on my heart was Jubilee.

In Scripture, Jubilee was a time of freedom, restoration, and return—debts forgiven, captives released, and inheritances restored (Leviticus 25). What a powerful reminder as we step into a new year: God is still restoring what was lost, renewing what is weary, and calling His people into deeper freedom with Him.

As we begin this new season, I encourage you to ask the Lord what He wants to reveal to you for the year ahead. It may be a word, a scripture, or a gentle nudge toward something new. Whatever He shares, trust that He will be faithful to lead you step by step.

For those of you who are new to *As for Me & My House*, welcome! We're so glad you're here. The writers in this magazine are part of our faith family, Legacy Leaders who are committed to living out their God-partnered lives in every aspect, from their homes to their work, and beyond. Our contributors come from all walks of life—parents, many Christian entrepreneurs, mentors, and more—all seeking to grow in their faith and impact their families and communities. Together, we LIVE | LOVE | LEARN | LEAD as we follow God's call, knowing that each step draws us closer to Him.

This magazine, *As for Me and My House*, is inspired by my second book in the Legacy Series, *Embracing the Loving Legacy*. As the book extends the God-partnered life into the home, this magazine touches on the same six areas: house, marriage, health, finances, parenting, and community. It's a joy to witness how God's work in our lives overflows into our homes, shaping not only our present but generations to come.

As we step into 2026, whether this year brings renewal, healing, bold steps of faith, or quiet growth, let's continue to invite God into every part of our journey. May this month's issue inspire you to listen closely to His voice, walk confidently in His leading, and embrace the legacy He is building through you.

We hope you enjoy the wisdom and encouragement shared by our fellow Legacy Leaders in this month's God-partnered magazine.

Niccie Kliegel



Construction begun



We're almost done...



House is finally done!



We are home!



MARK

AS FOR ME AND MY HOUSE
CONTACT MARK

EASTMAN

A HOME IS MORE THAN A HOUSE

It Comes Down to How You Think

The words home and house are almost always used interchangeably. Their definitions are, in fact, nearly identical. For me, as a builder, I see them differently.

To me, a house is a residential building—something physically constructed to provide human habitation. It's a collection of concrete, boards, shingles, drywall, and more, all assembled together. It's a place to get out of the rain. It's a structure.

A home, on the other hand, is more than simply a place where you go to get out of the weather. It provides you with safety and security—like a mother's hug. It's the place you want to be when everything around you feels like it's falling apart. A place of warmth and comfort.

**"USE WISDOM AND UNDERSTANDING TO ESTABLISH YOUR HOME;
LET GOOD SENSE FILL THE ROOMS WITH PRICELESS TREASURES,"**
(PROVERBS 24:3-4 CEV).

It's common for words to mean different things to different people or to be used in different ways at different times.

Here's a good example of how *house* can mean something more. In the Bible, when Joshua was talking to the people of Israel at Shechem, he reminded them that their ancestors had served other gods. He walked them through their history and how they had gone back and forth on following God and not. Then, in Joshua 24:14-15 (NKJV), he challenged them to choose who they would follow. He closes with:

"...AS FOR ME AND MY HOUSE, WE WILL SERVE THE LORD."

In this context, the word *house* is not a physical building. It means family. In fact, several different translations use the word family instead.

The point I want to make is this: we need to be clear about what people mean when they say something. And if we aren't sure, we need to ask questions.

There are similarities between a house and a home. Whether you're building a physical house or a home to raise a family, you need to be clear on what you want and have a plan for how you're going to do it. As a builder, I want to help my customers build a home, not just a house.

Too many construction companies miss this. They focus on the construction project rather than the person—the customer's wants and needs. This mindset often leads to discontented customers and missed opportunities.

"EACH OF YOU HAS BEEN BLESSED WITH ONE OF GOD'S MANY WONDERFUL GIFTS TO BE USED IN SERVICE TO OTHERS. SO USE YOUR GIFT WELL," (1 PETER 4:10 CEV).

But building is about more than physical construction only. It's a way of looking at things. It's how I approach everything in life. I am a builder, after all.

Here's how I view life from a builder's perspective:

We all have multiple areas in our lives. I break mine into seven: spiritual, family, vocation, financial, personal well-being, ministry, and social/community. Then, I put a builder's spin on them:



SPIRITUAL—BUILD MY RELATIONSHIP WITH GOD

This includes reading through the entire Bible each year by spending time in it daily, communicating with God through journaling and praying throughout the day, and participating in at least two group Bible studies each year.



FAMILY—BUILD A FAMILY LEGACY

Regularly scheduled meals out with my wife, individual time with each of my kids every six weeks, and Sunday lunches with parents, siblings, nieces, and nephews after church.

“Use wisdom and
understanding to
establish your
home; let good
sense fill the
rooms with
priceless
treasures.”

Proverbs 4:3-4 (CEV)



VOCATION—HELP PEOPLE BUILD THEIR DREAMS

Providing construction customers with experiences beyond their expectations, and helping construction companies BUILD their businesses through coaching and consulting.



FINANCIAL —BUILD WEALTH

Having a plan and setting goals for generating annual revenue while keeping bills paid and finances in order.



PERSONAL WELL-BEING— BUILD THE BEST ME

Eating right, being physically active, taking the stairs instead of the elevator, and staying on top of regular doctor and dentist visits.



MINISTRY—HELP OTHERS BUILD THE BEST THEM

Leading Sunday school at church, sharing those messages through weekly emails and blog posts, and taking an active role in church leadership.



SOCIAL / COMMUNITY—HELP BUILD A BETTER WORLD

Serving on the township board, building and maintaining relationships in the community, and participating in public events.

Over the years, I learned that BUILDing a successful business and life is about more than construction. That's where the BUILD Process came from.

This process starts with being aware that something isn't right—there shouldn't be this many problems. Next comes understanding the problems and figuring out how to fix them. Then comes the most important (and hardest) part: taking intentional action. Once you start taking action, you will have to learn—and keep learning. If you take those four steps, the final piece is the delivery of your dreams.

BUILDing the business and life you're meant to live comes down to one choice: deciding to do something.

“SUPPOSE ONE OF YOU WANTS TO BUILD A TOWER. WHAT IS THE FIRST THING YOU WILL DO? WON'T YOU SIT DOWN AND FIGURE OUT HOW MUCH IT WILL COST AND IF YOU HAVE ENOUGH MONEY TO PAY FOR IT? OTHERWISE, YOU WILL START BUILDING THE TOWER, BUT NOT BE ABLE TO FINISH,” (LUKE 14:28-29A CEV).

Now, I know not everyone reading this is a builder or a contractor. But chances are, you know someone who is. Someone trying to juggle job sites, employees, customers, and family, all while feeling like there simply aren't enough hours in the day.

If that sounds familiar, I'd invite you (or them) to check out our website. It's where I share the same systems, tools, and lessons I've learned from decades in this industry, designed to help builders not only build houses, but build the businesses and lives that they're called to build.

Visit <https://go.solutionbuilding.net/homepage> to learn more about how we can help BUILD better.

Because whether you're raising a family, running a business, or building a dream, it all starts with having the right foundation.



The tools you need for BUILDing the construction business of your dreams.

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Toolbox Here!

Learn More



The Business BUILDing Toolbox

Includes tools for sales, production, finance, business organization, and better communication both internally and externally!

