

AS FOR ME AND MY
H O U S E

Home: A house is made with walls and beams. A home is made with love and dreams..

Marriage: Love That Listens: The Power of Communication & Grace in Marriage

Health: Your Body Is Keeping Score—And It's Time to Listen

Finances: Building Your Finances on the Rock

Parenting: Parenting Teens & Adults with Grace

Community: The Posture That Anchors a Faith-Based Community



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PUBLISHING EDITOR

I'm Niccie, founder of Fulfill Your Legacy and spiritual growth & leadership coach helping others experience the fullness of Christ — in their lives, homes, communities, and the nation I equip mankind & ministries to step into their God-given calling — through discipleship, teaching, and Kingdom tools.

Most everything I do leads back to the LEGACY Jesus left for us. We are called to go make believers — each of us differently, but all of us purposefully . . . just as long as we step in and do our part to His glory.

Go LIVE | LOVE | LEARN | LEAD according to the call!

COPY EDITOR

Helen Izek is an award-winning author and was once also a freelance editor. In addition to her current full-time day job with a global medical device company, Helen continues to edit the articles for our monthly *As for Me and My House* magazine. Passionate about working with each and every author, Helen strives to ensure the magazine is free of errors while preserving the unique voice of the contributors. She'd rather stay true to you, the authors, quirky turns of phrases included!

Helen lives in israel with her husband and is mother to three wonderful children, and grandmother to three little tots.

DESIGN EDITOR

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

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



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HOUSE

Lori Ann Thompson is a CTAC Certified Coach, DFY creator and author of *Pivot Point, What if You Found the Secret to Everything?* who works with women of faith.

Encouraged and equipped through a step-by-step process, they become empowered to step more fully into the calling God has on their lives.

Past or present missionaries and pastors' wives are a special emphasis.



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MARRIAGE

Danyelle H. Bridges is a nationally recognized leadership consultant, author, and faith-driven strategist who helps educators, leaders, and organizations transform burnout into sustainable systems and purpose-driven leadership.

With over 20 years of experience in education and leadership, Danyelle is the creator of the COPE & CONNECT™ Framework and the founder of Ingenuity Consultants, LLC and Divine Angels Outreach Ministry.

Danyelle is known for bridging faith, strategy, and systems to help individuals and organizations lead with clarity, confidence, and divine alignment.



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HEALTH

Kirsten D. Samuel is a Christ-centered coach, author, and speaker certified through the International Christian Coaching Institute. Drawing on her own experience of betrayal and restoration, she helps women blindsided by a spouse's betrayal move from devastation to wholeness without losing their faith or themselves.

Her book, *Choosing a Way Out: When the Bottom Isn't the Bottom*, traces how God restored what felt beyond repair. Today she walks alongside women reclaiming their voice, rebuilding trust, and growing closer to God. Her story has been featured on Focus on the Family Daily Broadcast, Chris Fabry Live, and numerous podcasts.



22 FINANCES



Susan Troth, award winning author, speaker and coach, is a compassionate leader and advocate for healing, hope, and new horizons. After the profound loss of her husband, and navigating widowhood, sudden illness, and infertility, she founded Susan Troth Ministries to support women through suffering. Susan has served as a worship professor, worship minister, music teacher, grief coach, and global volunteer in disaster relief and missions. Her teaching empowers individuals to find resilience and faith amidst pain. Honored with the Presidential Lifetime Achievement Award in 2024, Susan's life exemplifies faith, service, and the pursuit of new horizons.

27 PARENTING



Aimee Fuhrman is an author, speaker, and teacher helping you discover God's masterful design for your life by shedding the lies of the enemy, renewing your mind with God's truth, claiming your God-given identity, and walking in daily victory so you can live a life of abundant peace and joy, hope, and rest.

#L.I.V.E. Your Victory! www.SmudgedPages.net

33 COMMUNITY



Merline Ulloth is the founder of The Uncommon U, a faith-based brand focused on mind renewal, identity, and Christ-centered transformation. As a transformational mind renewal coach, author, and speaker, she equips women to move beyond survival into wholeness through her signature S.O.A.R. Posture™ in Christ — a framework rooted in surrender, obedience, abiding, and rest.

Drawing from her own story of being plucked from the fire, Merline helps women exchange striving for trust and performance for presence. She believes every woman is invited to live anchored, formed, and free in the fullness of who Christ created her to be.

WORDS FROM THE EDITOR

NICCIE KLIEGL, FULFILL YOUR LEGACY

May has arrived, and with it the smell of fresh soil and the warmth of longer days. This spring, I've been planting a garden — and honestly, I got a nudge to slow down and tend to something simple and good. So I did.

This year I find myself drawn more and more to the quiet, purposeful things — growing clean food for my family, working with my hands, and enjoying the abundance God provides right outside my back door. It's a different kind of legacy work, but legacy work nonetheless. And isn't that just like God? He meets us in the garden. He always has.

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

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

May this month's issue remind you that legacy isn't always loud. Sometimes it's a garden, a meal shared with family, or a quiet morning with the Lord among things that are growing. Whatever season you find yourself in, keep tending it faithfully — God is in every bit of it.

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

Niccie Kliegl



LORI THOMPSON

AS FOR ME AND MY HOUSE LORI A. THOMPSON, CTACC CERTIFIED COACH, DFY CREATOR, AUTHOR
LORI@LORIANNTHOMPSON.COM LORIANNTHOMPSON.COM

A house is made with walls and beams. A home is made with love and dreams.

Home. A small word, *home*, evokes various emotions, depending on the person. We want harmony in our homes, don't we? I know I do. Yet, sometimes our past hurts become today's struggles as we hang onto pain and bitterness, not knowing how to move forward in a healthy way. The junk we try to push down comes squishing out the sides, affecting our home-life and those we love.

In my book, *Pivot Point/ What if You Found The Secret to Everything?* I highlight parts of my own healing journey.

With the help of the Holy Spirit, I began to make a Pivot—a shift in the way I was handling my life and the relationships with those I love. Here are a few things I learned (explained in greater detail in my book) while leaning into the Lord:

**PIVOT
P.O.I.N.T.**





PIVOT P.O.I.N.T.

P Seeking the Lord in **Prayer and Praise, Proclaiming** His goodness toward us brings us into closer alignment with all that God has for us and our families.

O Understanding the **Omnipotence** of the Lord, bringing our **Obedience** in love to all three Members of our Triune God is our acceptable **Offering** to the Lord.

I With **Integrity** and **Intention**, we can live each day in a way that **Illuminates** the Love of Christ to our families and all those we come in contact with.

N It is our privilege to sit at the feet of Christ, the Holy Word of God, to find **Nourishment**, and to **Nurture** a relationship with our God; **Nestling** there, under the wings of the Lord.

