

AS FOR ME AND MY HOUSE

House:
Building a House of Peace

Marriage:
The Marriage No One Applauds

Health:
**Smiling on the Outside, Bleeding on
the Inside: Overcoming Stigma of
Addiction and Mental Health Diagnosis**

Finances:
The Abundance We Nearly Missed

Parenting:
**When Our Weakness Becomes Their
Invitation to Jesus**

Community:
She Leads from Wholeness





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 four little tots.

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HOUSE

Dr. Martha Nessler is a Doctor of Chiropractic, Christian coach, author, speaker, and entrepreneur who is passionate about helping women move from striving and self-sufficiency into surrender, healing, and alignment with God's truth. Through her work, Martha teaches women to make God the CEO of their lives, steward what He has entrusted to them, and lead from a place of faith rather than fear.

Martha is the founder of She Made God Her CEO and the creator of the ARISE movement, where she equips women to heal, renew their minds, and confidently step into the purpose God has placed on their lives.

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MARRIAGE

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 motto: "Be kinder than necessary."

**16**

HEALTH

Maggie Kavanaugh is a leadership trainer, coach, speaker, author, and podcast host dedicated to helping people lead with confidence and purpose. She holds a Master's Degree in Organizational Leadership and is the Founder and Director of the Godfident Movement and Founder of Moving Forward Ministries. Through television programming, leadership development, coaching, and live events, she equips individuals of all ages to discover their God-given potential.

Maggie is an Advanced Toastmasters speaker and leadership award recipient, a member of She Leads Tennessee and the Advanced Speakers and Writers Association, and serves as Vice President of Connections for Christian Women in Media.





22 FINANCES

Phil and Sandy Johnson have shared more than four decades of marriage, ministry, and family life. Phil is an ordained minister, author, speaker, and Christian leadership coach, and Sandy has been his partner in life, ministry, and business throughout their journey. Together, they are passionate about helping people experience God's grace, discover their God-given purpose, and live with faith, gratitude, and generosity.

They are the parents of five daughters and grandparents of three, and have learned that some of life's greatest riches aren't measured by what we accumulate, but by the people we love, the lives we serve, and a daily walk with Jesus.



28 PARENTING

Crystal Persons is an author, speaker, pastor's wife, and mother of three, passionate about helping women heal deeper than their brokenness.

Through *Cultivating Redemption*, she invites women to experience Jesus' healing and redemption within their stories. Through *Cultivating Home*, she equips women to overcome spiritual strongholds and live fully surrendered to Christ within their homes—where hearts are formed, faith is lived, and generations are shaped.



33 COMMUNITY

About the author: Coach Sonya J is a Christian life coach, speaker, author, and founder of Nulmages Of You LLC, helping women heal emotionally, mentally, and spiritually through God's word so they can boldly walk in their God-given identity and purpose.

coachsonyaj.com.

Instagram: [at coachsonyaj](https://www.instagram.com/coachsonyaj).

Facebook: Coach Sonya J.

WORDS FROM THE EDITOR

NICCIE KLIEGL, FULFILL YOUR LEGACY

The busy days of August are behind us. Children have returned to school, schedules are settling into place, and gardens are rewarding us with the harvest of seeds planted months ago. As I walk through my own garden, pulling spent plants and preparing a few beds for fall planting, I'm reminded that every season has its purpose.

One thing gardening has taught me is that we're always planting for a future harvest. Even as one growing season winds down, another is already being prepared. Garlic will soon find its way into the ground, and a few cool-weather crops will be planted, trusting that what is sown today will produce fruit in the days to come.

Paul reminds us in Galatians 6:9, "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." God's Kingdom works much the same way. Every prayer we pray, every act of obedience, every investment we make into our marriages, our children, our health, our finances, and our communities becomes a seed planted in faith. We may not always see immediate results, but God is faithfully working beneath the surface, preparing a harvest in His perfect timing.

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

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

As we step into this new season, my prayer is that you'll take time to thank God for the harvest He's already producing in your life while continuing to faithfully plant seeds for tomorrow. Whether you're beginning new routines, investing in your family, or trusting Him for something you've yet to see, know that our faithful Gardener never wastes a season. We hope you enjoy the wisdom and encouragement shared by our fellow Legacy Leaders in this month's God-partnered magazine.

Blessings, *Niccie Kliegel*



DR MARTHA NESSLER

AS FOR ME AND MY HOUSE

DRMARTHANESSLER.COM

BUILDING A HOUSE OF PEACE

What if your home could be more than the place where you eat, sleep, and keep your belongings? What if it could become a place of refuge . . . a place where peace is cultivated, worship is welcomed, and the presence of God is honored?

I have come to believe that our homes are something we are called to steward.

Proverbs 14:1 tells us, *"The wisest of women builds her house."* Building a house is about much more than choosing the right furniture or keeping everything organized. We build our homes through the words we speak, the things we allow into them, the values we practice, and the atmosphere we intentionally cultivate.

For me, that has meant becoming much more intentional about what enters our home.



We are very selective about what we watch and listen to. If something consistently conflicts with the values of Scripture, we simply don't invite it into our home. Instead, praise and worship music often fills the rooms. Scripture is read aloud. We pray over our home. Psalm 91 has become part of our nighttime routine, and we regularly speak God's Word over our family and our property.

These practices aren't about creating a perfect home. They are about creating an intentional one.

