

AS FOR ME AND MY
H O U S E

HOUSE: Rethinking What Home Is Meant to Feel Like

MARRIAGE: God's Faithfulness in Love

HEALTH: Putting on the Mind of Christ

FINANCE: More Money –More Problems or More Options?

PARENTING: When Parenting Becomes Intercession

COMMUNITY: Connections in Digital Space



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 Focus* 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

Kirsten D. Samuel is a Christ-centered coach who helps women heal from the devastation of a spouse's porn use and rediscover peace, confidence, and hope in Christ. She and her husband, Dave, thank God that He redeemed their brokenness and gave them a brand-new marriage.

Kirsten's story of God's redemption has been featured on the Focus on the Family Daily Broadcast, Chris Fabry Live on the Moody Radio Network*, and other relationship and recovery podcasts. Learn more about her message of truth and hope at KirstenDSamuel.com.

**11**

MARRIAGE

Kate Janson married the love of her life, Jeff Janson, adopted their two beautiful boys out of foster care and is an author, speaker, and life coach. She has worked with women in recovery from alcohol and drug addiction for over 30 years and has now stepped into equipping families in the Church to foster children in Foster Care and building a therapeutic home environment for aging out youth with the tools necessary to thrive. Presently the Executive Director of her Non Profit, The One Child, Kate is using God's story of redemption and applying it through practical application to bring the healing love of Jesus to the brokenhearted.

**15**

HEALTH

Marty Mitchell, a Catholic Mindset Coach, Speaker, and Author, helps Christians think healthier thoughts so they can uncover their God-given gifts, live confidently in their unique design, align with God's plan, and reach their potential with the Holy Spirit.

He is a Certified Catholic Coach through Metanoia Catholic and authored a book called *The Capillaries of Christ: Understanding the Part You Play in His Body*. Marty lives in Maryland, where he enjoys his faith, family, friends, golf, reading, and creating laughter.



22 FINANCES

Colin Palmer is a faith-filled entrepreneur, husband, and father who walked away from a career in law enforcement to build a purpose-driven online business. His mission is to help other parents create time and financial freedom from home.

Colin leads with faith, prioritizes family, and is passionate about helping others live out their God-given calling without compromising their values.



27 PARENTING

Danyelle Bridges is a faith-driven educator, leadership coach, and ministry leader committed to helping families, educators, and leaders live with purpose and divine alignment.

Danyelle is the founder of Ingenuity Consultants, LLC and Divine Angels Outreach Ministry.



32 COMMUNITY

Ailem Selene is a mental health and wellness coach with a heart for helping people step into the fullness of who they were created to be.

With experience in psychiatric nursing, health policy, and over fifteen years of mentoring young adults, Ailem loves building communities where joy, connection, and purpose can thrive.

WORDS FROM THE EDITOR

NICCIE KLIEGL, FULFILL YOUR LEGACY

February has arrived, and with it comes the season of hearts, Valentine's Day, and reminders to celebrate love. But as believers, this month gives us an even deeper invitation to pause and remember what biblical love truly is, and where it actually comes from. The world often defines love as a feeling—something that comes and goes depending on circumstances. But Scripture shows us love as a decision . . . an action . . . a way of being. 1 John 4:19 says, "We love because He first loved us." That means love isn't something we have to manufacture on our own. We receive it from the Father, and then we pour it out—into our marriages, our parenting, our friendships, our workplaces, and our communities.

And if you ever wonder what love is supposed to look like in real life, 1 Corinthians 13:4-7 lays it out plainly: it is patient, kind, not self-seeking, not easily angered, keeping no record of wrongs. That kind of love isn't always easy . . . but it is always powerful. It's the kind of love that builds homes, heals relationships, and leaves a legacy.

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 brings us closer to Him.

This magazine, *As for Me & 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 amazing to witness how God's work in our lives overflows into our homes, shaping the next generation.

As we move through February, my prayer is that you'll experience the love of Christ in a fresh way, and that His love would flow through you into the people He's placed in your life. Whether you're celebrating Valentine's Day with a spouse, your children, friends, or simply resting in the love of the Father, may this month be a reminder that love is not only something we celebrate . . . it's something we live.

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

Niccie Kliegl



KIRSTEN SAMUEL

AS FOR ME AND MY HOUSE
CONTACT KIRSTEN

RETHINKING WHAT HOME IS MEANT TO FEEL LIKE

HOME.

What stirs in you when you hear that word?
Warmth? Safety? Noise and laughter?

Or maybe a quiet ache—because home has felt
uncertain, temporary, or even painful.

Dave and I recently purchased a new-to-us home. After
two years of living nomadically, we're home again. And
settling in has reminded me of something important.

Early in our marriage, I asked Dave what he wanted our
home to feel like. He didn't hesitate.

"A peaceful haven."

At the time, I assumed that meant clean counters, calm
evenings, and fewer unfinished projects. But something
deeper tugged at me.

What I didn't understand then was this: home has very
little to do with walls, square footage, or décor.

Home is about what your nervous system does when you
walk through the door.



The exhale.

The unclenching.

The sense that you don't have to perform or protect.

Psalm 127:1 reminds us,

“UNLESS THE LORD BUILDS THE HOUSE, THOSE WHO BUILD IT LABOR IN VAIN.”

This isn't just about construction or real estate. It's about the kind of home we're building—internally and relationally.

You can live in a beautiful house and still feel homeless. And you can live out of a suitcase for a season, carrying peace with you.

PEACE IS RECEIVED, NOT MANUFACTURED

Over the years, my understanding of a “peaceful haven” has matured—especially through seasons that tested everything I thought home was supposed to be. There were times when home felt fragile. Loud with questions. Heavy with unspoken grief.

And yet, this is where God reshaped my view.

Jesus tells us in John 14:27,

“PEACE I LEAVE WITH YOU; MY PEACE I GIVE TO YOU. NOT AS THE WORLD GIVES DO I GIVE TO YOU. LET NOT YOUR HEARTS BE TROUBLED, NEITHER LET THEM BE AFRAID.”

Peace isn't something we manufacture. It's something we receive.

That truth changes how we approach home—whether married or single, renting or owning, settled or in transition. Home begins with allowing God to settle us.

This new house has quietly invited better questions: What am I carrying into this space—gratitude or pressure? Presence or distraction?

WHEN HOME HAS BEEN HARD

About ten years ago, I met Joanne Miller. She spoke about *creating a haven of peace* for your family—how essential it is for stability and safety for every member of the household. Her book, *Creating a Haven of Peace*, felt like coffee with a dear friend. I smiled, cried, laughed, and nodded my head more times than I can count.

Joanne understands home as the place where you are fully seen, loved, and accepted.

And I also know that some of you didn't experience a safe haven. Maybe home was simply shelter from the elements, or maybe you have memories of anger, fear, instability, or hunger. For many, the word *home* feels complicated.

Scripture doesn't ignore that reality. Proverbs 14:30 (New Living Translation) says:

“A PEACEFUL HEART LEADS TO A HEALTHY BODY; JEALOUSY IS LIKE CANCER IN THE BONES.”

Peace matters—emotionally, spiritually, physically, relationally, and generationally.

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6–7

A SAFE PLACE

Joanne shared this excerpt from *Turnabout Children* by Mary MacCracken:

In a safe place, people are kind. Sarcasm, fighting, back-biting and name-calling are exceptions. Kindness, consideration, and forgiveness are the way of life.

In a safe place, there is laughter. Not just the canned laughter of television, but the real laughter that comes from sharing meaningful work and play.

In a safe place, there are rules. The rules are few and fair and are made by the people who live and work there, including the children.