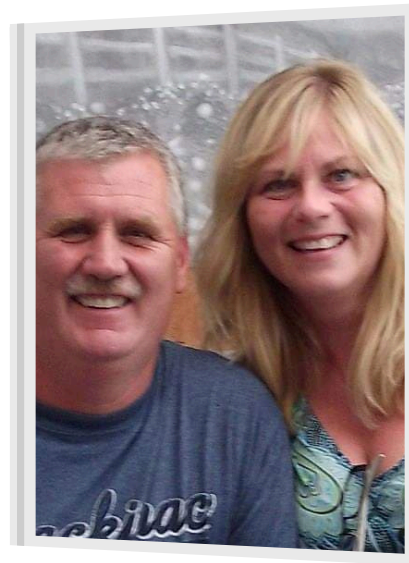
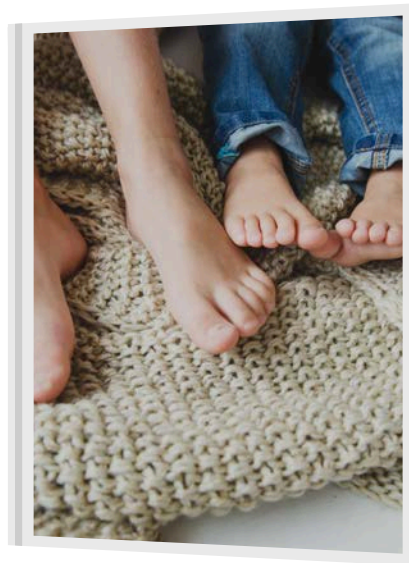
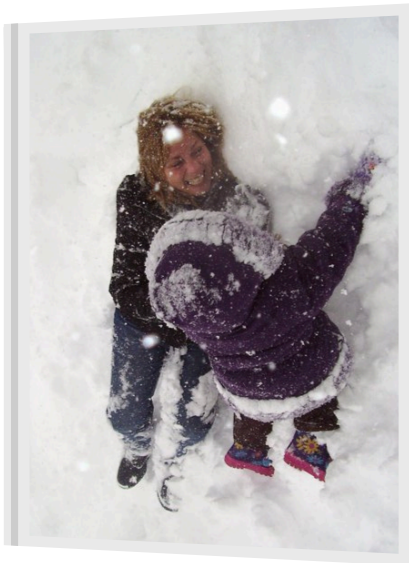
T Understanding the **Truth** of God's love, we can put our full **Trust** in Him. In this way, we can be truly **Transformed** as the new creature He's already made us to be.

“

Now to him who is able to do
far more abundantly than all
that we ask or think, according to
the power at work
within us, to him be glory in the
church and in Christ Jesus
throughout all
generations, forever and ever.
Amen.

”

EPHESIANS 3:20-21 (ESV)



HOME: a place of unconditional love, peace & refuge

Several years ago, I was in a place of despair, even though I had been a Christian for many years. The only thing I knew was that I didn't know anything at all. I had prayed continually for God to help me understand Him. Something strange and miraculous began to take place in me. The Lord Himself was bringing an understanding to my heart, healing the broken places. It's been a slow mend but over time, I found myself compelled to write my story, and how the Lord has been healing my heart, so others would be encouraged.

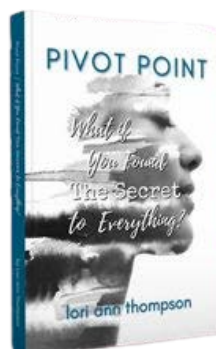
The only thing I knew was that I didn't know anything at all. . . . but God did. He knows exactly who we are, and how much he loves us, and all the great plans he has for us

The calling on my life is to offer encouragement and faith-strengthening hope to those I come in contact with—whether it's through everyday life, coaching women in ministry, or through my book, *Pivot Point/ What if You Found The Secret to Everything?* It's my heart's desire to see on-field (or past) women serving in missions, and pastors' wives thrive so they can do the work God has

called them to. Helping them succeed will strengthen them and their families, allowing them to create the best possible home-life, as they serve.

What then shall we bring to our homes and families? As the Holy Spirit moves in us, we allow the transformational love of Christ to penetrate all we are. God's love then becomes the *Point* of our lives. Our homes become a place of unconditional love, peace, and refuge, just as God is all of those things to us. It's a natural outpouring of His love.

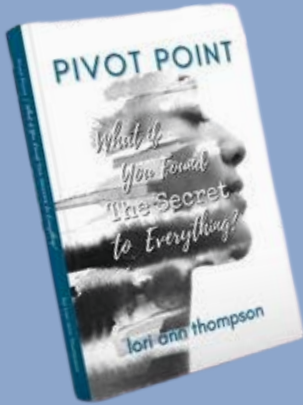
Have I arrived? Have I acquired what I've prescribed? I can only answer as Paul did centuries ago. This is how we can go out to the world, giving the love we've received, changing our homes and the lives of others as we do—because changed lives change lives.



I have a special gift for the *As For Me and My House* magazine readers:

Email me for a sample chapter of my book & One Laser-focused Coaching Session. lori@loriannthompson.com

Lori's Books



Pivot Point: What if You Found The Secret to Everything?

[BUY HERE](#)

If you're hanging on to hope and faith as if your life depended on it, just trying to find your way to the life you were made for, this deeply revealing book is for you!

Unwilling to give up the one ring, Bilbo Baggins held fast to his 'Precious,' controlled by the enemy. He thought he owned the ring, but the ring almost owned him. Are there unhealthy thoughts or habits in your life, repeating as if a continual cycle?

Deep down, instinctively, you know this isn't how it's supposed to be. You need to Pivot. Choosing to make a shift, you'll change old ways of thinking; moving forward in a new and better direction. Simply put, your life will be transformed as you embrace these truths:

- Your battle wounds don't define you; they refine you.
- You have all the power you need to defeat your enemy.
- You can choose to Pivot, transforming your future.

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." John 10:10

It's time to draw your line in the sand! This is your Pivot Point™



BEHOLDING | Living a Life Awakened by Wonder: A 21-Day Journey of Wonder That Draws You Closer to God and Transforms Your Life

[BUY HERE](#)

What if the world around you was the whisper of God's heart?

In *BEHOLDING, Living a Life Awakened by Wonder*, Lori A. Thompson invites you into the simple practice of noticing, showing how pausing to see beauty in the ordinary can become a pathway into deeper intimacy with God.

Through vivid reflections, gentle prompts, and moments of sacred stillness, you'll learn to:

- Turn everyday moments into invitations for awe.
- Cultivate gratitude as a heart posture of prayer.
- Let wonder open your heart to the nearness of God.
- Listen to God's message of hope without words.

Whether you're waiting in line, washing dishes, or watching a sunset, *BEHOLDING* will teach you to lean in, to listen, and to live with eyes wide open.

This is not just another devotional - it's an invitation to discover how God speaks in color and light, in the hush between breaths, and in the rhythm of your own life.



DANYELLE BRIDGES

AS FOR ME AND MY MARRIAGE
[Contact Danyelle](#)



LOVE THAT LISTENS: THE POWER OF COMMUNICATION & GRACE IN MARRIAGE

Marriage isn't sustained by perfection.

It's sustained by *presence*.

There's a quiet truth many couples don't talk about enough: love doesn't disappear in hard seasons . . . communication does. And when communication weakens, misunderstanding steps in like an uninvited guest.

But what if the strength of your marriage wasn't measured by how often you agree . . . but by how well you *stay connected when you don't*?

COMMUNICATION IS THE LIFELINE

Every marriage will have highs and lows. That's not a flaw —that's the journey. What matters is this: *do you keep the line open?*

In our marriage, one thing has remained non-negotiable: we talk.

Even when it's uncomfortable.

Even when it's inconvenient.

Even when it would be easier to shut down.

Because silence doesn't protect love . . . it slowly erodes it.

GRACE: THE GLUE THAT HOLDS IT TOGETHER

One of the greatest shifts in our relationship came when we stopped responding as spouses for a moment—and started responding as *friends*.

There were times when conversations got heavy, emotions ran high, and walls started to rise. And in those moments, we learned to pause and say:

“I need to talk to my best friend right now—not my husband . . . not my wife.”

That one sentence changed everything.

It softened the tone.

It shifted the posture.

It reminded us that we are not enemies—we are *allies*.

And then we asked ourselves:

What would I say if this were my best friend sitting in front of me?

You’d be surprised how much more grace shows up when you answer that honestly.