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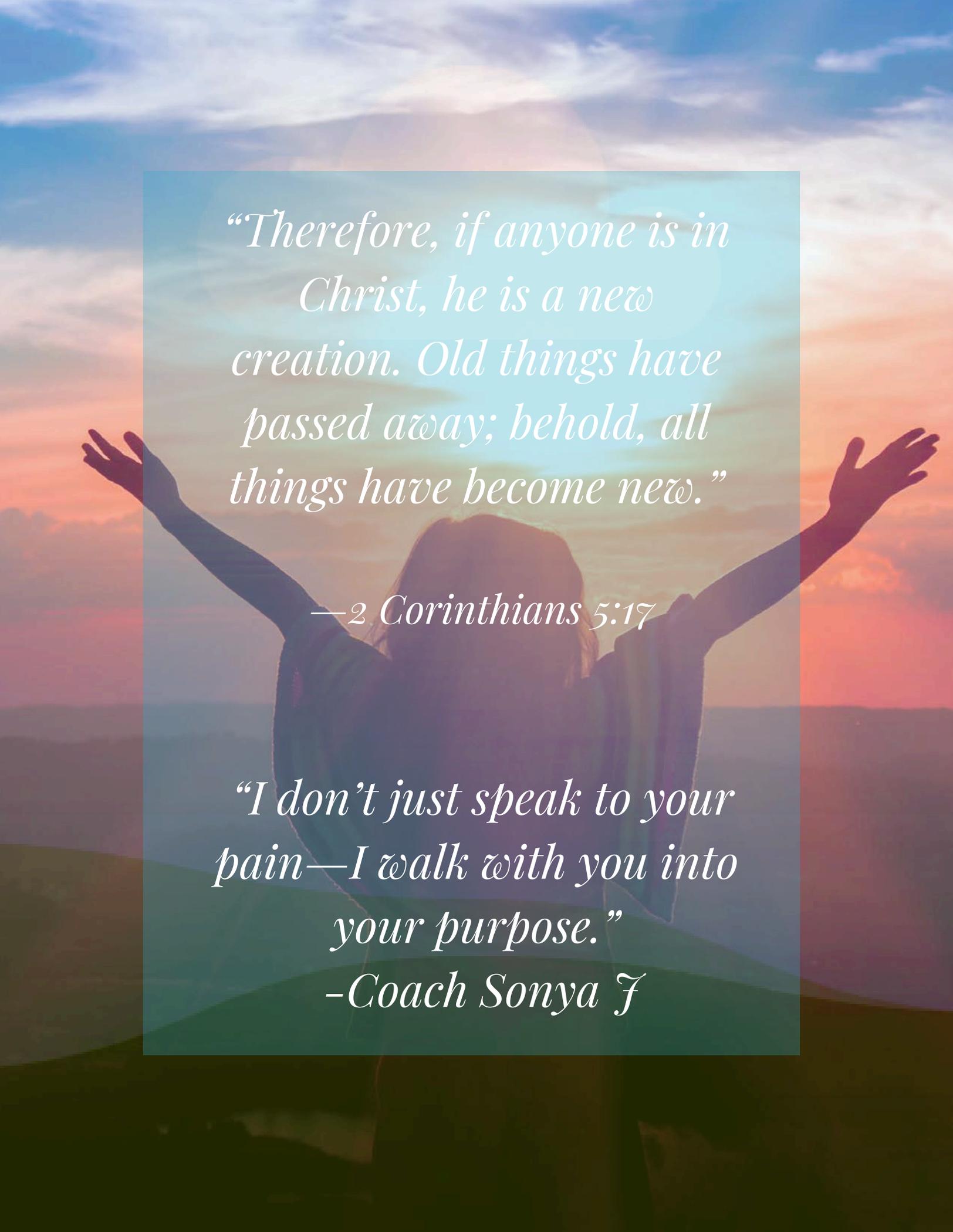
SONYA JONES

AS FOR ME AND MY MARRIAGE
CONTACT SONYA

WHOLE, HEALED, AND CHOSEN: BECOMING THE WIFE GOD DESIGNED YOU TO BE

My name is Sonya Jones, affectionately known as Coach Sonya J. I have the honor of walking alongside women as they heal, grow, and rediscover who they are in Christ. This topic—wholeness as a wife—is deeply personal to me because I have not only dealt with some of the same issues personally, but I have seen how unhealed wounds quietly shaped other women’s marriages. I’ve watched strong, faith-filled women love deeply yet struggle internally because past trauma was never addressed. I believe God desires more for His daughters.

Being a wife is not about perfection; it is about alignment. When a woman is whole—emotionally, spiritually, and mentally—she shows up in marriage from a place of strength rather than survival. In this article, I want to share four key truths that are essential for becoming the wife God designed you to be: **Healing from past trauma, Embracing your new identity in Christ, Understanding your value as “The Good Thing,”** and **Cultivating loving, healthy communication.**

A person is seen from behind, standing on a grassy hill with their arms raised in a gesture of praise or joy. The background is a vibrant sunset or sunrise over a body of water, with the sky transitioning from deep blue to bright orange and yellow. The sun is low on the horizon, creating a soft glow. The person is wearing a dark-colored top. The overall mood is one of hope and renewal.

“Therefore, if anyone is in Christ, he is a new creation. Old things have passed away; behold, all things have become new.”

