AS FOR ME AND MY

HOUSE

House:
What Will Be Your Legacy?

Marriage:
Marriage isn't a Fairytale. It's a Covenant

Health:
When God Reminds Me to Slow Down

Finances:
Money Is Meant to Do Your Bidding

Parenting:
Parenting with Purpose

Community:
The Person Who Sees Past "I'm Fine"



FEATURING JOPEN CABALQUINTO NOVEMBER 2026 ISSUE NO.77



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.



6 HOUSE

Jan Henryson is a former teacher, an author, speaker, master financial coach, and life coach. She has also been instrumental in beginning a number of non-profits that serve families in unique ways.

Jan and her husband, Bruce, have four children and six grandchildren. They live in Sioux Center, Iowa. Jan loves to support people to find financial growth with God's help, and she also became a Certified Legacy Coach back in 2020.



10 MARRIAGE

Teresa Brunsting is an author, life coach, and speaker who shares hope in her new book, *Finding Normal in Bipolar*. She is also a contributing author in The Light Warriors Anthologies, *Resilience* Series. Teresa hopes to give all glory to God through her writing.

Teresa, who loves a good game of golf or bunco, is an empty nester, enjoying life with her husband, Doug. She loves visiting her two adult children, Cooper and Olivia. She resides in Orange City, Iowa.

Find her books anywhere books are sold. Connect with Teresa at teresabrunsting.com



16 HEALTH

Jopen is a Philippines-based virtual assistant who helps Christian coaches and business owners bring their visions to life. Through her journey of balancing work, home, and faith, she continues to learn about God's grace, faithfulness, and the importance of caring for the life He has given her.



21 FINANCES

Dr. Martha Nessler is a Doctor of Chiropractic, Christian coach, author, and speaker who helps women move from striving and self-sufficiency into surrender, healing, and alignment with God's truth. She is the founder of She Made God Her CEO and the creator of the A.R.I.S.E. framework, equipping women to renew their minds and confidently step into the purpose God has placed on their lives.



25 PARENTING

Beneath the pine trees of South Arkansas, author Chrystal Gilkey crafts faith-based storylines and devotionals. In between chapters, she's juggling family life—husband, kids, a prima donna cat, and a hyperactive dog—while trying (with varying success) to keep her houseplants alive. She's almost always within reach of a good cup of caffeine and her next story idea.



29 COMMUNITY

Kirsten D. Samuel is a Christ-centered coach, author, and speaker who walks alongside women who feel overwhelmed, rejected, and are drowning in waves of anxiety, grief, and confusion.

Learn more at KirstenDSamuel.com.

WORDS FROM THE EDITOR

NICCIE KLIEGL, FULFILL YOUR LEGACY

November has arrived, and with it a reminder to slow down and give thanks. As we prepare our homes for Thanksgiving, gather with family and friends, and reflect on another year of God's faithfulness, gratitude is so much more than a yearly holiday tradition because God calls us to practice gratitude every day. This year, ***I want to encourage you to try something special around your Thanksgiving table.*** Place a little box among your decorations, along with some paper and pens, and invite everyone to write down three things they're grateful for. First, something they appreciate about the people gathered around the table. Second, something they're thankful to God for. And third, a hardship they've experienced that God has used—or they trust He will use—to strengthen them.

I love that last one because gratitude isn't always about the easy things. Sometimes our greatest growth comes through our greatest challenges. 1 Thessalonians 5:18 (ESV) reminds us to "give thanks in all circumstances; for this is the will of God in Christ Jesus for you." Notice, we're called to give thanks in *all* circumstances, not necessarily for every circumstance. What a beautiful opportunity to share God's faithfulness with one another, especially across generations!

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, and ministry leaders—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.

So, here's my November challenge: make gratitude more than something you feel; make it something you share. Whether around your Thanksgiving table or during a simple family meal, take time to recognize God's goodness together. You might just begin a tradition that your children and grandchildren will carry into their own homes someday.

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

Blessings, Niccie Kliegl



JAN HENRYSON

AS FOR ME AND MY HOUSE

JAN HENRYSON BOOK

WHAT WILL BE YOUR LEGACY?