NEVER GO TO BED ANGRY

We made a commitment early on:

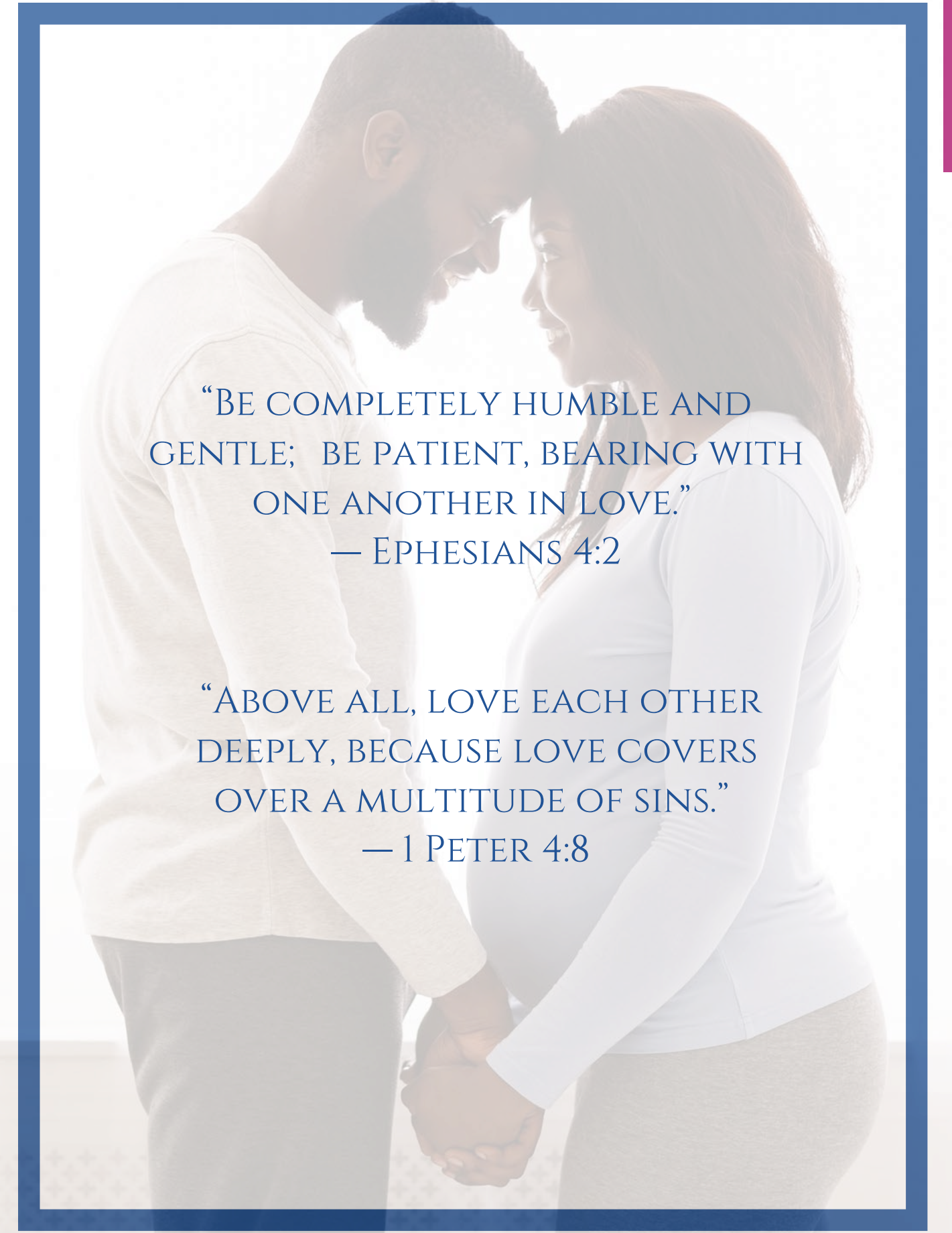
We will not go to bed angry.

Not because we have everything figured out before the night ends—but because we refuse to let distance grow in silence.

Sometimes that looks like talking it all the way through. Sometimes it looks like saying, “We’re not done, but we’re still choosing each other.”

Because love doesn’t require perfection—it requires *intentionality*.





“BE COMPLETELY HUMBLE AND
GENTLE; BE PATIENT, BEARING WITH
ONE ANOTHER IN LOVE.”
— EPHESIANS 4:2

“ABOVE ALL, LOVE EACH OTHER
DEEPLY, BECAUSE LOVE COVERS
OVER A MULTITUDE OF SINS.”
— 1 PETER 4:8



L O V E

LOVE IS A DAILY DECISION

We've had our share of highs and lows. But through it all, one thing never left: **the love.**

And that love wasn't sustained by chance.
It was sustained by *choice*.

Choosing to communicate.
Choosing to extend grace.
Choosing to see each other through the lens of friendship, not frustration.

Marriage isn't about getting it right every time.

It's about staying connected every time. So if you're in a season where things feel heavy, let this be your reminder: Talk it out. Lead with grace.

And when all else feels uncertain – go back to the friendship.

BECAUSE SOMETIMES THE STRONGEST MARRIAGES AREN'T BUILT ON PERFECT MOMENTS . . . THEY'RE BUILT ON TWO PEOPLE WHO NEVER STOP CHOOSING TO UNDERSTAND EACH OTHER.



Free consultation Click here for A 15-minute Divine Alignment Call

Live, Love, Learn, & Lead

WITH PURPOSE & DIVINE DESIGN



Check out Danyelle's Free Resources



Free Community
Free Online Christian Community

CEO'ing With Christ
A weekly spiritual reset for faith-driven leaders.

Lead Like Heaven Workshop
Get aligned. Get clear. Get moving.

7-Day Devotional Journal



From Pain to Purpose

★★★★★

A Memoir of Healing, Faith, and Becoming

A powerful memoir and transformational guide that walks you through healing, identity, and divine realignment.

This is more than a story – it's an invitation to confront pain, reclaim purpose, and step boldly into the life God designed for you.

BUY NOW

BUY NOW



Rise & Thrive: You Are Enough

★★★★★

A Faith-Based Empowerment Planner for Identity and Confidence

A faith-based empowerment planner created to anchor you in truth, identity, and spiritual confidence.

Through guided prompts and structured reflection, this planner reminds you that your validation comes from God – not performance.

BE NOTIFIED AT LAUNCH



★★★★★

A Guided Quarterly Journal for Vision and Growth

A guided wellness journal designed to help you rediscover vision, structure your goals, and rebuild confidence in your calling.

This intentional tool walks you through reflection, planning, and faith-centered execution – one quarter at a time.

JOIN THE WAITLIST



KIRSTEN D. SAMUEL

AS FOR ME AND MY HEALTH
Contact Kirsten

Your Body Is Keeping Score And It's Time to Listen

MAY IS MENTAL HEALTH AWARENESS MONTH

For those of us leading businesses, building brands, and carrying vision, mental health can feel like something we're supposed to have figured out by now.

We're the strong ones. The solution finders. The steady presence in the room.

But even high-capacity leaders have nervous systems.

In *The Body Keeps the Score*, Bessel van der Kolk, M.D. explains the physiological connection between the brain, mind, and body in trauma. When you've lived through

chronic stress, betrayal, loss, or prolonged pressure, your body doesn't simply "move on" because your calendar says it's time to.

Chronically stressed people often feel like they're losing control. In reality, their bodies are doing exactly what God designed them to do—protect.

Over time, though, protection can become chronic tension. Hypervigilance. A body that never fully relaxes. Many of us become highly skilled at overriding our own signals. We disconnect to keep performing.



God designed your brain to rewire and your body to heal. Philippians 1:6 promises He will complete the work He began in you.

First Thessalonians 5:23 reminds us He sanctifies us—spirit, soul, and body. That’s not just spiritual language. That’s whole-person language. And notice who does the work. No new item on your to-do list.

Still, when you’re in the middle of anxiety, burnout, or depression, those promises can feel distant.

In November 2007, I faced a severe mental health crisis. From the outside, life looked productive. Inside, I was unraveling.

Psalm 34:18 in *The Message* puts it plainly:

“IF YOUR HEART IS BROKEN, YOU’LL FIND GOD RIGHT THERE; IF YOU’RE KICKED IN THE GUT, HE’LL HELP YOU CATCH YOUR BREATH.”

But disconnection is not your only option.

