

AS FOR ME AND MY  
HOUSE



House: Fur-ever in Our  
Hearts: Navigating  
Farewell

Marriage:  
The Marriage We  
Almost Didn't Keep

Health: Your Body Is a Temple:  
Caring for Mind, Body, and  
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## PUBLISHING EDITOR

I'm Niccie, founder of Fulfill Your Legacy and a spiritual growth and leadership coach helping others experience the fullness of Christ — in their lives, homes, communities, and the nation. I equip mankind and 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

Anne is a published author in the *Warrior Writer Resilience Anthology Series*, blogger, women's mentor, and business owner, along with her husband, Travis, of twenty-one years.

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

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



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## MARRIAGE

Kirsten D. Samuel is a Christ-centered coach, author, and speaker who walks alongside women reeling from their spouse's betrayal through behaviors such as habitual lying, secrecy, and porn use—women who feel overwhelmed, rejected, and are drowning in waves of anxiety, grief, and confusion.

After discovering betrayal in her own marriage, Kirsten turned to God as her refuge. She and her husband Dave found redemption and built a marriage stronger than before.

Today she guides women through the Breathe Again Path, helping them steady their heart, reconnect to God without shame, and find themselves again. Her story has been featured on Focus on the Family and numerous podcasts.



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## HEALTH

Niccie Kliegl is the CEO of Fulfill Your Legacy, a Christian life coaching and discipleship ministry dedicated to helping individuals and families grow in faith, healing, purpose, and spiritual leadership. Through writing, speaking, coaching, and ministry resources, she encourages others to build Christ-centered legacies that impact both the home and the community.

In this issue of *As for Me and My House*, Niccie shares her personal article, **Your Body Is a Temple: Caring for Mind, Body, and Spirit**, reflecting on the importance of stewarding our health physically, mentally, and spiritually. Drawing from her own journey alongside her husband Jeff, she encourages readers to pursue peace, wellness, worship, and intentional living through every season of life.





## 22 FINANCES

Sarah Noble is 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 wild flowers and grace arrives in soft, unannounced ways.

Sarah's writing rests 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."



## 27 PARENTING

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, she equips women to rise with unwavering faith and live the life God designed for them.



## 32 COMMUNITY

Jana Smith is the Christian author behind the *Children of Light* series, a compelling end-times speculative fiction world where ordinary believers rise through extraordinary faith. Guided by Scripture and writing as a scribe for the Lord, Jana crafts stories that highlight God's sovereignty, spiritual warfare, sacrificial love, and the triumph of light over darkness.

Beyond fiction, Jana teaches and encourages believers through devotionals, Bible studies, and her LightBearer community, equipping Christians to live with purpose, identity, and unwavering hope. Her work blends imaginative storytelling with timeless biblical truth, calling readers to stand firm in their faith and shine Christ's light boldly in a fallen world.

# WORDS FROM THE EDITOR

NICCIE KLIEGL, FULFILL YOUR LEGACY

June is here, and I have to tell you – I am having the best time in my garden. What started as a nudge to slow down has turned into one of my favorite parts of my day. There is something so satisfying about getting your hands in the dirt and watching things actually grow.

But here's what I keep thinking about as I'm out there working the beds and tending the plants – the labor is not wasted. Not one bit of it. You don't simply walk out one day and find a harvest waiting for you. You sow, you water, you weed, you wait. And then you stay expectant. Hopeful. Trusting that what you put in the ground is going to come up.

Sound familiar? It should. That's faith.

Galatians 6:9 says, "Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up." I think about that verse a lot these days standing in my garden. It applies to everything – our families, our ministries, our callings. Keep sowing. Keep showing up. The harvest is coming.

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.

Don't give up on what God has asked you to tend. Whether it's a garden, a family, a business, or a calling – keep sowing faithfully. June is a beautiful reminder that growth is happening, even when you can't see it yet.

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

*Niccie Kliegl*



# ANNE

## DAY

**AS FOR ME AND MY HOUSE**  
[CONTACT ANNE](#)

## FUR-EVER IN OUR HEARTS: NAVIGATING FAREWELL

Dogs are like potato chips. You can't only have one.

Fifteen years ago, my husband and I decided to do something "crazy" and adopt a wild little pit bull from the shelter. Little did we know the domino effect it would have on our lives.

There were chewed pillows. Chewed doors. Chewed shoes. Chewed EVERYTHING! And it took some time, but we did it. Roxy became the most amazing dog ever.

Then somehow, we went from one dog to two.

It was an unlikely pair. A rambunctious pit bull and a bossy, princess-of-a-Chiweenie named Stella, who was constantly insisting that her portliness was in jeopardy. What made these two furry friends even more meant-to-be was that they were the catalyst for adopting our eleven-year-old son. I was looking for a third dog (a playmate for Roxy), when miraculously, I ended up on an adoption agency website for kids in foster care. Roxy got a playmate, and we became parents!

Through the years and ups and downs, my little pups took their "Man's Best Friend" assignment to legendary levels.

So, as you can imagine, letting go was not easy.

Living in the United States, pets have become a part of the American dream. According to Forbes, 66% of US households own pets. When you get your furry friend, you do all the usual stuff: buy food, bowls, and beds, make a trip to the vet, and maybe even sign up for training classes. But nobody prepares you for the loss of that pet. There are no classes on life with a senior pet, or how to decide when it's time.

So what do you do when the end comes? And how do you know?

I'd like to share with you some tips on how to Biblically prepare during the golden years, identify the signs when it's "time," and yes, even process the grief.



As Christians, we know that God has entrusted us with the animals in our care, and Proverbs even connects being godly with kindness to animals. "The righteous care for the needs of their animals, but the kindest acts of the wicked are cruel," (Proverbs 12:10 NIV). In the Old Testament, God went so far as to make a law that His people were required to take in strays, and help injured or fallen animals (Deuteronomy 22:1-4, Exodus 23:5).

We can actually use this as a guide of how to care for our four-legged friends when they are slowing down, and when to let them go.

## NAVIGATING SENIOR PAWS

The spunk, the spark, it's just not like it used to be. Climbing up the scratching post is a little harder for Mr. Whiskers, and your former-chowhound is now pickier than Gordan Ramsay. You're not in a place where you need to rush anything at this point, but around this time I would encourage you to begin to prepare—practically, financially, emotionally, and spiritually.

### PRACTICALLY:

So how do we know when it's time? A vet might ask, "Is there unmanageable illness or suffering?" With both Stella and Roxy, this was the case. It came upon us quickly and unexpectedly, but looking back, there were also signs in the weeks leading up to it. Animals have their own way of telling us "the time is getting near" if we're paying attention.

I have since learned that every odd behavior is a message we have to decode.



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Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care.

”

Matthew 10:29 (NIV)

Besides obvious health issues when the end is near, such as labored breathing, or shaking in pain, dogs and cats, in particular, have ways of trying to tell their owners goodbye.

We should be on the lookout for anything unusual. Any behavior out of the ordinary is a coded language from our furry friends. Maybe a new scented candle is bothering their sensitive noses, or a visitor is making them nervous. But if nothing in the household has changed, pay attention to what Fluffy and Fido are trying to tell you.

Goodbye can look like a lot of things. Your pet may be clingy, hide in corners, or become restless. They may stop eating, or have an unusual number of accidents on the carpet. They may lose interest in their favorite toy, or even favorite person. There also may be physical signs such as weight loss, or even a foul odor that doesn't wash out with a bath.

Roxy gave up her favorite spot on the couch just to sit at my feet—on the hard floor. She refused to leave my side. Months later, Stella did the same. They were clingier than velcro, but every pet will have their own unique response.