—2 Corinthians 5:17

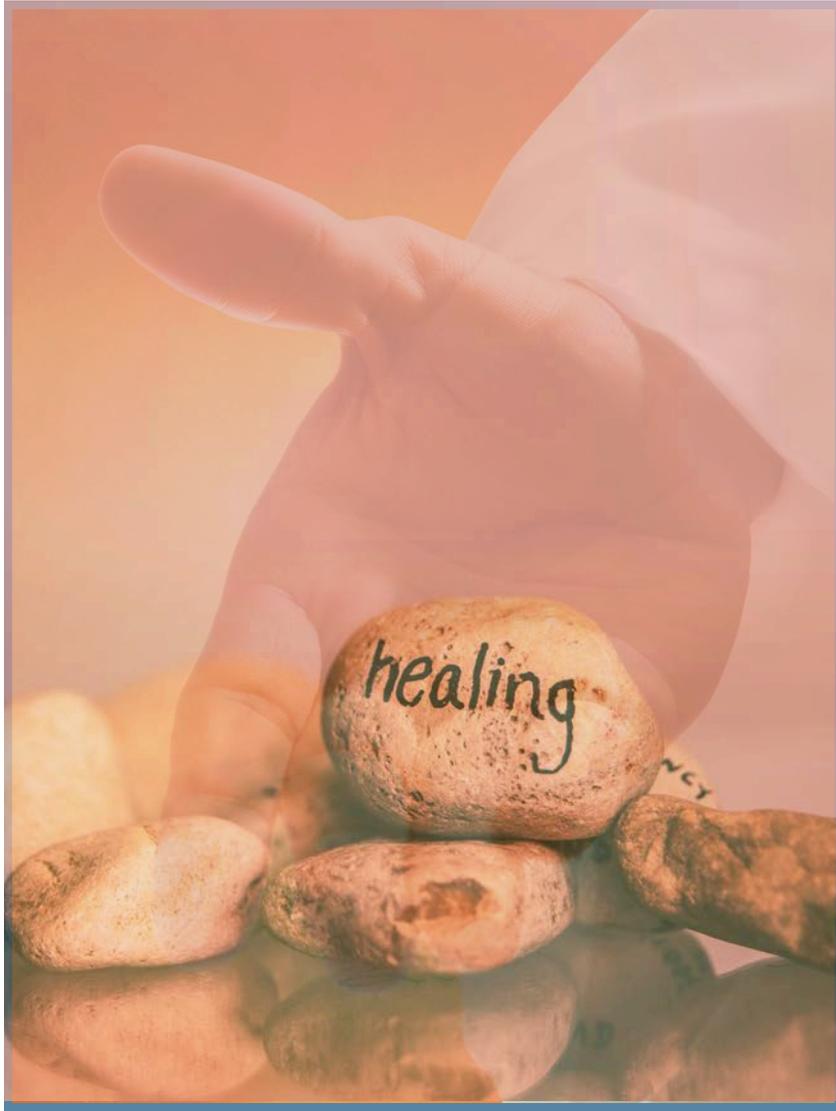
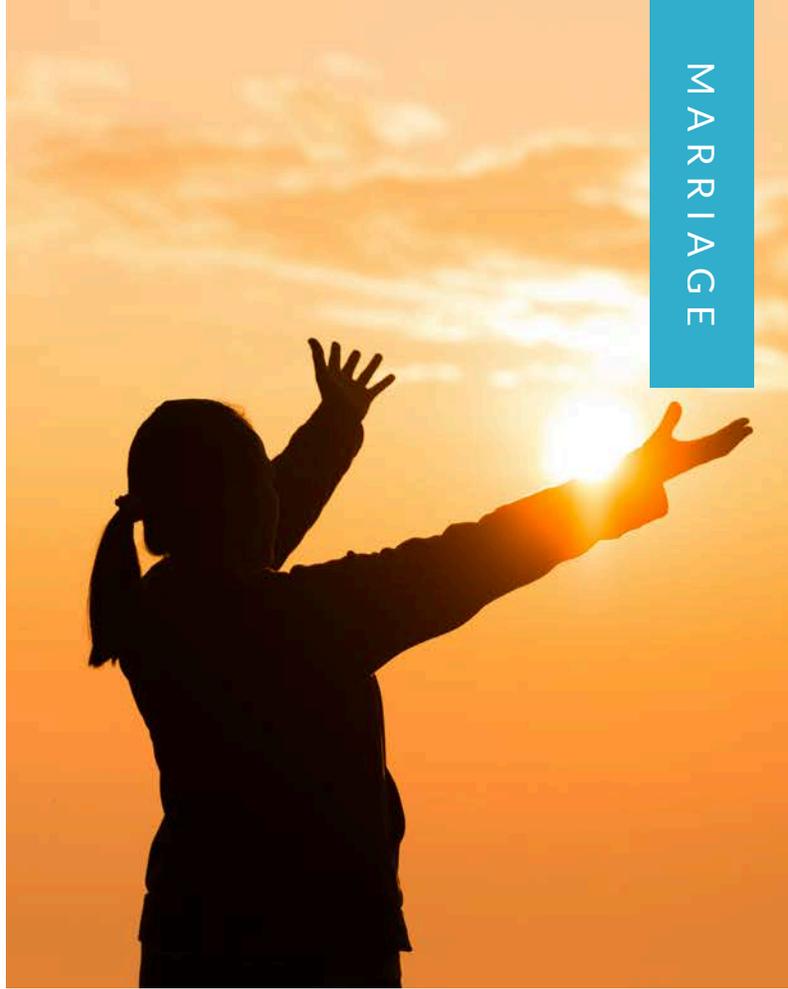
“I don’t just speak to your pain—I walk with you into your purpose.”

—Coach Sonya F

1 HEALING IS ESSENTIAL, NOT OPTIONAL

Many women enter marriage carrying wounds from childhood, past relationships, rejection, or betrayal. These wounds don't disappear when vows are exchanged—they surface in communication, trust, and emotional connection. Unhealed trauma often shows up as defensiveness, fear of abandonment, people-pleasing, or emotional withdrawal.

Healing is not a sign of weakness; it is an act of obedience. God desires to heal the broken places of our hearts so we can love freely and without fear. Through prayer, Scripture, and intentional reflection, women can begin to confront what has been buried and allow God to restore what was damaged. When healing takes place, marriage becomes a place of partnership instead of pressure.



2 YOU ARE A NEW CREATION IN CHRIST

2 Corinthians 5:17 declares,

“THEREFORE, IF ANY MAN BE IN CHRIST, HE IS A NEW CREATURE: OLD THINGS ARE PASSED AWAY; BEHOLD, ALL THINGS ARE BECOME NEW.”

This truth applies not only to salvation but to identity. Many women still see themselves through the lens of their past—what they endured, what they lacked, or who hurt them.

When a woman fully embraces her identity in Christ, she stops living from old narratives and begins walking in truth. She understands that her past does not disqualify her—it prepares her. As a new creation, she is free to love without fear, communicate without insecurity, and stand confidently in who God has called her to be.

3 A WHOLE WOMAN IS “THE GOOD THING”

PROVERBS 18:22 SAYS,
“WHOSO FINDETH A WIFE FINDETH A GOOD THING,
AND OBTAINETH FAVOUR OF THE LORD.”

This Scripture is not about performance—it is about positioning. A wife is called “a good thing” because she reflects God’s favor when she is aligned with Him.

When a woman is whole, healed, and walking upright before God, she embodies peace, wisdom, and strength. She is not striving to prove her worth; she knows it. Her presence brings stability, encouragement, and grace into her marriage. Wholeness allows her to be a blessing, not a burden, overflowing with the favor of the Lord.

4 WHOLENESS PRODUCES HEALTHY COMMUNICATION

A woman who knows who she is in Christ understands how to love well. And loving well requires excellent communication. Healthy communication is rooted in honesty, humility, and grace—not fear or control.

A healed wife knows how to express her needs clearly, listen without defensiveness, and address conflict with maturity. She understands that silence can be just as damaging as harsh words. Because her identity is secure in Christ, she can speak truth in love and pursue unity without losing herself in the process.

CLOSING ENCOURAGEMENT

Wholeness is not a destination; it is a daily surrender. It is choosing healing over hiding, truth over fear, and obedience over comfort. When a woman allows God to heal her heart, anchor her identity, and guide her steps, she becomes the wife He designed her to be.

If you are on this journey, know this: God is not finished with you. Healing is possible. Newness is promised. And as you walk boldly before Him, you are not only becoming a better wife; you are becoming whole, favored, and deeply loved.

Newness in Christ is not only about who we are becoming—it is also about what we are releasing. Healing invites us to lay down old identities shaped by pain, fear, or disappointment and receive the wholeness God freely offers. As you reflect, ask yourself: What has God already made new in me—and what is He still inviting me to surrender?

“He who finds a wife finds a good thing and obtains favor from the Lord.”

—Proverbs 18:22





Hi, I'm Coach Sonya J.

I am Coach Sonya J., a Christian Life Coach and the CEO of Nuimages of You LLC, a faith-based organization dedicated to helping women Break Free from Past Trauma. Heal Deeply. Rise Boldly into Your Divine Identity. As a devoted intercessor and prayer warrior, I believe in the transformative power of prayer, the Blood of the Lamb, and the word of testimony brings us...

- Break Free from Past Trauma.
- Heal Deeply.
- Rise Boldly into Your Divine Identity.

My mission is to empower women through the guidance of the Holy Spirit.