Neuroscience now confirms what Scripture has said all along—our minds can be renewed. Romans 12:2–3 tells us:

DON’T COPY THE BEHAVIOR AND CUSTOMS OF THIS WORLD, BUT LET GOD TRANSFORM YOU INTO A NEW PERSON BY CHANGING THE WAY YOU THINK. THEN YOU WILL LEARN TO KNOW GOD’S WILL FOR YOU, WHICH IS GOOD AND PLEASING AND PERFECT. BE HONEST IN YOUR EVALUATION OF YOURSELVES, MEASURING YOURSELVES BY THE FAITH GOD HAS GIVEN US.

That word *transformed* implies process. Adaptation. Renewal.

That was me. And I needed God to help me breathe before I could move forward.

When people reminded me that “God was doing a good work,” I felt worse—more shame, more failure. I didn’t need spiritual clichés. I needed tools.

Here’s what I learned—and what I now bring into my work with high-performing leaders:

“

THEREFORE,
IF ANYONE IS
IN CHRIST,
THE NEW
CREATION
HAS COME:
THE OLD HAS
GONE, THE
NEW IS HERE!

2 CORINTHIANS 5:17

PAY ATTENTION TO YOUR BODY.

Your body is not your enemy. It's a messenger. When I carry too much for too long, my shoulders move from tight to aching to debilitating pain. When I slow down or address the actual stressor, the pain eases. That's not coincidence. That's communication.

Notice your patterns: Do headaches follow conflict? Does fatigue follow overcommitment? Does your chest tighten before certain meetings? Awareness isn't weakness—it's stewardship.

BE HONEST ABOUT WHERE YOU ARE.

"Push through" works—until it doesn't.

During my depression, I could not will myself better. The turning point came when I accepted the truth: I needed professional help.

Denial prolongs suffering. Honesty unlocks strategy.

Romans 12:3 urges honest self-evaluation. That includes your mental and emotional health. You cannot heal what you refuse to acknowledge.

UTILIZE MEDICAL SUPPORT WHEN NEEDED.

At the 2026 Winter Olympics, Lindsey Vonn suffered a complex tibia fracture and was airlifted off the mountain for immediate surgery. No one suggested she lacked faith. No one questioned her decision to receive medical care. Her body needed intervention.

Sometimes your brain does too. Medication and counseling were part of my healing—they stabilized my nervous system so I could do the deeper spiritual and emotional work.

Strength includes stewardship.

PROCESS THE WOUND.

Triggers don't disappear because you ignore them. Unprocessed grief, chronic stress, betrayal, and formative experiences imprint on the nervous system and keep firing as if the threat is still present.

Processing pain isn't indulgent—it's strategic.

When you face what happened and allow yourself to feel anger, grief, or fear in a safe environment, you teach your body the danger has passed. You move from survival mode to stable leadership.

(Note: I'm speaking to stress and trauma responses many high achievers quietly carry, not severe psychiatric disorders, which require specialized care.)



PURSUE TRUTH STRATEGICALLY.

My healing involved deep introspection, work with a counselor and coaches, and honestly evaluating everything I believed.

What was I trying to prove? Where had I equated productivity with worth? What lies had I absorbed about my significance?

When I invited the Holy Spirit into that process, everything began to shift—my nervous system calmed, my thinking sharpened, my leadership improved.

Transformation is both spiritual and neurological.

As entrepreneurs, we talk about scaling, optimizing, and upgrading systems. Your mind and body are part of your leadership infrastructure. You are not weak for needing rest. You are not failing because you feel overwhelmed. You are not “too spiritual” for therapy or “too successful” for support.

Your body is speaking. Listen with curiosity, not criticism.

You can build a thriving business *and* cultivate a regulated nervous system. You can pursue vision *and* prioritize mental health. You can lead from wholeness instead of adrenaline.

Breakthrough is possible. You can step into it.

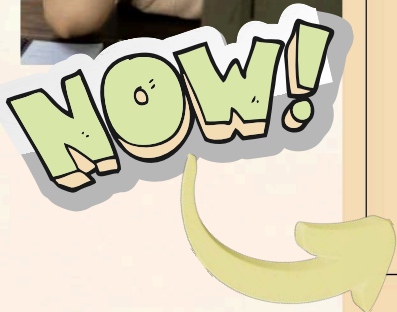
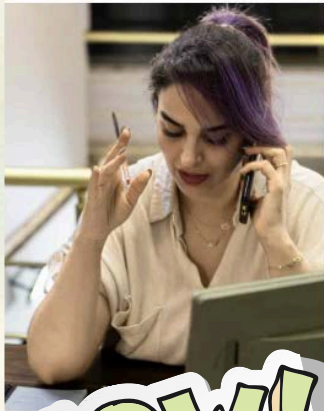
“PLANS SUCCEED THROUGH GOOD COUNSEL; DON'T GO TO WAR WITHOUT WISE ADVICE.” —PROVERBS 20:18 (NLT)

You don't have to power through alone. If you're navigating depression, chronic stress, or emotional overload, I've created two resources to help you move from crisis to clarity. You invest in systems that scale—your mental health is one of them.

The Crisis Clarity Tool—a simple, repeatable daily exercise that connects emotional struggle to a chosen outcome.

Free Coaching Session—let's talk about what leading from wholeness could look like for you.





Kirsten D Samuel
AFTERSHOCK RECOVERY METHOD

*When the pressure peaks,
your thinking doesn't have to*

You're not falling apart because you're weak. You're falling apart because no one taught you to process under pressure—only to push through it.

This five-prompt framework takes five minutes. It interrupts the spiral and gets you back to the next decision, the next conversation, the next call—clear.

Used daily by leaders navigating high-stakes seasons. The same framework Kirsten returned to again and again—until it became one of her most reliable tools.

Free. Instant access. One email with your download—nothing else.

Book a Coaching Session with Kirsten



This session isn't coaching in the traditional sense. It's a focused 30-minute conversation where you finally say out loud what you've been managing alone.

No pitch. No performance required. Just an honest conversation with someone who has been there.

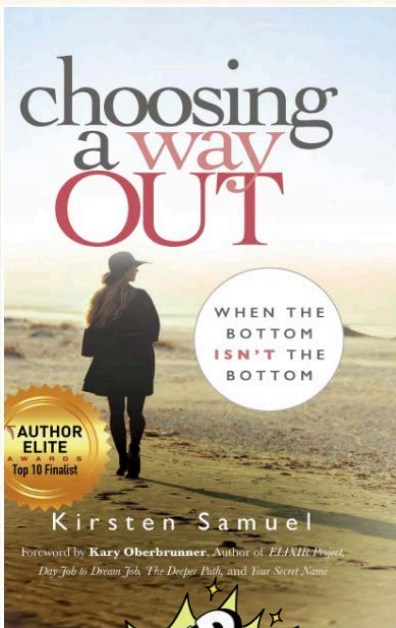
Choosing A Way Out: When the Bottom Isn't the Bottom

Because of a moral failure, that's why."

When Kirsten Samuel heard this confession from her Christian husband it took her breath away. Yet, she would realize her husband's sin exposed the hidden deception in her own life. This uninvited crisis proved to be the beginning of her personal healing.

Kirsten writes that for most of her adult life she believed: She wasn't good enough, or pretty enough, or smart enough, or rich enough, or talented enough, or whatever enough. She felt invisible and forgettable.

In these pages, you'll encounter raw honesty and see a clear path through the pain. You'll see no depression is too dark and no lie too big. Discover a powerful process where you exchange isolation for accountability and deception for deliverance. Choose a way out, even in the bleakest of circumstances. God is greater than your pain.



SUSAN TROTH



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

BUILDING YOUR FINANCES ON THE ROCK

A FAITH-BASED PATH TO PEACE, PURPOSE, AND PROSPERITY

In uncertain times, many people feel financial stress rising like a storm. Bills increase, markets shift, and fear whispers, *What if there isn't enough?* But God never intended His children to build their lives on sinking sand. He calls us to build on the Rock.