This past week has really brought the idea of home and family to the forefront as friends lost two precious moms. What has struck me most is the legacy both left behind. Their faith was evident daily to family members. This raised the question, "What will be the legacy I leave behind?"

This is a question I believe each of us should ponder. What do we want our loved ones to remember most about us? Will they remember our laughter, our smile, our kind words, or what will stand out to them?

As we create our homes, that influences the culture and environment that we inhabit. I believe this is one of the most important areas we need to focus on in our homes.

One of the individuals came from a very dysfunctional home, yet she daily spent time in God's Word and this became so evident in her life. She could not control the circumstances of her upbringing, but she could choose to live her life following her Lord and Savior.


WHAT WILL BE YOUR LEGACY?
"We will not hide them
from their children, but tell
to the coming generation
the glorious deeds of the LORD,
and his might, and the wonders
that he has done."
Psalm 78:4 (ESV)



What are each of us doing to create a home that has a peace about it that can only come from it being centered in Christ? Does that mean that everything will go well for us and for our children? Absolutely not. But what it does mean is that when things do not go the way we think they should, we have a Savior who showers us with His mercy, love, and forgiveness.

Can we make our homes a refuge for those who are hurting? In our world today, there is so much hurt, disappointment, and tragedy. If our home shines with the love of Christ, we can be a place for those who need Christ's love and kindness the most. We can reach out to the hungry and hurting like Christ did.

When we live with the love of Jesus in our hearts, our children will see that and as we pray for them and teach them, at some point we have the hope that they also will choose Jesus.

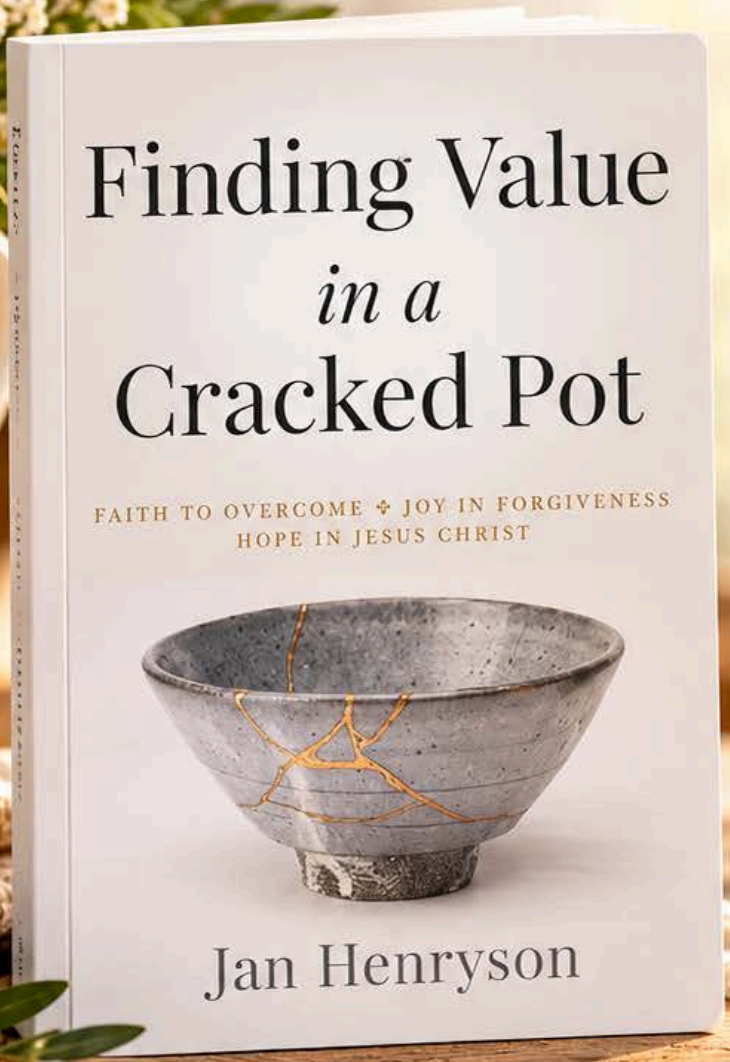
These are the most important lessons we can teach and as we practice them in our homes, living out His mercy and love, we can be a light in our world that others can see.