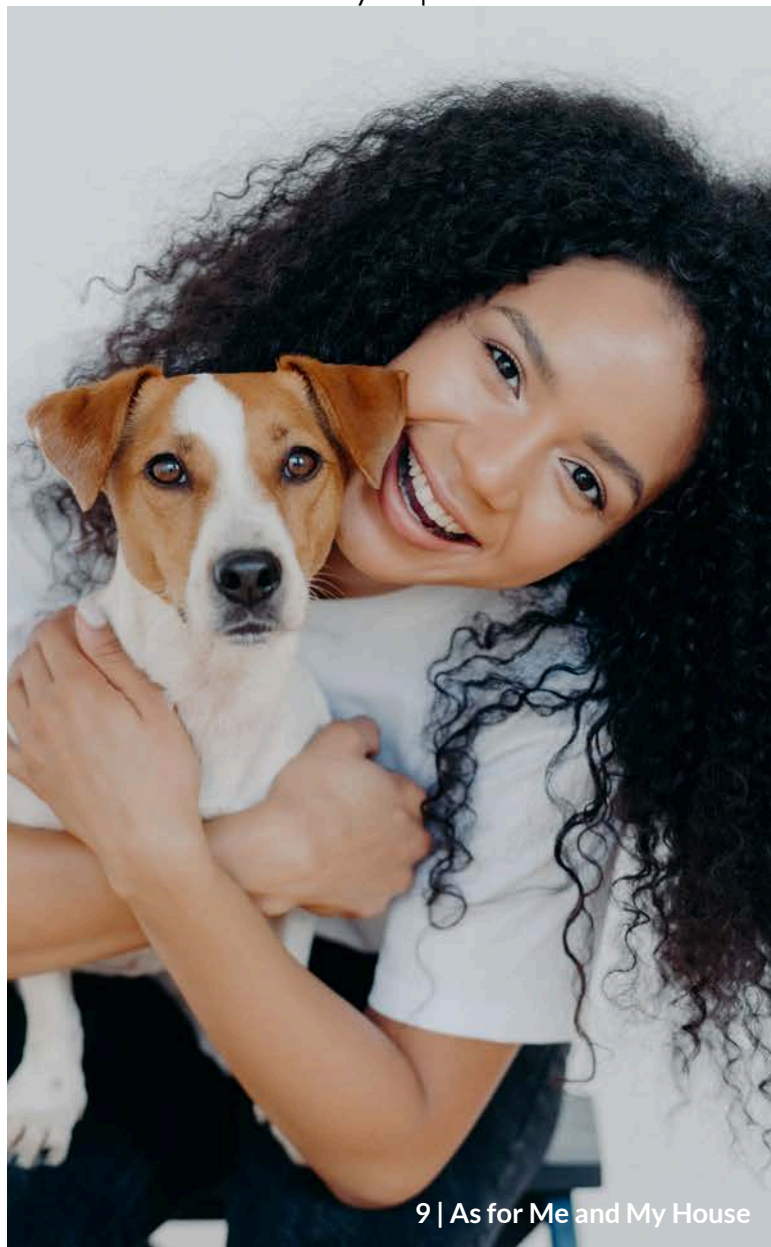
## FINANCIALLY:

The older they get, the more trips to the vet seem to be in order. If you can set money aside for the hiccups that may come along, it'll help relieve a lot of the stress when the needs arise. Deciding in advance whether you want to bury your pet or have her cremated leaves less to the unknown. The least expensive option will be burying your pet yourself, and the most expensive will be cremation.

We want our last memories to be filled with love, not with the strain of a rude or pushy staff. I encourage you to do as much research as you can on which local vets are known for having a compassionate end-of-life team, so you are not having to pick just anyone last minute. If you can afford it, some vets also offer in-home care, which is less stressful for you and your beloved friend.

## EMOTIONALLY:

For some people, it might be “just a dog” or “just a cat,” but grief is real, whether it is for a human being or one of God’s creatures. God created us to love and bond with the things we care for, so it’s understandable how heartbreaking it can feel. There were times throughout the Bible when God called His people to mourn, and Joel 1:10-14 specifically calls for a time of mourning because the *land* has been devastated by natural disasters. Jesus reminds us that every single sparrow is counted by God. “Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care,” (Matthew 10:29 NIV). If God had called His people to mourn a calamity to the soil, how much does that tell you that He cares about the loss of your pet?



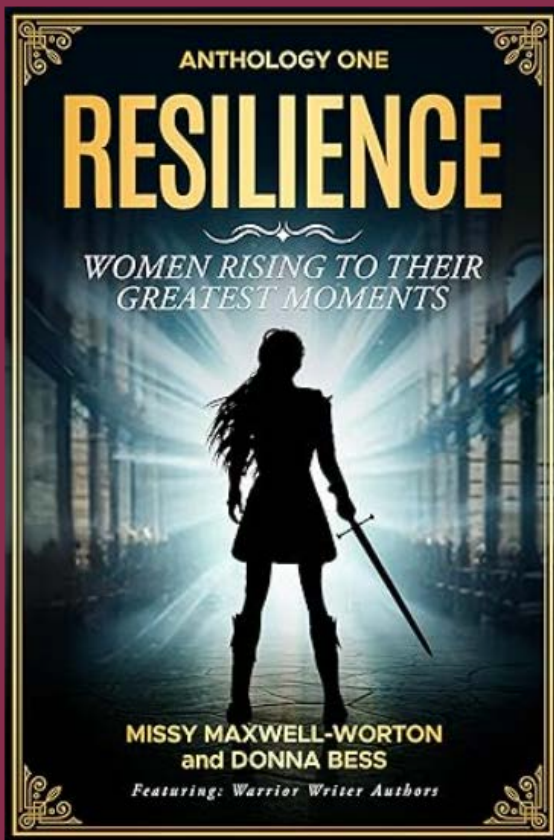
Many vets say that pet owners don't like to be in the room when their pets go, leaving pets confused and scared without their owners. It might be hard, but there is no greater act of love you can do for your pet than to be there in those moments. If you're worried about falling apart in front of staff, don't worry—veterinarians have seen *everything*. If the concern is about unraveling in front of your pet, do what you can to plan ahead. Bring tissues, wear headphones, bring some calming music, or even listen to a comedian if you must (a little laughter from you will actually put your critter at ease). And be sure to have a supportive family member or close friend “on call” to be with you on that final farewell so you are not left to carry the weight of your pet loss alone.

## SPIRITUALLY:

Stella was the dog that loved me more than any dog I ever had. And I'll be honest, I wanted to go into full-blown hysterics. But I knew that wasn't what she needed. She just needed me to hold her and love her when she passed. To keep my mind and emotions from giving into the panic, I did a lot of praying and praise the day of her passing. Over and over again, I thanked God for her life, and for the love she had given me. The peace and presence of God was very tangible in the exam room.

And He can do that for you. So whatever you're going through, let me remind you that the Lord is near to the brokenhearted (Psalms 34:18). I encourage you to invite Him into your circumstance. Because here's the truth of it all: when God meets you in your pain, it is as close to Heaven on earth as you will ever find in this life.