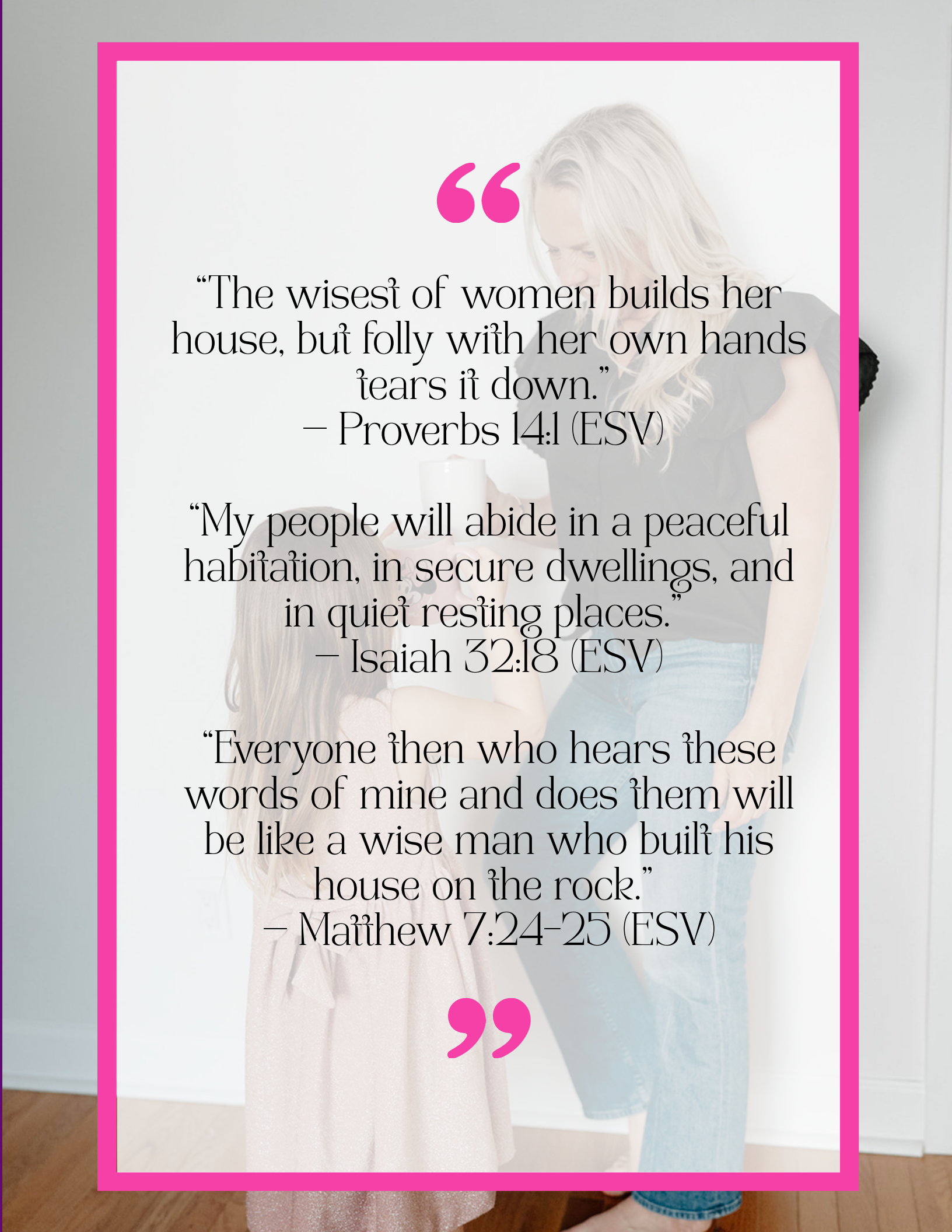
I have also learned that peace is something we can cultivate through the ordinary things we do. In the morning, I might diffuse an uplifting essential oil. When the day feels chaotic, I intentionally create a calmer environment. We limit our devices. We try to be thoughtful about the products we bring into our home. I want our physical environment to reflect the same care with which we are called to steward our bodies, minds, and spirits.

Our homes don't have to be elaborate to be sacred. *They simply need to be surrendered.*

I love Isaiah 32:18, which describes God's people dwelling in "peaceful habitation," secure dwellings, and quiet resting places. That picture has become a beautiful prayer for our home.

I want my home to be a place where my daughter feels safe. A place where guests feel welcomed. A place where there is room to breathe. A place where worship is normal and prayer isn't unusual. A place where God's Word has a voice.

And perhaps most importantly, I want my home to point us back to Him.



“

“The wisest of women builds her house, but folly with her own hands tears it down.”

– Proverbs 14:1 (ESV)

“My people will abide in a peaceful habitation, in secure dwellings, and in quiet resting places.”

– Isaiah 32:18 (ESV)

“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock.”

– Matthew 7:24-25 (ESV)

”



There will still be messes. There will still be hard conversations, stressful days, and moments when peace feels very far away. A house of peace doesn't mean a house without problems. It means we have established where we turn when problems come.

Jesus gave us this picture in Matthew 7 when He spoke about the wise man who built his house on the rock. The storm still came. The rain still fell. The winds still blew. But the house stood because of what it was founded upon.

That is the kind of home I want to build.

Not a home that looks perfect from the outside, but a home with a foundation strong enough to withstand the storms.

So perhaps the question isn't simply, "Is my house clean?"

Maybe the better question is, "What am I cultivating here?"

What do my children hear? What do we watch? What conversations fill these rooms? What are we continually speaking over our family? Is there room for stillness? Is there room for worship? Is there room for hospitality? Is God's Word present—not simply on a shelf, but in the way we live?

A home of peace doesn't happen by accident.

It is built . . . one prayer, one decision, one conversation, one act of worship at a time. And when we surrender our homes to God, we begin to understand that we aren't simply maintaining a house.

We are building a place where faith can take root, where people can find refuge, and where generations can encounter the goodness of God.



A House of Peace

Your home. His presence. A foundation that stands.

What if your home became a place where peace could return — a place where you and your family can breathe again, filled with prayer, worship, truth, rest and the presence of God? This free guide walks you through stewarding the atmosphere of the home God entrusted to you: prayers to speak over your home and property, scriptures to declare over your family, a simple home anointing blend, and a prayer to dedicate your home to Him.

Featured in this month's As For Me And My House.

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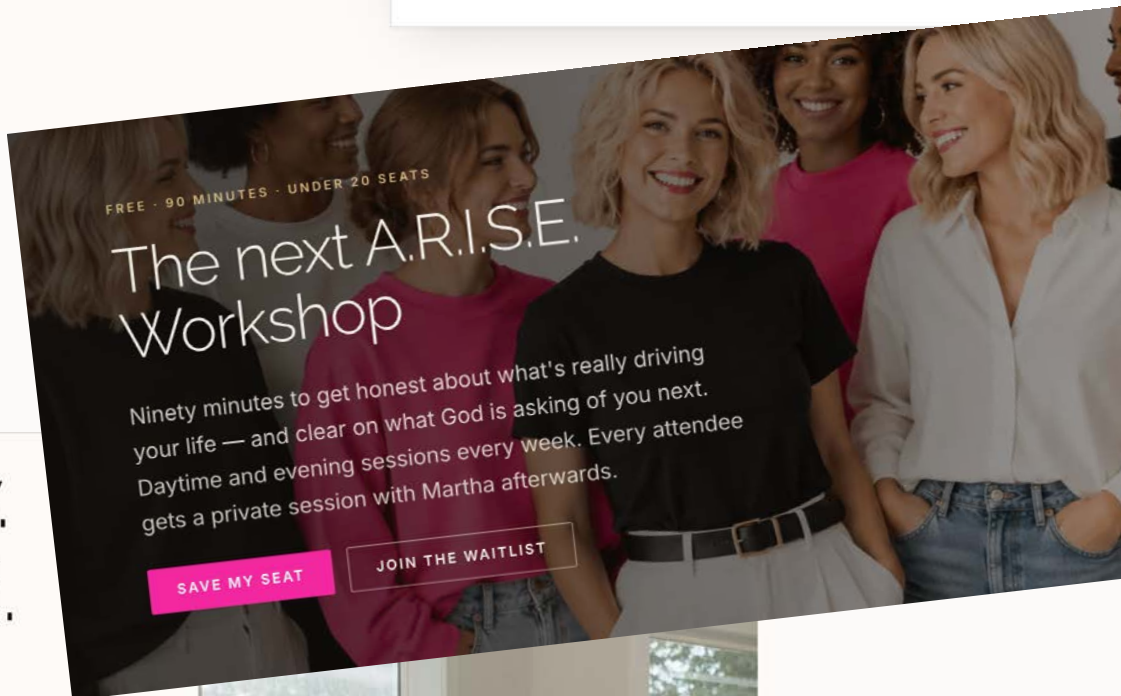
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SARAH NOBLE

AS FOR ME AND MY MARRIAGE

Sarah-Noble.com



THE MARRIAGE NO ONE APPLAUDS

“Love never fails,” (1 Corinthians 13:8 NIV).