Our homes really become the battleground for our families. The lessons taught there, the examples we share, do influence our children. Do they always understand and learn this as they grow up? No. But we have God's promise that His Word will not return void. In other words, what we have taught and lived out will at some point become a reality for our children.

What are you choosing to be your legacy?

CONTINUE THE JOURNEY

FINDING VALUE *in a* CRACKED POT



We all have cracks in our story. But God can take our broken places and create something beautiful for His purpose.

In *Finding Value in a Cracked Pot*, Jan Henryson shares a message of faith, hope, and joy—showing how God's grace can bring beauty from our brokenness.

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TERESA BRUNSTING

AS FOR ME AND MY MARRIAGE

teresabrunsting.com

Marriage isn't a Fairytale. It's a Covenant

Most of us don't stand at the altar hoping for an average marriage.

We imagine romance, laughter, raising children, growing old together, and living happily ever after. No bride walks down the aisle hoping for misunderstandings, financial stress, illness, difficult seasons, or heartbreak.

Yet somewhere between "I do" and decades later, we discover something important:

Marriage isn't a fairy tale. It's a covenant.

This summer, while attending a wedding, I found myself thinking back to my own wedding day. I remembered standing beside Doug and saying the familiar vows: *in sickness and in health, for better or for worse*. I meant those words, but I couldn't possibly understand them yet.

After more than thirty years of marriage, I do.

We have experienced wonderful seasons, but we have also walked through illness, parenting challenges, disappointment, broken trust, and times when staying connected required far more than romantic feelings.



Ecclesiastes 4:12 (NIV) says, *"A cord of three strands is not quickly broken."* I used to think a strong Christian marriage meant two people who loved each other and loved God. I still believe that. But now I understand how important that third strand becomes when our strength runs thin.

Wedding-day bliss fades. Feelings change. Life happens.

Covenant says, "We're still here. God is still here. Let's keep going."

In my memoir, *Finding Normal in Bipolar*, I write about one of the most painful seasons of our marriage. My husband's affair left me grieving what felt like the death of the marriage I thought I had. There was no funeral and no casserole arrived at the door, but the grief was real.

Our separation affected more than the two of us. Our children were watching.

My son later remembered the arguments and anxiety of the season. That was difficult for me to hear, but it taught me something I will never forget: our children experience the storms in our marriages too, even when we think we're protecting them from the rain.

Thankfully, that wasn't the only thing they saw.

They also saw prayer when we didn't have answers. They saw forgiveness that took time. They saw two imperfect people choose to rebuild.

Our children didn't need parents with a fairy-tale marriage. They needed to see that brokenness didn't have to be the final chapter. That may be one of the greatest legacies a marriage can leave.

Deuteronomy 6: 6-7 tells us to teach God's truth to our children as we go about everyday life. I believe much of that teaching happens without words. Our children watch how we speak to each other, how we handle disappointment, how we apologize, and whether our faith becomes real when life gets hard.

Over the years, another word has become important to me: contentment. Contentment used to sound a little like complacency to me or simply accepting things as they are. I've learned that biblical contentment is something very different.

Paul wrote, "I have learned to be content whatever the circumstances," (Philippians 4:11 NIV). I love that he said learned.

Contentment doesn't always come naturally. It certainly didn't for me. It doesn't mean pretending everything is fine or accepting what is harmful. Sometimes marriage requires difficult conversations, counseling, boundaries, or asking for help.

Contentment means I can be grateful for what is good while still working on what needs to change.

One of my favorite hymns is, "It Is Well with My Soul." Those words have taken on a deeper meaning as I've grown older. The hymn doesn't say everything in life is well. It says something much more personal. It is well with my soul.

Marriage requires that kind of inner resolve. There will be times when communication isn't well. Finances aren't well. Emotions aren't well, and circumstances aren't well. But God can still be well with my soul.