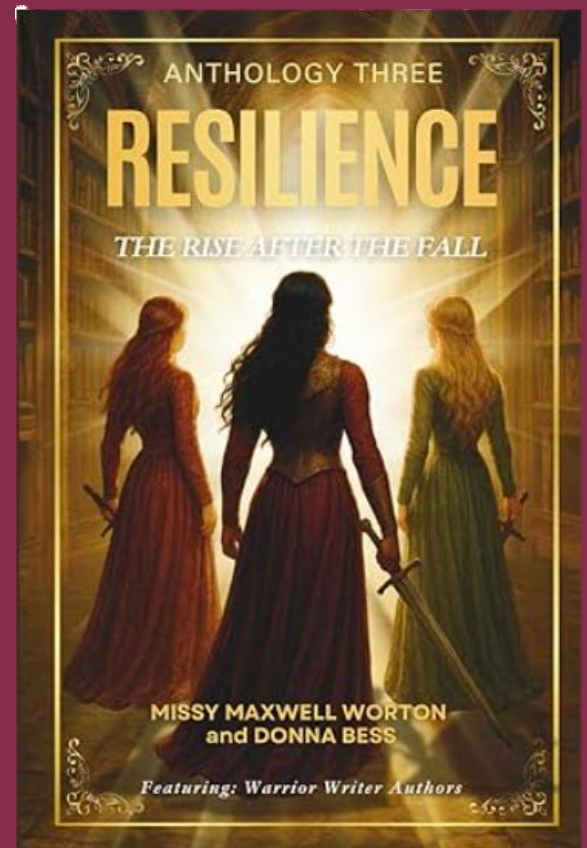
**RESILIENCE:** "the capacity to withstand or to recover quickly from difficulties."

In this extraordinary anthology, fourteen powerful women reveal their stories of unshakeable strength and determination. As you turn each page, your soul will be moved to tears of both joy and sorrow while discovering a renewed belief in the wonder of miracles. The truths shared within these pages will resonate deeply, filling your heart with love and inspiration. Through these courageous journeys, your spirit will be rekindled and your hope restored, realizing that even in the darkest challenging times, God's grace is alive with promise.



### 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.





# KIRSTEN SAMUEL

AS FOR ME AND MY MARRIAGE

[CONTACT KIRSTEN](#)

## THE MARRIAGE WE ALMOST DIDN'T KEEP

Dave and I celebrate 44 years of marriage this month.

Gratefully.

I think back to that starry-eyed twenty-something and smile. She had no idea what she was stepping into. Neither did he. Two people who thought love was enough, standing at an altar, making promises they didn't yet know how to keep.

That's how most of us begin.

In my twenties, someone told me I wouldn't have married Dave if I'd known him in high school. I laughed then. Now I understand. The man I share life with today is nothing like that twenty-something either. And that's exactly the way it's supposed to be.

Marriage has a way of doing that: reshaping you both, if you let it.

### THE SOULMATE MYTH

A lot of people spend years searching for their soulmate. Dave and I have worked hard to *unite our souls* together. That distinction matters more than it might first appear. Becoming *united souls* means intentionally connecting every day with God first and then each other. Jesus prayed for our united souls in John 17 NLT:

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“...I AM IN THEM AND YOU ARE IN ME. MAY THEY EXPERIENCE SUCH PERFECT UNITY THAT THE WORLD WILL KNOW THAT YOU SENT ME AND THAT YOU LOVE THEM AS MUCH AS YOU LOVE ME.”

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Because marriage isn't about who makes you the happiest.

Be honest with yourself for a moment. When has anyone made you happy every moment of every day? Even the people you love most?

Marriage is a choice. It's something you return to, again and again, on the days it feels easy, and on the days it doesn't.

Stephen Covey said it plainly: "Love is a verb. Reactive people make it a feeling . . . Proactive people make love a verb. Love is something you do: the sacrifices you make, the giving of self . . . Love is a value that is actualized through loving actions."

Love, the feeling, can be recaptured. But only when love, the choice, has been made first.

## TEVYE AND GOLDE KNEW SOMETHING

Do you remember the scene in *Fiddler on the Roof* where Tevye asks Golde if she loves him?

Theirs was an arranged marriage. Butterflies-in-the-stomach romance wasn't part of the equation. They married, made a life, and somewhere in the middle of all that living, the fighting, the starving, the twenty-five years of sharing a bed, something grew.

Golde finally answers: "I suppose I do."

And Tevye replies: "And I suppose I love you too."

"It doesn't change a thing. But even so. After twenty-five years. It's nice to know."



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WHEN THE LORD  
CREATES DEEP  
HEALING IN YOUR  
HEART, IT CREATES  
HEAVENLY EQUITY  
TO BE ABLE TO  
MINISTER INTO THE  
LIVES OF OTHERS.

”

ANGELA CRIST

It is nice to know you are loved by the one with whom you share your life. What Tevye and Golde discovered in that scene is what Covey articulated: love is a choice. And the choosing, done consistently over years, builds something no feeling alone ever could.

## A COVENANT IS DIFFERENT

The Bible opens with a marriage in the Garden of Eden and closes with one at the end of Revelation. That's not coincidence. God views marriage as the human picture of his covenant relationship with us. It carries that kind of weight. Which is also why marriage has been under attack since the beginning.

When Dave and I stood at the edge of our marriage's destruction, God reminded me of the last line of my vows.

"In the presence of God, I make this vow."

The Father made it clear: *you didn't just say it to Dave. You said it to me.*

That stopped me.

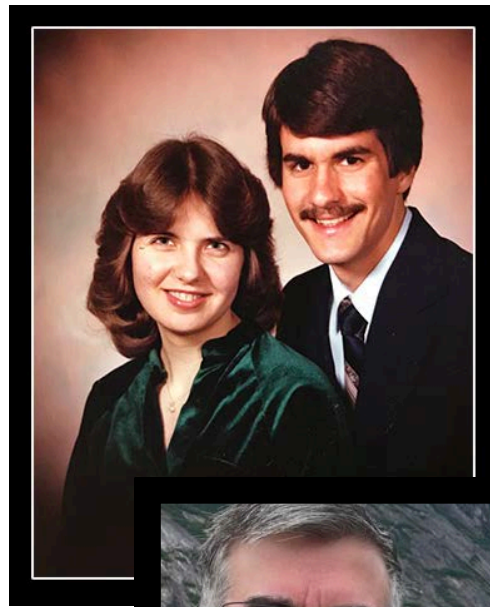
I had to confront my own words and decide if I was telling the truth. Was I going to keep my word, or walk away? Would I choose to stand one day before my Lord and Savior and tell him I was "just kidding, it was too hard to forgive?"

A covenant isn't a contract you renegotiate when the terms get hard. It's a commitment that holds you even when you don't feel like holding it yourself.

Covenant doesn't promise an easy life. But it enriches your life when you keep your promise.

The butterflies will come and go; they always do. What remains, when you've chosen each other through the hard seasons, is something steadier and deeper than any feeling: the safety of knowing you are not alone in this, and neither is your spouse.

Each anniversary since our 25th, Dave and I take time to remember what God has done in us individually and together. We laugh at the things we've survived. And



then we pause on that word: *together*.

After 44 years, it still means everything.

If you're earlier in the journey than we are, there's so much encouragement we want to give you. Not to spare you the hard parts, those will come regardless, but to help you move through them with more grace and less unnecessary pain.

We've gathered some of it in a free resource: **100 Things I Wish Someone Had Told Me About Marriage**. It's personal, honest, and hard-won. Consider it our gift to you, wherever you are in your marriage right now.

[Download the free resource.](#)

And as we celebrate 44 years this month, we thank God, the covenant-keeping God who held us together when we fractured, who taught us what we didn't know, and who surrounded us with people who refused to let us quit.

We wouldn't be here without God giving us a brand-new marriage.

## 5 Lies Moms Believe: Be the Mom Your Child Believes You Are

Someone is telling you lies. Is that "someone" you?

"I'm a terrible mom. My kids hate me. She's a better mother."

What lies do we believe as moms? How do they sneak into our minds without us knowing?

Explore 5 lies moms believe and how to defend against them. Discover the truth about motherhood and rearing the children God entrusted to you. Embrace your mothering fears and find hope to overcome those fears.

Find practical encouragement to tackle the hardest job you will ever love.

No lie: You are exactly the right mom for your child. Guaranteed.