In a safe place, people listen to one another. They care about one another and show that they do.

Please God, make this *a safe place*.

How would your family describe your home—children included?

From the beginning, our description has been simple: a peace-filled haven.

We even have a sign hanging in our home that reminds us what matters—that here, we're free to be ourselves. To laugh. To cry. To disagree. To love Jesus with our whole hearts. To share good food and meaningful conversation. That people matter more than things. That a neat home beats a spotless home every time.

When you enter our home, you become family.

Our new home is becoming that same peace-filled haven—just in the heart of a large city. The surroundings have changed. The calling hasn't.

BUILDING HOME THROUGH GRATITUDE

You and I need that sense of home—of belonging.

This is where gratitude has become a powerful home-builder in my own life. Gratitude anchors us. It pulls us out of what's missing and roots us in what's here. It softens our edges and slows our breathing.

The Apostle Paul writes in Philippians 4:6-7,

“DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD. AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.”

Notice the order. Thanksgiving comes before peace stands guard.

When gratitude becomes a daily practice, it doesn't only change our mindset—it changes the atmosphere of our lives.

Maybe this month, home isn't about where you live at all. Perhaps it's about returning to God and to a steadier inner place where peace is cultivated, one small habit at a time.

If you're craving that kind of grounding, I invite you to accept a simple gift.

Grab your copy of the **Gratitude Journal PDF**—a gentle 7-day guide designed to help you pause, reflect, and find *home* no matter what life looks like.

Because sometimes the most meaningful way to build a peaceful haven is to begin with a grateful heart.



Reset Your Thoughts Refocus Your Heart

WOW

When betrayal leaves your thoughts spinning... pause.

This simple, Christ-centered practice helps calm your mind. Not by denying the pain, but by noticing God's goodness.

Just a few minutes a day to restore clarity and hope.

Gratitude Journal

Develop An Attitude of Gratefulness

*Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.
1 Thessalonians 5:18*

Start Date:

Time Commitment:

Routine Cue:

Decide when you will do this log each day.
Fill in the information in the squares above.

Track Your Self-Care Habits

- Calm your mind with three deep breaths
- Write three things I'm grateful for
- Reflect on the daily prompt by writing a note to self

Download today.
Yours forever.

DOWNLOAD
NOW

KATE JANSON



AS FOR ME AND MY MARRIAGE
[CONTACT KATE](#)

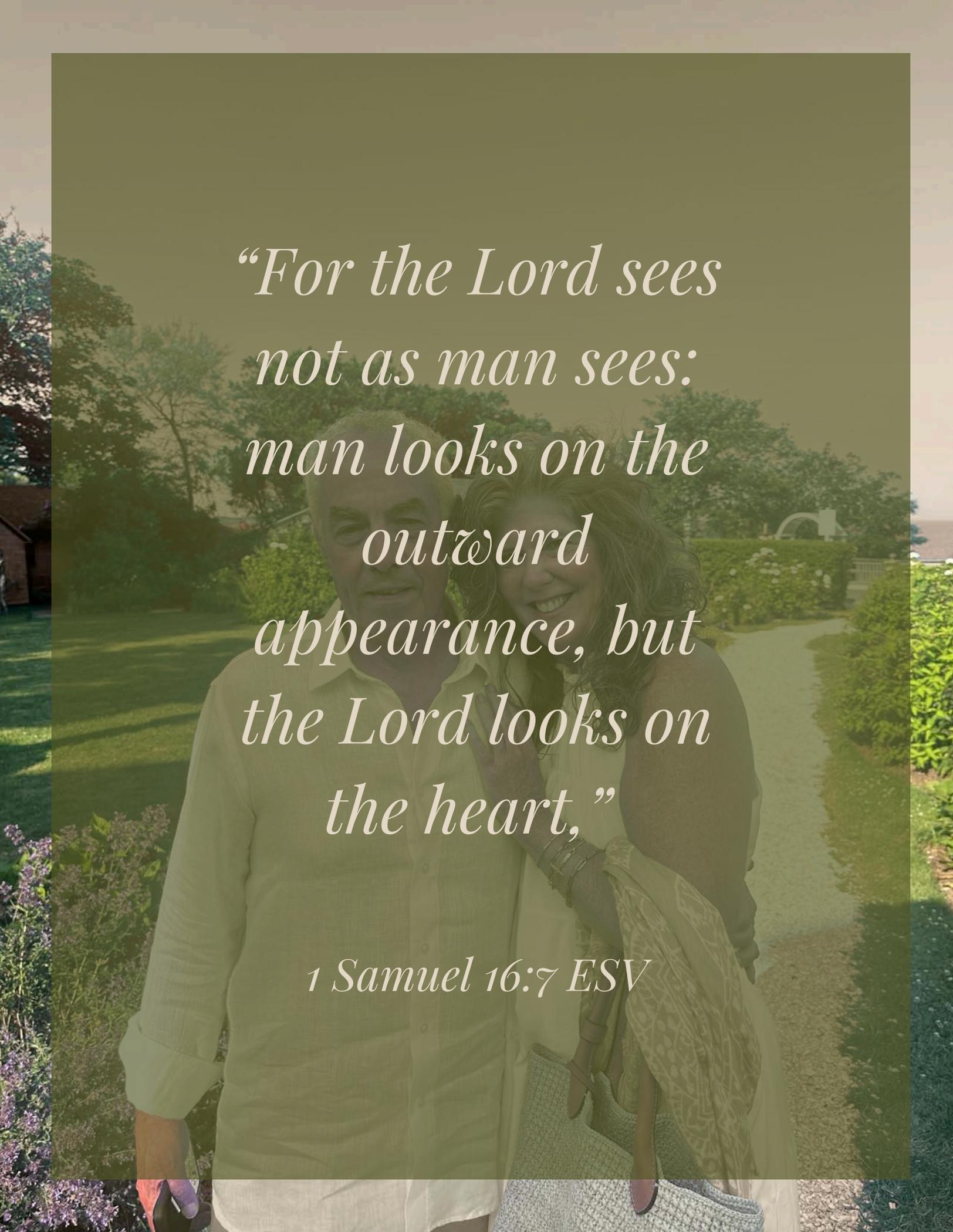
GOD'S FAITHFULNESS IN LOVE

**"DELIGHT YOURSELF IN THE LORD, AND HE WILL
 GIVE YOU THE DESIRES OF YOUR HEART,"**
 PSALM 37:4 ESV

What does "waiting on the Lord" and trusting His goodness truly look like, especially in love? For me, it was leaving a man I was going to marry at the age of 38. I couldn't escape the feeling that I would be "settling" as we differed on all of my core values.

Did I trust God? The only certainty during this season was my relationship with God. I claimed to trust Him, but did I? What would it look like to say "YES" to God and leave my home, my career, and a wealthy man?

At that moment, I had no clear answers, but I recognized that moving forward with "my will" would risk missing out on God's very best for me. Why would I accept the world's version of "good" when He wanted to bless me with His abundant BEST? So, I took a leap of faith, leaving the relationship and accepting that I was never alone; Jesus was the lover of my soul.

A photograph of an elderly couple walking on a path in a garden. The man is on the left, wearing a light-colored button-down shirt. The woman is on the right, wearing a light-colored sleeveless top and a patterned bag. They are both smiling. The background shows a well-maintained garden with a path, bushes, and trees. A semi-transparent green overlay covers the entire image, with white text centered on it.