Nuimages Of You Free Workshop

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- ✦ Identify The Root Causes Of Emotional And Spiritual Struggles
- ✦ Understand The Power Of Forgiveness And Repentance For Lasting Freedom
- ✦ Learn How To Renew Your Mind And Spirit Through Prayer And The Word
- ✦ Reconnect With Your Divine Identity And Purpose In Christ
- ✦ Take The First Steps Toward Healing And Transformation Through God's Truth

Part 1: Break Free & Heal



- ✦ Forgiveness And Repentance Practice
- ✦ Mind And Spirit Renewal Tools
- ✦ Healing And Transformation Steps
- ✦ Identify Inner Barriers
- ✦ Freedom Flow Practice

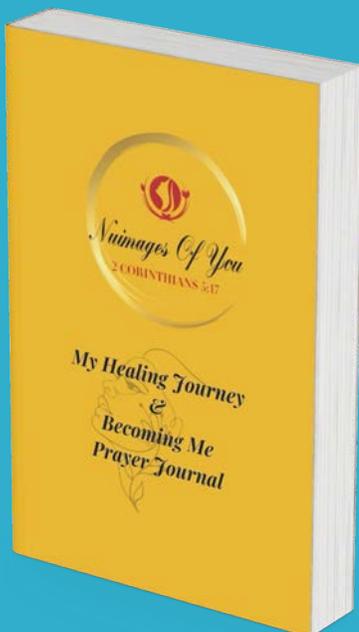
Part 2: Identity & Purpose



- ✦ Your Legacy Story
- ✦ Purpose Clarification Framework
- ✦ Identity In Christ Reset
- ✦ Stepping Into Your Purpose Confidently
- ✦ Purpose Activation Steps

My Healing Journey & Becoming Me

PRAYER JOURNAL PAPERBACK – JUNE 21, 2024
by Sonya M. Jones (Author)



The My Healing Journey & Becoming Me Prayer Journal is a lined page journal that is equipped with weekly encouraging messages; there are also weekly affirmations to assist you in becoming the woman God created you to be. This journal has daily scriptures to guide you in maturing your relationship with Christ as you study His word. The journal has daily note pages which allows you to write out your thoughts as you meditate on the scriptures for that day. There are weekly reflection pages and answered prayer pages to give you space to ponder your weekly journey. This journal helps you to reflect on your life as you grow through the 12 weeks of scriptures, journaling, and participating in reflection prompts. Are you ready to soar in the things of God? Then this prayer journal is for you. Happy growing in Christ.



My Product Offers

DAWN R. WARD

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



SHOULD I FAST?

Hi. My name is Dawn Ward. I am the founder of the ministry, The Faith to Flourish, providing women with Biblical teaching and resources to help them grow in their faith and flourish in their callings. We also support women whose loved ones struggle with addiction and mental health issues. As someone who was employed in the medical provision for over 25 years, I look forward to answering your questions about fasting and sharing with you the benefits of fasting in this month's health article.

“OR DO YOU NOT KNOW THAT YOUR BODY IS A TEMPLE OF THE HOLY SPIRIT WITHIN YOU, WHO YOU HAVE FROM GOD? YOU ARE NOT YOUR OWN, FOR YOU WERE BOUGHT WITH A PRICE. SO GLORIFY GOD IN YOUR BODY,”
(1 CORINTHIANS 6:19–20 ESV).

WHAT THE BIBLE SAYS ABOUT FASTING

“THEN JESUS WAS LED UP BY THE SPIRIT INTO THE WILDERNESS TO BE TEMPTED BY THE DEVIL. AND AFTER FASTING FORTY DAYS AND FORTY NIGHTS, HE WAS HUNGRY,” (MATTHEW 4:1–2 ESV).

Before the clock strikes midnight on New Year’s Eve, most people have made a list of resolutions for the new year. For millions, getting in shape physically is at the top of that list. Sadly, after a few short weeks, only a small percentage of Americans continue to work towards achieving their health and fitness goals.

For those who are committed to improving their health, the options for how to go about it seem endless. Some of these diets may sound familiar: High-protein, Carnivore, Low-carb, Mediterranean, DASH, Plant-based, and Intermittent Fasting. Perhaps you have tried a few of these popular trends—with or without success. But what about a spiritual fast? Have you ever taken part in a fast as a way of drawing closer to the Lord?

Spiritual fasting is the voluntary act of going without food—or any other action or substance that we enjoy—for the sake of growing spiritually. When we practice the spiritual discipline of fasting to grow in our relationship with the Lord, we benefit in other ways as well. We also nurture our souls and nourish our physical bodies.

Each January, I begin the new year off by joining a church I follow online in fasting together as a community. The church participates in a 21-day fast called the Daniel Fast. While the goal is to pray for ourselves, our families, and our communities, we also have the benefit of eating a nutritional, albeit limited, diet of primarily healthy fruits, vegetables, and grains.

Jesus practiced fasting, which was customary of the Jewish people in that day. Combined with prayers of repentance and lamenting, the people humbled themselves before God and sought His forgiveness and mercy. While Jesus had no need for repentance, He fasted as an act of submission to His Father’s will and to strengthen Himself as He faced being tempted by the devil. Jesus was hungry. He was tired. But spiritually He was strong and fully prepared to overcome the temptations of Satan.

Likewise, we are to practice fasting for similar reasons. We are daily faced with the temptations of our flesh: the lust of the eyes, the lust of the flesh, and the pride of life (see 1 John 2:16). Fasting strengthens us in our bodies and spirits to say “no” to our flesh and live according to the Spirit.



"When we fast as
believers, our
fasting is not
merely to control our
flesh. It is done as
an act of worship to
our Lord."

- Dawn Ward

“BUT I SAY, WALK BY THE SPIRIT, AND YOU WILL NOT GRATIFY THE DESIRES OF THE FLESH. FOR THE DESIRES OF THE FLESH ARE AGAINST THE SPIRIT, AND THE DESIRES OF THE SPIRIT ARE AGAINST THE FLESH, FOR THESE ARE OPPOSED TO EACH OTHER, TO KEEP YOU FROM DOING THE THINGS YOU WANT TO DO,”
(GALATIANS 5:16–17 ESV).

FASTING FOR SELF AND SOUL CARE

“BUT HE ANSWERED, ‘IT IS WRITTEN, “MAN DOES NOT LIVE BY BREAD ALONE, BUT BY EVERY WORD THAT COMES FROM THE MOUTH OF GOD,””
(MATTHEW 4:4 ESV).

Along with the spiritual benefits of fasting, our bodies also benefit when we allow them to rest from the daily ritual of consumption. Whether it is skipping a single meal to pray, following a sunset-to-sunset pattern like in the Jewish tradition, or partaking in a longer fast with appropriate medical precautions and considerations, fasting can be beneficial both spiritually and physically.

The act of fasting helps us to practice self-discipline and self-denial—something our decadent and indulgent society often shirks. But when we voluntarily set aside the foods, substances, and behaviors we find pleasurable for a season, we increase our ability to hear God’s voice and sharpen our spiritual hunger. Daniel avoided all delicacies like wine and meat for three weeks as he sought God’s wisdom (Daniel 10:3).

Fasting has recently become a popular trend in our country. Dieticians, researchers, and physicians are now encouraging people to practice the discipline of fasting for its health and weight loss benefits. When done correctly and under the proper medical supervision, fasting can be a beneficial aid in living healthier lives.



FASTING AS A SACRED ACT OF SUBMISSION

When we fast and pray, we should do so with a repentant heart and in a posture of humility. As taught in Joel 2:12–13, fasting positions us to come into the presence of God and seek His face.

“‘YET EVEN NOW,’ DECLARES THE LORD, ‘RETURN TO ME WITH ALL YOUR HEART, WITH FASTING, WITH WEeping, AND WITH MOURNING; AND REND YOUR HEARTS AND NOT YOUR GARMENTS.’ RETURN TO THE LORD YOUR GOD, FOR HE IS GRACIOUS AND MERCIFUL, SLOW TO ANGER, AND ABUNDING IN STEADFAST LOVE,”
(JOEL 2:12–13A ESV).

