

AS FOR ME AND MY
HOUSE



HOUSE: The Legacy House

MARRIAGE: Equally Yoked

**HEALTH: Me? Doctor? Oh No!
I Don't Have the Time**

**FINANCE: Your Next Move:
Financial and Lifestyle
Decisions to Consider When
Downsizing**

PARENTING: Love Them Well

**COMMUNITY: We Were
Never Meant to Walk
Alone**

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 to 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*.



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HOUSE

Niccie Kliegl 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 to discipling mankind and ministries into the fullness of Christ.

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MARRIAGE

Teresa Brunsting is a life coach, speaker, and author of the book, *Finding Normal in Bipolar*. She is also a contributor to the Resilience Anthologies 1 and 3 by the Warrior Writer authors.

Through her writing and speaking, she encourages wives and mothers to rediscover hope, identity, and balance while navigating mental health challenges. Teresa shares her personal journey of faith, marriage, and resilience to help others find a “new normal” grounded in God's grace.

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HEALTH

Tammy Weitzel Largin is a Christian author, speaker, and parent coach whose work blends faith and real-world experience with spiritual courage. She is the author of *Children Are Like Arrows in the Hands of a Warrior*, a biblically rooted guide to parenting that equips families to raise children with confidence, faith, and purpose.

In her new book, *A Healing Journey: Navigating Illness with Intention and Choice*, Tammy writes with honesty about healing and intentional living. Her voice is grounded, encouraging, and rooted deeply in faith.



22 FINANCES

Vona Johnson spent more than three decades working in affordable housing and finance before stepping into a calling to help others approach retirement with faith and purpose.

Vona hosts the Courageous Retirement podcast and writes and speaks about finishing well and living the life God created us to live.

Vona and her husband, Steve, live in South Dakota.



27 PARENTING

Sarah Noble is a Houston-based writer whose work reflects her deep love of faith, family, and the quiet beauty of everyday life.

A wife, mother of thirteen, and grandmother of fifteen, Sarah draws inspiration from the rhythms of home, storytelling, and the grace found in ordinary moments. Her writing blends warmth, reflection, and hope, inviting readers to find beauty in the tender and often unseen corners of life.



31 COMMUNITY

Dr. Martha Nessler is a chiropractor, author, coach, and speaker who helps high-achieving women heal, realign their priorities, and step into their God-given purpose.

Through her She Made God Her CEO community and her A.R.I.S.E. framework of mindset, identity, intimacy, purpose, and leadership, Martha equips women to rise with unwavering faith and live the life God designed for them.

WORDS FROM THE EDITOR

NICCIE KLIEGL, FULFILL YOUR LEGACY

April's here, and for me, it's always a special month—not only because it's my birthday month, but because it carries the beauty of spring. It's a season of fresh beginnings and new life. This year, I feel that more than ever. Over the past few years, I've been walking out and completing my four-part discipleship Legacy Series, and this month marks the beginning of something that has been stirring deeply in my heart: the launch of The Legacy House. This isn't simply a new program, it's an **invitation to step into a season of transformation—of your LIFE | HOME | CALL | SPIRITUAL GIFTS—fully partnered with God.**

Inside the Legacy House, I'll be walking others through all four of my books and programs, but we're going even deeper into full God-partnered transformation of the mind, body, and spirit:

- Christian Coaching for the MIND
- Health Coaching for the BODY—with daily workouts, weekly meal plans and recipes
- Holy Spirit training for the SPIRIT

Each day, I'll be pouring into you through live (or replay) morning encouragement, activations, and challenges. Each week, we'll gather for deeper coaching as we walk through each book and build a life that is truly God-partnered—from your personal walk, to your home, to your calling, and into being equipped and empowered by the Holy Spirit. What once was only accessible one piece at a time is now coming together in one place . . . and my heart is simply this: that you would come into the house. You'll find more details on the last page of this magazine, along with an opportunity to join a free workshop to experience what this journey could look like for you.

For those of you who are new to the *As for Me & My House* magazine, 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 step into this new season of spring, and for me, a new personal year, I can't help but feel expectant for what God is doing. My prayer is that you would sense that same invitation . . . that same stirring . . . and step into all that He has for you in this season. We hope you enjoy the wisdom and encouragement shared by our fellow Legacy Leaders in this month's God-partnered magazine.

Blessings, *Niccie Kliegel*



NICOLE

KLIEGL

AS FOR ME AND MY HOUSE
FULFILLYOURLEGACY.COM

THE LEGACY HOUSE

WHAT IT REALLY MEANS TO BUILD A HOME THAT HONORS GOD —
FROM YOUR LIFE, TO YOUR FAMILY, TO THE WORLD

What if everyone who walked through your front door left different? Not because of your decorating or your hosting but because of the presence that lives in your home, the faith, the peace, the intentionality that your family carries. Most of us want that kind of home. A home that leaves a mark. A home that raises children who know who they are. A home where marriage is alive, finances are at peace, and God's Word is the standard and not only on Sundays but in every room, every conversation, every decision. But wanting it and building it are two different things. And most believers were never shown how. That's what this article is about.

God shared with me way back in 2016 that He designed legacy to grow in a specific order: from your life, to your home, to your community, to the nations. When we skip stages, when we try to lead others before we've been formed ourselves, or try to impact a community while our household is out of alignment, we build on sand. It looks like progress. But it doesn't hold.

Today I want to share these four stages and eight teaching points. And an invitation at the end for anyone who's ready to stop circling and start walking.

STAGE ONE: YOUR LIFE — GETTING ROOTED IN WHO GOD SAYS YOU ARE

Before you can build anything that lasts, you have to settle who you are.



#1 Identity precedes assignment. One of the most common reasons believers feel stuck is that they are trying to walk in a calling before they've fully received an identity. You cannot carry what you haven't accepted. Before God sends you anywhere, He establishes who you are. Not your title. Not your role. Your identity as His—completely surrendered, fully known, deeply loved. Until that is settled, every step forward will be driven by striving instead of sonship.



#2 Your body is part of your calling. 1 Corinthians 6:19-20 doesn't suggest that your physical body matters—it declares it. You are a temple of the Holy Spirit. That means the way you steward your sleep, your health, your emotional wellbeing, and your physical strength is a spiritual act. You cannot carry a Kingdom assignment in a body you are neglecting. Formation has to include the whole person—spirit, mind, and body.

STAGE TWO: YOUR HOME — BUILDING A HOUSEHOLD THAT HONORS GOD

Once your own foundation is settled, God expands your stewardship—to the people under your roof.



#1: Your home either builds faith or erodes it. Joshua 24:15 is not decorative. "As for me and my house, we will serve the Lord" is a covenant decision about what runs the household—God's Word or the world's patterns. Every home has a culture. The question is whether that culture was built intentionally around Scripture or inherited from everything else. What is making noise in your home right now? What are your children absorbing without anyone saying a word? Those questions are not meant to condemn.

They are meant to wake you up to the assignment you already have.



#2 Biblical stewardship covers every room.

Marriage, parenting, finances, health, community influence—the Word speaks directly into every one of these. A God-partnered home isn't one where Scripture shows up on Sunday and disappears on Monday. It's one where how you handle money reflects Proverbs, how you parent reflects Deuteronomy 6, how you love your spouse reflects Ephesians 5, and how you feed and rest your body reflects what God says about the temple He gave you. That is not legalism. That is a life built on the only foundation that holds.