[Try FREE](#)

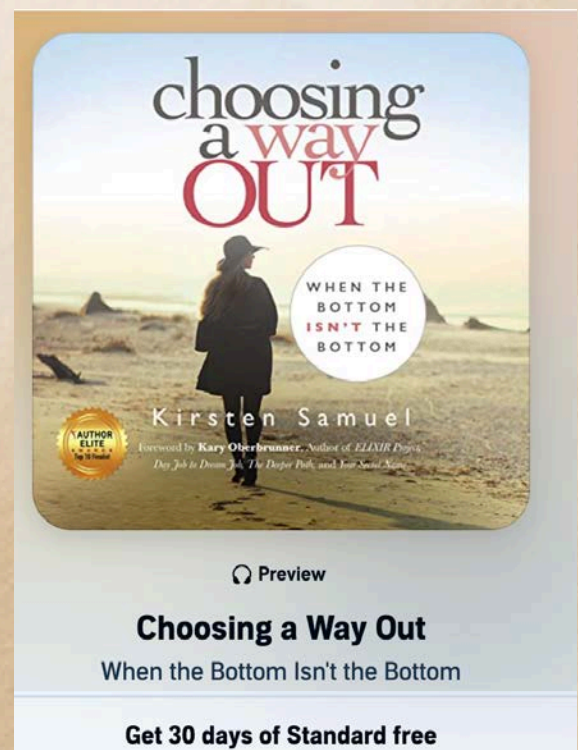
## Choosing A Way Out: When the Bottom Isn't the Bottom

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.



[Try FREE](#)



# NICCIE KLIEGL

AS FOR ME AND MY HEALTH  
[nicciekliegl.com](http://nicciekliegl.com)

## YOUR BODY IS A TEMPLE: CARING FOR MIND, BODY, AND SPIRIT IN EVERY SEASON

As CEO of Fulfill Your Legacy, a Christian life coaching and discipleship ministry, much of my life has been devoted to encouraging families, strengthening faith, and helping others build Christ-centered legacies. Over the years, one thing I have become increasingly aware of is how important it is to intentionally care for our health—not just physically, but mentally and spiritually as well.

By the grace of God my husband got on the other side of a cancer diagnosis and this reminded us of how precious good health truly is. It made us more conscious about the importance of eating cleaner, slowing down when needed, reducing stress, and being more intentional

about caring for the bodies God has given us. As we look ahead to our senior years, we want to enjoy this season of life with strength, peace, purpose, and gratitude.

The Bible reminds us in 1 Corinthians 6:19-20 that our bodies are temples of the Holy Spirit. That truth goes far beyond simply eating healthier. It means honoring God with our minds, bodies, and spirits daily. In this article, I want to encourage us all in caring for the whole person by focusing on three important areas: renewing the mind, strengthening the body, and nurturing the spirit.



### PART 1: CARING FOR THE MIND

*“DO NOT CONFORM TO THE PATTERN OF THIS WORLD, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND.” – ROMANS 12:2*

Health often begins in the mind long before it shows up in the body.

The pressures of life, constant busyness, worry, negativity, and stress can quietly wear us down over time. God never intended for us to carry every burden alone. That is why renewing our minds daily with His truth is so important.

Philippians 4:8 encourages us to think on things that are true, noble, right, pure, lovely, and admirable. What we allow into our minds affects our emotions, attitudes, and even our physical well-being.

For me, this has meant being intentional about creating moments of peace throughout the day, whether through prayer, quiet reflection, time outdoors, or simply stepping away from constant noise and distractions. It also means choosing gratitude instead of worry and trusting God with the things beyond my control.

A healthy mind is not about pretending life is perfect. It is about allowing God’s peace to guard our hearts and minds even in uncertain seasons.

### PART 2: CARING FOR THE BODY

*“SO WHETHER YOU EAT OR DRINK OR WHATEVER YOU DO, DO IT ALL FOR THE GLORY OF GOD.” – 1 CORINTHIANS 10:31*

Taking care of our bodies is not about vanity . . . it is about stewardship.

As Jeff and I have gotten older, we have become more aware that the small choices we make daily truly matter. Eating healthier foods, staying active, getting enough rest, drinking water, and keeping regular health appointments are all ways we can honor the bodies God entrusted to us.

One thing I especially enjoy is gardening. There is something peaceful and rewarding about planting vegetables, tending the soil, and watching God bring growth from something so small. Gardening reminds me that good health, much like a garden, requires consistent care over time.

Healthy eating is only one part of wellness, but it certainly plays an important role. Choosing more natural, nourishing foods



helps our bodies function better and gives us the energy we need to continue serving God and others well.

Movement matters too. We do not have to become fitness experts to care for ourselves. Walking, stretching, gardening, and simply staying active throughout the day can make a tremendous difference in how we feel physically and emotionally.

God created our bodies with incredible design, and caring for them wisely is one way we show gratitude for the gift of life.

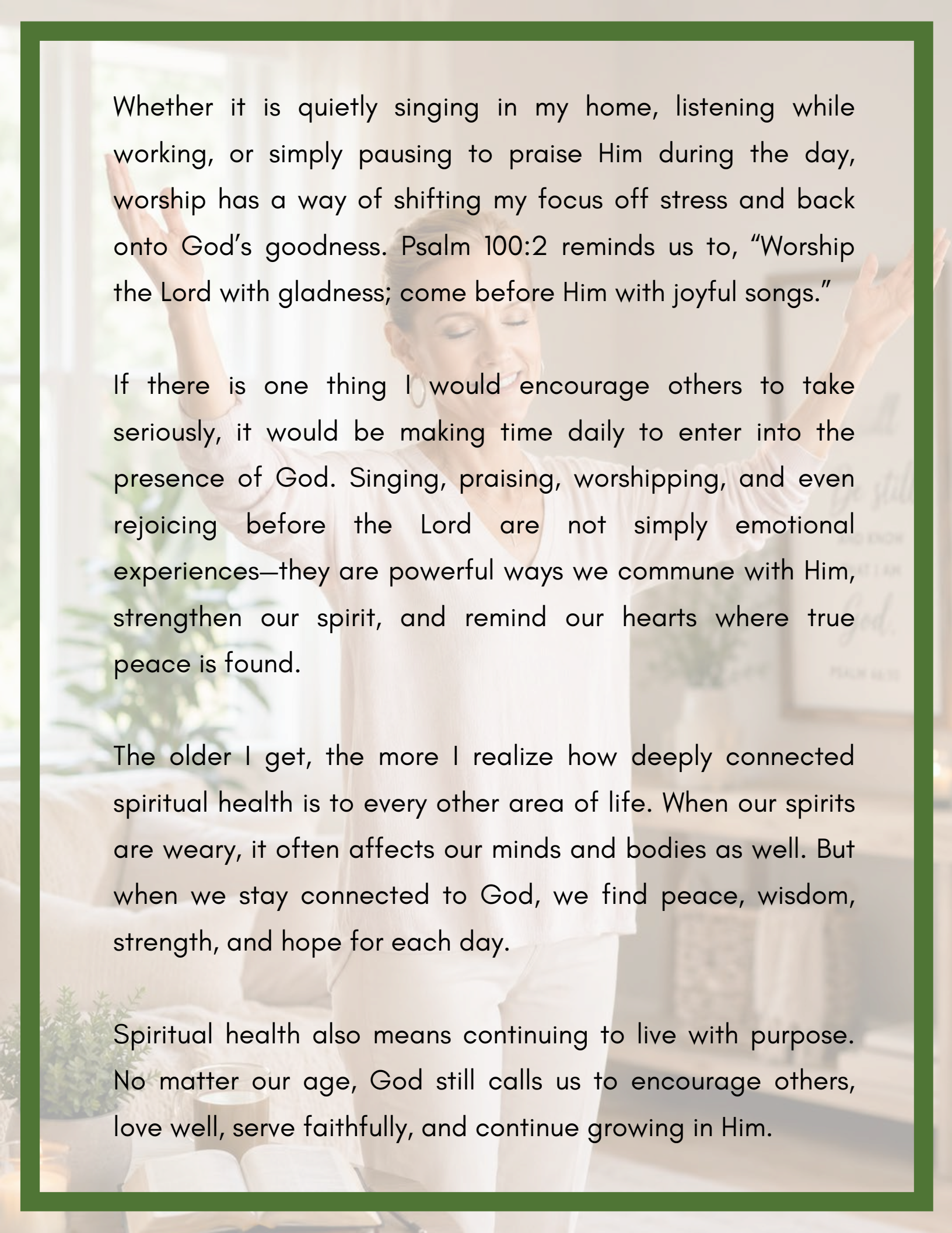
### **PART 3: CARING FOR THE SPIRIT**

*"BUT SEEK FIRST HIS KINGDOM AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS WILL BE GIVEN TO YOU AS WELL."* — MATTHEW 6:33

While physical health is important, spiritual health is the true foundation for everything else. A healthy spirit keeps us grounded when life feels uncertain. Prayer, worship, reading God's Word, and spending time in His presence strengthen us in ways nothing else can.