As followers of Christ, we are to seek the Lord in every decision we make—this includes whether to fast or not, as well as how to fast. As we seek wisdom from the Lord, His Spirit will guide us in the details of our fast. When we fast as believers, our fasting is not merely to control our flesh. It is done as an act of worship to our Lord. Because fasting is a spiritual act of worship, the Bible teaches us to do it in secret.

“BUT WHEN YOU FAST, ANOINT YOUR HEAD AND WASH YOUR FACE, THAT YOUR FASTING MAY NOT BE SEEN BY OTHERS BUT BY YOUR FATHER WHO IS IN SECRET. AND YOUR FATHER WHO SEES IN SECRET WILL REWARD YOU,” (MATTHEW 6:17–18 ESV).

As followers of Christ, we are to seek the Lord in every decision we make--this includes whether to fast or not, as well as how to fast. As we seek wisdom from the Lord, His Spirit will guide us in the details of our fast. When we fast as believers, our fasting is not merely to control our flesh. It is done as an act of worship to our Lord. Because fasting is a spiritual act of worship, the Bible teaches us to do it in secret.

FASTING AS A SACRED ACT OF SUBMISSION

**“IS NOT THIS THE FAST THAT I CHOOSE: TO LOOSE THE BONDS OF WICKEDNESS, TO UNDO THE STRAPS OF THE YOKE, AND TO LET THE OPPRESSED GO FREE, AND TO BREAK EVERY YOKE?”
(ISAIAH 58:6 ESV).**

I encourage you to take a deep dive into the Scriptures to learn what the Bible teaches about fasting. As you do so, remember that everything Jesus did He did for the purpose of glorifying His Father. When we fast, we will benefit in many ways. But most importantly, we fast to pray for and bless others who are suffering under the bonds of oppression. As we deny ourselves, we grow in intimacy with Jesus. We begin to see people as He sees them. We love them as He loves us (Mark 12:30-31).

If you decide to embark on a fast in this new year, begin by seeking the Lord and asking Him to reveal His purpose for your fast. Participating in a fast for the purpose of improving your health is great. But the Lord's plan for us is much richer than the fatty foods we are denying ourselves. In all we do, let us bring glory to our Lord.

“SO, WHETHER YOU EAT OR DRINK, OR WHATEVER YOU DO, DO ALL TO THE GLORY OF GOD,” (1 CORINTHIANS 10:31 ESV).





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New Book -
From Guilt to Grace:
Hope and Healing for Christian
Moms of Addicted Children
Now Available!

From Guilt to Grace: Hope and Healing for Christian Moms of Addicted Children, written from the heart of a mom who has been there and understands the emotional, mental and physical stress put on moms of addicted children. Dawn offers biblical truths, personal experience, spiritual support, and practical advice to help moms overcome their feelings of pain, guilt, and shame, so they can find hope and healing through the grace of Jesus Christ.

The Faith to Flourish

by Dawn Ward

AUTHOR, SPEAKER,
BIBLE TEACHER

Equipping Women to Flourish
through God's Word

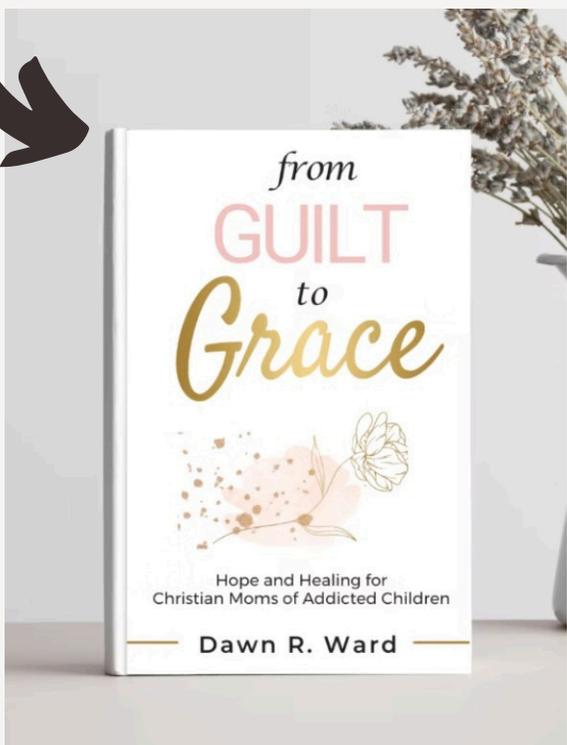
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ADRIENNE EVANS

AS FOR ME AND MY FINANCES
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CREATIVITY BRINGS INCREASE

The subject of finance is such a diverse topic. So many of us have been taught over the years on how to give so we can earn blessings in return. This is true but there are other ways we can also add to our income.

I have found most Christians—most people in general—prefer to give rather than receive. Giving is a part of our God-nature because He gave and continues to give such wonderful blessings in so many ways. When we give to a project we believe in, when we quietly give alms to someone in need, when we give to our local church or ministries to support missions locally and across the world, it brings a deep satisfaction to our hearts. It truly is correct to say that it is more blessed to give than to receive.

I would like to share in this note about receiving. It can be a difficult subject for all of us, yet, even though it can feel uncomfortable, there is a promise attached to giving.

In the current economic times, many are facing lack and maybe it is a time to dig a little deeper into the creative nature of God. Many times, this part of us is left dormant as we continue down the same paths using the same method to achieve in life.

A mentor of mine once said, "What the world needs is not more money, but more creative ideas." Nearly all we use in life, someone created and they're living off the financial gain of the idea. We can too easily look around us and see no possible way forward, but this can cloud the natural gifts and talents God gave us. He intended for us to take dominion over all of life, including our finances. It may not be a simple matter of giving money and then waiting for someone to hand us a check in reward, though I know at times this can certainly happen. I do not dismiss the idea of giving finance and expecting reward, but I would also like us to have a look at what is in our hand to do and our heart to dream.

We can think our strengths and giftings are minimal, or we can have a lower opinion of ourselves, so the value of what we can do and build is voided before we even start. We then sacrifice our potential on the altar of self-protection, self-denial, or a lack of self-worth.