STAGE THREE: YOUR COMMUNITY — STEPPING INTO THE ASSIGNMENT OUTSIDE YOUR FRONT DOOR

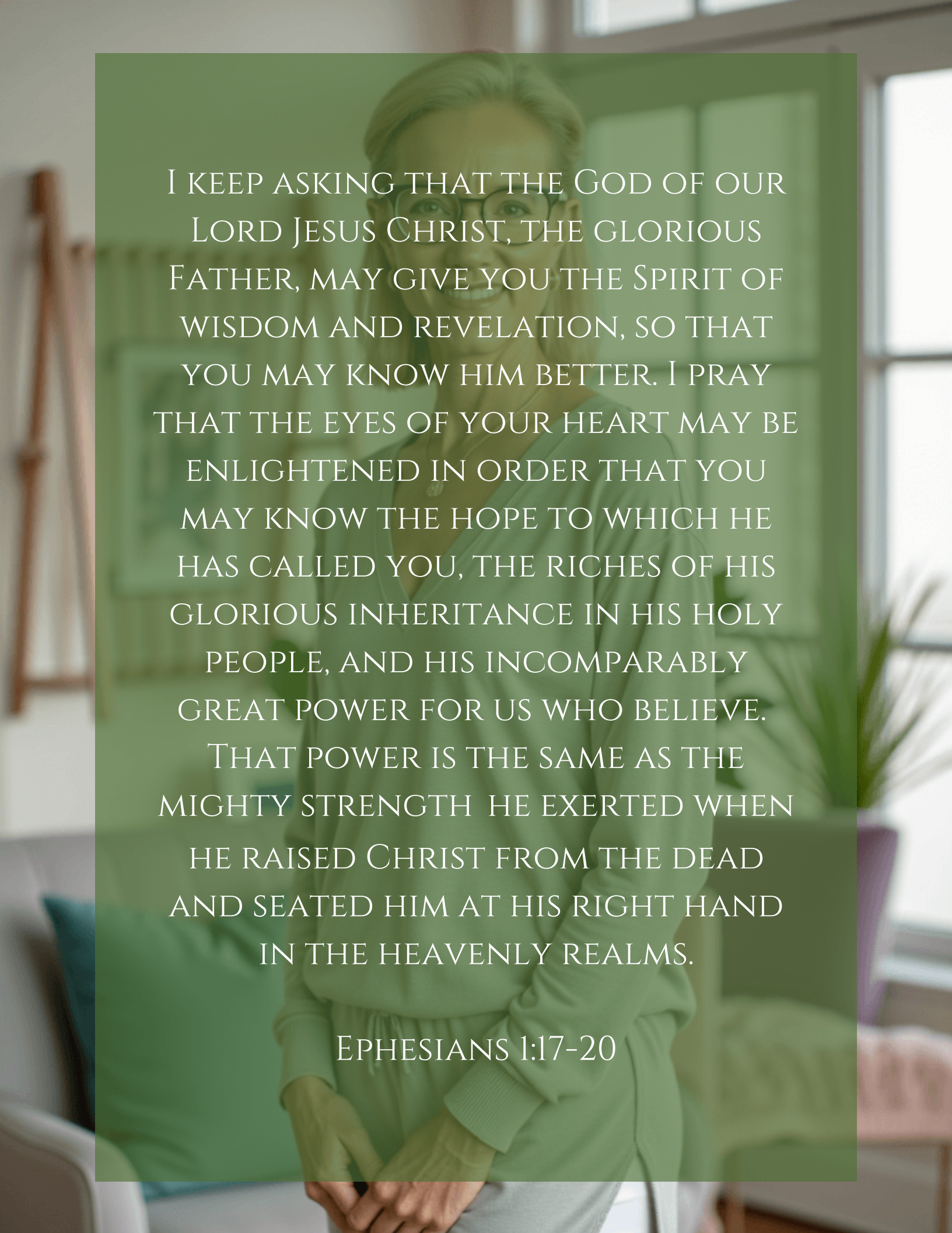
A home rooted in God doesn't stay contained in the home. It starts to reach outward.



#1: Your gifts were never just for you. Romans 12:6-8 is clear: every believer has been given gifts, and those gifts are given for the body. The mom on the sidelines of a soccer field has an assignment. The leader in the workplace has an assignment. The neighbor, the volunteer, the friend who always seems to show up at the right moment—these are not coincidences. They are callings. When you begin to see your daily interactions as Kingdom stewardship, ordinary moments become eternal ones.



#2: Jesus modeled a five-part approach to community. He dwelt among people. He listened and spoke. He loved and served. He gave generously. And He died so others could live. That pattern—presence, listening, serving, giving, and sacrifice—is not simply a story from the Gospels. It is a blueprint for how believers are meant to move through every community God places them in. Impact doesn't begin with a platform. It begins with showing up.



I KEEP ASKING THAT THE GOD OF OUR LORD JESUS CHRIST, THE GLORIOUS FATHER, MAY GIVE YOU THE SPIRIT OF WISDOM AND REVELATION, SO THAT YOU MAY KNOW HIM BETTER. I PRAY THAT THE EYES OF YOUR HEART MAY BE ENLIGHTENED IN ORDER THAT YOU MAY KNOW THE HOPE TO WHICH HE HAS CALLED YOU, THE RICHES OF HIS GLORIOUS INHERITANCE IN HIS HOLY PEOPLE, AND HIS INCOMPARABLY GREAT POWER FOR US WHO BELIEVE.

THAT POWER IS THE SAME AS THE MIGHTY STRENGTH HE EXERTED WHEN HE RAISED CHRIST FROM THE DEAD AND SEATED HIM AT HIS RIGHT HAND IN THE HEAVENLY REALMS.

EPHESIANS 1:17-20



STAGE FOUR: THE NATIONS — LEADING WITH HOLY SPIRIT POWER

This is the stage where personal transformation becomes multiplication.



#1 You cannot lead beyond where you have been formed. The Holy Spirit is not an add-on to leadership—He is the source of it. Acts 1:8 says you will receive power when the Holy Spirit comes upon you. Not strategy. Power. There is a kind of influence that comes from personality, and there is a kind of influence that comes from presence, from staying so close to God that when you walk into a room, something shifts. That second kind is what changes communities, restores families, and reaches the nations. It cannot be manufactured. It can only be cultivated.



#2: A legacy multiplies what you steward. The Great Commission is not a suggestion for a select few. It is the natural outcome of a life fully formed in Christ. When you have done the inner work, aligned your home, stepped into your community, and stayed close to the Holy Spirit, you don't have to manufacture influence. It flows from who you have become. Your children carry it. Your community feels it. And the impact reaches far beyond anything you could plan.

YOUR LEGACY IS BUILT IN STAGES — AND YOU DON'T HAVE TO WALK THEM ALONE

This journey is inside The Legacy House, a private discipleship community built around these four stages. We walk through all four books of The Legacy Series together, with live weekly teaching, daily shepherding, individualized health coaching, and a community of believers who are serious about doing this the God-designed way. From your life→home→community. To the nations.