First Thessalonians 5:16-18 (NIV) tells us to *"rejoice always, pray continually, give thanks in all circumstances."* Gratitude doesn't erase what is difficult; it reminds us that difficulty isn't the whole story.

After all these years, I think some of the best marriage advice is also the simplest. Choose gratitude. Choose grace. Choose contentment.



THREE DAILY CHOICES

FOR A LASTING MARRIAGE:



Choose Gratitude

Notice what your spouse does right more often than what they do wrong.



Choose Grace

Forgive freely because every marriage needs mercy.



Choose Contentment

Stop chasing a perfect marriage and appreciate the one God is faithfully shaping.

And remember you're on the same team. The healthiest marriages stop asking, "Who's doing more?" and begin asking, "How can I help us win today?"

Looking back, I don't remember every vacation, anniversary, or perfectly planned date night. I remember the moments when we chose to stay when leaving would have been easier. I remember prayers when we didn't have answers. I remember forgiveness that didn't come easily but eventually brought freedom.

Most of all, I remember discovering that love isn't measured by how magical the wedding day was but by how faithfully two people keep choosing each other afterward.

Marriage was never meant to be a fairy tale.

It was meant to reflect the faithful love of Christ: patient, enduring, forgiving, and full of grace. And that kind of love doesn't only strengthen a marriage. It leaves a legacy that lasts long after we're gone.


COLOSSIANS 3:13 (NLT) SAYS:
"Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."

CONTINUE THE CONVERSATION

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AS FOR ME AND MY HEALTH
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WHEN GOD REMINDS ME TO SLOW DOWN

Finding Health, Balance, and God's Faithfulness in the Middle of Everyday Life

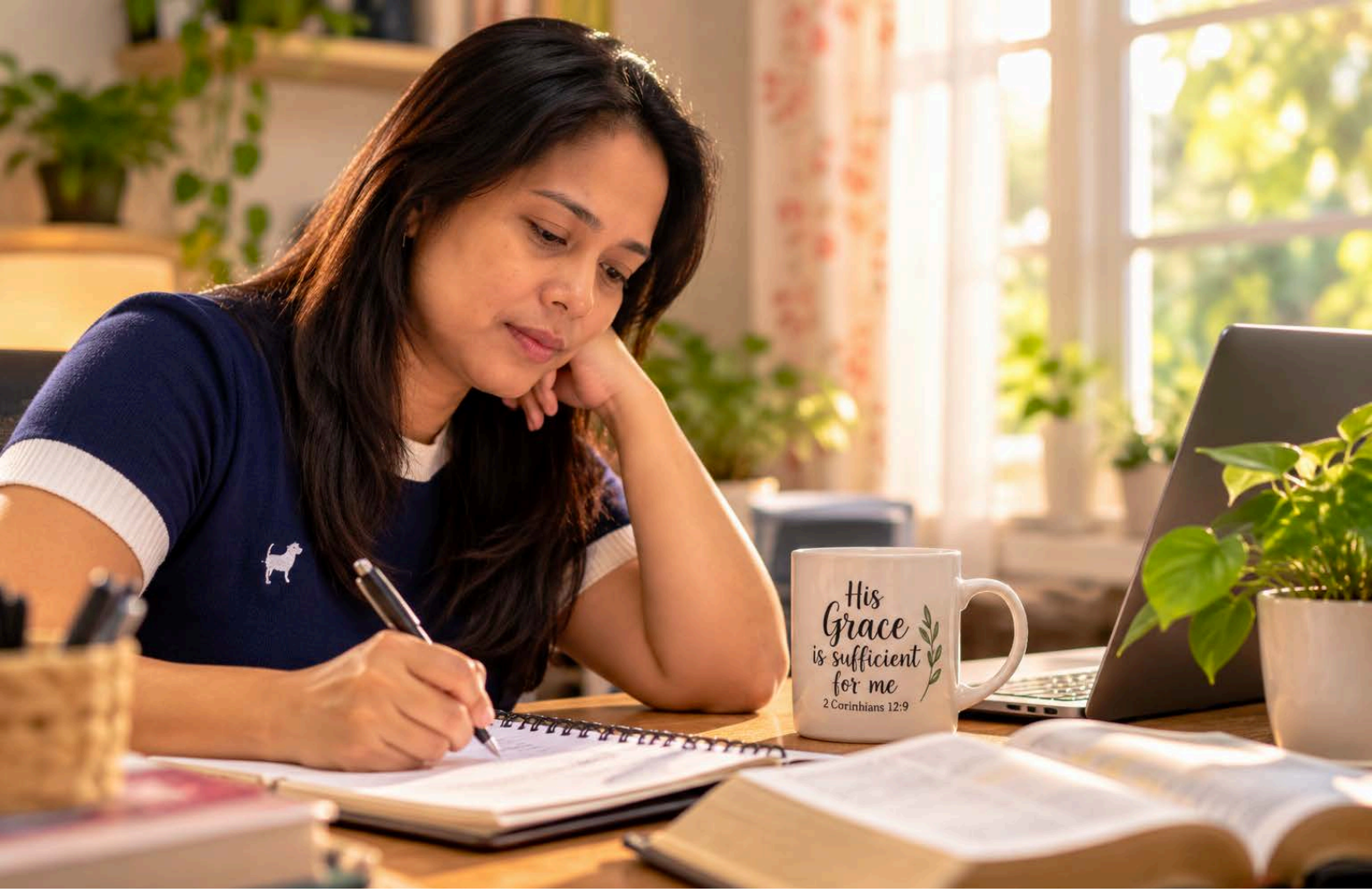
Have you ever been so busy trying to get everything done that you forgot to take care of yourself?