No one applauds when he brings me a cup of coffee the way I like it. There is no audience when one of us stays awake because the other cannot sleep or quietly takes over the responsibilities the other is too tired to carry. No one sees the private jokes, whispered prayers, apologies, or small acts of kindness exchanged in the middle of an ordinary day.

On our wedding day, we made promises. We exchanged vows and rings. Marriage would ask us to live them. Perhaps that is what makes the quiet moments most sacred.

There are difficult seasons when loving each other requires patience instead of romance. During those seasons, keeping our promises looks less like a grand declaration of love and more like washing the dishes, making a phone call, sitting in a waiting room, or offering forgiveness.

Marriage is not sustained by one beautiful day. It is sustained by thousands of ordinary ones.

We often hear that marriage should be fifty-fifty, but life rarely divides itself evenly. Sometimes one person carries far more than half. One is grieving, sick, overwhelmed, or too weary to give what they usually would. Then love steps into the gap.



Sometimes marriage is ninety-ten; it is one person saying, “Rest. I’ve got this.” The balance may not shift back immediately, but in a healthy marriage, the weight is never meant to belong permanently to one person. We carry each other until both of us can stand again.

That kind of love rarely receives recognition. No one applauds getting up early, remembering the prescription, warming the car, or noticing that your spouse is not quite themselves. There is no applause for choosing gentleness when frustration would be easier or for returning to a difficult conversation after you have both calmed down.

Yet these are the moments that build a marriage.

Love is described as a feeling, but marriage teaches us that love is also attention. It is learning the difference between “I’m fine” and truly being fine. It is knowing when to offer advice and when to sit beside one another. It is recognizing when a sharp response is really exhaustion, fear, or hurt—and caring enough to look beneath the words.

That does not mean ignoring unkindness or pretending problems do not exist. Marriage requires honesty, accountability, and the willingness to say, “We need to talk about this.” It also requires remembering that the person across from us is not the enemy. The goal is to keep a problem in front of you, not between you. The goal is to protect the relationship while telling the truth.

There is holiness in that kind of humility.

God is present in the dramatic moments of our lives, but He is also present in the unnoticed ones. He is there when we pray together and when one of us does not have the words to pray. He is there in forgiveness that takes time, in laughter that breaks the tension, and in the mercy we extend when neither of us is at our best.



“It is about the *love* generated
by the simplicity and the silent
work of life as a couple...”

— POPE FRANCIS
Our Daily Love



“*Love never fails.*”

1 CORINTHIANS 13:8





We must remain curious about one another. We cannot assume that because we have known someone for many years, there is nothing left to discover. A lasting marriage is not built only on remembering who we once were. It is also built on asking, “Who are you becoming, and how can I love you there?”

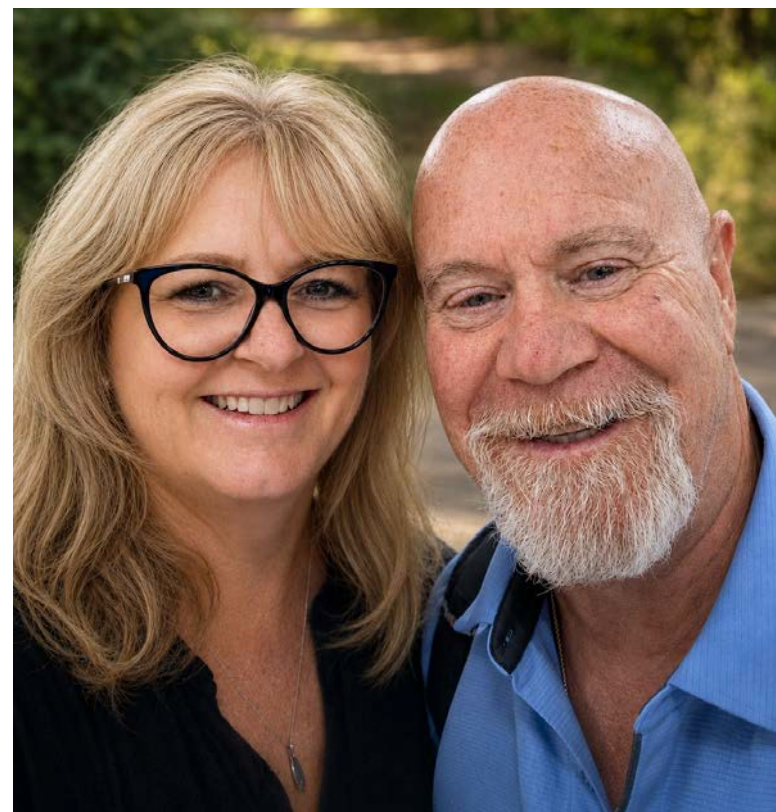
The world notices grand gestures, romantic vacations, anniversary photographs, and beautifully written tributes. Those things can be meaningful, but they are not the whole marriage. The real story is often found in the space between the photographs.

It is found in the coffee made before dawn. The hand reached for during uncertain news. The blanket placed over someone who fell asleep on the couch. The shared glance across a crowded room. The decision to apologize. The willingness to begin again. No one may ever applaud the thousand quiet ways we have loved each other, but perhaps marriage was never meant to be a performance.

Perhaps it was meant to be a promise—lived faithfully, imperfectly, and mostly when no one else is watching.

Marriage becomes a daily opportunity to practice the kind of love Christ modeled: patient, serving, truthful, and willing to place another person’s needs beside our own. Not above our own in every situation, or at the cost of losing ourselves, but beside our own—with care, dignity, and mutual devotion.

Over the years, love changes. The person we married changes, and so do we. The dreams we shared may take different shapes. Our bodies age. Our families grow. Experiences leave us stronger, softer, wearier, or wiser. Part of marriage is learning to love each new version of the person beside us.