Jesus said that the wise person is the one who hears His words and puts them into practice, that life, like a house built on the rock, stands firm when the storms come. Financial stewardship is one of the clearest places where faith becomes practical. How we handle money is not separate from our spiritual lives—it is deeply connected to it.



In my book *Stressed to Splended*, I teach that transformation begins when we move from striving to surrender. That truth applies to finances as well. Stewardship is not first about spreadsheets—it is first about surrender.

GOD OWNS IT ALL

Scripture reminds us:

“EVERYTHING IN THE HEAVENS AND ON EARTH IS YOURS, O LORD . . . WEALTH AND HONOR COME FROM YOU ALONE.”

1 CHRONICLES 29:11–12 (NLT)

This changes everything. The house is His. The paycheck is His. The talents are His. The opportunities are His. Even the breath in our lungs is His gift.

When we live as owners, we carry pressure. When we live as stewards, we carry peace.

A steward asks:

- Lord, how would You have me use this?
- How can this resource honor You?
- How can I bless others with what You’ve entrusted to me?

That shift alone can move a soul from stress to peace.

THE BATTLE OF TWO MASTERS

Jesus gave a strong warning:

“YOU CANNOT SERVE BOTH GOD AND MONEY.”

MATTHEW 6:24 (CSB)

Money is a tool, but it makes a terrible master. Possessions can quietly compete for first place in our hearts. We may say we trust God, yet live controlled by fear, greed, comparison, or endless accumulation.

In *The ONE Life*, I write about Psalm 1, the person planted by streams of water, and that rooted life does not depend on circumstances. In the same way, a believer’s peace is not rooted in account balances, but in God’s faithfulness.

When God is our source, money loses its power to rule us.

DEBT IS MORE THAN MATH

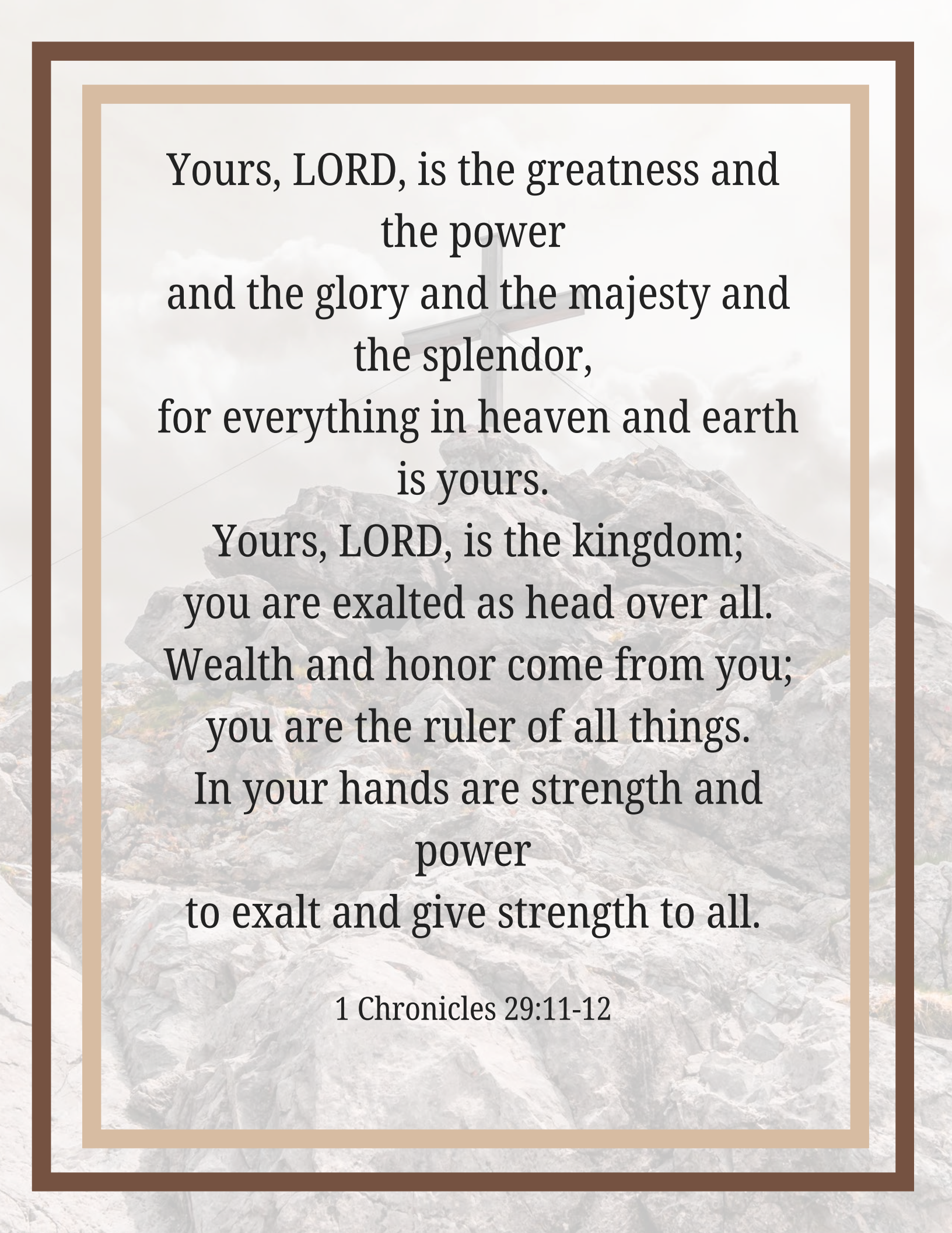
Proverbs says:

“THE BORROWER IS SLAVE TO THE LENDER.”

PROVERBS 22:7 (NIV)

Debt can create bondage, stress, and limitation. While Scripture does not forbid all borrowing, it consistently calls us to wisdom, restraint, and freedom.

If debt has become heavy in your life, do not lose heart. Freedom is possible. Start with practical obedience:



Yours, LORD, is the greatness and
the power
and the glory and the majesty and
the splendor,
for everything in heaven and earth
is yours.

Yours, LORD, is the kingdom;
you are exalted as head over all.
Wealth and honor come from you;
you are the ruler of all things.
In your hands are strength and
power
to exalt and give strength to all.

1 Chronicles 29:11-12

1. Pray and invite God into the process.
2. Create a realistic budget.
3. List what you owe clearly.
4. Sell what you do not need.
5. Build a repayment plan.
6. Increase income where possible.
7. Use credit sparingly and wisely.
8. Practice contentment.
9. Make lifestyle changes if needed.
10. Do not give up.

GIVING IS WORSHIP

Jesus said:

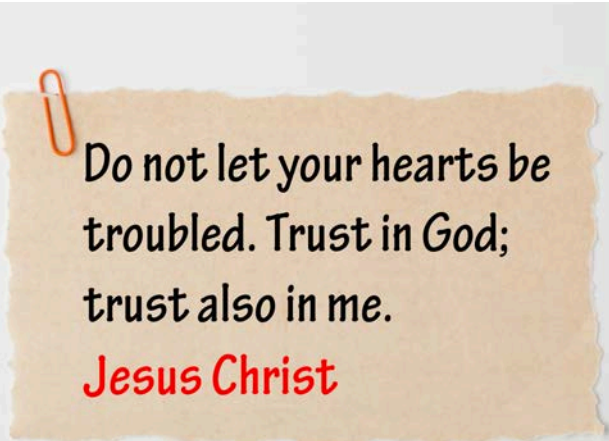
“IT IS MORE BLESSED TO GIVE THAN TO RECEIVE.”

ACTS 20:35 (NIV)

Giving is not merely a transaction—it is worship. When we give with love, gratitude, and joy, we reflect the heart of our Father, who gave His Son for us.