*“For the Lord sees
not as man sees:
man looks on the
outward
appearance, but
the Lord looks on
the heart.”*

1 Samuel 16:7 ESV

Through the rebuild of my life, I couldn't miss the miraculous ways in which He attended to even the smallest details. I had such peace knowing that I didn't have to worry about how things would work out; He was my groom, business partner, and best friend. All I needed to do was keep moving forward. I made plans to move to California to be with my cousin, Grace, and her two beautiful children, anticipating a perfect life. All the details seemed to come together, under grace in perfect and easy ways.

But God! He interrupted and as always, it was purposeful.

I received a call from a man I had known for the last ten years since the start of my recovery journey in AA. We had remained friends, and I had always had a crush on him. During our last conversation, he said he only wanted to "be friends." However, out of nowhere, he reached out on this particular Friday, the one on which I was meant to confirm my job in California, and asked if we could meet for a "coffee date." He said he couldn't move on in his life until he shared what the Lord had shown him.

From that call, my life took a dramatic U-Turn. The job in California fell through that night, a dream job that I had said "NO" to on the Wednesday was still a possibility, and

the coffee date turned out to be the conversation that revealed God's hand in blessing me with the whispered desires of my heart: the soulmate He had prepared for me who is to this day, 24 years later, the love of my life.

If this Valentine's Day you feel that the Lord is not going to materialize your heart's desires, I

will ask you to reflect on your life and remember how He has met you in ways you would never have expected. Ask Him to show you what He wants to reveal to you in this season, and then rest in His love. Trust Him in the waiting and be open to His arrangements. His timing is ALWAYS for our BEST!

"FOR THE LORD SEES NOT AS MAN SEES: MAN LOOKS ON THE OUTWARD APPEARANCE, BUT THE LORD LOOKS ON THE HEART,"

1 SAMUEL 16:7 ESV





THE ONE CHILD

One Child, One Church, One Family



The SIMPLE plan to **ERADICATE** the Foster Care System, first in Nashville and then the state!

This is a simple plan that involves the Church in a practical way to partner with the Department of Child Protection Services and the interested families together. "**The One Child**", a non-profit organization that partners with the said church, however removes the responsibility of implementation from the Administration of the individual Corporate Church. This allows "**The One Child**" to bring the necessary resources and training to the families that have a heart for these children.



Will you be part of the solution the children are praying for?

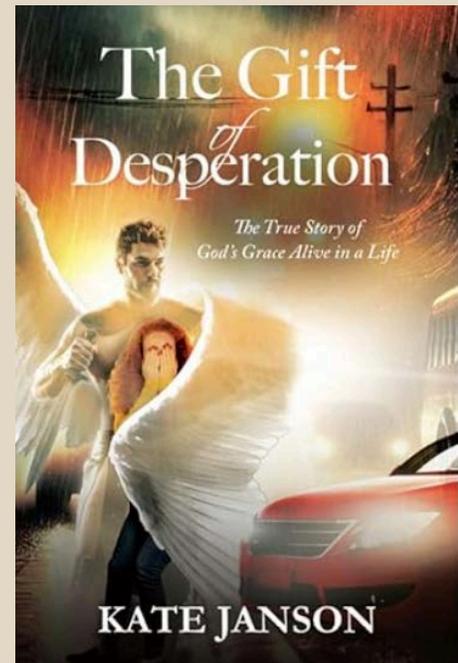
One Child, One Church, One Family

Get Involved

WHERE DO YOU GO WHEN THE PARTY'S OVER?

Kate Janson was the life of the party. She seemed to have it all, until she realized she was just surviving the chaos created over and over again. Chasing acceptance through alcohol, drugs, and sex, true contentment was always just out of reach. When she finally surrendered and admitted she was a modern-day Mary Magdalene, Jesus met her with love, grace, and freedom. *The Gift of Desperation* is one woman's true story of coming to the end of herself and her addiction/alcoholism to find that her greatest gift was the wreckage she left behind.

SHOP NOW





MARTY MITCHELL

AS FOR ME AND MY HEALTH

[CONTACT MARTY](#)

PUTTING ON THE MIND OF CHRIST

Are you feeling stuck in some way? Simply going through the motions or tired of the same routine? Perhaps you're good at setting goals but struggle to get results.

Maybe a friend hasn't responded to your text and you're spinning in thoughts as to why you haven't heard from her? You may be dealing with emotions that you just can't shake, dying to be set free from an unwanted behavior, or you've bought into an identity lie.

If any of this has resonated with you, welcome to the club. All of us experience feelings and struggles like this at times in our lives. We're aware it's going on and desperately want to resolve it, yet we can't seem to, so we push it to the background and are left feeling drained.

What's going on here? These types of patterns are most likely the result of an unhealthy mindset. Mindset is the established set of attitudes, thoughts, or perceptions a person holds about something. And here's the good news. We can learn to change our mindset for the better. I'll help you understand that this is essential in bringing us closer to God, show you how this works, and give you some insight to help you begin working on improving what's going on in your mind. In Romans 12:2, the Apostle Paul tells us,

“BE NOT CONFORMED TO THIS WORLD, BUT BE TRANSFORMED BY THE RENEWAL OF YOUR MIND, THAT YOU MAY PROVE WHAT IS THE WILL OF GOD, WHAT IS GOOD, AND ACCEPTABLE AND PERFECT”

(emphasis added). And he teaches us to do this by taking “every thought captive in obedience to Christ” (2 Cor. 10:5). These commands from the Word of God are vital Christian responsibilities and essential in our faith journey and for our overall well-being.

St. Joan of Arc (1412-1431), the teen-aged peasant girl who, through divine guidance, led the French army into battle, securing critical victories against the English during the Hundred Years’ War and saving her country from English control, spoke with wisdom beyond her years and gave us a peek into the home of her courage when she said, “All battles are won or lost in the mind.” I prefer to take her words a step further by saying, “The battle for *our soul* is won or lost in our mind.”

Since the Fall of Adam and Eve, there’s a spiritual battle between good and evil being fought that exposes us to the forces of the world, the flesh, and the enemy seeking to short circuit our best intentions, cause confusion, tempt us towards the thing that draws us away from God and our virtuous goals, and lead us to vice or sin. Like St. Joan of Arc, each of us must take the lead in our personal spiritual battle.

As a Catholic Mindset Coach certified with Metanoia Catholic, I not only help strengthen Christian women and men for this battle and teach you to take custody of your mind, but I also do my own mindset work and help others learn to do theirs, too. I’ll share some of this below. In His love and mercy, God grants us the grace to fight and win the daily mindset struggles all of us face.

The mindset coach helps the client become aware of current thought patterns contrary to their goal, choose new mindsets aligned with their goal, and guide the client through this change in mindset. In this capacity, the mindset coach serves as a mirror to their client’s mind, helping the client to freely move from old to new habits of thought and emotion that are aligned with their goals.[1]

What distinguishes Catholic mindset coaching from all other forms of mindset coaching is that we do the work of a mindset coach within the context of the client’s ultimate end in beatitude—supreme happiness in union with God—along with:

- intentional growth in virtue and understanding
- movement toward the greater good, and
- sanctifying grace (a state of being holy) which is infused in baptism and renewed through the sacraments.[2]

We also apply coaching techniques that:

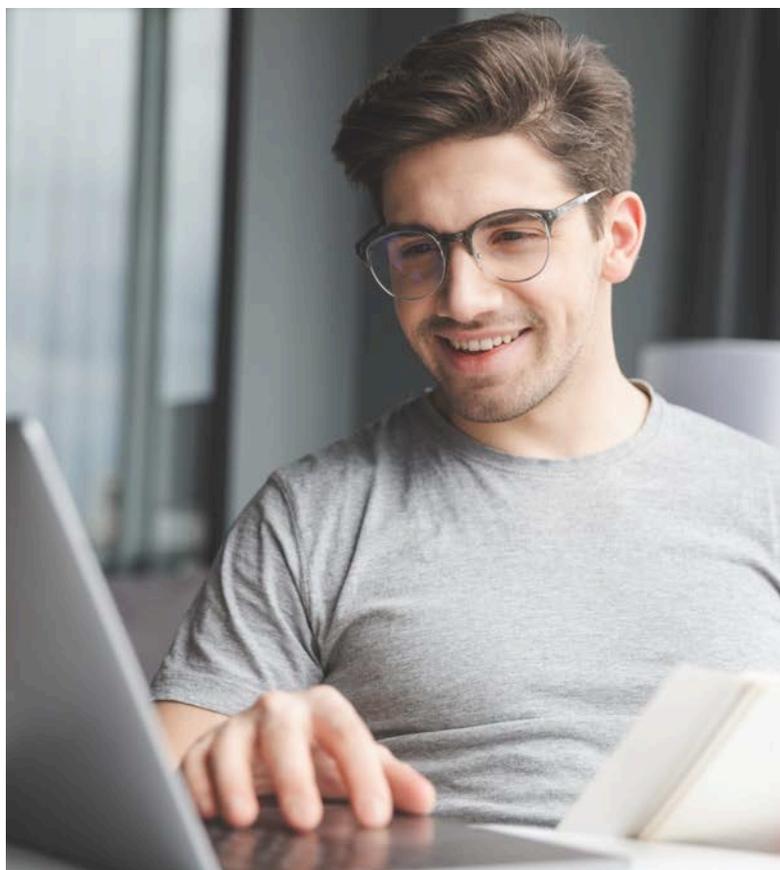
- are aligned and in integrity with the Catholic Faith and a Catholic Anthropology (the study of the human person in relation to God and His plan for human thriving)
- recognize God and His grace as the ultimate guide and agent of transformation, and
- lean on the sacramental life of the Church, prayer, Scripture, and discernment of the client’s unique, spiritual movements to help the client choose new mindsets conformed to the mind of Christ and His plan for their life.[3]

Catholic mindset coaching recognizes that the grace of God is the transformation agent, focuses on the root cause of our emotions and actions which is a thought in our mind, and provides a way to beatitude, our highest Good.

[1]Metanoia Catholic—Catholic Coaching Foundations Theory Workbook (Ave Maria, FL: Metanoia Catholic, 2023), xiii.

[2] Metanoia Catholic, Theory Workbook, xiii, 24.

[3] Metanoia Catholic, Theory Workbook, xiii.





COACHING OBJECTIVES

The Agent of Transformation
 The Focus
 The Promise/Aim

SECULAR COACHING

The Individual
 The Action or Behavior
 A Better Place in Life

CATHOLIC COACHING

The Grace of God
 The Thought
 A Path to Beatitude

You weren't created for better; you were created for beatitude; all Christians long for it. You can think your way to better, but it takes grace to get to beatitude. On this side of heaven though, the most we and the Saints could hope for is referred to as imperfect beatitude.

TAKING EVERY THOUGHT CAPTIVE

Let's walk through how we "take every thought captive" to "be transformed by the renewal of the mind."

Cognitive Behavioral Coaching holds that the root cause of our emotions and actions is a thought, a sentence in our mind. An occurrence in life leads to a thought which causes an emotion that inspires us to act or behave in a certain virtuous (toward supreme goodness) or vicious (toward a lesser good) manner.[4]

THOUGHTS → EMOTIONS → ACTIONS/BEHAVIORS

As children of God, we've been gifted with the dignity that comes from being made in His image and likeness, an intellect to think, understand, make judgments, reason, and know, and a will that allows for the freedom to choose how we act and respond and what we think. The Catholic mindset coach works with the client to build a better case toward what is true and good in the intellect—in the thought work—to help the will choose the Good.

These God-given gifts allow us to *think about our thoughts*. Did you know your thoughts are optional? We can choose what we think. Colloquially, we can change

[4] Metanoia Catholic, 2025, The Reason Cycle, Catholic Coaching Certification (Ave Maria, FL: Metanoia Catholic, 2025), x-xi.



“THE
BATTLE FOR
OUR SOUL
IS WON OR
LOST IN
OUR MIND.”

–MARTY
MITCHELL

our mind, have second thoughts, and reconsider what we'll think going forward. We know this is true because we are all called by God to repentance, to a change of mind or "metanoia" in the Greek. We're called to turn from sin and turn 180°, if you will, to God.

Isn't it such a relief, and empowering, to know we can do the thought work that leads to healthy mindsets, draws us closer to God, helps us get fruitful and virtuous results, and eliminates the vicious thoughts that lead to the common mindset challenges shared at the beginning of this article? So, how do we do it?

THE REASON CYCLE AND THE METANOIA JOURNAL

Erin and Matt Ingold, founders of Metanoia Catholic, developed a coaching process called The Reason Cycle™ that facilitates identifying and passing a thought through reason.

The Ingolds share that, "True freedom in the client is when they are able to reason their true good from a

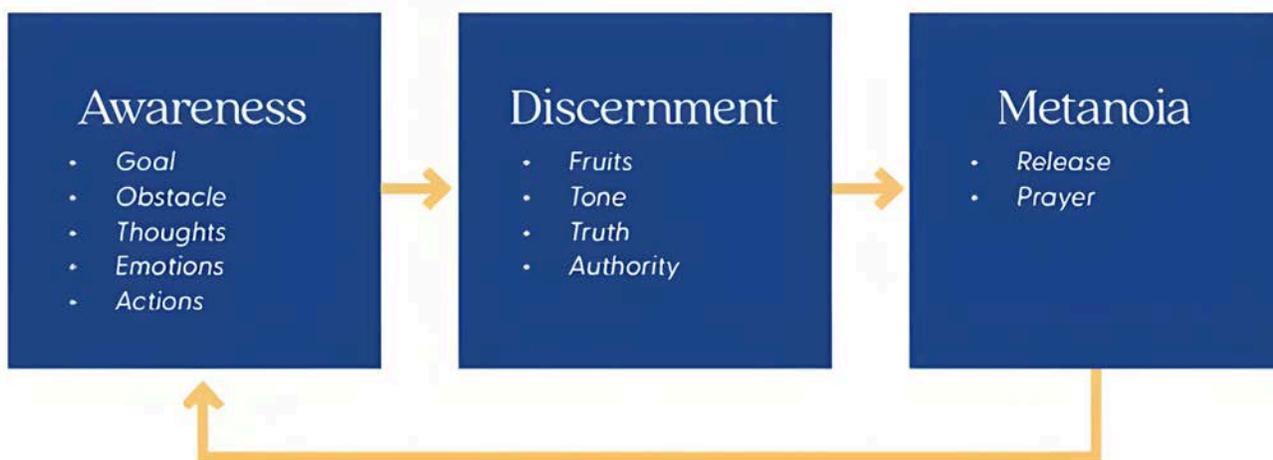
well-formed conscience, sustained by self-reflection, and inspired by prayer and the sacraments.

"In The Reason Cycle, we are helping in the formation of our client's conscience by teaching them the skill of self-reflection. This skill will allow them to continue their own formation by reflecting on their own daily life experiences. Without this skill of self-reflection, the client is incapable of self-critique and self-correction, which will be a further obstacle to repentance and transformation by God's grace." [5]

Through this process, the coach helps you walk through the three acts of your intellect: understanding, judgment, and reason (where one goes from judgment to judgment), in that order. In doing so, we capture a thought and hold it up to the objective truth—rooted in God and always congruent with reality, Natural Law, and divinely revealed truth. [6]

You'll discern, with the Holy Spirit, whether your thought is good and true or bad. We then help you make a reasoned choice as to whether you are going to continue thinking that way. If not, the coach can help you *decide what you want to think or believe going forward*, directly impacting your emotions and actions.