Meet The Author

Sarah Noble

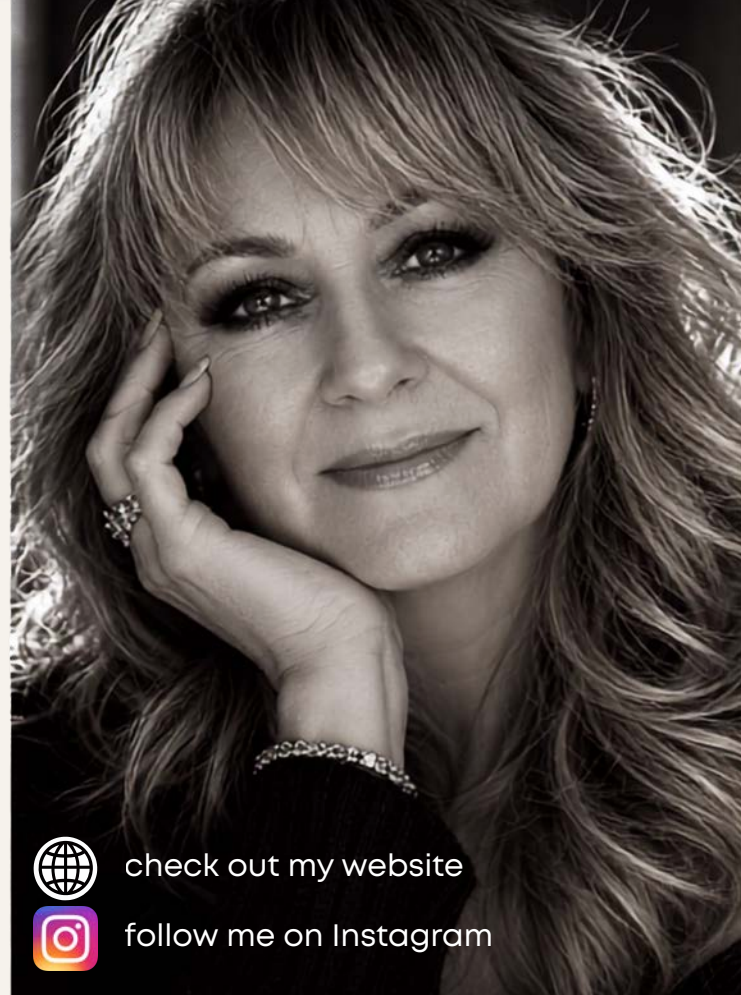
From the warm, story-laden heart of Houston, Texas, Sarah Noble writes with the quiet reverence of an old soul who still believes that miracles hide in plain sight.

A wife, a mother of thirteen, and a 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 celebration, and in the gentle rituals of home: bread rising, gardens breathing, quilts forming, and 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 motto: "Be kinder than necessary."



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Thank you for stopping by my little corner of the literary world. I'm always grateful when a reader reaches out—whether to share a favorite passage, ask a question, or simply say hello. Writing may be a solitary craft, but stories are meant to be shared, and I cherish every connection that grows from them.

If my books have touched your heart, if you'd like to request an interview or event, or if you just want to send a kind word, I'd love to hear from you. Your messages mean more than you know.

Please feel welcome to write to me anytime, and I'll reply as soon as I can—usually with a cup of tea beside me and a quilt across my lap.

Grace and kindness,
Sarah Noble

Name

First Name (required) Last Name (required)

Email (required)

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MAGGIE KAVANAUGH

AS FOR ME AND MY HEALTH
movingforwardministriestn.com

SMILING ON THE OUTSIDE, BLEEDING ON THE INSIDE

Overcoming Stigma of Addiction and Mental Health Diagnosis, Part One

When a loved one, co-worker, neighbor, or church member is diagnosed with a health issue, we know exactly what to do. We make a casserole. We show up. We pray. We offer encouragement.

But when someone is dealing with a mental health issue, we tend to fall short on words. Most people shy away. And worse—some will gossip about it.

"Did you hear so-and-so's daughter is on drugs?"

"Did you see how so-and-so's husband acted at the grocery store the other day?"

Families with members struggling with Substance Use Disorder (SUD) are often fighting shame on top of an illness. Addiction gets written off as, "They want to do it, and if they wanted to stop, they would."

But here's the truth: even if someone's first use of drugs or alcohol was a choice, once the amygdala in the brain has been hijacked, addiction becomes a brain disorder—and it needs treatment, just like any other illness.

Substance abuse is often rooted in an attempt to cope with pain, trauma, anxiety, depression, rejection, or unresolved wounds. The good news is that healing and recovery are possible.



Then I found Jesus.

There was a group of Christians who were transparent, patient, and willing to walk alongside me. They encouraged me to go deeper in my relationship with Christ to the point that ***I fell out of love with my pain and into love with the One who could heal it.***

It was when I got sick and tired of being miserable that I decided to use the Word of God as my handbook for life—nourishment that fed me with truth and began to overtake the lies I had believed for years.

My struggles stemmed primarily from childhood trauma. It took time for the renewing of my mind; however, by God's grace and encouragement of other believers, I moved forward into my calling with healing from the trauma.

Over the years, I've worked with countless agencies, spoken before the National Alliance on Mental Illness, and used my voice through my nonprofit ministry that is trauma-informed recovery certified, with Biblical counseling to help people who struggle with root issues that lead to substance abuse.

Today, much of my focus is on prevention through reaching the younger generations, coaching them to find their identity in Christ and use their voice to empower others.

Many studies show that people often begin abusing substances in their teen years. Unfortunately, when substance abuse begins early, emotional maturity often stops developing as it should while the brain is still forming.

In 2017, while praying for those who battle addiction and mental health challenges, my heart broke for their children. In the still, small voice of the Lord—not an

The impact reaches far beyond the individual. According to the National Institute on Alcohol Abuse and Alcoholism, approximately 19 million children in America live with at least one parent who struggles with a Substance Use Disorder. That means millions of families are carrying burdens that many people never see.

Help is available—but someone has to be willing to offer hope.

MY STORY

I'm 62 years old, and I've had my own share of exposure to mental health struggles.

In the first half of my life, negative thoughts led me to self-medicate just to cover the pain. I wasn't a bad person—I was a hurting person who needed healing.

A woman with blonde hair is smiling and holding a microphone. She is wearing a colorful, patterned top. The background is a soft-focus outdoor scene with trees and a blue sky. A purple border frames the entire image.

“ Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will. ”

– Romans 12:2



audible voice, but a knowing deep in my spirit—I sensed Him saying that if we truly want to stop the cycle, we must reach young people before the world, trauma, addiction, and unhealthy relationships begin shaping their identity.

That burden has fueled much of my ministry ever since. Through Godfident Next Gen, conferences, television programs, speaking events, and leadership training, my goal is to help young people discover who they are in Christ before the enemy convinces them they are anything else.

Instead of arguing over whether addiction is someone’s fault or whether it’s genetics, I’d rather ask the only question that matters.

THE REAL QUESTION

The real question is never, “Why do you drink?” or “Why do you do drugs?”