I have. More times than I'd like to admit.

I live in the Philippines and work as a virtual assistant for Niccie Kliegl, a Christian coach and ministry leader in the United States. Due to our different time zones, my work hours don't always follow the usual schedule here at home.

And while I'm truly grateful for my work, balancing it with household chores, family responsibilities, and everyday life can sometimes be overwhelming.

There are days when I finish working, only to realize there's still so much waiting for me around the house. Sometimes I sacrifice sleep just to catch up. Other times, I tell myself I'll rest after finishing one more thing.



But one more thing often becomes five more things.

And eventually, my body reminds me that I have limits.

There have been times when I've gotten sick, and I can't help but wonder if I could have prevented some of it by slowing down and taking better care of myself.

Learning That My Health Matters, Too

In 1 Corinthians 6:19-20, we're reminded that our bodies are temples of the Holy Spirit and that we should honor God with them.

That Scripture has made me think differently about how I treat myself.

I can be responsible, hardworking, and committed to serving others, but if I'm constantly neglecting my own health, something needs to change.

I'm learning that taking care of myself isn't selfish.

Sometimes it means getting enough sleep, eating a proper meal, or simply stepping away from my computer when my body needs rest.

And sometimes it means accepting that not everything has to be finished today.

"Taking care of the life God gave me means remembering that my health matters just as much as the responsibilities I carry."

– Jopen Cabalquinto

Philippians 4:19: God's provision

Mark 6:31: Jesus invites His disciples to rest

Psalm 23:2-3: God restores our souls



God Provides in Ways We Don't Always Expect

One of the greatest blessings in this season has been the person God has allowed me to work with.

Niccie has been such a considerate and understanding employer. And honestly, that means more than I can explain.

When you're trying to balance work and life across different time zones, having someone who understands that you're human, that you get tired, and that life happens makes a difference. It reminds me of Philippians 4:19:

"*But my God shall supply all your need according to his riches in glory by Christ Jesus,*" *(KJV).*

I've come to realize that God's provision doesn't always come in the form of money or material blessings. Sometimes it comes through people. Through kindness. Through patience. Through someone who gives you understanding when you need it most.

I see that as one of the ways God has been faithful to me. He truly is a God who keeps His promises, even when His provision looks different from what we imagined.

Even Jesus Made Time for Rest

In Mark 6:31, Jesus told His disciples:
"*Come ye yourselves apart into a desert place, and rest a while,*" *(KJV).*

That verse is such a gentle reminder for someone like me who sometimes struggles to stop working. Jesus knew there was still much to do, yet He invited His disciples to rest.