One thing I have personally learned over the years is how easy it can be to overlook the incredible power of praise and worship in strengthening our spiritual health. From the very beginning of Scripture, we see God move mightily through songs of praise, worship, rejoicing, and shouts of thanksgiving. There is something powerful about stepping into the presence of God through worship that brings peace, strength, clarity, and renewal to the soul.

For me, one of the simplest and most meaningful ways to reconnect with God is through worship music.



Whether it is quietly singing in my home, listening while working, or simply pausing to praise Him during the day, worship has a way of shifting my focus off stress and back onto God's goodness. Psalm 100:2 reminds us to, "Worship the Lord with gladness; come before Him with joyful songs."

If there is one thing I would encourage others to take seriously, it would be making time daily to enter into the presence of God. Singing, praising, worshipping, and even rejoicing before the Lord are not simply emotional experiences—they are powerful ways we commune with Him, strengthen our spirit, and remind our hearts where true peace is found.

The older I get, the more I realize how deeply connected spiritual health is to every other area of life. When our spirits are weary, it often affects our minds and bodies as well. But when we stay connected to God, we find peace, wisdom, strength, and hope for each day.

Spiritual health also means continuing to live with purpose. No matter our age, God still calls us to encourage others, love well, serve faithfully, and continue growing in Him.

As Jeff and I continue working, looking forward to retirement, and hoping for many healthy years ahead with family and friends, we are learning more than ever that keeping our mind, body, and spirit healthy is not about perfection, but about stewardship.



God has entrusted each of us with one life, and caring for ourselves wisely allows us to better enjoy the blessings He has given us and continue serving others well.

No matter your age or season of life, it is never too late to make healthier choices, slow down when needed, seek peace, or draw closer to God. Small, faithful steps taken consistently over time can make a lasting difference.

My prayer is that we would all continue moving forward with hope, gratitude, and the confidence that the One who created us will also sustain us through every season ahead. May we care for our minds with peace, our bodies with wisdom, and our spirits with wholehearted devotion to the Lord—living each day grateful for the gift of life and the presence of God that carries us through it all.

## HEALTH



### The Legacy House

#### 22-WEEK DISCIPLESHIP EXPERIENCE

This is full formation. Not a course. Not a study. A complete equipping experience where you go through all four Legacy books, get coached weekly, and have live daily access to Niccie — all designed to develop you from the inside out.

- ✓ Coaching on all 4 Legacy Series books
- ✓ Weekly live group coaching
- ✓ Daily live access to Niccie
- ✓ Personalized health plan w/ meal plans and workouts daily.
- ✓ Daily Identity + calling activation

[LEARN MORE](#)

### Launch Your Legacy

#### KINGDOM BUSINESS + MINISTRY STARTUP

Private coaching for Christians called to build. Whether you're starting from scratch or taking what you have to the next level — we build your business or ministry on Kingdom strategy, not worldly methods alone.

- ✓ Private 1-on-1 coaching with Niccie
- ✓ Business + ministry structure
- ✓ Offer, messaging, and funnel clarity
- ✓ Fully developed Website
- ✓ Fully built marketing plan
- ✓ Accountability + activation

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### The Legacy Resources

#### YOUR FOUNDATION FOR THE JOURNEY

Four books. One framework. A complete guide to living, loving, learning, and leading according to the call God has on your life. These books are the foundation everything else is built on.

- ✓ Workshops & training to Equip Ministries with in house
- ✓ Free Legacy Leader Community.
- ✓ Fulfill Your Legacy Podcast
- ✓ Holy Spirit Academy
- ✓ Free private chat
- ✓ Monthly As For Me & My House Magazine

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# SARAH NOBLE

AS FOR ME AND MY FINANCES

[CONTACT SARAH](#)

## FINDING PEACE WHEN MONEY IS UNCERTAIN

There's a quiet question many people are carrying today. One they don't always say out loud.

*Will I be okay?*

They're working hard, trying to be responsible, doing what they were told would lead to stability. And yet, something still feels off. The numbers don't stretch the way they expected. Rent takes more than it should. Groceries cost more than they used to. Debt lingers longer than they hoped.

There have been moments—quiet ones—that make it all feel more real. Standing in the grocery store, doing the mental math. Watching the total climb higher than expected. Putting something back, not because you want to, but because you need to. It's a small thing, really. But it lingers. Not because of the item but because of the question it brings with it:

*Am I going to be able to keep up with all of this?*

I often think about the women who came before us during moments like these. Women who stretched meals with homemade bread and garden vegetables. Who saved scraps of fabric and reused jars without embarrassment. Who understood how to create warmth and dignity in a home even during lean seasons. They may not have had much, but they carried a quiet kind of wisdom. They knew that peace in a home was never built solely on abundance. It was built on faith, resourcefulness, gratitude, and love. Somewhere along the way, money stopped being just a tool and quietly became a measure. A measure of success. A measure of security. Even a measure of whether we're going to be okay.

But what if peace was never meant to come from a number? What if the steadiness we're longing for isn't found in finally "figuring it all out," but in learning to trust even when things feel uncertain?

This doesn't mean wisdom doesn't matter. It does. There is value in learning to live within our means, in paying down debt little by little, in setting aside what we can when we can. Small, faithful steps matter more than we often realize.

For many young people, financial pressure also comes with another burden: comparison.

Everywhere they look, someone seems to be buying a home, taking a dream vacation, driving a newer car, or building a life that appears effortless online. It becomes easy to believe that everyone else has figured something out that they somehow missed.

But social media rarely tells the whole story.

It doesn't show the stress behind the smiles, the debt behind the purchases, or the quiet sacrifices happening behind closed doors. Comparison has a way of making even faithful progress feel small.



“

**THEREFORE, DO NOT  
WORRY ABOUT  
TOMORROW,  
FOR TOMORROW  
WILL WORRY ABOUT  
ITSELF.  
EACH DAY HAS  
ENOUGH TROUBLE OF  
ITS OWN.**

”

**(MATTHEW 6:34 NIV)**



Yet some of the most meaningful things in life have never been built quickly.

Strong marriages are built slowly. Trust is built slowly. Homes filled with warmth and love are built slowly too. Financial wisdom often grows the same way—through ordinary choices repeated over time.

Packing lunch instead of eating out. Learning to cook simple meals at home. Putting a small amount into savings even when it feels insignificant. Choosing contentment over constant consumption.

None of those things feel glamorous in the moment. But over time, they create something steady.

There is dignity in living simply. There is wisdom in learning restraint. And there is peace in realizing that a meaningful life is not reserved only for those with overflowing bank accounts. Sometimes the richest homes are the ones filled with laughter around a worn kitchen table, shared meals, and people who know how to care for one another well. That kind of richness can never be measured by numbers alone.