The real question is:

“Where did the pain start?”

Addiction is almost always a symptom.

Until the wound is addressed, the behavior will often keep returning in one form or another.

A QUESTION FOR YOU

There are people sitting in your pews right now—smiling on the outside and bleeding on the inside.

How many of them are waiting for someone to simply ask if they're okay?

How many people in your church or community are ready and equipped to help?

Addiction and mental illness thrive in secrecy.

The way we break that secrecy is by openly sharing our own stories so others can see there is another way—a way of freedom found in Christ.

I'm grateful for programs like Celebrate Recovery, which remind us that recovery is not only about addiction. It's about our hurts, habits, and hang-ups. All of us have areas where the Lord wants to bring healing and restoration. The most common support groups are well known: NA, AA, and Al-Anon for families of those hurting, but one must find what works for their situation.

My struggles as a young woman feel distant now, but I still see that same pain in the eyes of hurting people around me.

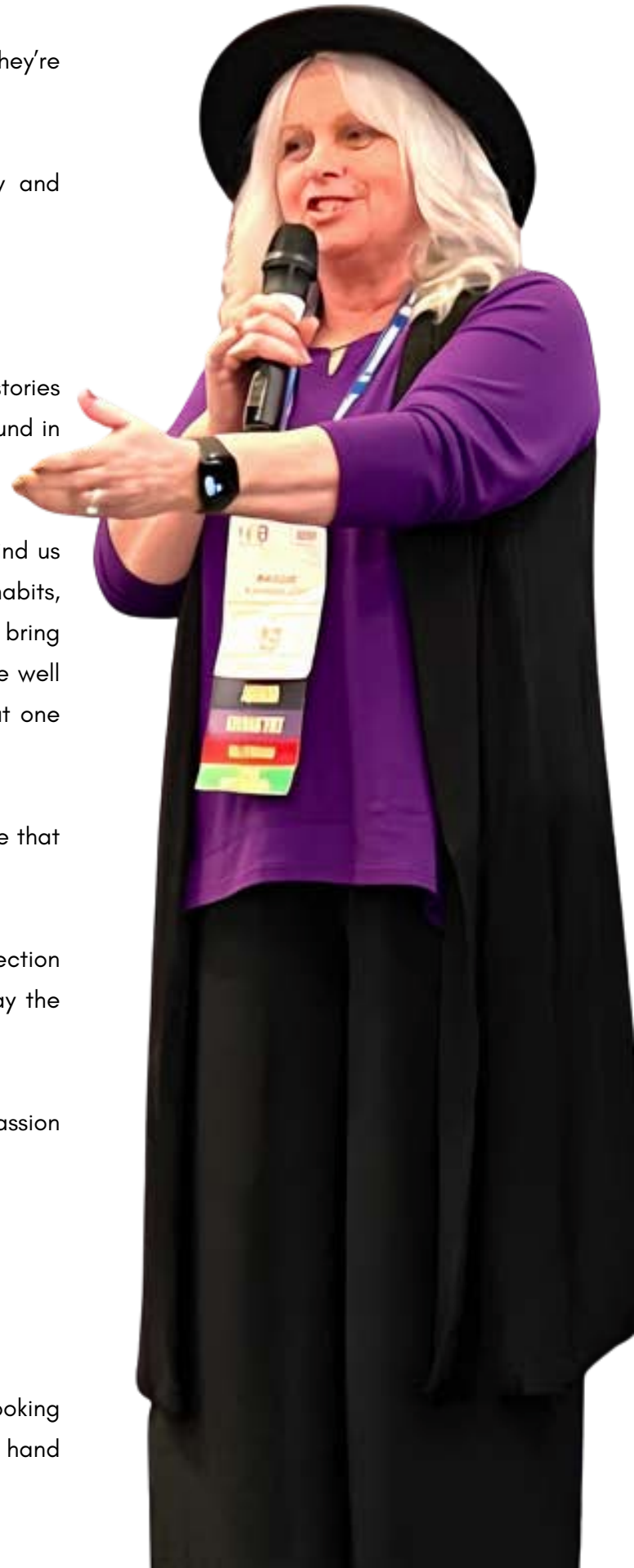
We have the truth contained in a beautiful 66-book collection called the Bible, and we have a Savior who never turns away the broken. Will you share that truth with someone today?

Will you become part of a body of believers known for compassion and faith-filled action toward the hurting?

Help has a name, and His name is Jesus.

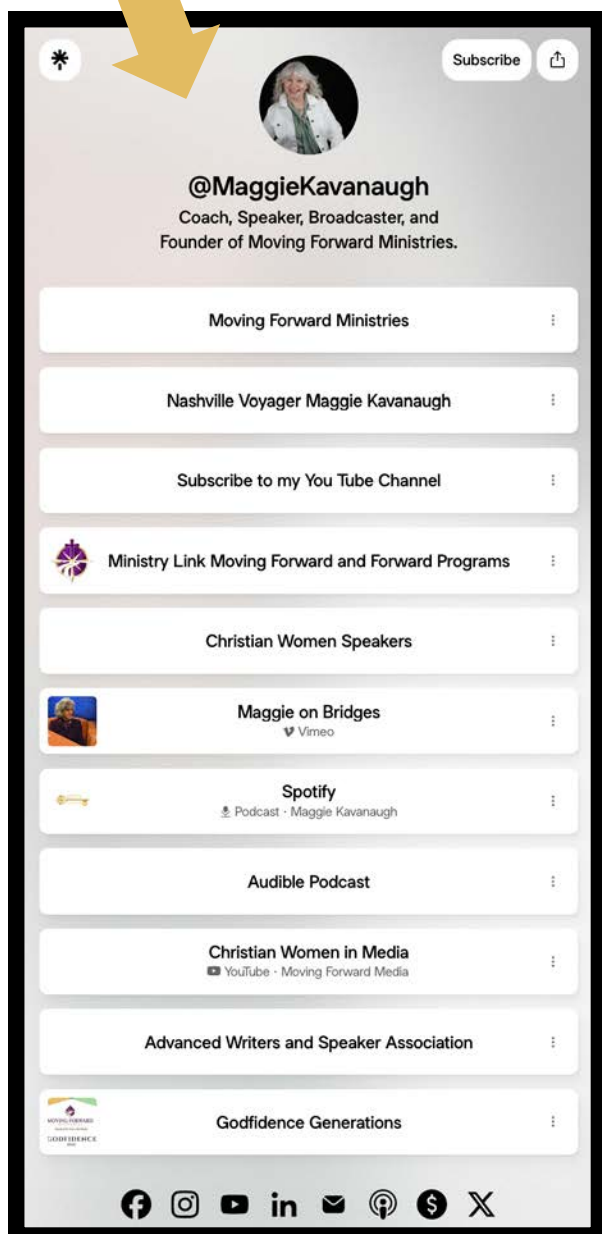
Freedom has a name, and His name is Jesus.