No skipped stages. No shortcuts. Just the fullness of what God intended for you. The Legacy House is open. If you're ready to stop circling and start walking → **Step inside at FulfillYourLegacy.com/the-legacy-house**

LEARN MORE — WE START APRIL 6TH



STAGE ONE: 6 WEEKS

The Living Legacy (for YOU)



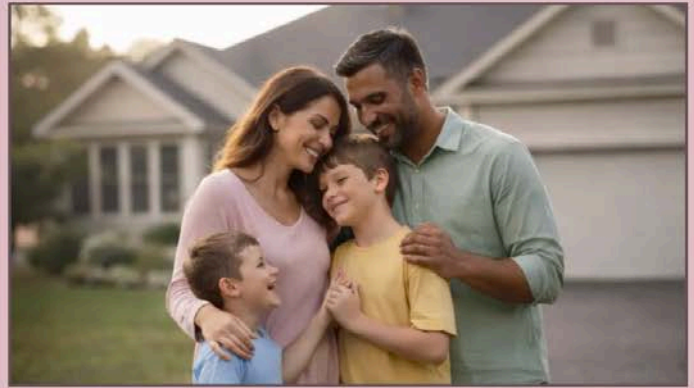
Personal Surrender & Identity This is where it begins:

- * **IDENTITY**, adoption & acceptance (I Am His & He Is Mine)
- * **LOVE**, of self & others God's way (Perfectly Imperfect)
- * **FREE WILL**, overcome anxiety/overwhelm (Wise Choices Works)
- * **ELEVATION**, raise up w/ the Holy Spirit (Mistakes Matter)
- * **HEALING**, repent & receive for self & others (Forgiveness Fulfills)
- * **ATONEMENT**, share Jesus by your call/purpose (A Legacy for You)

Result: You become rooted in God; Confidence. Stability. Spiritual depth.

STAGE TWO: 6 WEEKS

The Loving Legacy (YOUR HOME)



Before God expands your reach (tent), He checks stewardship — and we build your home around God.

- * **ME:** Does God dwell in your space? (As for Me & My Home)
- * **MARRIAGE:** Is your marriage married to Christ? (As for Me & My Marriage)
- * **FINANCES:** Are you being a wise steward? (As for Me & My Finances)
- * **PARENTING:** Are you raising up Godly children? (As for Me & My Parenting)
- * **HEALTH:** What is your body a temple of? (As for Me & My Health)
- * **COMMUNITY:** Are you sharing the gospel with loved ones? (As for Me & My Community)

Result: A spiritually anchored household covered by God.

STAGE THREE: 5 WEEKS

The Learning Legacy (YOUR CALLING)



You learn to follow Jesus where your influence expands into the community.

- * **IDENTITY (HE DWELT AND SAT WITH):** How You're Called (Tap into the Trinity)
- * **CONNECTION (HE LISTENED AND SPOKE):** The Power of Hearing, Doing, Speaking the Word (Shema)
- * **OUTREACH: (HE LOVED AND SERVED):** How to love & serve (Humbly/Selflessly)
- * **GIVING (HE GAVE AND TOOK):** Giving/Receiving, life for death (The Power of the Cross)
- * **LEGACY (HE DIED AND ROSE):** We all die to self so we all live eternally (The Great Commission)

Result: You gain clarity of purpose for confident community impact.

STAGE FOUR: 5 WEEKS

The Leading Legacy (YOUR EMPOWERMENT)



You are empowered by the Holy Spirit where transformation becomes multiplication

- * **A LEGACY POSSESSED:** Revelation and free will to access God's power
- * **GOD'S PRESENCE:** As our starting point. How to hear the voice of God
- * **POSITIONED FOR POSSESSION:** The power of posture when taking possession of land and space.
- * **CHRIST'S MODEL FOR MINISTRY:** Apostle, Prophet, Pastor, Evangelist, Teacher
- * **UNITED & POSSESSING:** Equipping the Kingdom for fullness of faith

Result: You become rooted in God; Confidence. Stability. Spiritual depth.

What Makes Us Different

WE DON'T JUST COACH YOUR GOALS. WE SHEPHERD YOUR WHOLE LIFE — YOUR SPIRIT, YOUR HOME, YOUR BODY, AND YOUR CALLING.



Inside The Legacy House, you will receive:

- ☀ Daily live check-in from Niccie — inspiration, challenge, or Scripture to start the day.
- ☀ 22 weeks of LIVE teaching/coaching pulled directly from all four Legacy Series books.
- ☀ 6 weeks Living Legacy, 6 weeks Loving Legacy,
- ☀ 5 weeks Learning Legacy,
- ☀ 5 weeks Leading Legacy.
- ☀ Small group accountability and intercessory prayer.
- ☀ Access to past Bible studies, courses, and training.



- ☀ Individualized health and wellness plan for every member — body as temple, fully integrated into the journey.

Join The Legacy House Today

Have Questions? Book A Chat with Niccie

LEGACY COACHING

LIVE TRAINING BY NICCIE IN OUR SMALL GROUP SETTING

22 Live weekly Coaching w/ Q & A w/ Niccie on all 4 of the Legacy Series books/programs for complete wholeness and transformation.

- Weekly LIVE sessions based on each week's legacy lessons
- Weekly LIVE intercession prayer, coaching, and support
- Access to all my past bible studies, courses, and training
- Small group setting for sisterhood and strong cords of faith





TERESA BRUNSTING

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

Equally Yoked

My husband and I struggled with miscommunication for years until we put God first and agreed to move forward with solid faith and direction. For this article, I googled *What does equally yoked in marriage look like?* The response: “When two people share the same foundation in faith values and purpose, even while still growing. You know you’re equally yoked when you both push each other closer to God, not further away. It is when your prayers align, your respect is mutual, and your future goals don’t compete but connect.”

12 | As for Me and My House

2nd Corinthians 6:14 says,

**“DO NOT BE UNEQUALLY YOKED TOGETHER
WITH UNBELIEVERS.”**

This verse is often quoted in Christian conversations about marriage. Most people assume it simply means two people should share the same faith before they

marry. While that is important, being biblically equally yoked goes deeper than simply checking the same religious boxes.

In biblical times, a yoke was a wooden beam placed across two animals so they could pull a plow together. When the animals were evenly matched they walked in the same direction, with the same purpose, and strength. But when one animal pulled harder or moved in a different direction the plow veered off course and the work became difficult.

Marriage can be the same way. Being equally yoked isn't about perfection; it's about the direction you choose.

In my own marriage, my husband and I have walked through the highs and lows of real life together. We've celebrated joyful seasons and navigated difficult ones, including the challenges that came with my journey through bipolar disorder. What I have learned is this: an equally yoked marriage doesn't mean life will be easy; it means you're both pulling the plow of life towards the same God.

WHAT BEING EQUALLY YOKED LOOKS LIKE

In a biblically aligned marriage, both spouses understand that God is at the center of the relationship. When couples are equally yoked, their faith becomes a foundation that steadies them when life becomes uncertain. They turn to prayer when the weight of the world feels heavy; they remind each other of truth when emotions cloud judgment; and they forgive because they have experienced God's forgiveness themselves.