I'm still learning that rest isn't something I have to earn by exhausting myself first.

It's part of caring for the life God has given me.

A Reminder for All of Us

I wish I could say I've mastered balancing work, health, and home, but I haven't. I'm still figuring things out, still learning to set boundaries, and still reminding myself that my health deserves attention, too.

But through it all, I'm grateful.

Grateful for the work God has provided, for the people He's placed in my life, and for His patience as I learn. Matthew 11:28 reminds us that Jesus invites those who are weary and burdened to come to Him for rest.

So if you're feeling exhausted from carrying so many responsibilities, I hope you'll remember this:

- You don't have to wear yourself out to prove you're doing enough.
- God sees your efforts, your struggles, and the things nobody else notices.
- And while we continue doing our best to care for others, may we also learn to care for ourselves.

Because our health matters. And so do we.

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DR MARTHA NESSLER

AS FOR ME AND MY FINANCES

drmarthanessler.com

MONEY IS MEANT TO DO YOUR BIDDING

I have made a lot of money, and I have lost a lot of money. Living on both sides of that fence taught me that what happens in our bank accounts often begins in our minds.

Most articles about money are written for people who already have it. This one is for the woman looking at her account and wondering if she will ever make it to the other side. If that's you, the way forward begins with how you see money.

THE LIE OF LACK

When we experience lack long enough, we begin to live in lack. Maybe your parents struggled with money, or there never seemed to be enough. Our minds attach meaning to those experiences, and money becomes scarce, stressful, or something that belongs to other people.

Neuroscience tells us that the thoughts we repeat become the pathways our brains travel most easily. What we think eventually becomes what we walk out. But a belief of "never enough" doesn't align with heaven.

"And my God will supply every need of yours according to his riches in glory in Christ Jesus."
— Philippians 4:19 (ESV)

Every need. For me, truly believing that required a shift in perspective.



A SHIFT IN PERSPECTIVE

Years ago, I heard someone say, "Money is meant to do your bidding while you do God's." As it sank in, God began to show me a reel of all the people I had been able to help because of the money I had made. I'll be honest: I cried.

For the first time, I saw money for what it was always meant to be: a tool. Money is not about what we can buy. It is about the doors we can open.

WHO SITS ON THE THRONE

But a tool is only as good as the hand that holds it. Money doesn't change us. It reveals us. Jesus was clear that we cannot serve both God and money (Matthew 6:24).

Whatever your season, check your heart. In abundance, ask, "Do I believe I did this, or do I remember who supplied it?" In lack, ask, "Do I truly believe God will provide?"

FROM BEGGING TO BELIEVING

Often, our prayers reveal the answer. Many of us pray as though we are begging: *God, I need this. God, please*. But as daughters of the King, we can stand on His Word and speak it back to Him. Here is one I declare over my own finances and with my clients:



"Honor the Lord with your wealth and with the firstfruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine."

— Proverbs 3:9-10 (ESV)

This isn't denying the facts. It is refusing to let the facts rule us. When we align our minds with God's Word, our feelings eventually catch up.

Declaration: My God supplies every need according to His riches in glory, and I will steward what He provides for His Kingdom.

FAITH THAT MOVES

Standing on God's Word doesn't mean standing still. The Lord fights for us (Exodus 14:14), yet in the very next verse, He tells His people to go forward.

I think of the widow in 2 Kings 4. Her creditors were coming for her sons, and Elisha asked, "What do you have in the house?" Only a little oil. But as she poured, God filled every jar she gathered, enough to pay her debts and live on the rest. I often pray the same question: *God, what is in my house?*

Sometimes what keeps us from pouring is shame over how we got here. But the blood of Jesus doesn't partially clear us. It fully clears us.

SOWING IN EVERY SEASON

Isaac shows us what faith looks like in scarcity. During a famine, he didn't wait for better days. He sowed, and that same year he reaped a hundredfold, because the Lord blessed him (Genesis 26:12). Generosity has little to do with the size of our bank account and everything to do with the posture of our hearts.