That's where we start—by praying for those who are hurting, looking at them through eyes of compassion, and extending a helping hand whenever God gives us the opportunity.



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AS FOR ME AND MY FINANCES



THE ABUNDANCE WE NEARLY MISSED

FINDING THE PEACE OF DAILY BREAD IN THE PRESENCE OF JESUS

We are not writing this to give financial advice. In fact, we would not tell our children to copy our financial journey. Every person's calling is different, and wisdom requires faithful stewardship.

But we would encourage anyone to pursue the life God has called them to live—even when it doesn't seem to add up on paper.

Looking back over more than four decades of marriage and ministry, we realize something we could not see while we were living it. For much of our life,

we thought we were living with scarcity. Looking back, we can see that Jesus was walking with us, teaching us dependence and showing us the abundance of just enough and just on time.

Jesus taught us to pray, "Give us this day our daily bread." Not our yearly bread. Daily bread.

We are learning the peace of releasing tomorrow to the Father and faithfully receiving the bread He provides today.

"GIVE US THIS DAY OUR DAILY BREAD." — MATTHEW 6:11 (NKJV)



WHAT WE CARRIED WITH US

We both brought our own version of “not enough” into marriage.

For Phil, it was the nagging belief that he wasn't enough—that he needed to accomplish more, provide more, and perform for position and acceptance.

For Sandy, it sounded different. When Phil told her he believed God had called him to ministry, her immediate response was, “I can't be a pastor's wife.” In her mind, pastor's wives had long hair, wore dresses, and played the piano. She didn't measure up to the picture she carried.

Phil's answer was simple: “You don't have to be anything but you.”

Neither of us understood how often Jesus would spend the coming years teaching us that our security would never be found in measuring up or having enough.

It would be found in Him.

JESUS IS STILL IN THE BOAT

Financial uncertainty has a way of attracting other fears. Scarcity invites fear. Fear resurrects past failures. Failure brings frustration, and frustration eventually becomes fatigue.

Soon, the storm is about much more than money. Maybe that's why the stories of Jesus on the Sea of Galilee speak so powerfully to us.

Sometimes Jesus was asleep in the boat while the



storm raged. Another time, He came walking across the water in the middle of it.

Either way, Jesus was present.

We can become so focused on the wind, the waves, and the water coming into the boat that we forget Who is with us.

His presence doesn't mean there will be no storm. It means the storm doesn't get the final word.

Sometimes faith isn't knowing how the storm will end. It's remembering Who is in the boat.

REMEMBER WHAT HE HAS DONE

Scripture repeatedly calls God's people to remember. Israel even stacked stones so future generations would ask what they meant—and someone could tell the story of what God had done.

We have our own memorial stones.

One is a transmission.

Our car broke down when we didn't have the money to repair it. Earl, a man from our church, showed up, asked for the keys and drove away with it. Two days later, the car came back with a new transmission.

There were unexpected down payments for homes—twice. A rent payment arrived when it was needed. Again and again, provision came, just enough and just on time.

We could fill a book with those stories.

Jesus said to look at the birds and the flowers. Our heavenly Father feeds and clothes them, and our Father knows what we need. Worry cannot add a single hour to our lives.



“Bless the
LORD,
O my soul,
and forget not
all his
benefits.”

— Psalm 103:2 (NKJV)

We have discovered that remembering can do something worry cannot: it gives us peace for today and hope for tomorrow.

Worry fixes our eyes on the gap between where we are and where we think we should be. Remembering lets us live in the gain—the long trail of God’s faithfulness behind us.



Sometimes heaven's math doesn't make sense to an accountant who doesn't know the Father.

And maybe that was the abundance we nearly missed.
Not merely the provision.

The Provider. His presence. Our relationship with the Father, Son, and Holy Spirit while we waited for the provision.

GRACE, GRATITUDE, AND GENEROSITY

Grace, gratitude, and generosity have become important themes in our lives. We don't see them as a formula. Each stands on its own, yet each seems to enlarge the others.

As we recognize grace, gratitude grows. As gratitude grows, generosity seems more natural. And living generously often opens our eyes to how much grace we have already received.

All three help loosen our grip on tomorrow and bring us back to relationship—a daily walk with Jesus.

For years, we sometimes thought generosity required money. God kept showing us what was already in our hands: a home, a dinner table, possessions we could share, time we could give, a Bible, and an open door.

Our bank account didn't always say abundance.

Our table did.

THE INVESTMENT PORTFOLIO WE NEARLY OVERLOOKED

Years ago, Phil sat down with a banker from our church to discuss retirement. We had five daughters, a

a modest ministry income, and not much that looked impressive on a balance sheet.

The banker looked at the numbers—and then looked beyond them.

“You have a great investment portfolio,” he told Phil.
“You have five daughters you're raising.”

He saw our balance sheet with different eyes.

We believe in wise stewardship. Saving matters. Planning matters. Preparing for tomorrow matters. But some of life's greatest investments never appear on a financial statement:

Our marriage. Our daughters. Our calling. The people God has allowed us to serve. More than forty years of walking with Jesus and experiencing His presence through every season.

That is where we discovered true abundance.

We are still learning to receive today's provision, release tomorrow's worry, and remember yesterday's faithfulness. Our invitation isn't, “Live like us.” It is much simpler.

Walk with Jesus.

Remember what He has done. Notice what He is doing. Receive what He places in your hands today. Trust that your Father already knows what you will need tomorrow.

Perhaps abundance isn't having enough stored away to eliminate uncertainty. Perhaps it is something better:

Today's bread received from the hand of Jesus, with confidence that the same Father who was faithful yesterday will still be Father tomorrow.

Just enough. Just on time. And Jesus is here.

Book Directly w/ Phil Johnson To Recover Your Clarity



Select Date & Time

< September 2026 >

Sun	Mon	Tue	Wed	Thu	Fri	Sat	07:00 AM
		1	2	3	4	5	07:30 AM
6	7	8	9	10	11	12	08:00 AM
13	14	15	16	17	18	19	08:30 AM
20	21	22	23	24	25	26	09:00 AM
27	28	29	30				09:30 AM

Time zone
GMT-05:00 America/Chicago (CDT)

 **AWESOME LIFE**
COACHING

10:00 AM

10:30 AM

FREE GUIDE

FACING YOUR INNER WOLVES

Things may look good on the outside.
But deep down, you know something is off.

Fear, failure, fatigue, and frustration are not always loud. Sometimes they quietly eat away at your clarity, peace, courage, and capacity while you keep leading, serving, and showing up.

Psalm 23 says the Lord prepares a table for us in the presence of our enemies. This guide will help you name the wolves trying to eat your lunch and begin recovering the clarity you need for your next faithful step.

