

P31

JANUARY 2013

Woman

Make a new kind
of resolution with
Rachel Olsen

5 ways to STOP thinking
and START doing

Tips for making extra
money this year

Why you should pray
more for yourself

Bringing God's Peace, Perspective, and Purpose to Today's Busy Woman

january contents

- 2 A New Kind of Resolution
- 4 5 Things to Help You Stop Thinking and Start Doing ...
- 6 Contentment Where God Plants You
- 8 How Praying {for Myself} Changed This Reluctant Wife
- 10 Creative Ways To Add Extra Grocery Money To Your Budget
- 12 A Collection of Memories
- 15 Ministry News



Cover photo by Tom Sapp of tomsapp.com

Meet Rachel Olsen

Favorite book in the past year: "The Immortal Life of Henrietta Lacks"

Favorite snack at the movies: Nuts. (I don't eat popcorn.)

Best time management tip: Write your to-do list the night before.

Favorite thing to do on a rainy day: Make soup and read a novel.

What age were you when you had your most embarrassing hairdo? In 8th grade I dyed my hair jet black. It didn't flatter my pale skin. (Think Elvira.)

If I could make one change in the world, I would eliminate pride.

A New Kind of
Resolution
by Rachel Olsen

I adore January. Never mind that I usually need to shed some holiday pounds (I also adore Christmas cookies),

or that I'm no fan of cold weather. Those first few weeks of the new year feel pregnant with the possibility that this year I'll become my best self yet.

It seems most of us love the fresh-start feeling. Nearly two-thirds of us make New Year's resolutions – and I've been one of the 90 million who do. What about you? Any of these sound familiar?

- I'm going to get organized.
- I'm going to lose 10 pounds.
- I'm going to stop running late.
- I'm going to read my Bible early every morning.
- I'm going to be a better wife ... mom ... Christian.

However, research confirms what you and I probably know: Before January ends, most of us abandon our list of ways we intended to improve. That ball keeps dropping in New York's

Does this sound familiar? In January you make a resolution for the New Year, and by February you've abandoned your well-intentioned plans. Rachel Olsen believes there's a better way to authentic personal transformation. And it all starts with a single word.

Times Square each New Year's Eve. And we keep dropping the ball on our resolutions to change.

That's because change requires more than a clean calendar page. It takes more than positive feelings or wishful thinking. And transformation takes more than a couple weeks' effort.

Change is possible, but focus is required.

The problem is our attention is divided. Our lives are fast-paced and demanding. Lots to change divided by busy days (multiplied by frequent frustration) equals little transformation.

But there's a more effective equation for change: Clarity plus grace (multiplied by focus over time) equals transformation.

That's why six years ago I ditched New Year's resolutions in favor of choosing one word to be my focus for the year. Just one word that represented what I most hoped God would do in and through me in the 12 months to come.

I stayed focused on that one word for 365 days. I thought about it, talked about it, journaled with it and prayed about it. I let it shape my choices and my schedule. And I saw change.

In looking through the lens of a single word, chosen in tandem with God, I found a new approach to personal change and spiritual formation. One that is simple, doable, and most of

all, effective. Mainly because it supplies narrowed focus. In fact, the results each year have been greater and further reaching than I expected. I want you to try it too.

In looking through the lens of a single word, chosen in tandem with God, I found a new approach to personal change and spiritual formation.

Let me be clear, this is not a "pull yourself up by your bootstraps and will yourself to be different" project. Such an approach rarely works for long. Change, heart-level change – spiritual formation – is an act of God.

The human heart is *meant* to be conformed to His image. The power and provision of God will aid us in that transformation. Paul writes in 2 Corinthians 3:18 that, "*the Lord – who is the Spirit – makes us more and more like him as we are changed into his glorious image.*" We simply need to remain in a given position long enough for this faith-fueled process to happen. My one word holds me there.

continued on page 14



EXECUTIVE TEAM: Lysa TerKeurst, Renee Swope, Glynnis Whitwer

EDITOR: Glynnis Whitwer
ASSISTANT EDITOR: Janet Burke
GRAPHIC DESIGNER: Carol Poortvliet
www.the-design-diva.blogspot.com

DEVOTIONS: Renee Swope
ONLINE COMMUNITIES: Laurie Webster
OUTREACH: Micca Campbell
SPANISH MINISTRIES: Van Walton
DIRECTOR OF SPEAKER TEAM: Karen Ehman

For administrative questions regarding P31 Woman (change of address, start date, etc.) contact: adminassistant@Proverbs31.org

MAILING ADDRESS: 616-G Matthews-Mint Hill Rd., Matthews, NC 28105
PHONE: 704.849.2270
EMAIL ADDRESS: office@Proverbs31.org
WEB ADDRESS: www.Proverbs31.org