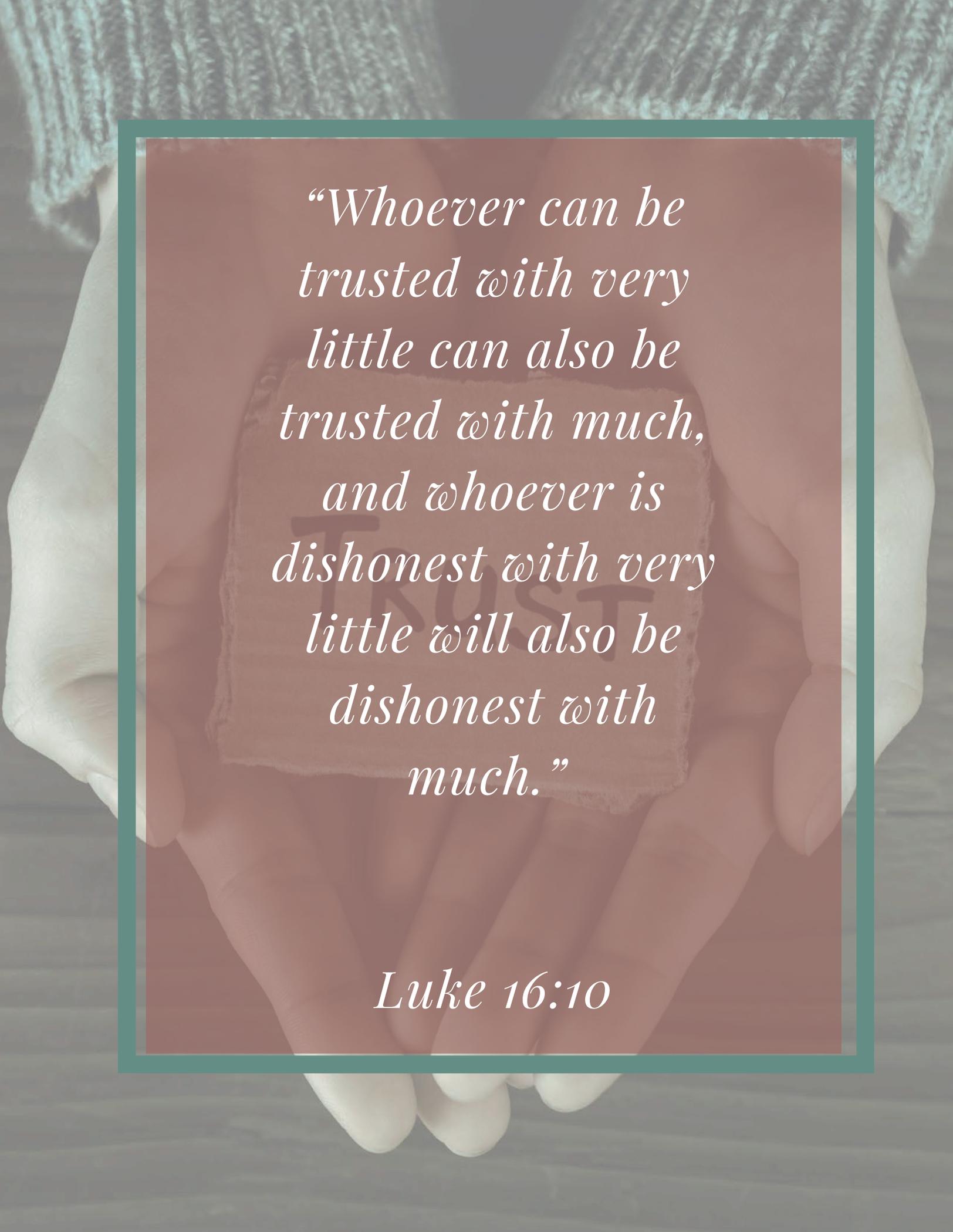
When the disciples were confronted with a huge need to feed the 5,000, their response was to send them away: "We don't have enough for this need." Jesus responded with, "What is in your hand? If you give it to me, I will multiply it and you can meet the needs and have leftovers."

Is what we have in our hands so small in our own eyes that we don't think to dedicate it to Jesus and then begin to use it? Jesus begins with "not enough" and blesses it to become "more than enough." One of my favorite thoughts is:

"IF YOU ARE FAITHFUL IN LITTLE THINGS, YOU WILL BE FAITHFUL IN LARGE ONES," (LUKE 16:10 NLT).

Even though the passage goes on to say that if we are dishonest in the little things we will be dishonest in the greater, I understand the word dishonest can be hard to hear. If we simply put it in the context of our writing, it means if we can't see our talents and strengths honestly through our Father's eyes, we will overlook them as being too small to make a difference.



A pair of hands, one from the left and one from the right, are shown holding a small, rectangular piece of light-colored paper. The paper has the word "TRUST" written on it in a dark, serif font. The hands are positioned as if presenting the paper. The background is a soft, out-of-focus image of a person's torso wearing a light-colored, textured sweater. The entire scene is framed by a thin, dark green border.

*“Whoever can be
trusted with very
little can also be
trusted with much,
and whoever is
dishonest with very
little will also be
dishonest with
much.”*

Luke 16:10

One of my favorite Bible testimonies is in 1 Kings 17:10-15. It is about the woman who was gathering sticks in a field when Elijah came into town under the instruction of God. The woman is easy to overlook as she stands in the shadow of Elijah in this story. She was a single mother, living in a terrible economy; she was not a woman of faith, simply a mother doing her best with her life and son. It was not a negative confession when she stated she and her son would die in a couple of days. It was fact. Instead of sitting in her tent feeling sorry for herself, she chose to rise up with the little she had and use it up.

I am sure there were many who in the same position would have given up with thoughts of hopelessness running through their minds: "It's not worth the effort to make a little difference to the current situation without changing the situation."



It was the woman's drive to use all the substance she had, all the strength she had, that placed her in the field gathering sticks when Elijah came to town. Her mindset that we may be encouraged by is that nothing is too small, nothing is too hopeless, nothing is over while we still have a little in our hands.

We, as believers, have more than she did. We have our faith in Him. We have His precious promises. We have an understanding that our strengths come from Him to equip us in life, enable us to be victorious if we will pick up the ideas He has given us, present them to Him and commit to action to develop them.

Somewhere in our present needs, there is an idea, so small it is invisible but when given life and a commitment to action, it marries with the strengths God has given us and will take us to fulfillment. Is there a book to be written on the inside of you? Is there a business to be started in your heart? Are there adjustments in your thinking that need to be made? The smallest adjustments can produce great futures. Every dream fulfilled began with an idea that was not dismissed.

God has gifted us so we can take dominion in our lives, and this includes with our finances. I listened to Miles Munroe speak of a lady who had a unique cookie recipe. Everyone who knew her wanted her cookies; now she makes more income than she could imagine because she realized many more people wanted to have her cookies.

It is giving glory to God for the creative ideas and strengths He has given us by developing them, birthing them, and enabling them to be a blessing to our lives and others.

God's Gifts



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to propel you forward

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OUR MISSION FIELD IS YOUR WORLD

MY SIGNIFICANCE

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CARRIE HURLEY

AS FOR ME AND MY PARENTING

[CONTACT CARRIE](#)

PARENTING YOUR TEEN WITHOUT LOSING THE RELATIONSHIP

From the time my kiddos were toddlers, we repeatedly let them know that God gave Mommy and Daddy two main jobs: 1. Protect them, and 2. Point them to Jesus.

It's a lot harder to protect them as they get older, and I am reminded that God is their ultimate protector. I just get to be along for the ride. I get to be His hands and His feet.