What you'll get:

- The free Facing Your Inner Wolves guide (PDF)
- A short email series—one wolf per day, written personally, not a marketing sequence
- An invitation to a Clarity Call when you're ready to face the wolf head-on

Four Wolves Everybody is Facing:
Fear | Failure | Fatigue | Frustration

Name the "Wolf" that is eating your lunch.

Get the Free Inner Wolves Guide

★★★★★
A journey to RE-IMAGINE & RE-DISCOVER
YOUR DREAMS- TO LOVE YOUR LIFE
AND LIVE YOUR LEGACY TODAY!

FACING YOUR INNER WOLVES

A Faith-Based Journey to Embrace Extraordinary

Written by
PHIL JOHNSON



CRYSTAL PERSONS

AS FOR ME AND MY PARENTING

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WHEN OUR WEAKNESS BECOMES THEIR INVITATION TO JESUS

There are few roles in life that expose our inadequacies quite like parenting.

We can read the books, establish the rhythms, pray over our children, and determine to do things differently than they were done for us—and still find ourselves standing in the aftermath of a moment we wish we could redo.

We lose our patience. We speak too harshly. We react from an old wound rather than respond from the heart of Jesus. And suddenly the familiar whisper comes: *You're messing this up.*

But what if our weakness is not evidence that God chose the wrong person for the job? What if it is actually an invitation to redemption?

One of the beautiful truths I have learned through my own healing journey—and eventually wrote about in *Cultivating Redemption*—is that God does not require us to become whole apart from Him before He can use our lives. He meets us in the broken places and invites us to surrender them to Him.

Parenting gives our children a front-row seat to that process.

Our children do not need parents who never fail. They need parents who know where to go when they do.

They need to hear us say, “I was wrong. Will you forgive me?” They need to watch us bring our fear, anger, insecurity, and inadequacy before Jesus. They need to

see that repentance is not shameful and dependence upon God is not weakness.

Because someday, they will fail too.

And perhaps one of the greatest gifts we can give them is the knowledge that failure does not have to drive them away from God. It can become the very place where they learn to run toward Him.

The Battle over Our Homes

There is also a spiritual battle surrounding the formation of our children.

Our culture offers parents a steady stream of voices telling us what our children need—and subtly convincing us that someone else is more qualified to give it to them.

Teachers can educate them. Coaches can develop them. Pastors and ministry leaders can disciple and encourage them.

These people can be tremendous gifts to our families.

But they were never intended to replace us.

The enemy would love to convince mothers and fathers that we are too broken, too busy, too inexperienced, or simply **not enough** to spiritually form the children God entrusted to us.

And perhaps there is a sliver of truth hidden inside that lie.

We *aren't* enough.

But Jesus is.

The answer, then, is not to try harder until we finally feel qualified. It is to rest more deeply in His capable and loving hands.





**“By wisdom a house is built,
and by understanding it is
established.”**

– Proverbs 24:3 (ESV)



When we begin healing from the wounds that have shaped us, surrendering our fears and patterns to God, and allowing Him to establish our identity in Christ, something happens within our homes.

Generations begin to change.

Scripture tells us, “By wisdom a house is built, and by understanding it is established” (Proverbs 24:3, ESV). A home is so much more than the place where a family resides .It is where hearts are formed, faith is lived, and generations are shaped.

And our children are watching.

They are watching what gives us worth.

They notice whether our peace rises and falls with our success, appearance, finances, accomplishments, ministry, or other people’s approval. They see what happens when those things are threatened.

What a powerful inheritance, then, to give our children something entirely different:

A mother who knows who she is because she knows Whose she is.

A father willing to repent.

Parents who are still healing.

A home where Jesus is not merely discussed on Sundays but depended upon on Tuesdays—when tempers flare, plans fall apart, and everyone needs grace.

This is redemptive parenting. It is not perfect parenting. It is surrendering our story to God so our unhealed wounds do not have to become our children’s inheritance. It is allowing Him to redeem what happened behind us while trusting Him with those coming behind us.

You will not parent perfectly. Neither will I.

But perhaps our children do not need our perfection nearly as much as they need to witness our dependence.

When they watch us continually return to Jesus—receiving His grace, listening for His voice, repenting when we are wrong, and allowing Him to heal what is broken—they learn something no parenting technique could ever teach them:

Jesus really is enough.

And a surrendered parent, held securely in His hands, can change the trajectory of generations.

SEVERAL GREAT OPPORTUNITIES TO STEP IN W/ CRYSTAL

CULTIVATING *Home*

BRINGING HEALING AND WHOLENESS
INTO THE PLACE WHERE
life really happens.

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October 17–19, 2026

Hosted in our home in St. Louis

CULTIVATING HOME WORKSHOP

6-week online workshop

Begins the week of November 1, 2026

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CULTIVATING *Redemption*

HEALING D.E.E.P.E.R.
THAN YOUR BROKENNESS

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CULTIVATING REDEMPTION RETREAT

January 2027

Hosted in our home in St. Louis

HEALING D.E.E.P.E.R. WORKSHOP

6-week online workshop

Begins the week of September 13, 2026



UNCOVER WHAT HOLDS
YOU BACK



EXPERIENCE HEALING
IN DEEPER PLACES



WALK IN FREEDOM AND
REDEMPTION IN CHRIST

Redemption is possible. Freedom is real. Jesus is enough. ♥

Learn More

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Cultivating Redemption: Finding Freedom Through the Darkness (The Cultivation Series)

by [Crystal Persons](#) (Author) | Format: Paperback

5.0 ★★★★★ (11)

[Book 1 of 1: The Cultivation Series](#)

[See all formats and editions](#)

You can heal deeper than your brokenness.

Do you know how your past—even your darkest hour—weaves into the redemptive story Jesus is writing?

Is past trauma or PTSD keeping you from experiencing freedom—affecting your health, your relationships, and your walk with God?

What would it look like to lean into safe spaces as you heal—and to cultivate those spaces for others?

Author and speaker Crystal Persons knows first-hand the depth of brokenness and the vastness of God's grace and mercy. In *Cultivating Redemption*, she vulnerably shares her own story of being groomed for sex trafficking, magnifying the depth of Jesus' redemptive power. Through the pages of this book, she invites you to know that same power deeply for yourself.

"Cultivating Redemption...provides proven insights as to how readers may realize, understand, and

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SONYA JONES

AS FOR ME AND MY COMMUNITY
COACHSONYAJ.COM

She Leads from Wholeness LIVING BEYOND HEALING INTO KINGDOM IMPACT

Healing is a beautiful gift from God, but it is not the final destination. It marks the beginning of a life fully surrendered to Christ, one that reflects His character, carries His love, and advances His kingdom in her local community and goes as far as Christ leads her.

Many women spend years seeking healing from rejection, betrayal, disapproval, fear, or trauma. They pray faithfully, renew their minds through His Word, and allow the Holy Spirit to restore what has been

broken. Then, one day, they recognize a profound change: they are no longer living from their wounds, but from their identity. That is where true influence begins.