But there's also freedom in releasing the pressure to get everything right all at once. You don't have to have a perfect plan to begin. You don't have to match someone else's timeline. And you don't have to carry the weight of it all alone.

Maybe the question isn't only, *"Will I ever have enough?"* Maybe it's, *"Can I trust that I will be cared for, even here?"* Even in the uncertainty. Even in the learning. Even in the stretching. Because peace was never meant to come from having everything secured. It comes from knowing that no matter what, you are not walking through this alone.

And that—more than any number—changes everything.

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**"THEREFORE, DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL WORRY ABOUT ITSELF. EACH DAY HAS ENOUGH TROUBLE OF ITS OWN,"**

**MATTHEW 6:34 (NIV)**

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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

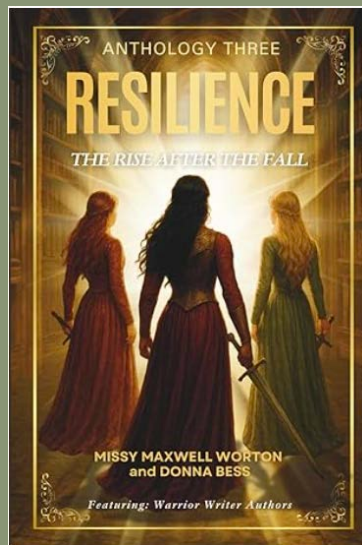
One anthology, twenty-two battles, from twenty-two authors.

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 PARENTING

[CONTACT DR. MARTHA](#)



## RAISING GOD'S CHILDREN

### What Changes When We Parent with the Lord Instead of Without Him

One of the greatest shifts in my parenting happened when I stopped viewing my daughter as simply “my child” and began seeing her as God’s daughter entrusted to me.

That perspective changed everything.

Like many parents, especially as a business owner juggling many responsibilities, I often felt pressure to figure everything out on my own. I wanted to protect, guide, teach, and make all the right decisions. But if I’m honest, there were times I was parenting more from pressure and self-sufficiency than from partnership with God.

Over time, the Lord began gently reminding me of something important:

I was never meant to raise His daughter without Him.

As I began leaning on Him more intentionally, I realized there are three powerful truths that completely changed the way I parent: our children are entrusted to us by God, discipline is really discipleship, and parenting was never meant to be done apart from the wisdom and guidance of the Lord.

When we begin to see parenting through this lens, everything shifts.

# CHILDREN ARE ENTRUSTED TO US BY GOD

Scripture tells us:

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**“BEHOLD, CHILDREN ARE A HERITAGE FROM THE LORD, THE FRUIT OF THE WOMB A REWARD,” – PSALM 127:3 (ESV)**

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Children are not interruptions to our calling. They are part of it.

They are gifts entrusted to us by God for a season.

When I began seeing my daughter through this perspective, I stopped asking, “What am I going to do with this child?” and started asking a different question: “Lord, how do You want me to raise Your daughter?”

That one question changed the posture of my heart.

Instead of trying to control every situation in my own strength, I began inviting God into the process. I started praying more intentionally over decisions, conversations, corrections, friendships, schooling, and the unique way He created her.

Parenting became less about performance and more about partnership.

One of the greatest things we can do as parents is remember that God knows our children even better than we do. He knows their calling, their personality, their gifts, their struggles, and the plans He has for their lives.

Our role is not to force them into who we think they should become. Our role is to steward, guide, disciple, and point them back to Him.



A group of nine smiling children of various ages sitting outdoors in a grassy field. The children are arranged in three rows. The top row has three children: a boy on the left, a girl in the middle, and a girl on the right. The middle row has three children: a boy on the left, a boy in the middle, and a girl on the right. The bottom row has three children: a girl on the left, a boy in the middle, and a boy on the right. The background is a soft-focus outdoor setting with greenery and sunlight. The text is overlaid in the center in a blue, sans-serif font.

**“BEHOLD, CHILDREN  
ARE A HERITAGE FROM  
THE LORD, THE FRUIT  
OF THE WOMB A  
REWARD.”**

**— Psalm 127:3**

## DISCIPLINE IS REALLY DISCIPLESHIP

Another powerful shift came when I began thinking differently about discipline.

The word discipline is often associated only with punishment or correction, but biblical discipline is much deeper than that. Discipline is training. Guiding. Teaching. Forming.

Discipline is discipleship.

Ephesians 6:4 says:

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**“FATHERS, DO NOT PROVOKE YOUR CHILDREN TO ANGER, BUT BRING THEM UP IN THE DISCIPLINE AND INSTRUCTION OF THE LORD.” – EPHESIANS 6:4 (ESV)**

---

As parents, we are not simply managing behavior. We are shaping hearts.

We are helping our children learn integrity, wisdom, self-control, kindness, responsibility, and most importantly, who Jesus is.

That means discipline is not only about correcting what is wrong. It is about consistently leading them toward what is right.

Proverbs 22:6 reminds us:

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**“TRAIN UP A CHILD IN THE WAY HE SHOULD GO; EVEN WHEN HE IS OLD, HE WILL NOT DEPART FROM IT.”  
–PROVERBS 22:6 (ESV)**

---

The goal of parenting is not merely raising successful children. It is raising sons and daughters who know the voice of God, walk in His truth, and understand who they are in Him.

## PARENTING WAS NEVER MEANT TO BE DONE WITHOUT GOD

One of the biggest lies many parents believe is that we have to carry the full weight of parenting on our own.

But God never asked us to parent without Him.

Deuteronomy 6:6-7 says:

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**“AND THESE WORDS THAT I COMMAND YOU TODAY SHALL BE ON YOUR HEART. YOU SHALL TEACH THEM DILIGENTLY TO YOUR CHILDREN.” –DEUTERONOMY 6:6–7 (ESV)**

---

Parenting was always meant to be deeply connected to our own walk with God.

Children learn not only from what we say, but from what we model.

They watch how we handle stress, conflict, pressure, forgiveness, worship, and dependence on God.

Over the years, I've realized that some of the most powerful parenting moments happen when we simply pause and ask, "Lord, what does this child need right now?"

Sometimes they need correction. Sometimes comfort. Sometimes truth. Sometimes simply our presence.

But in every season, we need His wisdom.

Parenting becomes lighter when we stop trying to do it all in our own strength and begin co-parenting with the One who created them.

Because at the end of the day, these children were never truly ours to begin with.

They were always His.

# She Made God Her CEO

w/ Dr. Martha Nessler



Biblical Leadership: When God Chooses a Leader | Bible Study with Dr. Martha Nessler [CLICK TO LISTEN](#)



[Get your free eBook](#)



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](#)



# JANA SMITH



AS FOR ME AND MY COMMUNITY  
[CONTACT JANA](#)

## COMMUNITY IS WHAT YOU MAKE IT

Essentially, I am shy. I find it hard to be bold and make friends. As a family, we've moved several times. As a child, I emigrated to Canada with my family after the Russian occupation. When we arrived in Canada, I knew how to count to ten and say, "I don't speak English." At that time, we were a family of four . . . and my community.

I was terrified entering my first Canadian classroom. I sat at a desk and saw that every eye in the room was glued to me. I wanted to disappear. Fortunately, one girl got hold of me and became my friend. We have been friends for almost 60 years. Through her, I learned English, was introduced to church, and voila, my community grew.

I am eternally grateful to Karen for showing me how to make friends. I realized she took the first step. She had the courage to approach me. That is what I needed to develop.

After this experience, came many more moves, like university, getting married, and another new city, then three moves across the country the first due to an employment transfer, the second and third moves for retirement preferences. Every time we made these moves, I had to start from scratch. Sure, some of my friends remained in my life, but long-distance friendships are often difficult to maintain.

As shy as I am, I like to have people in my life. I need to feel connected to more than just my family. I'm sure that is how God made us. Yes, we are made for a relationship with Him, but also a relationship with others.