The Reason Cycle:



Source: Metanoia Catholic

What follows is a bird's-eye view of what happens during a coaching session. In session, though, it's a much more seamless process, like two friends having a conversation. We transition smoothly through The Reason Cycle to where the client doesn't even realize it's happening.

In the Awareness phase, we are collecting data on

your thoughts, emotions, and behaviors while suspending judgment. The coach is a neutral observer. First, the coach helps the client discern a goal or the client discerns a goal or desire in prayer with God and brings it into a coaching session.

[5] Metanoia Catholic, Theory Workbook, 66.

[6] Metanoia Catholic, Theory Workbook, 82.

The coach asks questions that help you express your thoughts and feelings (emotions) about the goal, your progress towards it, and what may be getting in the way. You'll share your actions related to the goal. The Catholic mindset coach is trained to identify the unhealthy and unhelpful thoughts and will guide you in choosing the one you want to work on. This process brings you conscious awareness of where your thought leads you.

"When you sin, blame your thought not your action. For had your intellect not run ahead, your body would not have followed." —St. Mark the Ascetic

With a thought in hand and an understanding of where it leads, we move into the **Discernment** phase, where we 'interrogate' it, helping you to reflect on the fruits, or results, tenor, and truth of the thought. Where did the thought originate? Is it good and true or bad? We examine it based on the evidence. Is it in your control and responsibility to act on or change? Does it bring you closer to your goal or further from it? It is in this phase that most mindset shifts occur. No mindset shift is too small.

Often, there will be a positive physical manifestation indicative of a mindset shift—a visual change in facial expression, body language, a smile, lightness, and sometimes even tears of relief and joy. We remind you that it's your decision and freedom to choose how you want to think, feel, and act going forward. You're asked questions that help you decide whether you want to start thinking a better thought. We help you reframe the thought to one that moves you closer to God and to your goal.

"IF YOU REMAIN IN MY WORD, YOU WILL TRULY BE MY DISCIPLES, AND YOU WILL KNOW THE TRUTH, AND THE TRUTH WILL MAKE YOU FREE." —JOHN 8:31–32

We've now come to the powerful **Metanoia** phase, where true healing and transformation take place, provided that your heart is willing and free to do what is prescribed. Here, the coach guides you as you release

old habits of thinking, any wounds, unforgiveness, and any lies to which you remain attached, all in the name of Jesus.

Finally, you'll enter into a beautiful, guided prayer exercise designed for seeking God's perspective and the grace of His transformation.

Depending on the client, circumstances, and amount of discussion, it generally takes around 20 to 30 minutes to take one thought completely through The Reason Cycle with a coach.

This is a repeatable process that you can also learn to do on your own. A customized journal is available that includes detailed instructions and Scripture references for daily journaling exercises that hit on each phase of The Reason Cycle and hold space for you to honor your successes and record what you're most grateful for every day.

When the root cause of our emotions and behaviors is strategically targeted in this way and our thoughts are interrogated and held up to the objective truth, the source of what has been holding us in bondage becomes glaringly obvious as it is pulled from the darkness and brought into the light of Christ.

Choosing the good in thought is the surest way to remove the obstacles to God's grace, win the daily spiritual battles, put on the mind of Christ (1 Corinthians 2:16), and stay on the path toward beatitude.

*The author receives no affiliate fees from Metanoia Catholic



Marty Mitchell

Let's See If We're a Fit
Schedule a Discovery Call!



CLARIFY YOUR GOD-GIVEN PURPOSE, LIVE WITH INTENTION & REACH YOUR POTENTIAL W/ THE HOLY SPIRIT
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PALMER

AS FOR ME AND MY FINANCES
[CONTACT COLIN](#)



“MORE MONEY, MORE PROBLEMS?” OR “MORE MONEY, MORE OPTIONS?”

My name is Colin, and for a long time, I wrestled with the idea that wanting to earn more was somehow unspiritual. I’m a Christian, a father, and someone who walked away from a career in shift work to build an online business so I could be home more with my growing family. But early in that journey, I had doubts I couldn’t ignore:

Is it wrong to sell something for a profit?

Can Christians really build wealth without compromising their values?

Isn’t it more holy to live with less?

What I’ve learned is that many of us are operating from a belief system that was never rooted in the Bible. *It was rooted in guilt.* In this article, I want to offer three truths that helped me break free and start building a purpose-driven life without apology.

1 MONEY ISN'T EVIL. THE LOVE OF IT IS.

You've heard it before. "Money is the root of all evil." But that's not what Scripture says.

"FOR THE LOVE OF MONEY IS A ROOT OF ALL KINDS OF EVIL,"

1 TIMOTHY 6:10 NIV

Money is not evil. It's a tool. A resource. It reflects the heart of the person using it. Exactly like a knife can heal or harm, money can help or hurt depending on who's holding it.

Jesus wasn't anti-money. He had supporters, a treasurer, and a mission that required resources. The early church in Acts gave freely and met real needs. Money used in alignment with God's will is not something to be ashamed of. It's something to be stewarded well.

2 THERE'S NOTHING VIRTUOUS ABOUT BEING BROKE.

This one may sting. But many believers have been taught that struggle is a sign of faith. That if you're barely getting by, it means you're doing something right. I don't believe that lines up with the character of God.

**"THE BLESSING OF THE LORD BRINGS WEALTH, WITHOUT
PAINFUL TOIL FOR IT,"**

PROVERBS 10:22 NIV

There is a difference between trusting God in a hard season and glorifying lack. Poverty limits your options. It makes generosity harder. It keeps you in survival mode. And that is not where you're meant to stay.

When your finances are healthy, you can support others. You can bless families, fund missions, and say yes when God calls you to give. There's nothing noble about being stuck. But there is something powerful about being positioned to give.



A hand is shown holding a glowing globe with a dollar sign on it. The background is a dark, golden-brown color with a network of white lines and dots, resembling a digital or financial network. The text is written in a white, cursive font.

*“Well done, good
and faithful
servant. You have
been faithful with
a few things; I will
put you in charge
of many things.”*

Matthew 25:23

More money doesn't have to mean more problems. For Christians with a clear heart and clean hands, it can mean more impact, more peace, and more opportunities to serve.



3 GOD CELEBRATES MULTIPLICATION, NOT MAINTENANCE.

In Matthew 25, Jesus tells the story of the talents. One servant buries his gift out of fear. The others multiply what they're given. The one who played it safe was the one who got rebuked.

"WELL DONE, GOOD AND FAITHFUL SERVANT! YOU HAVE BEEN FAITHFUL WITH A FEW THINGS; I WILL PUT YOU IN

CHARGE OF MANY THINGS,"

MATTHEW 25:23 NIV

God never asked us to play small. He asked us to steward what we've been given. That includes ideas, skills, and yes, money. Playing it safe might feel spiritual, but it's not biblical. God honors growth when it's done with the right heart.

FINAL THOUGHTS:

More money doesn't have to mean more problems. For Christians with a clear heart and clean hands, *it can mean more impact, more peace, and more opportunities to serve.*

Let's stop believing the lie that success and faith can't live in the same house. They can. And when they do, the ripple effect can be powerful.



LEARN MORE 



What Is The Purpose Driven Movement?