WHERE OUR TREASURE IS

Every seed we sow outlives us. When I think about how I want my daughter to see money, I want her to know it is a tool for the Kingdom, one that can create a generational echo long after we are gone.

"**For where your treasure is, there will your heart be also."**

— Luke 12:34 (ESV)

My hope is that this article helps you see money through a new lens: not as something to fear or chase, but as a tool God has placed in your hands to bless others. Whatever season you are in, ask Him what is in your house, and begin to pour.

Money was never meant to be our master. It was meant to serve, while we serve God.



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CHRYSTAL GILKEY

AS FOR ME AND MY PARENTING
chrystaljgilkey.com

Parenting with Purpose

Parenting is full of making daily decisions. From the dreaded "What's for dinner?" to the heart-stopping "Can I start dating?" As parents, we are constantly inundated with questions. As someone who struggles to decide on anything, I often find this overwhelming. My husband also doesn't like to make decisions, so things can get really confusing in our household if we haven't already figured out a game plan.

I think about families in the past where they have a crest and motto. Historic mottos were used to express core family virtues and values. It makes me think about what values and virtues I want my family to know and live by. For instance, something I've prayed over my children is that they would see and know that God is real, and that they would have tender hearts towards Him and His will.

SO HOW CAN WE PARENT WITH PURPOSE?

We need intentional parenting instead of reactive parenting.

Being intentional means to look beyond the rules, behaviors, and consequences and think about what it is exactly we are trying to teach our children. We must be slow to anger and thoughtful with our words. "He that is slow to wrath is of great understanding: But he that is hasty of spirit exalteth folly," (Proverbs 14:29 KJV).

We need to purposefully make faith a part of our daily life.

Living by faith goes beyond the Sunday church service. It is a daily relationship with God and acknowledging Him and His work in all aspects of our lives. Conversations with your children about how God is blessing your life will strengthen your faith and theirs!

> *"And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up,"* (Deuteronomy 6:7 KJV).

We need to purposefully model behavior we desire to see at home.

William Tiptaft, an English clergyman from the 1800's wrote, "Children take more notice of what their parents do than what they say." The same is true today. Our actions speak much louder than our words.

> *1 John 3:18 (KJV) says, "My little children, let us not love in word, neither in tongue; but in deed and in truth."*

Parenting with purpose doesn't mean we must be perfect parents or raise perfect children. It is taking our ordinary moments of family life and recognizing they can have an extraordinary influence on who our children become. A patient response, a sincere apology, and an honest conversation about faith may seem insignificant. Yet, they are opportunities through which we can purposefully demonstrate God's love and teach everlasting truths.





Parenting WITH PURPOSE

Parenting with purpose doesn't mean we must be perfect parents or raise perfect children. It is taking our ordinary moments of family life and recognizing they can have an extraordinary influence on who our children become. A patient response, a sincere apology, and an honest conversation about faith may seem insignificant. Yet, they are opportunities through which we can purposefully demonstratte God's love and teach everlasting truths.

Chkystal Gilkey



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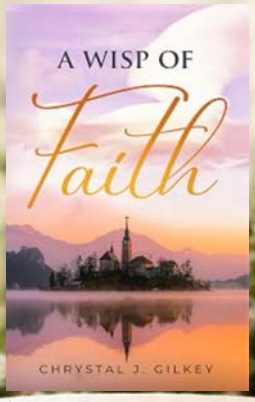

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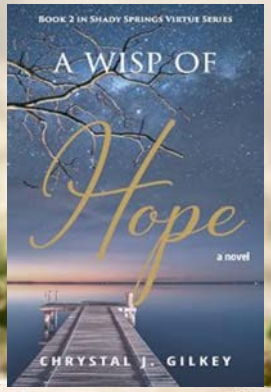

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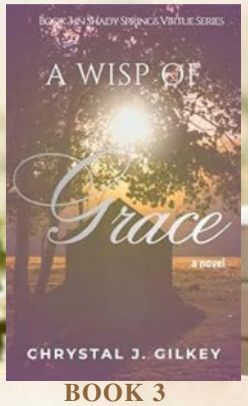

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Meet the Author
CHRYSTAL GILKEY

Chrystal Gilkey is a Christian author who loves writing stories that encourage and inspire. Through her Shady Springs Virtue Series, she hopes to share timeless truths, point readers to Jesus, and remind them that God's grace, hope, and faith are always available—no matter what season of life you're in.