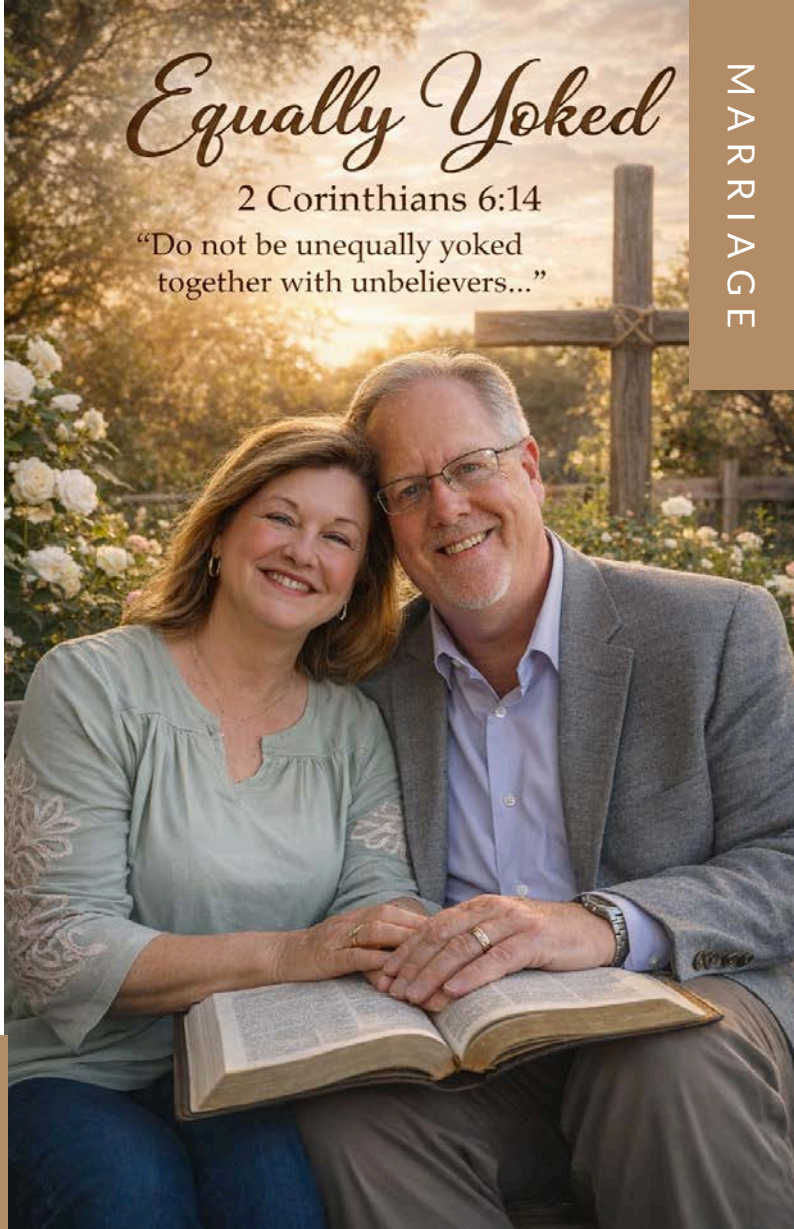
Being equally yoked means both people value their relationship with God and want to grow spiritually. Faith becomes part of daily life, not only something practiced on Sunday mornings. Though there were times in our marriage that were hard, there have been seasons when one of us felt stronger while the other struggled, but even in those moments our direction stayed the same. We continued working toward God together, and that shared direction is what kept the plow straight.

Equally Yoked

2 Corinthians 6:14

“Do not be unequally yoked together with unbelievers...”

MARRIAGE



WHAT BEING EQUALLY YOKED DOES NOT MEAN

Being equally yoked does not mean both spouses will always be at the same spiritual place. One person may feel strong in their faith while the other is wrestling with doubt and exhaustion. It also doesn't mean couples will never disagree. Marriage is a union of two people with different perspectives and personalities, so healthy disagreements often lead to growth. Being equally yoked certainly doesn't mean that you will be free of hardship. Every marriage eventually faces challenges, stress, disappointment, illness, and seasons of uncertainty. Being equally yoked does not remove those storms; it simply lets you face them together with God at the center.

*"Do not be yoked
together with
unbelievers. For what
do righteousness and
wickedness have in
common? Or what
fellowship can light
have with darkness?"*

2nd Corinthians 6:14 (NIV)

FIVE WAYS TO STAY EQUALLY YOKED

Like any strong relationship, a biblically centered marriage requires intentional effort.

Here are 5 practices that help couples stay spiritually aligned.

1 PRAY TOGETHER.

Prayer doesn't need to be formal or lengthy; it might be a short prayer before bed, a big decision, or even a stressful event. Praying together reminds couples that God is present in their relationship

2 GROW SPIRITUALLY IN THE SAME DIRECTION.

Couples don't have to grow at the exact same pace, but they should share the same spiritual destination. Attending church, discussing scripture, and encouraging one another's faith journey help keep that direction clear.

3 GIVE GRACE DURING DIFFICULT SEASONS.

Every marriage will experience seasons where one spouse feels discouraged or overwhelmed. Being equally yoked means offering patience, grace, and support rather than resentment when life becomes heavy.

4 SPEAK LIFE INTO EACH OTHER.

Words have tremendous power in a marriage. Encouraging each other with truth, kindness, and affirmation strengthens the bond between spouses.



5 KEEP GOD AT THE CENTER.

The strongest marriages are not built on chemistry alone. They are built on a shared commitment to God, a commitment to seek God first and allow His wisdom to guide the relationship.

WALKING FORWARD TOGETHER


One of the greatest gifts in marriage is knowing someone is walking beside you through life's journey, and not only beside you but in the same direction. There will be unexpected turns and difficult days and moments when the future feels uncertain, but when two people are equally yoked under God they can keep moving forward even when the path is hard.

It is amazing to pull the plow in the same direction through faith towards grace and toward the life God is shaping for marriage together. Blessings on your marriage as you work toward being equally yoked.



Finding Normal in Bipolar

When life feels scattered and overwhelming, it's easy to believe you've lost yourself.

Available on Amazon 
or wherever books are sold

In ***Finding Normal in Bipolar***, Teresa Brunsting shares her deeply personal journey through mental health, marriage, and faith—discovering that even in the most broken places, God is gently restoring peace, identity, and purpose. Through honest storytelling and unwavering faith, she invites you into a new way of living—one marked by balance, healing, and hope. This is more than a story.

It's an invitation to find your new normal.



Teresa Brunsting

Author & Speaker

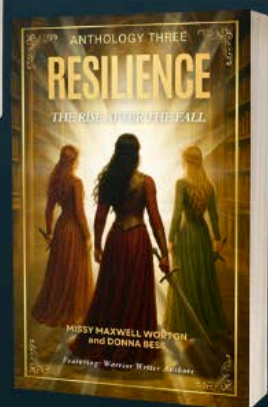
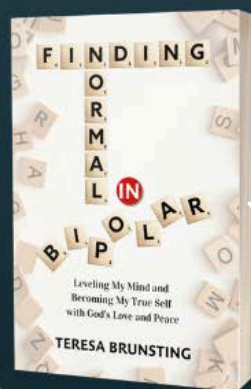


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TAMMY LARGIN

AS FOR ME AND MY HEALTH
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ME? DOCTOR? OH NO! I DON'T HAVE THE TIME

“DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT, WHO IS IN YOU, WHOM YOU HAVE RECEIVED FROM GOD? YOU ARE NOT YOUR OWN; YOU WERE BOUGHT AT A PRICE. THEREFORE HONOR GOD WITH YOUR BODIES.”