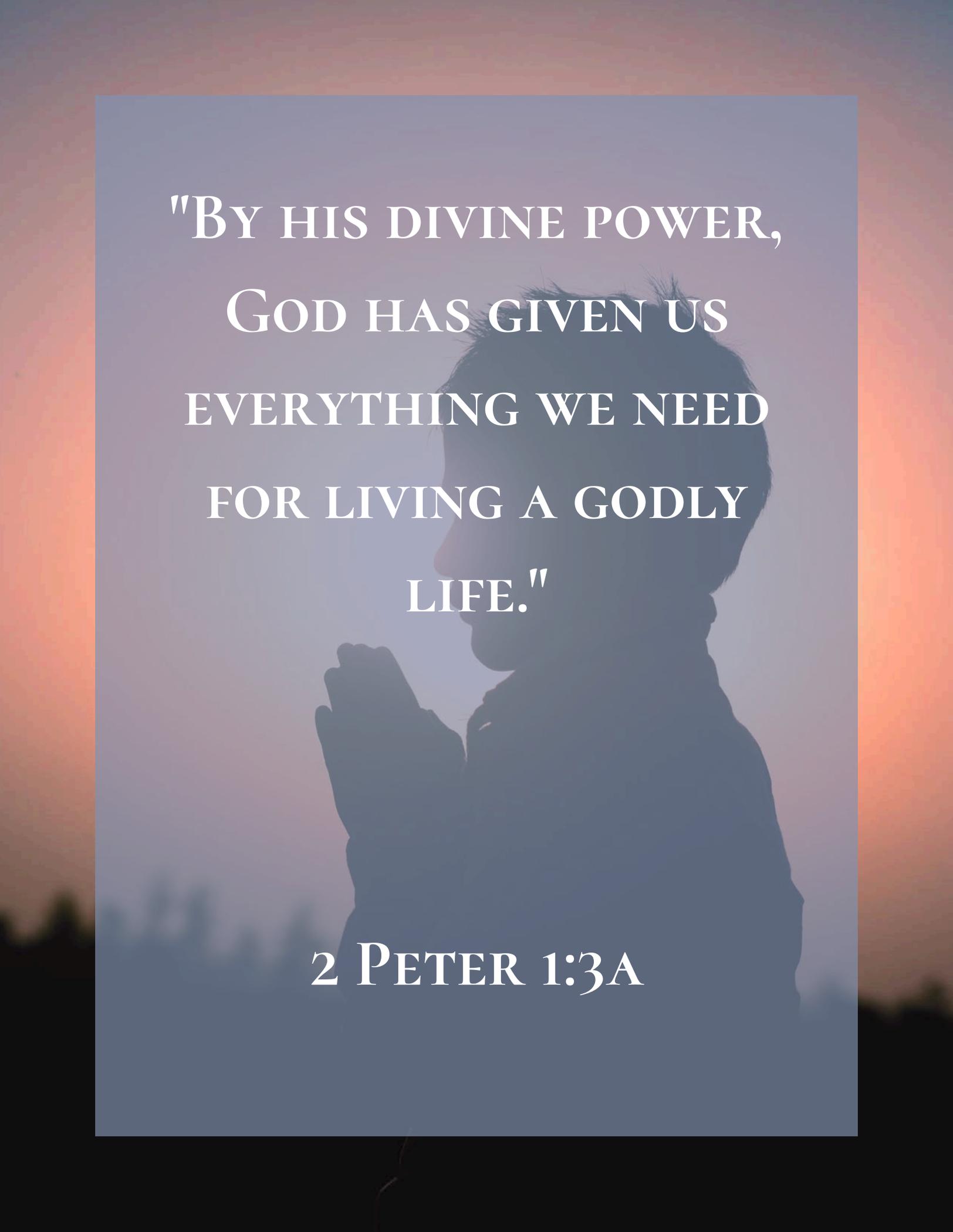
Below are three basic actions God has guided us to use. By His grace, we have built a family culture where these work with our teens. Our family culture is one of kindness, respect, boundaries, discipline, love, with Jesus as the center. We don't always get it right; our family isn't perfect but our family culture keeps us connected to Him.



REALLY LISTEN

"Mom! Just listen to me!" She was 12 and we were walking through a meltdown. I wanted to fix things, but she simply needed to be heard without my interjection. Don't get me wrong; it's not easy to be quiet, to listen to understand while avoiding trying to fix it. Sometimes I will hit pause and ask, "Do you want me to listen or to help you solve this?"

We all want to be heard fully, to know that what we have to share matters. Some of us are verbal processors who need someone along for the ride.

A silhouette of a person with their hands clasped in prayer, set against a background of a sunset or sunrise. The person's head is tilted slightly, and their hands are pressed together in front of their chest. The background is a gradient of orange and yellow, with a dark blue overlay on the left and right sides.

"BY HIS DIVINE POWER,
GOD HAS GIVEN US
EVERYTHING WE NEED
FOR LIVING A GODLY
LIFE."

2 PETER 1:3A

Sometimes, the words of the Holy Spirit come out of our mouths, and we need a witness who can remind us of what we said.

When I am really listening to my kiddos, I get to meet each of these needs for them. Right now, we are the primary ones who get to fill this role. My prayer is that it doesn't only meet an immediate need, but by modeling this for them now they are able to do that for their friends, future spouse, and their children.

2 ASK IF THEY WOULD LIKE A SUGGESTION

We love our kiddos and want to help them, right? Years of wisdom gleaned from our own experiences and mistakes have given us plenty of ideas to share about what we think they should do; however, sometimes they are not ready to hear it.

By asking them if they would like a suggestion for a solution, I am showing them respect, not simply telling them what I think they should do. They are pushing into the arena of adulthood, and they need more and more practice in navigating making decisions and solving problems. They need a softer place to land while they are making their own mistakes.

I love it when they say, "Yes," and I am able to freely share. When they say, "No," though, my job is to respect their answer and let them struggle through, as painful as it may be.



Suggestion



3 PRAY

This is listed last, but it's really over all, in all, and through all! We cannot walk this parenting journey well without Jesus at the center. We desperately need the Father to pour in how to be the best parent and Holy Spirit speaking to our hearts as to how to proceed. Each kiddo is different, so without the Lord's input, we would be sunk.

How do we pray? Scripture is absolutely the best tool to use to pray in any and every situation. He promises that His Word will not return to Him void. We can be assured that we're praying in agreement with His will.

- James 1:5: "If you need wisdom, ask our generous God . . ."
- Ephesians 1:19: "I also pray that you will understand the incredible greatness of God's power for us who believe him . . ."
- 2 Peter 1:3: "By his divine power, God has given us everything we need for living a godly life . . ."
- Philippians 4:6-8: "Don't worry about anything; instead, pray about everything . . ."

These verses are only a smattering of the verses that we pray over our kiddos, personalizing them to apply to their situations.

We can't fully protect our kiddos, not like we want to, but they are God's, and ultimately, it's on Him. BUT, we want to make sure that we are doing and being all that He has called us to do and be as their parents.



To help you become more confident in praying Scripture, [The Verse Thing](#) is offering "[Inside Out Scripture Prayers](#)." Your prayers last for all time. Are you confident in praying prayers that are specific, that are life-changing, and that leave a godly generational legacy? Join us as we memorize Scripture songs together and practice praying those Scriptures over ourselves, our families, our community and our world. (Use code TVT5 for \$5 off the monthly subscription.)

If you crave a community of others who want to pray this way, please join me January 27 for the [Power Prayers for My Family Workshop](#) where I will lead you in choosing Scripture for YOUR family and guide you as you write prayers based on those Scriptures to pray over your family.

If you want something FREE right now to help you out, please accept the gift of my [Power-Packed Prayers for my Teen Prayer Journal](#).

Be encouraged: God has given you each of your children and will lead and guide you in parenting them as they need to be parented, but you are also not alone in the journey. If you need prayer or a listening ear, reach out. It's my joy to come alongside you!