God is not after reluctant offerings. He desires cheerful hearts. As 2 Corinthians 9:7 teaches, “God loves a cheerful giver.”

Whether you give much or little, heaven measures differently than earth. God sees faith, sacrifice, obedience, and trust.



Do not let your hearts be troubled. Trust in God; trust also in me.

Jesus Christ

SIX WAYS TO LIVE UNDER GOD’S LORDSHIP FINANCIALLY

If you want to build your finances on the Rock, begin here:

1. Surrender every financial decision to God daily.
2. Trust His direction over your fear.
3. Replace “mine” with “His.”
4. Write down your resources and dedicate them to God.
5. Seek godly counsel.
6. Grow intimacy with God through prayer.

These are not merely financial steps—they are discipleship steps.

WHEN THE STORMS COME

Storms may still come. Unexpected expenses may arise. Economies may shake. But when your trust is in the Lord, you do not have to be shaken.

PSALM 18:2 (NIV) SAYS:

“THE LORD IS MY ROCK, MY FORTRESS AND MY DELIVERER.”

That means your peace is not tied to Wall Street, the job market, or tomorrow’s headlines. Your peace is tied to the unchanging character of God.

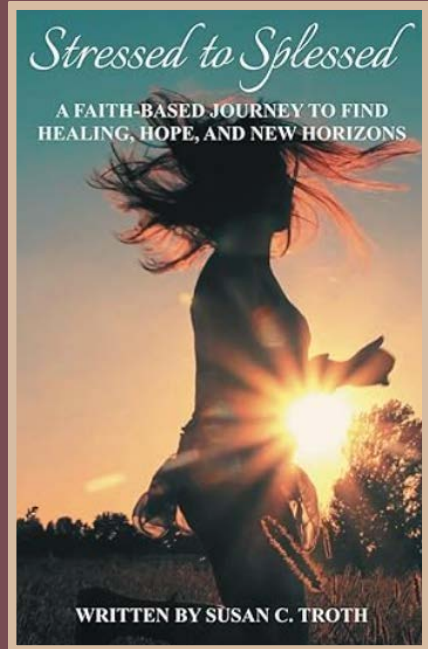
Today, if financial pressure has been weighing on you, begin again. Return to the Rock. Invite God into your finances. Practice stewardship with faith. Give with joy. Walk in wisdom.

He is able to lead you from stress into strength, from fear into faith, and into a future filled with healing, hope, and new horizons.



Susan Troth

I'm a Big-Hearted Inner-Healer who helps women suffering from pain, grief, and stress find healing, hope, and new horizons.

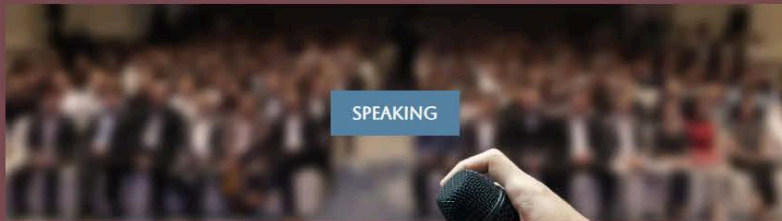
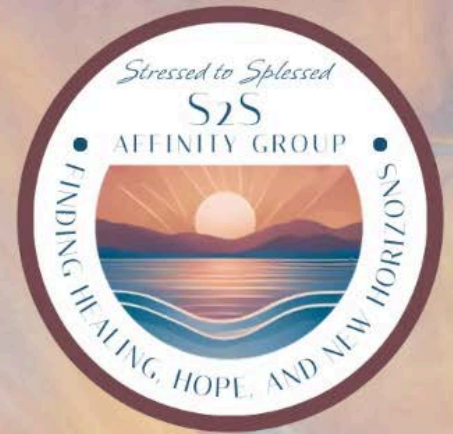


A FAITH-BASED JOURNEY TO FIND HEALING, HOPE, AND NEW HORIZONS

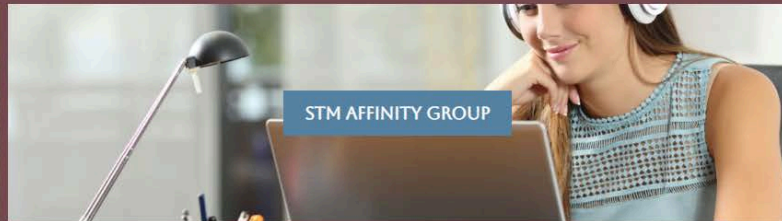
ARE YOU READY?

Stressed to Splessed is a personal journey to release the weight of life's pain that is holding you down and step into H.O.P.E. You will find God's truth that will lead you to Healing, Hope, and New Horizons. It is a unique and proven process with eight steps.

In my years of walking alongside those navigating pain and loss, I've witnessed how transformative the journey of restoration can be when we partner with God. This is not a journey you walk alone. The steps laid out in the S.P.L.E.S.S.E.D. process—a journey of surrender; permission to grieve; leaning into truth; understanding emotions; listening for the still, small voice of God; enduring through the work; discovering hope; and stepping into new horizons—are designed to gently guide you from a place of stress and heartache to a place of peace, purpose, and God-given restoration.



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PARENTING TEENS & ADULTS WITH GRACE

What a year of changes we had last year! Two of our children got married, one served as a temporary foreign missionary, and the youngest got his driver's license. It was a year of change, to be sure.

So much "upheaval" could have been fodder for all kinds of conflict, but it wasn't. In fact, we finished our first complicated holiday season (adding two more families to the mix will do that!) with grace, love, and laughter. This is a blessing we don't take for granted.

I know full well that God's hand is in this. We have too many godly friends who did everything "right" and still struggle with their adult children to believe this was all our doing. That being said, I believe three practices have helped us be the best parents to adults that we can be: knowing when to transition our roles, managing our expectations, and covering our family in prayer.

KNOWING WHEN TO TRANSITION ROLES

When children are little, our role as parents is, well . . . everything! They rely on us spirit, soul, and body. We supply their physical needs, and we are the source of their emotional well-being. Their moral compasses are shaped by the principles we teach them, and solidified by the rules and family culture we enforce.

But over time, this "control" is lost to outside influences. As they go to school and make friends, for example, their mental and social spheres are widened, their intellects shaped and sharpened by teachers and curriculum often outside our control, and others pour into their emotional tanks. And though it is true that we remain the primary



voice in our children's lives for a very long time, eventually this expanded influence begins shaping every sphere of their lives. What started as the solitary drops of water we dispensed into their ponds become ever-expanding circles of influence.

As parents this may alarm or sadden us, but it is not necessarily a bad thing. Our children *need* exposure to other voices, and they need to learn how to respond to and then practice interacting with those outside ideas while still under our wings because eventually they must become their own persons, stable and skilled enough to know and do what is right without us. But so many parents fight this process.

This is one of the first mistakes I see parents make when it comes to older children. They try to cling to control when, in fact, they should be embracing their new roles—first as guides and then as advisors. This is the heart of the book of Proverbs; we can hear Solomon saying, “I know you're getting older and making your own decisions, but listen to the wise advice I'm giving you.”

To be sure, there are times when we as parents must halt a misguided or even corrupt circle of influence. God has given the keeping of these children into our hands, and to ignore erroneous or ungodly teachings or tendencies in their lives can have serious consequences.

The Bible is full of parents who ignored their role and ended up with grown children who were a hot mess (Samuel and David to name two). So we cannot ignore other influences as they come into our children's lives. However, many invested Christian parents make the mistake of maintaining a “firm hand and a tight grip” for too long. In this case, their children never learn to solidly stand on their own. Instead, they chafe at the bit, and as soon as they are out of their parents' physical reach, they bolt into the arms of any and every influence that stands waiting in the wings. Wiser are the parents who gradually loosen the grip while providing guidance so their children gain wisdom.