1 CORINTHIANS 6:19–20 (NIV)

In today's world of modern medicine we tend to think that every diagnosis should have a cure, but unfortunately there are many things that go undiagnosed and later can become big disruptions.

While there are many reasons for the late diagnosis, the biggest one by far is us. Our excuses are infinite from, “It only hurts when I do this, so I just won't do that,” to “I need to take care of my children first and then I can focus on me.” But what are the children going to do when you are no longer with us because you ignored your body's call? We say we are too busy for the doctor, the dentist, the counselor, but the opportunity for good health in America actually starts with us.

As adults we tend to ignore the obvious. The obvious pain, the obvious growth, the obvious indigestion, all of

which can lead to death if we don't get it checked out. The obvious pain could be a burst appendix. The obvious growth could be the beginning of melanoma. And the obvious indigestion could be a polyp in the early stages of cancer. Mine was the latter, but I had no symptoms. There was a sore spot at the bottom of my sternum. But it wasn't painful enough for me to worry about and it didn't always hurt. Besides, I take great care of myself through diet and exercise. Yet, somehow that colon cancer found me.



Maybe it should be more like, how do we stop what we are doing and listen to what our bodies are telling us? Maybe we are getting our signals crossed. Have you had a pain so long that you now consider it normal?

I have two types of people in my family and probably you do too. The ones who go to the doctor for every little sniffle and the ones who have not darkened the door in decades. I am somewhere in the middle. I attend annual physicals and rotate the required health maintenance like breast ultrasounds, OBGYN visits, and colonoscopies. The dentist sees me twice a year, but I would have to confess that I have never been to a counselor because I never thought I needed one.

When was the last time you had a physical? I am not talking about the mambi, pambi kind from the local CVS clinic. I am talking about a full work-up that starts with peeing in a cup, moves to blood work, and finishes with a jog on the treadmill for heart screening.

So how do we stop being so selfish and go to get the help our body needs? Maybe that is the wrong question.

This is a real physical that should be done every three years. If you are a woman, add the mammogram and OBGYN. And if you are over 30, add the Cologuard or colonoscopy to the list. I know, I know, it takes time. Time you think you don't have, but without a physical, your time could be shorter than you think.



*“Do you not know
that your bodies are
temples of the Holy
Spirit, who is in you,
whom you have
received from God?
You are not your own;
you were bought at a
price. Therefore
honor God with your
bodies.”*

I Corinthians 6:19–20 (NIV)

A silhouette of a man and a woman walking away from the camera on a beach, holding hands. The man is on the left, wearing a long-sleeved shirt and pants. The woman is on the right, wearing a long-sleeved top and a skirt. They are walking on a sandy beach with the ocean in the background. The image is overlaid on a dark green rectangular background.

Now that you have agreed to go to the doctor, the dentist, and maybe the counselor, let's talk about a few things to keep in mind.

1 **Start keeping a record of things that you consider normal to you, but aren't really normal.**

Examples:

- a. Every meal is followed up with an antacid or alka seltzer.
- b. Your skin itches or splotches when you go out in the sun.
- c. Your throat burns when you eat certain foods, so you avoid them.
- d. Are you living in an emotional rollercoaster? That could be hormones or thyroid so make sure you are sharing even your mental health with your doctor.

2 **Start exercising! Then keep a record of what you are willing to do every day to get your body moving. Find a friend who can keep you company while you walk or ride a bike through the neighborhood. Ask your kids if they want to play catch or basketball.**

3 **Change your diet to eat food in its natural state over the packaged kind. Avoid boxes and drive-thru windows. Learn to cook as a family and let each member learn to fix their favorite meal from scratch. It doesn't take that much longer to make a healthy meal over an unhealthy one.**

What I have listed here are simple, low-cost steps to take that can improve your physical and mental health. But the most important part of you that needs to stay healthy is your spirit. There have been many studies about how those of faith who face a possible terminal illness diagnosis have improved overall physical health, functional well-being, and physical symptoms. These studies confirm that spiritual health should be a core focus of our healing, even before the physical.

In Romans 12:1 it says our response to God's marvelous mercies should be that we surrender ourselves to God to be His sacred, living sacrifice, to live in holiness, experiencing all that delights His heart. It delights God's heart when we take care of ourselves so we can serve the ones He puts before us.

“THEREFORE, I URGE YOU, BROTHERS AND SISTERS, IN VIEW OF GOD'S MERCY, TO OFFER YOUR BODIES AS A LIVING SACRIFICE, HOLY AND PLEASING TO GOD—THIS IS YOUR TRUE AND PROPER WORSHIP.”

ROMANS 12:1 (NIV)

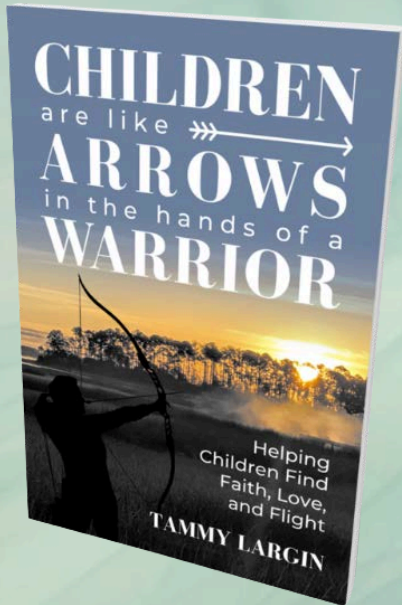
Take the time today to reach out to your general practitioner and make an appointment that can lead you into experiencing all that delights God's heart.





Tammy Largin

Tammy Largin is an award-winning author, speaker, and mom coach. Her book, *Children are like Arrows in the Hands of a Warrior*, empowers parents to know, love, and challenge their children based on God’s design for parenting. Tammy speaks on developing creative learning solutions for children of all ages and teaches life skills to young adults. She currently serves on the board for Life Launchers in Jacksonville, Florida, and as the director of career and life training. In her spare time, you’ll find Tammy enjoys serving at her church, riding horses, and dancing. She resides with her husband of 29 years and her dog, Roxy, near her parents and extended family.



CHILDREN ARE LIKE ARROWS IN THE HANDS OF A WARRIOR

Now you can glean wisdom from “warrior” author, mother, and teacher, Tammy Largin, who masterfully integrates biblical parenting and archery concepts with personal anecdotes of raising her daughter “differently.” In the pages of *Children Are Like Arrows in the Hands of a Warrior*, you will find both overarching parenting principles and all the nitty-gritty details.