The Purpose Driven Movement is a mission-driven platform helping everyday people build income and impact using high-ticket affiliate marketing as the vehicle to achieve our dreams.

We exist to help you trade hustle and burnout for systems, purpose, and presence. Because at the end of the day, freedom is about more than just money...it's about what you do with it.

Who Is This For?

We're here for the ones who feel the pull for more:

- Parents who want to be home for bedtime
- Entrepreneurs stuck in the wrong vehicle
- Dreamers tired of being underpaid and overworked
- Freedom-lovers who crave purpose over pressure
- Believers who know faith and hard work belong together

If that's you—you belong here. Why High-Ticket Affiliate Marketing?

We believe business should serve your life—not steal it. That's why we use high-ticket affiliate marketing as the vehicle.

You get to:

- Earn \$1,000–\$8,000+ per sale
 - Leverage systems that work 24/7
 - Skip the cold DMs and awkward convos
 - Focus on fewer sales with more impact
 - Finally reclaim your time
 - And no—you don't have to build a team or message your cousins.
- This is modern marketing, built for purpose-driven people.

Our Core Beliefs

This isn't just another income opportunity. We're building something that lasts.

We believe:

- Purpose > profit
- Faith and hard work go hand in hand
- Families deserve financial freedom
- Automation should free up time, not complicate life
- Impact begins with better systems and bold decisions

Ready to Build Something That Aligns With Your Purpose?

Watch the free training to see how this works—and how it's helping people just like you create income without sacrificing what matters most.

Let's get some basic info first so I know you are a real person I can help.

What is your name? *

First Name

Last Name *

Last Name

LET'S CONNECT [NEXT →](#)



DANYELLE BRIDGES

AS FOR ME AND MY PARENTING
[CONTACT DANYELLE](#)

PRAYERS AFTER 18: WHEN PARENTING BECOMES INTERCESSION

Trusting God with your children doesn't end when they grow up—sometimes, that's when the real faith walk begins.

There is a sacred transition every parent eventually faces—the moment when guidance shifts into prayer, and instruction turns into intercession. It's the season when your children are grown enough to choose, but your heart is still wired to protect. It's where faith stops being a lesson plan and becomes a lifeline.

One of the deepest truths I hold about parenting is this: **You must trust what you planted—especially when you cannot yet see the harvest.**

Scripture gives us an anchor many Christian parents know by heart:

"TRAIN UP A CHILD IN THE WAY HE SHOULD GO: AND WHEN HE IS OLD, HE WILL NOT DEPART FROM IT,"
PROVERBS 22:6 KJV

But the real question for many parents is not whether the Word is true—we believe that. The real question is:

What do you do in the middle?

Between the training and the testimony.

Between the promise and the proof.

This is where faith-based parenting becomes faith-forward parenting.

CHRISTIAN PARENTING ENCOURAGEMENT FOR THE IN-BETWEEN SEASONS

My husband and I are ministers. We raised our children in the Word. We lived what we taught. Our children watched us pray, serve, forgive, and sacrifice. They saw outreach in action. They witnessed compassion up close. We did not fill our home with substances, chaos, or reckless living. We chose order, integrity, and holiness—not as performance, but as principle.

And still, we came face-to-face with one undeniable truth:

They still have a choice.

No matter how intentional your parenting is, your children are still individuals with will, curiosity, and their own journey with God. You can show them the Word—but you cannot force surrender. Salvation is not inherited. Faith must be chosen.

This realization doesn't mean you failed.

It means you raised a human—not a replica.



TRUSTING GOD WITH ADULT CHILDREN

This is where many parents struggle the most: learning how to release without withdrawing, and pray without panicking. When your children are grown, your role changes—but it does not disappear.

You shift from correcting to covering.

From directing to discerning.

From supervising to standing in the gap.

Parenting adult children with faith requires a deeper level of trust—trust that the God who met them through you will now meet them for Himself.

The Word you planted still has roots.

The prayers you prayed still have power.

The example you lived still has influence.

God is not nervous about your child's process.

STANDING IN THE GAP FOR YOUR CHILDREN

There comes a time when discipline ends and warfare begins. When your prayers become less about behavior and more about destiny. When you begin to actively **rebuke generational curses**, cancel bloodline patterns, and speak life over confusion, cycles, rebellion, addiction, and fear.

You stop arguing with symptoms and start addressing spiritual foundations.

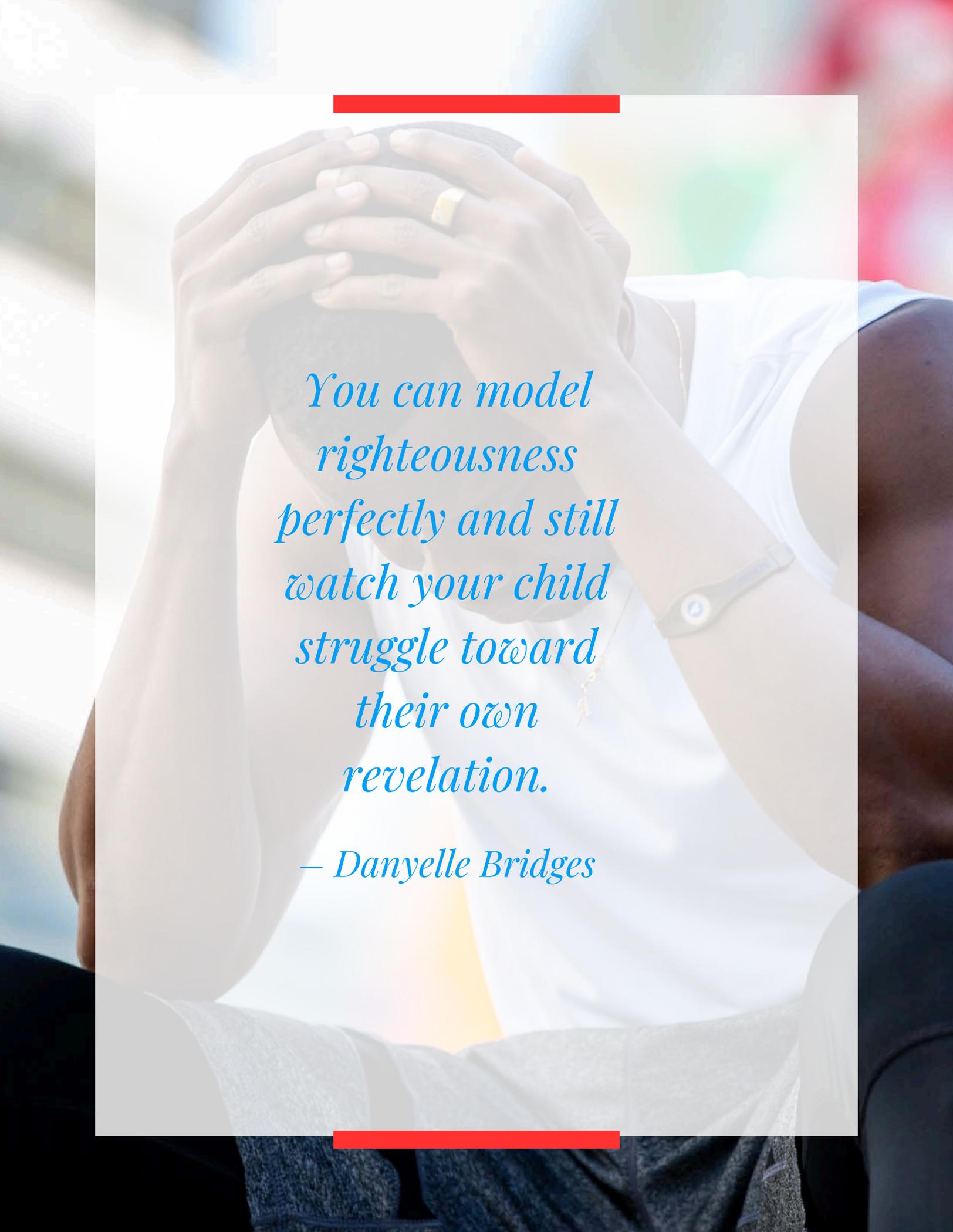
This is the ministry of the praying parent.