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**FOR JUST AS EACH OF US HAS ONE BODY WITH MANY MEMBERS, AND THESE MEMBERS DO NOT ALL HAVE THE SAME FUNCTION, SO IN CHRIST WE, THOUGH MANY, FORM ONE BODY, AND EACH MEMBER BELONGS TO ALL THE OTHERS.**  
**ROMANS 12:4-5**

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Over the years, I've learned that circumstances often limit how many friends we can make and how much community we can build. As a working mom, it often limits time available for participation in things; financial constraints preclude things like memberships; or simply location and lack of available transportation can be problematic.

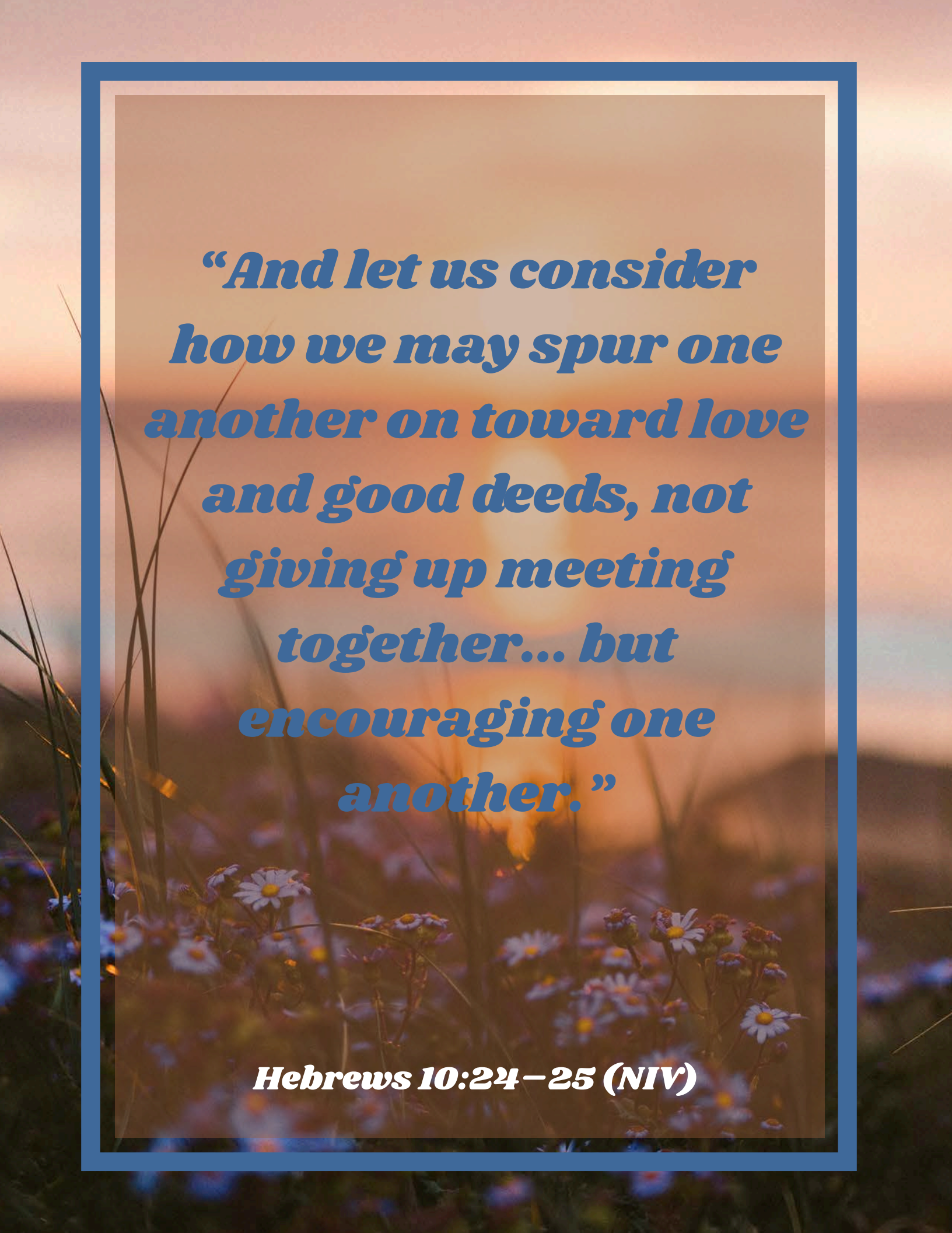
Through my experience, I've established certain practices that have helped me become part of or to create a community. They've even worked for me, and taught me to break out somewhat from my shell of shyness.

## 1 BE BOLD AND BE PART.

Although I say "Be Bold", not much boldness is required here. Churches are designed to welcome new people and if they don't, you don't want to be part of that church anyway.

So, I have found that attending church and getting to know people is the first step I can take whenever we move. As difficult as it is to start attending a new church, involvement is necessary to become part of it.



The background of the image is a soft-focus photograph of a field of purple daisies with yellow centers. The scene is set during sunset or sunrise, with a warm, golden light filtering through the sky and the tops of the flowers. The entire image is framed by a thick, solid blue border.

***“And let us consider  
how we may spur one  
another on toward love  
and good deeds, not  
giving up meeting  
together... but  
encouraging one  
another.”***

***Hebrews 10:24–25 (NIV)***

It is so easy to simply attend church on Sunday and leave immediately after. But churches go all out to help new people feel at home. So, take a step and join something; stick around for coffee time and chat, or even sit in the same area of the church and get to know the people around you. After all, we are creatures of habit and tend to sit in the same place at church every Sunday.

After our first move to Calgary, I joined a craft group at our church. It was a wonderful way to meet people. Soon after, my husband and I joined a small bible study home group. A year later, we started hosting a small group, then leading it.

Over time, it became the group where all newcomers to our church were welcome, and we specialized in those who were alone or new to Canada. We were a multicultural group that understood what it felt like to be alone. We became a community for them.

Eighteen years later, when we retired and moved back to Ontario, that small group had remained active the entire time - 16 years. It became more than a small group. They were our community and then our family.

## 2 KIDS LOVE OTHER KIDS

I met and made more friends through our daughters than I can count, and again many of whom remained lifelong friends, despite distances.

Through carpooling, game nights, sleepovers, a host home, and a freezer filled with frozen, ready-to-bake pizza, our home was often filled with kids. Our daughters always had a wide circle of friends, and through them we met their parents.

The loneliness of moving to a new city, 4,000 kilometers from home, family, and a well-established community, was quickly banished. Tentative acquaintances became friends and maybe even family.

Of course, this is not a feasible option for someone without children.



**AND LET US CONSIDER HOW WE MAY SPUR ONE ANOTHER ON TOWARD LOVE AND GOOD DEEDS, NOT GIVING UP MEETING TOGETHER, AS SOME ARE IN THE HABIT OF DOING, BUT ENCOURAGING ONE ANOTHER—AND ALL THE MORE AS YOU SEE THE DAY APPROACHING.**

**HEBREWS 10:24-25**

# 3 INTEREST-DRIVEN COMMUNITY

As I said, upon our retirement, we moved again. This time, neither of us worked, and we had no children through whom to meet people. We started with our first choice of making a community by attending a church. Despite eight months of attendance, we were no further ahead than when we first started. Unless you were musical, there were very few opportunities for involvement in this church.

However, my husband found an ad in the newspaper for volunteers with the United Way. Soon, both of us were involved. But more than that, common interests were identified through the people we had come to know while we volunteered. That led us to a new church where getting involved was easy, and we began to form a true church family.



# 4 USE TECHNOLOGY FOR CONNECTION

No, I am not saying stay on your phone 24/7 scouring social media. One can develop friendships and a sense of community even if you can't safely or physically leave your home. I learned that lesson through COVID.