In our home, for example, we were very conservative with what we allowed into our children's lives in their younger years. Television, movies, books, games, and even friends were carefully vetted. (For example, PG-13 movies were solidly off-limits until age 13, and then even some PG movies didn't make the cut.) Additionally, because we homeschooled them, I could even ensure that their academics aligned with our beliefs and values. I am not ashamed to say we sheltered them. We did this to preserve their innocence.

EVERYONE HAS HEARD ABOUT YOUR OBEDIENCE, SO I REJOICE
BECAUSE OF YOU; BUT I WANT YOU TO BE WISE ABOUT WHAT IS
GOOD, AND INNOCENT ABOUT WHAT IS EVIL.

ROMANS 16:19, NIV
(EMPHASIS MINE)

Then, during middle school, we began to introduce topics and ideas that did *not* align with our biblical worldview. Often our kids were still not allowed to personally engage in these activities (at least not without us), but we would now explain *why* something wasn't allowed. Usually, this involved showing them from the Word of God where the idea or activity in question didn't align with God's heart and highlighting negative consequences should such an activity or way of thinking be pursued. (All PG and some PG-13 movies, for example, were generally allowed now, but we would discuss any content that wasn't godly or would tell them the specifics of why a movie was still not allowed.)

Finally, as they entered high school, we began helping them make their own decisions. First, we discussed their options with them, weighing the pros and cons and the underlying philosophies, biblical or secular, behind them. As they proved to be wiser and more responsible, we pushed them to make their own choices regarding who to hang out with, what to watch, etc. but told them we were available at any point for consultation. (We also reserved the right to step in and say no if needed.) Because we had taken the time to cultivate discerning hearts and wise minds in our children while giving them autonomy, we found them making sound choices and seeking our guidance regularly instead of pulling away toward ungodly influences.

MANAGING YOUR OWN EXPECTATIONS

Another mistake I have often seen friends and acquaintances make is one of unrealistic or even ungodly expectations when it comes to their young adult and grown children. Because we love our kids so much, it is often crushing to think of "giving them up," but I hate to break it to you, that's the goal of parenting—to parent in such a way that when (not if) we release

our children into the big wide world, they don't need to rely on us anymore. We want to aim to raise godly, responsible, reliable, and independent adults who can stand on their own two feet. If you've done your job "correctly," your kids should love you and want to spend time with you; they should respect and honor you; they should value your opinions and input; but they shouldn't have an unhealthy *need* for you.

Interestingly enough, is the fact that too many *parents* need their kids; their identities are tied up in their parenting role. Some live vicariously through their children, some develop an unhealthy complex—the need to be needed or to be in control—and some have an unhealthy reliance on their kids to meet their physical, mental, or emotional needs. Parents in any of these categories have unhealthy expectations of their grown kids.

But even reasonable parents who have a healthy relationship with their adult children can struggle with having unrealistic expectations. Many expect their adult kids to call or text every day, or they want to continue tracking their kids' locations for "safety" purposes. Usually these requests mask a deep-seated issue that needs to be taken to the Lord. For example, if you're tracking your kids for your "peace of mind," you're



*Let the wise listen to these
proverbs and become even
wiser.*

*Let those with understanding
receive guidance.*

Proverbs 1:5 (NLT)

probably engaging in worry which is, ultimately, a lack of trust in *God's* care and protection. You are relying on getting "peace" from knowledge that comes from your phone rather than allowing the Holy Spirit to give you God's true peace.

DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD. AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS.
PHILIPPIANS 4:6-7, NIV

My example of a peaceful holiday season this year was due largely in part to the fact that my husband and I didn't put any expectations on our grown children regarding how they would spend the holidays. Thanksgiving, Christmas, New Year's . . . did we want to see them? You bet! But we left it up to them to navigate those special days with both sides of their newly formed families. Our flexibility and willingness to roll with it made them more inclined to want to spend time with us rather than driving them crazy and making them resentful of unrealistic expectations. God gave you eighteen beautiful years with your kids. Relish them while you can; everything beyond that is a blessing, not a requirement!

COVERING YOUR GROWN CHILDREN WITH PRAYER

Finally, and it probably goes without saying, cover your grown children with prayer. Just because you may no longer be actively parenting in the same ways you were when they were younger, doesn't mean you can ease up on praying for them. In fact, my recommendation is to double down! Your teens and young adult children need the covering of your prayers now more than ever. They are being exposed to even more outside voices than when they were younger. The false ideologies are more seditious and the temptations often costlier, not to mention the fact that most of their major life choices will be made within the first ten years of leaving home (e.g. college, career, marriage, family). I know prayer is hard for a lot of people, but I'd like to remind you that praying is simply talking to God like you would to your best

friend. Most of us don't have any problem sharing our concerns about our grown kids with our closest confidant. God is no different; let Him have an earful!

Three prayer tips I have found particularly helpful over the years are:

1 PRAYING SCRIPTURE OVER YOUR KIDS.

1 John 5:14-15 reminds us that God hears and answers when our prayers are aligned with His will. What better way to align with God's will than to pray His Word.

2 PRAYER JOURNAL OR INDEX CARDS

Keeping a prayer journal or index cards (one for each child) to keep track of their needs and situations.

The needs of grown kids can be more complicated than when they were younger. Writing down the specifics can help you pray more effectively for them. Plus, it's a great way to visually keep track of how God is answering those prayers.

3 SET A TIMER TO PRAY EVERY DAY.

Life is busy and sometimes it's easy to forget to pray. Setting a timer and stopping to pray, even for just a minute or two when it goes off, will remind you to take your concerns (including those for your grown kids) to God. It will help keep you from worrying about them and deepen your connection to God at the same time.

In our family, our grown kids are some of our best friends. This didn't happen by luck. It is a blessing from God, facilitated by His grace and the three intentional practices of transitioning our parenting roles, managing our expectations of our grown kids, and praying for them day and night. If these are new practices to you, start small. Choose one or two to start focusing on now and add more as time goes on. And may these practices bless and strengthen your relationships with *your* older kids.

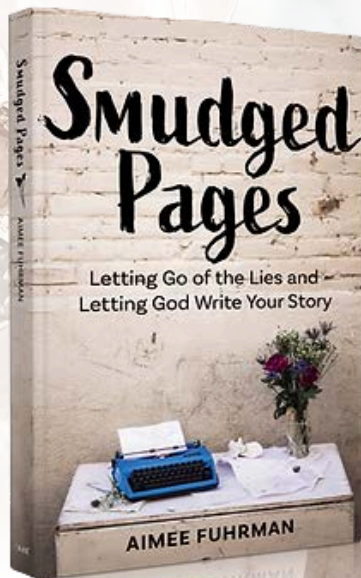
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AS FOR ME AND MY COMMUNITY

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THE POSTURE THAT ANCHORS A FAITH-BASED COMMUNITY

FORMED, NOT JUST A FORM

Hi, I'm Merline Ulloth, founder of The Uncommon U, a faith-based brand focused on mind renewal, identity, and Christ-centered transformation. I spend most days walking alongside women who are moving from survival to wholeness, and one truth keeps surfacing in that work:

A healthy community is life-giving.

This topic became personal for me a few years ago. After a serious accident, in the middle of a global pandemic, I witnessed what real community looks like—right there at an intersection.

A combat medic was sitting at the light. A trauma nurse in another car. Paramedics and the fire department arrived within moments.

They didn't know each other before that moment. But when it mattered, they moved as one.

No shortcuts. No hesitation.

They were anchored in their training, working together because they were part of something bigger—a medical community trained to preserve life. One wrong move, and I might not be here to tell this story.

That day showed me something I will never forget: community, when it is healthy, fights for life. And if that level of clarity and unity exists in the natural, how much more should it exist in a community that reflects Christ?

That's what I want to talk about. When I was in recovery, God imparted a posture to me while I waited for my healing, one that now sustains my wholeness. I call this the S.O.A.R. Posture™. It's the posture I lead from, the climate I cultivate in community, and what I teach other community and group leaders. Let's break it down.