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KIRSTEN SAMUEL

AS FOR ME AND MY COMMUNITY
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THE PERSON WHO SEES PAST "I'M FINE"

The service was about to begin when Tara stopped me.

I hadn't known her long. We didn't run in the same social circles, at least not often. Still, we enjoyed each other's company. Tara was quiet, but observant.

She leaned in close. "You're not okay, are you? Are you struggling with depression? I can see it in your eyes."

In that moment, I felt seen. Understood.

With a slight smile and a quick nod, she whispered, "I'm praying for you."

Community Might Look Different Than You Think

When we talk about community, we often picture something organized: a small group with a sign-up sheet, the best friend who knows every detail of your story, or a Tuesday night Bible study group.

But Tara didn't fit any of those categories in my life, nor was she part of what I call my inner circle. She simply noticed another person whose eyes didn't shine like normal. Her kindness supported me when I couldn't express the need.

God built us for connection.

> Romans 12:9–10, 15 (NLT)
>
> *"Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honoring each other. Be happy with those who are happy, and weep with those who weep."*

A healthy, vibrant life needs people who can reach out and help. Some of them will join your inner circle when appropriate. Others, like Tara, will appear at life's edges, for a specific purpose.

Through her actions, Tara exemplified three marks of healthy community.

EYES THAT NOTICE

Tara saw past the Sunday-morning version of me.

Most of us move through church lobbies, offices, and family dinners on autopilot. We trade a quick "How are you?" for a predictable "Fine," and we keep walking. Never stopping to hear the actual answer.

Slow down long enough to observe others. Notice when a friend goes quiet, or when a coworker stops laughing at lunch. For the person on the receiving end, it can feel like someone switched on a light.

Pay attention around you this week. Who needs some encouragement?

WORDS THAT CREATE SAFETY

Tara didn't just notice. She asked.

Her question was direct and kind: "You're not okay, are you?" She named what she saw, gently, without making a scene.

A gentle question opens a door the other person may not have the strength to open alone. Tara's question didn't demand a long, involved explanation. It simply told me I didn't have to pretend with her.

You don't need perfect words. "I've noticed you seem down. How are you really?" can change someone's whole week.

PRAYER THAT SERVES

Tara didn't try to fix me or hand me a list of resources. Instead, she offered the one thing she knew would do the most good.

"I'm praying for you."

Four words, whispered moments before worship. I've never forgotten.

When someone prays for you, they carry you to the One who can actually heal what hurts. Tara couldn't lift my depression. She reached out to the One who could on my behalf.

YOUR COMMUNITY MAY ALREADY BE AROUND YOU

Today, my community includes Daphne, Debbie, Jackie, Linda, Jamie, Ruth, and others. Each one speaks into my life and supports me well. However, not one of those friendships came with a title or a sign-up sheet.

This holiday season, think of the Taras in your life. Tell them what their support means. A quick text, handwritten card, or heartfelt comment across the table will do.

Then ask God to open your eyes so you can become someone's Tara. Your attention, a gentle question, and a whispered prayer can become another person's lifeline.

You were never meant to walk through this life alone. Neither was the person sitting next to you.

Your *Community* Matters Most When Life Gets Hard

When you're healing from your husband's betrayal, the holidays bring some of the hardest moments of the year. Someone passes the pie and asks, "So how are you two doing?" Your chest tightens while you smile and say, "We're good."

That's where a Tara changes everything. One safe person who sees you can turn a gathering you dread into one you can manage.

Even with your Tara beside you, though, your body may still sound the alarm. Pair your safe person with a simple plan, and you can stay steady from Thanksgiving through January.



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WHAT TO DO WHEN YOUR NERVOUS SYSTEM DIDN'T GET THE HOLIDAY MEMO

WEDNESDAY, NOVEMBER 18

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