A healed woman knows her identity is not defined by her past, achievements, or others' opinions. She knows she is a daughter of the King—loved, chosen, forgiven, and called according to God's purpose.



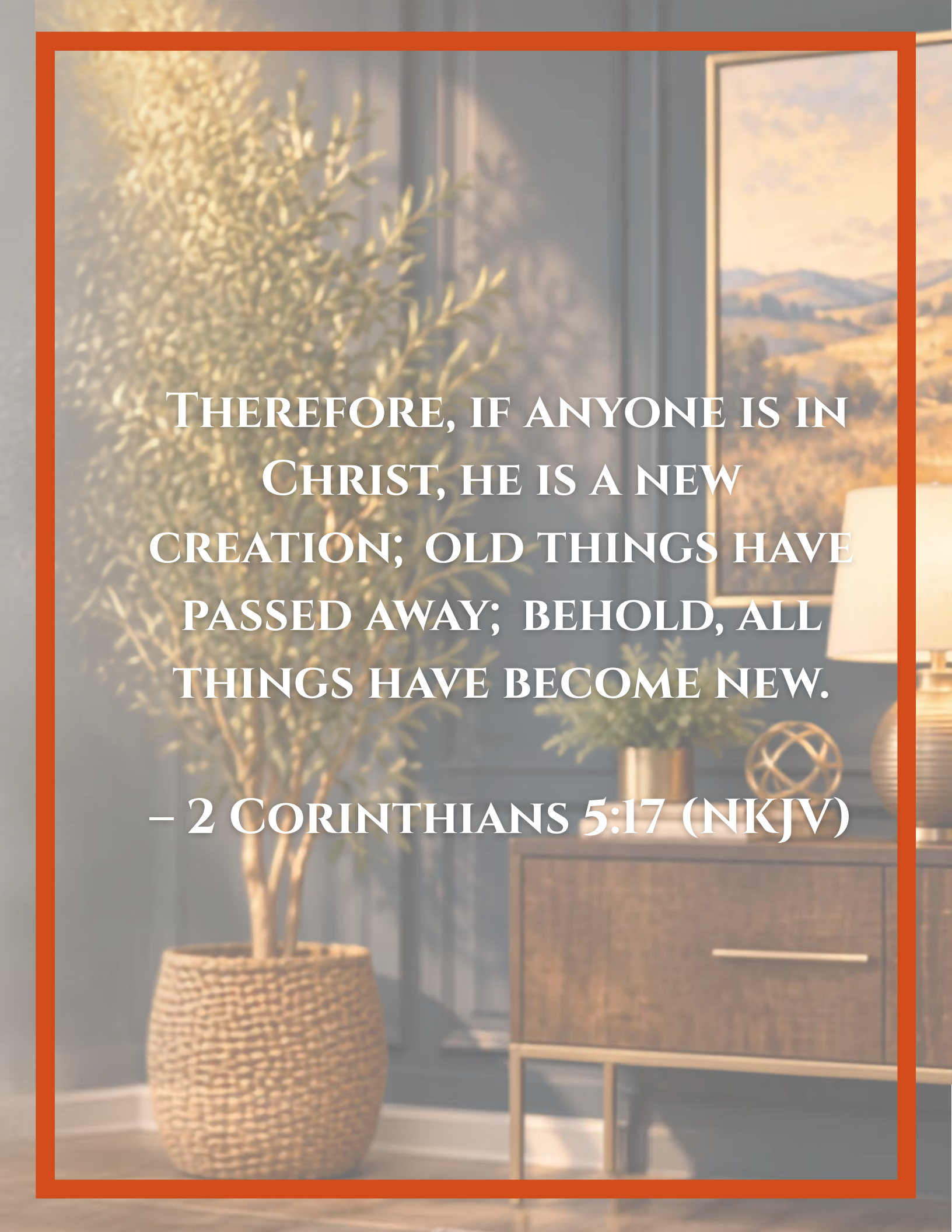
NEW CREATION

The apostle Paul writes, *"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new,"* (2 Corinthians 5:17 NKJV). This verse is more than encouragement; it declares who we are. Our past may explain part of our story, but it no longer determines our future.

Living from wholeness changes everything. A healed woman approaches relationships differently because she no longer looks to others for validation. She loves freely because she has received the Father's perfect love. She forgives because she understands the freedom forgiveness brings, and she sets healthy boundaries because she values the life God has entrusted to her.

She also leads differently. Whether in ministry, business, motherhood, mentorship, or everyday life, her leadership flows from peace rather than pressure. She does not strive to prove her worth because she already knows Whose she is.

Wholeness also requires continual surrender. Even after healing, life presents new challenges, fresh stretching, deeper levels of trust in the Lord. Spiritual maturity is not about perfection; it is about daily dependence on Christ. *"Abide in Me, and I in you,"* (John 15:4 NKJV). Abiding means choosing His presence over performance.

The background image shows a contemporary living space. On the left, a tall, leafy plant in a large, textured, light-brown woven pot stands next to a dark blue wall. To the right, a framed painting of a mountain landscape hangs on the wall. Below the painting, a dark wood side table with a metal frame holds a small potted plant, a decorative geometric object, and a lamp with a white shade and a gold-colored base. The entire scene is framed by a thick orange border.

THEREFORE, IF ANYONE IS IN
CHRIST, HE IS A NEW
CREATION; OLD THINGS HAVE
PASSED AWAY; BEHOLD, ALL
THINGS HAVE BECOME NEW.

– 2 CORINTHIANS 5:17 (NKJV)

Our world desperately needs women who are emotionally healthy, spiritually mature, and grounded in biblical truth.

Women who speak life, not fear.
Women who model forgiveness, not offense. Women who extend compassion without compromising conviction.
Women whose confidence is found in Christ, not culture.

Healing was never meant to stop with you.

God restores us so that our lives become living testimonies of His goodness. Every act of obedience, every encouraging word, every prayer, and every moment of discipleship becomes evidence that His redeeming power is still transforming lives today.

So, if God has healed you, keep walking boldly in your calling. Let your life reflect His love.
Strengthen another woman who is still finding her footing. Be the reminder that freedom in Christ is real.

When women know who they are in Christ, they stop merely surviving and begin advancing God's kingdom with confidence, humility, and unwavering faith.





COACH SONYA J.

CHRISTIAN LIFE COACH •
SPEAKER • AUTHOR
CREATOR OF THE
A.R.I.S.E. FRAMEWORK

*God Never Called You to
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from past trauma, break
strongholds, and embrace your
God-given identity and purpose.

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Coach Sonya J. is a Christian Life Coach, she is the CEO of NuImages of You LLC. She is also the host of the podcast called NuImages of You, where she shares testimonies and teaches the word of God. Coach Sonya J. helps women see who they are in Christ.

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