SURRENDER → FORMED

A healthy community is formed—not simply carrying a form.

It is shaped by Christ, not by culture. Developed through surrender, not performance.

A form can be maintained. But only formation transforms life.

When we surrender the work God has given us back to Him, what comes out is not something we manufactured—it is something He formed.

OBEY → IMITATORS

A healthy community obeys—and in doing so, becomes a community of imitators. Imitators of Christ, not man or culture. Not perfectly, but intentionally. It reflects Christ in how it speaks, responds, serves, and leads.

Obedience will often be countercultural. It won't always make sense to most. It won't always match what others are doing because success in the Kingdom is not measured by the world's standards. Not in the numbers. Not in the bottom line. Not in how fast something grows. It is timely, decent, and orderly.

Success is doing what God asked you to do, with the tools He has given you, and doing it with joy. The tools at times will look insufficient and the work cumbersome. But, I speak from experience when I say what looks insufficient introduces you to the all sufficient One. That cumbersome work will require you to return and rest often in Him.



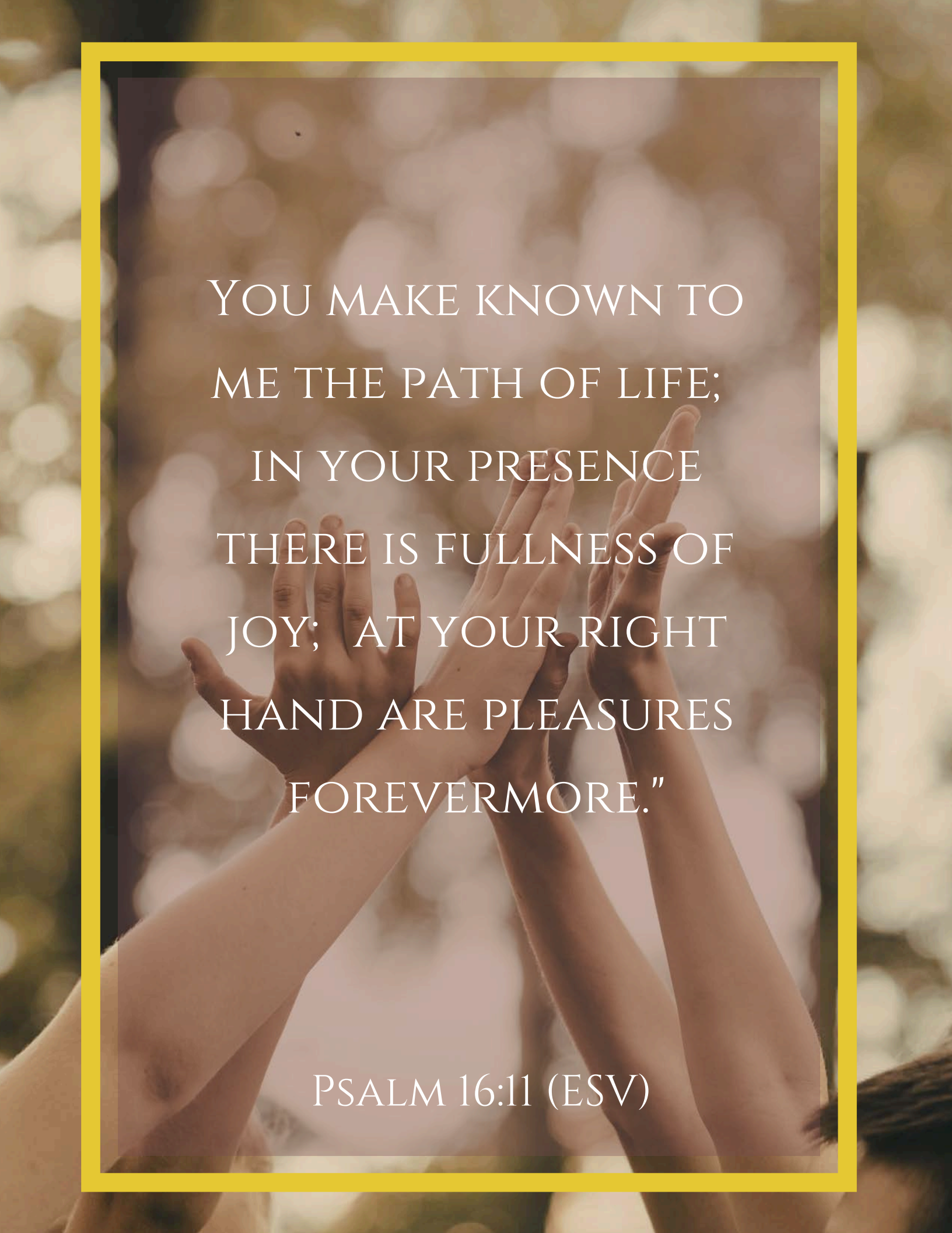
Psalm 16 reminds us that in His presence there is fullness of joy. And in Nehemiah, after the work of rebuilding, the people were told not to grieve—for the joy of the Lord is their strength. They did the work. No shortcuts. No rushing. And what was built lasted.

ABIDE → ANCHORED

A healthy community abides—and in abiding, becomes anchored. It is not easily moved by pressure, trends, or emotion. It is grounded in truth and aligned in purpose.

It knows who it is and more importantly, who it belongs to.

An anchored community doesn't drift. It doesn't react to everything around it. It remains steady because it is rooted in Christ.



YOU MAKE KNOWN TO
ME THE PATH OF LIFE;
IN YOUR PRESENCE
THERE IS FULLNESS OF
JOY; AT YOUR RIGHT
HAND ARE PLEASURES
FOREVERMORE."

PSALM 16:11 (ESV)

REST → TRUSTING GOD FULLY

A healthy community learns how to rest. Rest is not inactivity; it is trust. Trusting God's promises. Trusting His faithfulness. Trusting His timing.

Resting in Christ is like an attorney resting their case. They rest because they are confident in what has already been presented. We rest because we serve a God who makes no mistakes—the Alpha and the Omega, the One who knows the end from the beginning.

When we rest in Him, we stop striving to prove and start trusting Him to do what only He can do.

A FINAL WORD

Surrender, obey, abide, and rest are not mere words on a checklist. They all form a posture—a posture God breathed into me while I was recovering. And that posture, I believe, is what anchors a faith-based community when everything around it is shifting. So, if you are a leader reading this, I encourage you to adopt this posture in your life and in the life of your community.

In a fast-paced world driven by optics and hype, the question is simple: Will you anchor your community in the S.O.A.R. Posture™?

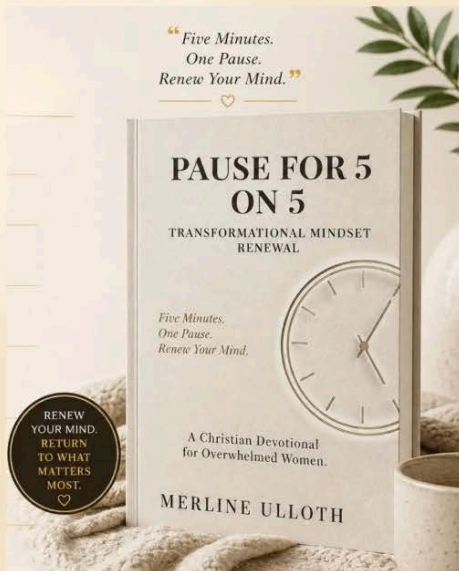
Before you go, don't leave Him on the bench while you build an all-star community without Him. Don't make Him an extra. Make Him the center.

Because when Christ is at the center, everything else finds its proper place. When your community is formed by Him, anchored in Him, and resting in Him, it will fight for life. Yours, and that of everyone He sends your way.

"A form can be maintained. But only formation bears His image." -Merline Ulloth



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