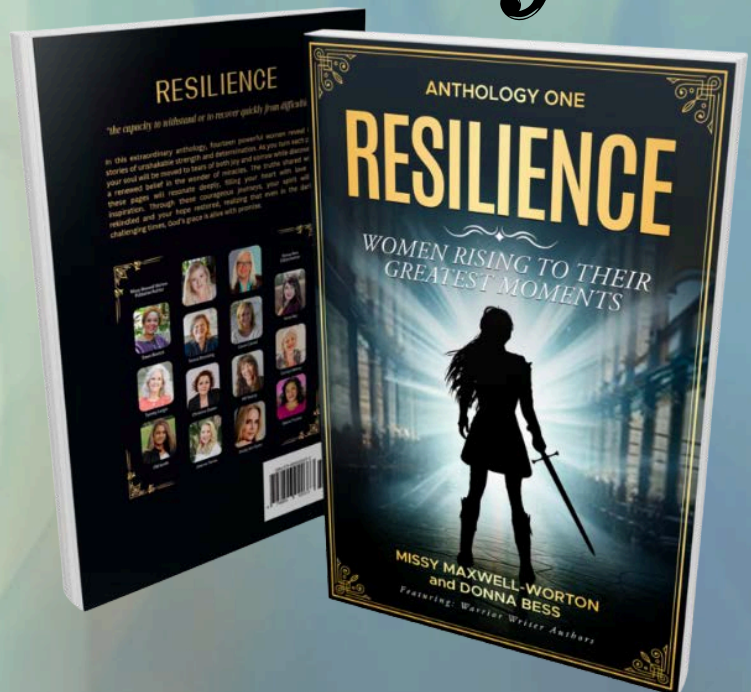


RESILIENCE: ANTHOLOGY I

Tammy’s Chapter Summary:

JUST AS I AM 

After a date rape that took my innocence, I couldn’t see how to return to the person I was before. Trying to embrace the person I was now became a downward spiral of shame. Instead of seeking the help I needed, I looked for love and acceptance in all the wrong places until one Sunday morning, I heard a song in the distance calling me back to the One who loves me most.





VONA

JOHNSON

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

YOUR NEXT MOVE: FINANCIAL AND LIFESTYLE DECISIONS TO CONSIDER WHEN DOWNSIZING

For many families, the conversation starts quietly. Maybe it's when the yard work begins to feel like too much, when unused bedrooms sit empty, or when adult children gently ask, "Have you ever thought about moving somewhere smaller?" What begins as a simple question often becomes one of the biggest housing decisions of later life.

After more than 30 years in affordable housing and finance, and now helping people transition into retirement, I've seen the importance of making this decision with both wisdom and care. Downsizing offers freedom and peace but requires thoughtful planning. The best outcomes usually come when you consider both your finances and the lifestyle you want.

If you're considering a move—either for yourself or aging parents—five areas require attention:

- the financial realities of the move
- lifestyle and maintenance changes
- location and accessibility
- the emotional side of leaving a longtime home, and
- how the move supports the next season of life.

FINANCIAL CONSIDERATIONS

Many people assume that downsizing will automatically save money. While that is sometimes true, it is not guaranteed. A smaller home or townhome may reduce certain expenses, such as utilities or maintenance, but unexpected costs can still arise. Homeowners association fees, property taxes, insurance differences, and special assessments can add up quickly.

It is also important to consider the costs involved in selling and moving, such as real estate commissions, closing costs, moving expenses, and potential updates needed to prepare a home for sale. At the same time, downsizing can free up equity, thereby strengthening long-term financial stability. The key is to look at the full picture and run the numbers carefully so the move truly supports financial peace.

LIFESTYLE AND MAINTENANCE

One of the most appealing aspects of downsizing is the lifestyle shift it can create. Many people discover that maintaining a large home and yard requires more time, energy, and physical effort than they want to invest in this season of life.

Moving to a townhome, condominium, or smaller home often means less yard work and fewer repairs. For many retirees, this translates to more freedom for travel, time with family, service, or a slower pace. Downsizing is about reclaiming time and energy for what matters most, not simply losing square footage.


CONSIDER LOCATION CAREFULLY

Location becomes even more important when choosing a home for the next chapter of life. A property may look appealing on paper, but it is wise to consider how well it will serve your needs over the next ten or twenty years.

Proximity to family, access to medical care, nearby grocery stores and services, and connection to a church or community network all matter. Some people prefer walkable neighborhoods, while others prioritize being close to children and grandchildren. Thinking ahead about accessibility and convenience can make a tremendous difference in maintaining independence and quality of life.

Staying connected to people is crucial. As we age, it's easy to drift into isolation, especially after moving. Choosing a home close to family, friends, or a community helps emotional and spiritual well-being. Proximity to meaningful relationships often contributes more to happiness than home features.



A grayscale photograph of a person walking away from the camera on a rocky beach. The person is wearing a light-colored jacket and dark pants. The background shows the ocean waves. A large, semi-transparent red rectangle is overlaid on the image, containing white text in a cursive font.

*Trust in the Lord
with all your heart;
do not depend on
your own
understanding. Seek
his will in all you do,
and he will show you
which path to take.*

Proverbs 3:5-6

EMOTIONAL CONCERNS

While financial and practical factors are important, the emotional side of downsizing is often the most challenging part of the process. A family home usually holds decades of memories—raising children, hosting holidays, and marking life's milestones.

Sorting through belongings accumulated over many years can feel overwhelming. Adult children often find themselves helping parents navigate this stage, and patience becomes essential. Allowing time for reflection, sharing stories connected to meaningful items, and approaching the process gradually can make the transition more manageable and meaningful.

BE PURPOSEFUL

Ultimately, downsizing should serve a larger purpose than simply reducing space or expenses. The real goal is to create a living situation that supports the life you want to live moving forward.

A smaller home brings simplicity, flexibility, and freedom. It opens doors to deeper relationships, new experiences, and meaningful service. When made thoughtfully, downsizing focuses on what you gain in the next season, not only what you leave behind.

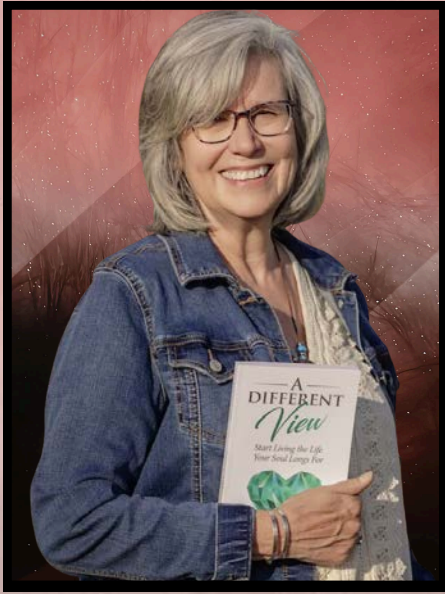
CLOSING THOUGHTS

Because this can be one of the biggest decisions we make at this stage of life, it can feel daunting. And the fear of making the wrong decision can prevent us from making any decision at all. That is why I recommend you walk this path with the Lord. Proverbs 3:5-6 reminds us that through scripture and prayer, the Lord will guide us where we need to be. We can trust Him if we include Him in the decision process.

A smaller home does not mean a smaller life. In fact, for many people, it becomes the doorway to a season marked by greater freedom, deeper relationships, and renewed focus on what matters most. With thoughtful prayer and planning, downsizing can help people finish this season of life well while opening the door to a meaningful and purposeful next chapter.