Not passive.

Not weak.

Not defeated.

But anchored. Watchful. Faith-filled.

A person is shown from the chest up, wearing a white tank top. Their hands are clasped together in a prayerful gesture, held near their face. They are wearing a gold ring on their left ring finger and a gold watch on their left wrist. The background is blurred, suggesting an outdoor setting with other people. The text is overlaid on the image in a blue, italicized font.

*You can model
righteousness
perfectly and still
watch your child
struggle toward
their own
revelation.*

– Danyelle Bridges

YOU CAN SHOW THEM THE WAY—BUT THEY MUST CHOOSE THE WAY

One of the most humbling realities in parenting is this:

You can model righteousness perfectly and still watch your child struggle toward their own revelation.

That doesn't nullify your seed.

It simply proves the sovereignty of God in the process.

Children may wander.

But seeds don't forget where they were planted.

Your faithfulness did not expire when they made a choice you wouldn't have made. God's promise did not evaporate because of a delayed outcome. He is still working—in ways you cannot see and in places you cannot reach.

FAITH-BASED PARENTING ADVICE FOR WEARY HEARTS

To every mother and father who feels tired, confused, discouraged, or quietly afraid—this word is for you:

Do not give up.

Your prayers are not bouncing off the ceiling.

Your tears are not overlooked.

Your faith is not foolish.

The same God who formed your child in your womb still knows how to shape their heart in adulthood. He knows how to interrupt detours, awaken purpose, and redeem time.

Trust the training.

Trust the Word.

Trust the God who finishes what He starts.

Because parenting doesn't end at eighteen—it simply becomes spiritual.

And intercession is never wasted.



Live, Love, Learn, & Lead

WITH PURPOSE & DIVINE DESIGN

[Contact Danyelle](#)

My Divine Coaching Program focuses on:

- ✿ **DIVINE LIVING** (*Identity in Christ*)
- ✿ **DIVINE LOVING** (*Covering Your Home For Those Closest To You*)
- ✿ **DIVINE LEARNING** (*Advancing The Community For Service*)
- ✿ **DIVINE LEADING** (*Transforming The Nations With The Holy Spirit*)



Books & Wellness Tools

Tools to Heal, Lead, and Build Your Legacy.

Danyelle Bridges is not just an author—she's a **faith-driven reformer** and **legacy leader** equipping women, educators, and visionaries to rise with purpose and thrive in every season of life.

Her collection of books and wellness journals—including the signature **Rise & Thrive: Dream Big Edition**—helps you restore order, reignite joy, and rebuild from burnout to brilliance.

Whether you're healing from hidden wounds or preparing for your next leadership leap, each resource is a divine invitation to grow—from calling to culture, from pain to purpose, and from potential to power.



GET STARTED →

For we are God's handiwork, created in Christ Jesus to do good works,
which God prepared in advance for us to do.

Ephesians 2:10

AILEM SELENE

AS FOR ME AND MY COMMUNITY

[Contact Ailem](#)



CONNECTIONS IN DIGITAL SPACES: NURTURING COMMUNITY

Hi! I'm Ailem. I have spent most of my adult years in Toronto, Canada, growing in grace and pursuing God's heart for missions. In 2021, I made a bold decision to leave my job as a mental health nurse to lead young adults at my church's ministry school. I thought it would only be for five months, ten at most. Fast forward four years later, and looking at the details of my life, I see the fruit of that decision. That fruit looks a lot like a heart-deep transformation through encountering the love of God, irreplaceable experiences on the mission

field, and a handful of online communities that have become my main support system.

During that chapter, when the world shut down and in-person meetings weren't always possible, many of my relationships began and grew online. I didn't realize it at the time, but that period was pivotal in redefining what "community" could look like in what many called our "new normal." I know many of us have embraced masterclasses, group coaching, or online community support systems as meaningful and integral parts of life—then and even now.

While these connections brought challenges like navigating time zones and tech troubles, rewarding moments and opportunities for growth came alongside that as well. Furthermore, they also represented hope for belonging and a way to feel less isolated. Soon after, they became a place where many of us discovered new interests and passions, even discovering who we were created to be!

After the world re-opened, online communities continued on and I am still very much a part of them as I was then. Over the last five years, I've learned a few valuable lessons about the importance of nurturing relationships in digital spaces, and I'd love to share some of them with you.

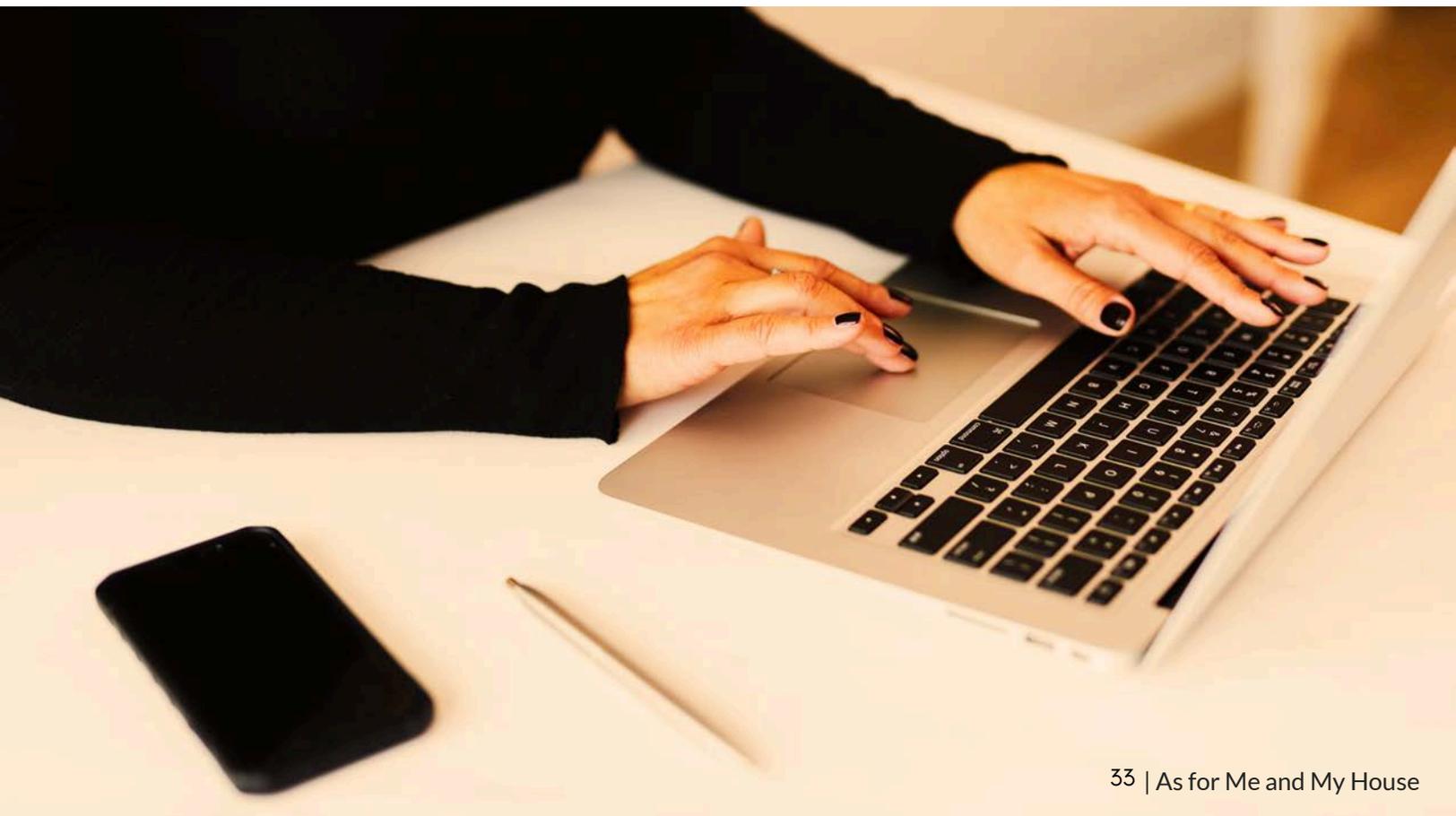
COMMITTING AND SCHEDULING:

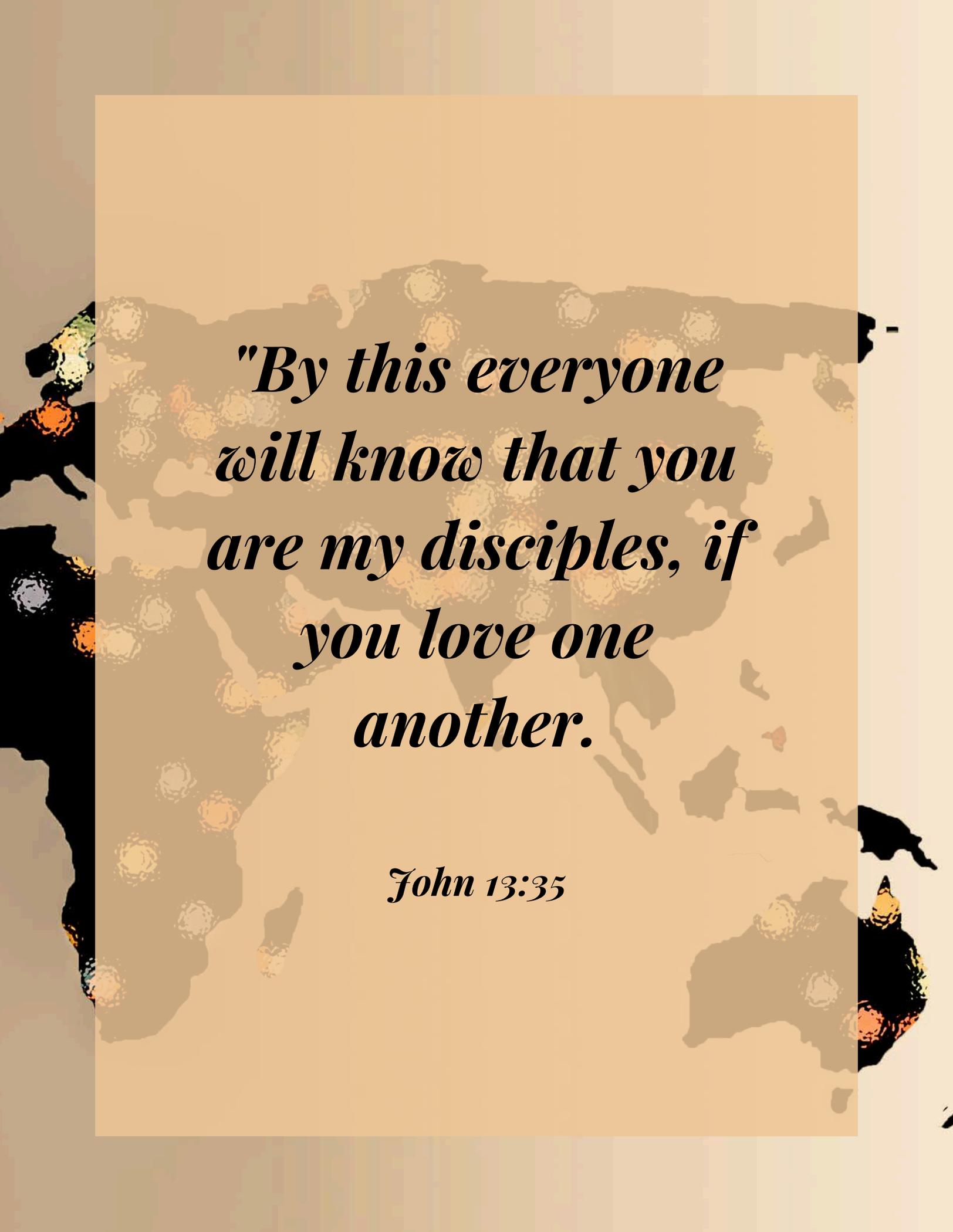
I made a decision early on to be as involved as possible in the online communities I signed up for. I also reflected on how my commitments would impact other areas of my life, like immediate relationships and work responsibilities. Through this, I was able to see which online communities were best suited for my schedule. However, sometimes

the timing of these meetings (early in the morning, the middle of the day, or late at night because of time zone differences) have been less than ideal. There were also seasons in my life that determined my level of involvement. And maybe there are seasons in yours—like taking care of family or picking up extra shifts—that will determine the decisions you make when joining an online group. But being clear and honest with myself about how much I could handle allowed me to prioritize and manage expectations when life got busy.

INPUT VS. OUTPUT:

Like everything else in life, but especially in an online community where it might be easier to hide in the background, I found that it was important for me to recognize that here, I would get out what I put in. When I consistently contributed, made decisions to be vulnerable and known (with the camera on), and made an effort to get to know others in and outside of scheduled calls, the experience was very enriching. However, there were also times where I wasn't able to be fully involved and I found that even though it felt different, I was





*"By this everyone
will know that you
are my disciples, if
you love one
another.*

John 13:35



still able to glean, grow, and do my best with the time, energy, and attention I did have available. Being patient through the ebbs and flows of life still helped me stay connected to the virtual group without pressure.

BE INTENTIONAL:

One of the most impactful things I have learned about online communities is that they are beautiful and powerful because they are held together by relationships, even if they are across the world. That's why being intentional and hospitable to individuals was a key value that allowed me to stay connected in this digital space. In retrospect, what I did was simple, though not effortless. For example, I was consistent with daily or monthly traditions within the group, like praying for each other during meetings, celebrating birthdays, keeping track of special events in people's lives, and checking in once in a while. I personally appreciated the "You are on my heart" texts, even if the conversation didn't continue much afterward. These small gestures fostered a culture of being there for one another, no matter the distance.

I discovered that being intentional was often simply being available, and the Holy Spirit really moved through that.

Finally, as I came to understand my role in digital spaces, I started to approach online communities with gratitude and wonder, recognizing that I was created to be in relationship with others, to thrive, and to serve. I saw this truth come to life in so many instances. Together, we are stronger. Together, we can learn, grow, heal, take risks, sharpen each other, and call each other higher.

My prayer is that we may continue to love intentionally in online spaces, never taking them for granted, because God can work powerfully here too. As John 13:35 (NIV) puts it, "By this everyone will know that you are my disciples, if you love one another."

Nurturing community in digital spaces offers us a chance to be known by our love, as we all step into the calling that God has for us, together.

You can find Ailem at:



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