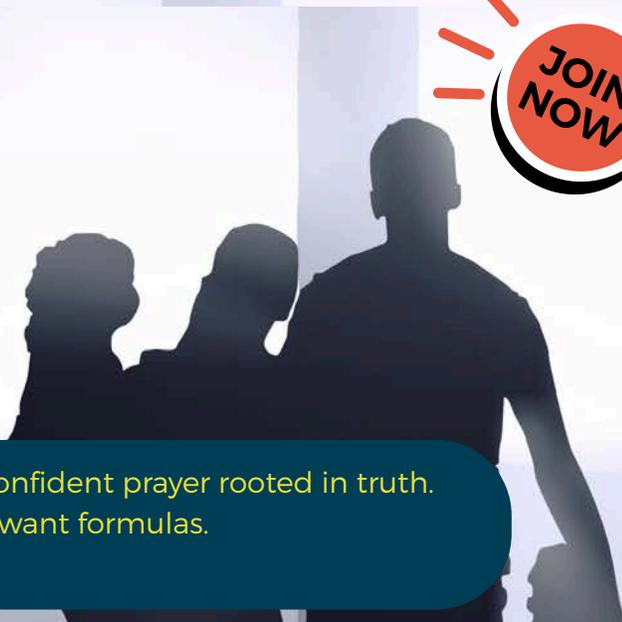


Carrie Hurley

POWER PRAYERS FOR MY FAMILY:
Equipping You to Find the Scripture, Write the Prayer, Cover Your Home

Christian Women who:

- Love their family deeply and want to pray with clarity
- Feel pressure or uncertainty when praying aloud
- Want peace & confidence instead of striving & spiraling
- Feel responsibility for outcomes creeping into your prayer life.
- Want to pray Scripture, but aren't sure where to start
- Are tired of vague prayers and want something grounded and practical
- You want peace, confidence and alignment - not pressure.



If this resonates with you — God is calling you to step into confident prayer rooted in truth.

⊗ This workshop is NOT for spiritual perfectionists who just want formulas.

✔ It IS for faithful women who want freedom.



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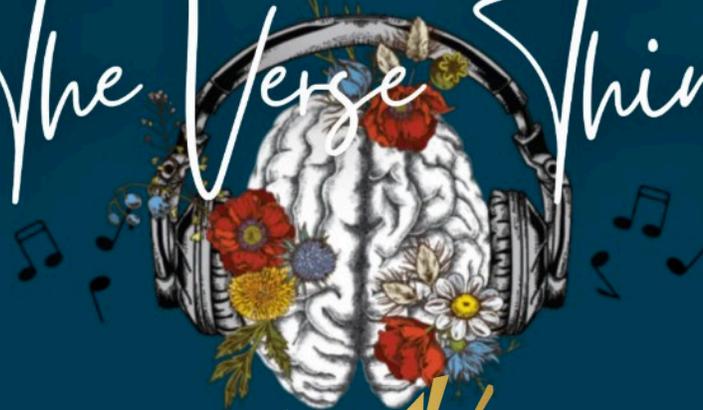
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ADANA

CENGERI

AS FOR ME AND MY COMMUNITY
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GATHERED BY GOD: HOW COMMUNITY CARRIES US INTO OUR CALLING

“MOSES ASSEMBLED THE WHOLE ISRAELITE
 COMMUNITY AND SAID TO THEM, ‘THESE ARE THE
 THINGS THE LORD HAS COMMANDED YOU TO DO.’”

— EXODUS 35:1 (NIV)

Shoulders and elbows pressed into me as I tried to settle my heart for worship. I stood in a small venue packed beyond capacity—110 people squeezed into a room built for a hundred. Voices swelled around me, hands lifted, hearts offering praise. And yet, inside my chest, it felt like something was collapsing.

The worship team began to play, but the intensity of my heartache only deepened. For months, I had been carrying an ache that I tucked neatly beneath a calm exterior. I had just joined a missions organization—remote work, long hours, confusing directives, constant criticism, and the pressure to perform rather than truly minister. On the outside, I looked composed, worshipful, even steady. But inwardly, I was fraying apart, thread by thread.

I whispered a prayer I'd been avoiding: "Lord, I am so alone. Don't you see it? Don't you see me?"

The words came from a deep place, a part of me I usually kept well hidden. For nearly an hour, I sang and cried at the same time, tears slipping down silently while voices rose loudly around me. I clung to God even as I wondered if He saw me disappearing inside myself.

When the service turned to reflection and prayer, I sat down and stared at my hands, empty, tired. Again, I prayed, "Lord, I am so alone."

I lifted my eyes for a brief moment and accidentally locked eyes with a woman a few rows ahead—sparkling blue eyes and cropped blonde hair. Shoot. I looked away quickly, hoping she hadn't taken it as an invitation.

I lowered my head, hoping the moment would pass. But I could feel her moving. Purposefully. Pushing through a crowded aisle, weaving between groups of people talking. She made her way toward me with quiet determination.

When she reached me, she simply said, **"I saw you, and the Lord directed me to come to you. I don't have a prophetic word. He just told me to come and be with you."**

Be. With. You.

Her words landed with a weight that felt like the Holy Spirit Himself pressing them into me.





*We are called to
walk together.
To build together.
To carry the weight
of calling together.
Because the things
of God were never
meant to be
accomplished alone.*

Adana Cengeri



She asked gently if she could sit with me. I nodded. She placed her hands on my shoulders, and without another word, she stayed.

Something inside me shattered.

Tears came—slow at first, then in waves. Everything I had been holding back began to pour out: the isolation, the pressure, the fear, the quiet exhaustion of carrying a calling I wasn't sure I was strong enough to sustain. She didn't ask for explanations. She didn't rush to offer advice. She simply sat, steady and present.

Minutes passed—maybe five, maybe fifteen. Time blurred.

Then, surprisingly, my tears softened. Laughter even bubbled through them, fragile but real.

My circumstances had not changed, yet something in me had. In that hidden corner, I tasted a glimpse of a

heavenly community—one knit together not by shared interests but by the Spirit's gentle orchestration. I left that moment different.

Years passed before our paths crossed again. Then, unexpectedly, I discovered she was also a speaker, teacher, and ministry leader. God reconnected us—this time not for a moment, but for friendship. Soon we were meeting regularly with a circle of women in ministry: women who carried callings, wounds, victories, and responsibilities—and who chose to carry one another as well.

Suddenly, Exodus 35:1 came alive to me:

**“MOSES ASSEMBLED THE WHOLE ISRAELITE
COMMUNITY...”
EXODUS 35:1**



Before the Israelites could build the Tabernacle—the place where God’s presence would dwell—they had to be gathered together. God gave the instructions, but the work required the hands, hearts, and obedience of the whole community.

It was never meant to be carried alone.

It was never meant to be accomplished in isolation.

Calling has always been a shared work.

That night in the sanctuary, God assembled a “community of two” to remind me of this truth.

A CALLING CARRIED WITH OTHERS

Today, as I speak, teach, and step into mission work across cultures and continents, I carry that moment with me. It reminded me that ministry is not simply about going—it’s about going *together*.

My calling is not mine alone.

It is strengthened by the people God weaves into my life at exactly the right time.

And it is sustained by the God who sees me even when I feel unseen.

As Moses gathered the whole community to hear God’s commands, God continues to gather us—sometimes in churches, sometimes in living rooms, sometimes in unexpected places—to fulfill His purposes on earth.

We are called to walk together.

To build together.

To carry the weight of calling together.

Because the things of God were never meant to be accomplished alone.



Hi I'm Adana Cengeri, *Bible Teacher | Author | Speaker*

*I'm a Bible teacher, author, speaker, and founder of a women's missions organization. But more than anything, I'm a sister in the trenches—running alongside like-minded women who are waking up to the radical, unexpected love of Jesus. I exist to walk with women through personal **revival**, **equipping**, and **mobilization**— so they can live bold, burning, Spirit-empowered lives that awaken others and advance the mission of Christ.*

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Revive, Equip, & Mobilize into the *Fearless-Redeamed Women Running Hard After Jesus*

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WITH COMMUNITY

Revive their hearts in the redeeming, safe, space—sacred, honest, Spirit-filled

EQUIP



WITH RESOURCES

Equip with direct access to our Bible studies, resources, podcasts, and events

MOBILIZE



WITH MISSIONS

Mobilize into Spirit-empowered living with local and international mission at the forefront