Vona Johnson



As you near your lifelong dream of retirement, your soul longs for more, and you realize this is the beginning of something bigger than you. After dedicating decades to your work, retirement emerges as the much-anticipated light at the end of the tunnel. It's a time to turn lifelong dreams into reality. However, the uncertainty that looms can be daunting, leaving you questioning your readiness for this pivotal moment.

- Am I really ready?
- What will I do?
- Am I financially set to do this?

BOOK NOW

Retirement isn't just about winding down; it's about gearing up for a new chapter. Don't leave your legacy to chance after years of hard work. Instead, it's a time to ensure you embark on this journey fully prepared, financially, yes, but also purposefully, paving the way for a fulfilling retirement.

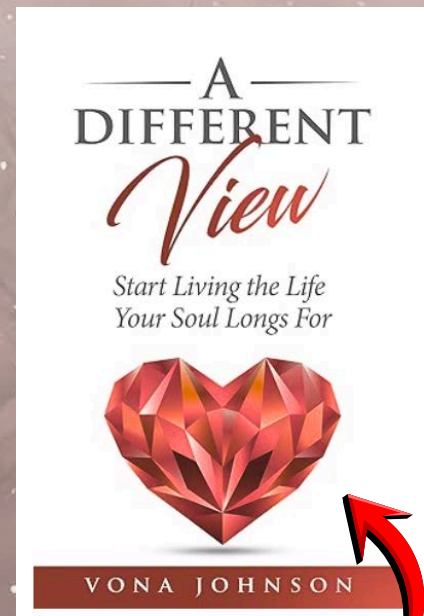
A Different View: Start Living the Life Your Soul Longs For (*Live Your More* Series Book)

The world has twisted God's Truth.

A Different View is the wake-up call Christians need.

The world is shaming us into embracing a culture keeping us from experiencing the life of peace and fulfillment our souls long for. This book will help you learn how to:

- Discover what is missing in your life and why
- Align your life with God's will
- Redefine your priorities
- Create a deeper connection with your eternal purpose



BUY NOW

COURAGEOUS RETIREMENT PODCAST





SARAH NOBLE

AS FOR ME AND MY PARENTING
CONTACT SARAH

LOVE THEM WELL

In terms of parenting, I am a seasoned parent. As though descriptions of the different stages of parenting fit into neatly organized cubbies. No matter how young or old your children are, the feelings are the same: thoughts for their safety, did they eat healthy, are they loved and happy by those who are now in their lives? Does love and kindness flow from them into the lives of others?

My husband and I raised 13 kids. Our family is blended, shaken, stirred, and put together exactly as God wanted it. We answered the call to adopt internationally. Raising children born to someone else is a treasure that I count as one of my greatest gifts. Kids from hard places take longer to accept love and stability. Some of them can't, no matter how much you love them. Chaos is familiar while stability is unknown and perceived as danger.

*And by faith even
Sarah, who was past
childbearing age, was
enabled to bear
children because she
considered him
faithful who had made
the promise.*

Hebrews 11:11

There were so many hard days navigating through the different seasons of parenting that we experienced: infants, toddlers, adolescents, young adults, and watching your child become a parent. Each season is an opportunity to love them well. Each season brings an opportunity to choose joy in the mundane and hard days.

Every day you get to decide if you will choose to be happy in your circumstances. No matter how overwhelming it is. The expression, "Fake it until you make it," is a literal application to staying the course.

I am into my Granny era now. Looking back brings clarity to things that you would change if you could about when you were raising your kids. I took the opportunity to ask all my grown children two questions:

1. **What is one thing you wish I would have done differently raising you?**
2. **What is one thing you think that I got right?**

All my kids know that they can be honest and frank with me about life and that there is no reason to protect my emotions in expressing their opinions. I asked these questions independently and when the environment was quiet. I braced for their answers knowing that surely, I had failed in some way. Across the ages and the different stages that they are in, they all had one common answer:

They know they are loved beyond measure.

Some had no answer for what I should have done better or differently. Some said they didn't appreciate losing their devices when they were grounded, and one said they think I should have controlled the access to WIFI more diligently.



HOW SHOULD YOU LOVE YOUR FAMILY WELL IS A DAILY QUESTION TO ASK YOURSELF.

How you should love your family well is a daily question to ask yourself. Develop the ability to choose the joy and abundant love that you need. In frustration, it is difficult to meet your toddler who just dumped the flour canister on the floor with enough grace that you can belly laugh about it, snap a picture, and treasure this moment while you put the flour up higher in the pantry. Surely, the teenager who is determined to never wash that favorite sweatshirt again needs more grace as you coax them out of it. The hoodie has replaced their lovey from when they were small. Love them well in these hard moments.

There will always be chores to do, but children don't keep. The demands of the daily tasks can outweigh the joys in the simple moments. The moment your baby sits up independently or starts walking. The simple joy of a twinkle in their eye as they outstretch their arms for you. The smile of your infant when they recognize that you will respond to their needs. Even as you step over the pile of toys and scoop them up. Knowing that their needs must be met no matter what you want in the moment.

There will be a day when your young child reaches up for you, and you scoop them up for the last time. You won't know it is the last time; it just is. It is the last time they leap into your arms to be held close. The next day they simply come and go without you picking them up to hug them. You don't notice. It's the hindsight that brings clarity to those moments. So, hug a little longer and let your little one break the hug first, always.

Love them well. Love them with a fierce tenacity that forgives the injustices of growing up in a world, of the world, while trying to keep them separated from the world.

Hang in there; these days go by fast. Love them so well that they never doubt they are loved unconditionally. Show them grace in their moments of learning to be human.

Give yourself grace in moments of learning how to be a parent.

Sarah Noble



From the warm, story-laden heart of Houston, Texas, Sarah Noble writes with the quiet reverence of an old soul who still believes that miracles hide in plain sight. A wife, mother of thirteen and grandmother of fifteen, she has lived a life rich with lullabies, laughter, prayer, and the holy hush of ordinary days- where love multiplies like wildflowers and grace arrives in soft, unannounced ways. She finds her inspiration in weathered books whose pages smell faintly of time, in porcelain teacups that have held both tears and celebrations, and in the gentle rituals of home-bread rising, gardens breathing, quilts forming, candles flickering. Her stories rest at the crossroads of faith and folklore, where domestic magic meets eternal hope, and where every character is offered room to heal, bloom, and belong. With a heart tuned to the tender and the unseen, she writes to remind weary souls that beauty is rarely loud, that home can be built from more than brick, and that kindness is the truest form of courage. Every tale she pens carries the soft echo of her lifelong moto: "Be kinder than necessary."



RESILIENCE 3: THE RISE AFTER THE FALL

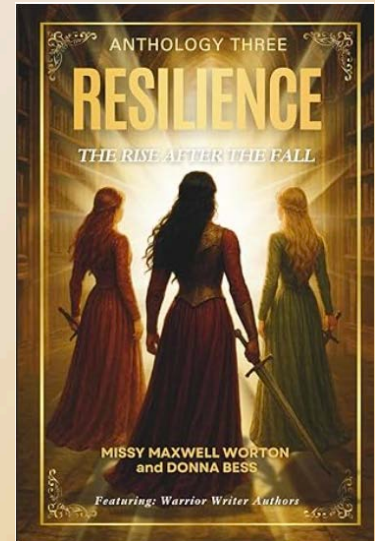
One anthology, twenty-two battles, from twenty-two authors.