On Zoom or any such platform, there are many ways to form friendships and a community, even when dispersed across the continent. Time zone difference aside, it is not difficult.

As an author, I am part of a wonderful writing community that meets twice a week. I cannot imagine being without this group. Their encouragement, honest discussions, faith walk, and desire to serve God through the written word have been such a blessing.

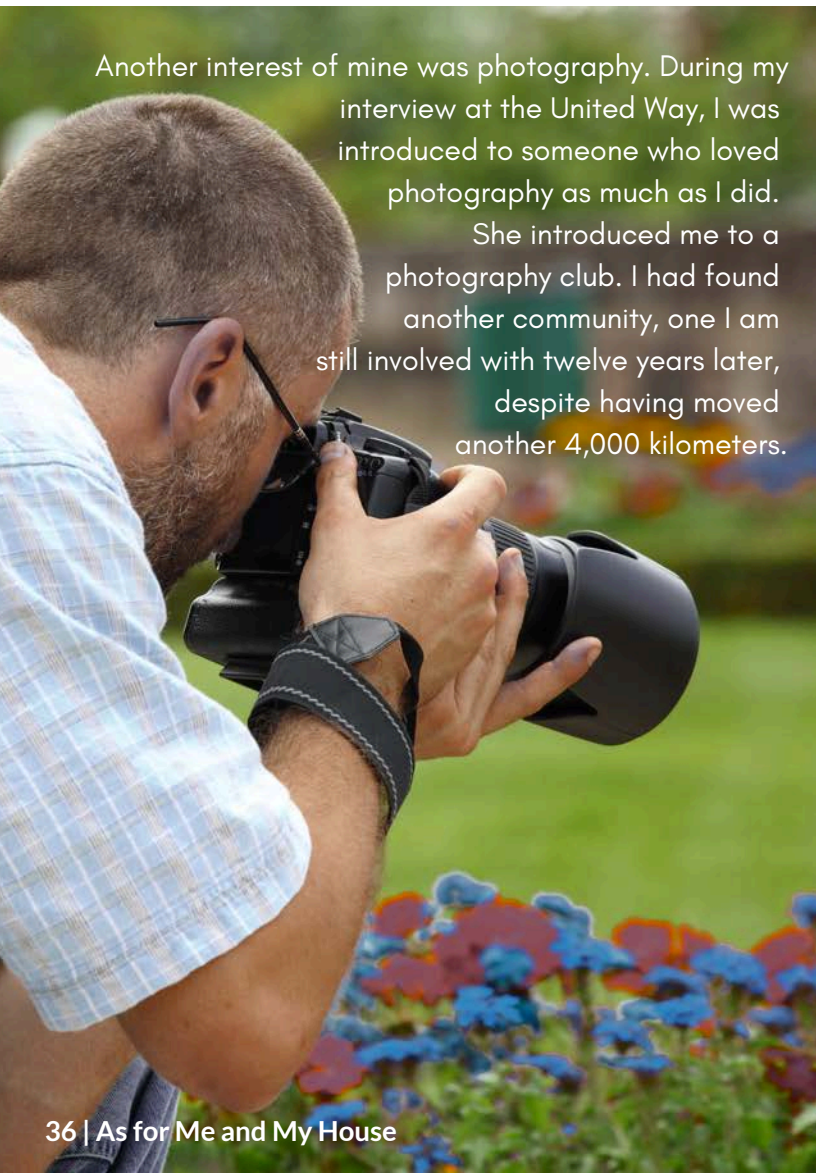
I've also joined our church prayer group, which meets over Zoom. Since I have some difficulty getting around, this allows me to participate no matter the weather . . . even in icy conditions.

Who knows, my last move may be when I meet Jesus, either in the clouds or in heaven. There, I will find a ready-made community of fellow believers, many of whom will be the friends I had known and lost track of over the years.

What a heavenly community that will be! I can't wait.

Another interest of mine was photography. During my interview at the United Way, I was introduced to someone who loved photography as much as I did.

She introduced me to a photography club. I had found another community, one I am still involved with twelve years later, despite having moved another 4,000 kilometers.



Jana M.A. Smith

AUTHOR • STORYTELLER • MENTOR

Using Words To Bring Light

I write Christian speculative fiction that inspires the heart, strengthens faith, and reminds us that even in the darkest places, God's light still shines.

Stories of faith. Hope. And the power of light.

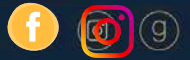


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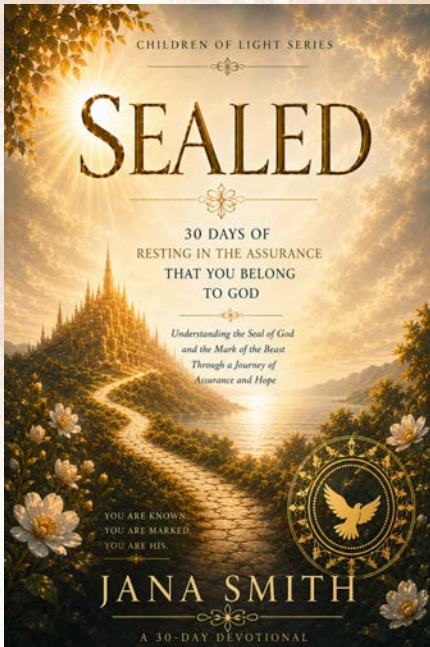
STORIES WITH HEART

CHARACTERS YOU FEEL

WORLDS THAT STAY WITH YOU



## SEALED: 30 Days of Resting in the Assurance That You Belong to God



You were never meant to wonder where you belong. Yet for many believers, faith can feel uncertain—questions linger, understanding feels incomplete, and assurance seems just out of reach.

What does it truly mean to be sealed by God?

In Sealed, Jana Smith guides you through a 30-day devotional journey designed to move you from uncertainty into quiet, unshakable confidence in your identity in Christ.

Through Scripture, reflection, and intentional journaling, you will discover

- The meaning of the Holy Spirit as God's seal
- Freedom from fear and confusion about your identity
- Discernment in a world filled with spiritual counterfeits
- A deeper, steady assurance that you belong to God



This is not a journey toward earning God's love.

It is a journey into recognizing that you already have it.

Come slowly. Reflect deeply. And rediscover what it means to belong.



# FREE GIFT FOR YOU!

## JOIN US IN THE LEGACY LEADER GROUP

*The LEGACY LEADERS tap into all God has called them to be, BUT HOW?*

### WE HEAR GOD (Tapping into the Trinity)



If you have a desire to **HEAR God** and then **know how to LIVE into that** you are a Legacy Leader so join us!

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit[a] of wisdom and revelation, so that you may know him better. 18 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, Ephesians 1:17-18

**HEMA: TO HEAR INTO ACTION**

### LIKE-MINDED COMMUNITY (Who Live|Love|Learn|Lead)



Wise counsel is one of the hardest things to find these days. As church attendance is declining - the Legacy Leaders know the importance of

#### **COMMUNITY AND WE UNITE AND GROW STRONGER TOGETHER**

- ✓ Praying for each other
- ✓ Goal set together - inspire & grow
- ✓ Raising each other up (elevation)
- ✓ Personal connections are made for a great support...

**IRON SHARPENS IRON**

### EMBRACE OUR CALL Ready To Impact The World



Mom, dad, young adult, entrepreneurs and leaders in your home, work, or community..

- ✓ We start with the **Sweet Spot** (figuring how God made you)
- ✓ Next we learn to live into it, then lift gratitude. The cycle of God's glory.

That's where you know you're in your Sweet Spot- you're empowered by the work you do, the health you're in and the relationships you have.

**YOU'RE CALLED... IT'S TIME TO STEP OUT!**

## BIBLE IN A YEAR

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