Each with one breathtaking rise.

From betrayal, illness, widowhood, abuse, addiction, financial collapse, anxiety and silence that nearly crushed them, these stories reveal a fierce truth: resilience isn't loud; it's a quiet decision to stand again.

Raw and real, each journey shows that God meets us in the impossible and turns ashes into hope and pain into purpose. If you've ever wondered if beauty can come from brokenness, these women shout YES! And their rise just may ignite yours.

order now!



Friendly Fire is Sarah Noble's unflinching yet deeply tender account of returning to the site of her earliest wounds and discovering that healing doesn't begin with forgetting—it begins with courage.

With raw honesty and an unexpected grace, she untangles a childhood marked by betrayal, fear, and silence, and reveals the quiet strength it takes to reclaim a story that was never meant to be spoken.

*A haunting remembrance.
A courageous reckoning.
A hard-won freedom.*





DR. MARTHA NESSLER

AS FOR ME AND MY COMMUNITY

Contact [MARTHA](#)

WE WERE NEVER MEANT TO WALK ALONE REDISCOVERING GOD'S DESIGN FOR COMMUNITY

For most of my life, I thought I was better off doing things on my own.

Looking back, I realize that belief shaped far more of my life than I understood at the time.

I wouldn't have said that out loud, but my life reflected it. If something needed to get done, I handled it. If something was difficult, I pushed through. Independence became my normal.

What I didn't realize was that what looked like strength on the outside was slowly becoming isolation on the inside.

And isolation was never God's design for us.

As I began reflecting on my own journey and studying Scripture, I realized there are a few important truths about community many of us overlook. In this article, I want to share three things I've learned:

- why isolation is often rooted in a lie,
- why God designed the church as a place of belonging,
- and how we can begin building meaningful community again.

When we read the Bible through this lens, we see something powerful. Community is woven throughout the entire story of God's people.

When Moses led the Israelites through the wilderness, they didn't travel alone. They journeyed together as a people learning to trust God. The twelve tribes of Israel formed a nation built on shared identity, shared responsibility, and shared faith.

Even Jesus Himself lived in community. He walked closely with twelve disciples who learned from Him, traveled with Him, and supported one another along the way. Beyond the disciples, we see friendships with people like Mary, Martha, and Lazarus, along with women who faithfully supported His ministry.

Over and over again, Scripture reveals the same truth: God designed His people to live in community. Yet many of us find ourselves living the opposite.

THE LIE OF INDEPENDENCE

For me, the shift came when I recognized a lie I had believed for years. The lie was that I didn't need anyone.

Sometimes independence develops from capability. But often it grows from pain. When we have experienced disappointment, betrayal, or hurt in relationships, it can feel easier to protect ourselves by building walls.

Isolation begins to feel safer than vulnerability. But when we isolate ourselves, we also cut ourselves off from the strength and encouragement God designed us to receive through others.

One powerful way to break agreement with lies is to replace them with truth.

In the work I do with women, I often talk about how transformation begins with realigning our mindset and identity with God's truth. When we renew our minds and remember who we are in Christ, we begin to live differently. Instead of striving alone, we begin to pursue intimacy with God, walk in the purpose He has given us, and lead from a place of healing and wholeness.

Declaration:

I was created for connection and fellowship with others.

**"TWO ARE BETTER THAN ONE, BECAUSE THEY HAVE
A GOOD REWARD FOR THEIR TOIL. FOR IF THEY
FALL, ONE WILL LIFT UP HIS FELLOW."
ECCLESIASTES 4:9-10 (ESV)**

Community is not weakness. It is wisdom.

THE BODY WAS DESIGNED TO WORK TOGETHER

Another place we clearly see God's design for community is within the church. Church was never meant to be a place we simply attend. It was meant to be a body we belong to.

I remember once mentioning at church that I didn't really know anyone yet. The next thing I knew, I was asked to help create the Connect Team, a team focused on welcoming new people and helping them find community. I had to laugh because community was the very thing I struggled with most. But God often grows us in the areas where we feel the least qualified.

The Apostle Paul describes believers as different parts of one body. Each person carries unique gifts and strengths. When those gifts work together, the body becomes strong and healthy.

But when we remain disconnected, we miss the fullness of what God intended.

Sometimes building community begins with simple steps. It may mean serving on a team at church, joining a small group, volunteering, or intentionally creating spaces where relationships can grow.

Community rarely happens by accident. It grows when someone chooses to step forward and connect.

Declaration:

I belong in the body of Christ, and my life is strengthened through community.

“And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.

And awe came upon every soul...

And all who believed were together and had all things in common...

And day by day, attending the temple together and breaking bread in their homes...

praising God and having favor with all the people.”

(taken from Acts 2: 42-47)

“Isolation is where lies grow louder. Community is where truth grows stronger.”

“Community is where strangers become family, and burdens become lighter.”

“SO WE, THOUGH MANY, ARE ONE BODY IN CHRIST, AND INDIVIDUALLY MEMBERS ONE OF ANOTHER.”

ROMANS 12:5 (ESV)

When we step into community, something powerful happens. Encouragement replaces discouragement. Burdens become lighter because they are shared. Prayer becomes stronger when voices rise together.

LIVING LIFE TOGETHER

Community does not require perfection. It simply requires presence.

Sometimes it looks like serving alongside someone at church. Sometimes it looks like inviting someone for coffee. Sometimes it looks like showing up for someone during a difficult season and reminding them they are not alone.

Scripture reminds us,

“LET US CONSIDER HOW TO STIR UP ONE ANOTHER TO LOVE AND GOOD WORKS, NOT NEGLECTING TO MEET TOGETHER . . . BUT ENCOURAGING ONE ANOTHER.”

HEBREWS 10:24–25 (ESV)



Over the years, I’ve seen again and again that when people begin healing, renewing their minds, and rediscovering their identity in Christ, they also begin stepping back into the kind of community God designed for them.

And when believers begin living this way together, something powerful happens. Healthy individuals begin building healthy homes, strong churches, and communities that reflect the heart of Christ.

God never designed us to carry life on our own.

He designed us to walk together, support one another, and grow together in faith.

Because the truth is simple.

We were never meant to walk alone.

She Made God Her CEO

w/ Dr. March Nessler



Biblical Leadership: When God Chooses a Leader | Bible Study with



Dr. Martha Nessler

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Some seasons feel like a never-ending waiting room.

Others throw you straight into the fire, where you have to fight for everything.

And some are those messy healing seasons, the slow rebuilding after everything fell apart, or those moments when life hands you wisdom through experiences you'd never choose.

This isn't just about finding out "which woman are you?"

It's about recognizing where you actually are right now, what this season is trying to teach you, and learning to trust God's process, even when it doesn't make sense and feels completely different than what you had in mind.

Are you ready to uncover the biblical woman whose story is written for your current chapter?



[Take the Quiz Now](#)