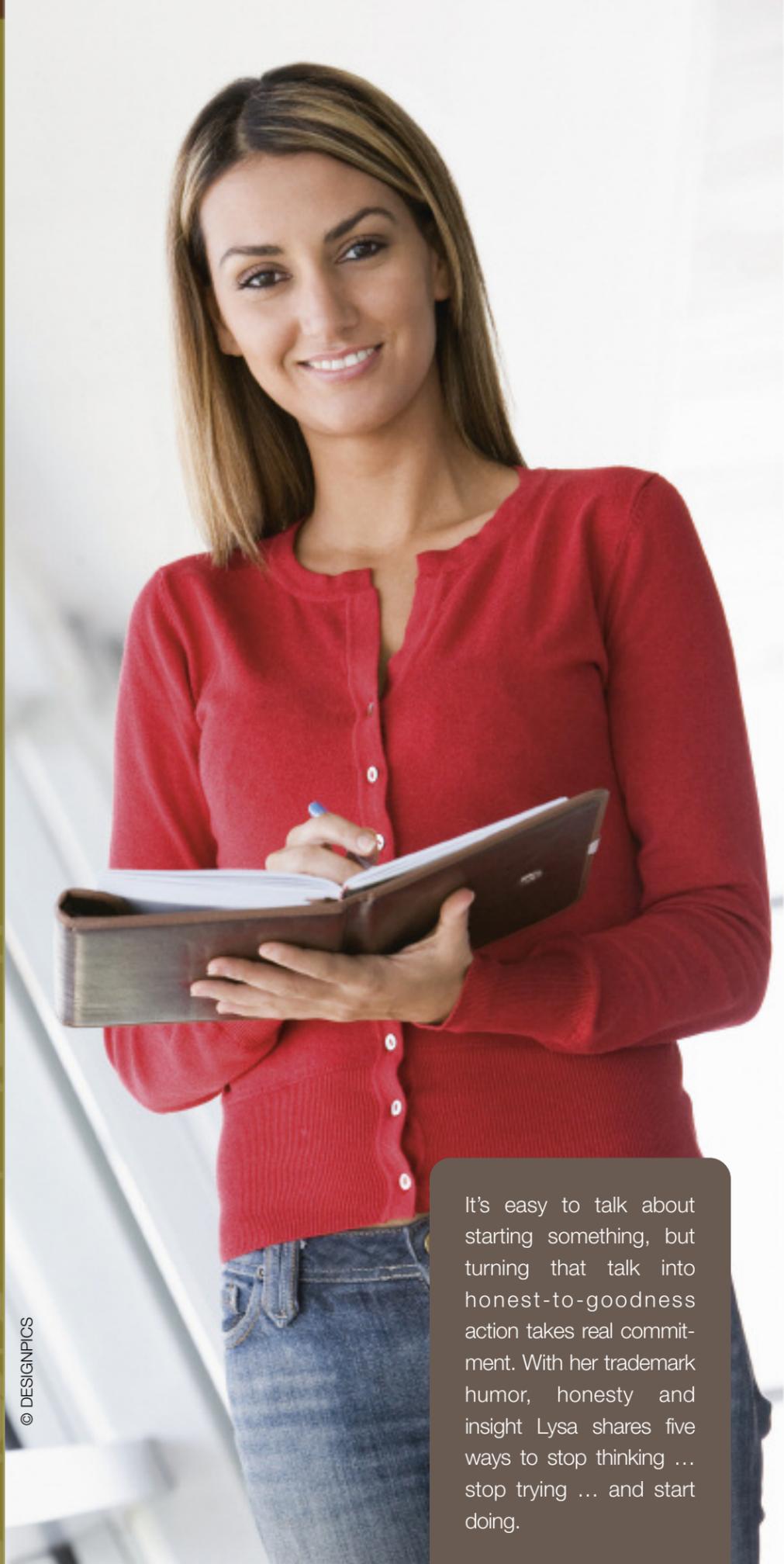
The P31 Woman magazine, Copyright January 2013 Issue. All rights reserved. No portion of this publication may be reprinted without permission. Published monthly by Proverbs 31 Ministries, Inc., a non-profit organization recognized for tax-deductible giving by the federal government.

Unless otherwise noted, all Scripture references are taken from the New International Version.



Proverbs 31 Ministries is dedicated to glorifying God by "Bringing God's Peace, Perspective, and Purpose to Today's Busy Woman." Through Jesus Christ, we shed light on God's distinctive design for women and the great responsibilities we have been given.

© DESIGNPICS



5 Things to Help You Stop Thinking and Start Doing...

by Lysa TerKeurst

Last year, my husband asked if I would do a 21-day cleanse with him. I will admit, I wasn't excited.

I thought to myself, *I already eat pretty healthy. And 21 days is a really long time to eat like a rabbit. Plus, I don't want to make a commitment I won't keep.* So, I gave him a safe answer, "I'll think about it."

And honestly, that's all I would have done had he not asked me 217 more times.

Have you ever found yourself saying, "I'll think about it" and still found yourself "thinking about it" months later? Me too. But I didn't want last year to be another year where I just thought about stuff. I wanted it to be a year when I said: "I did it! I finally did it!"

So, I agreed. And I thought I might share what I learned about motivation. Here are five crucial things you can do to stop just thinking and start actually doing:

1. Success breeds success.

Get around people who are doing that thing you need to do. Art's persistence pushed me and his commitment inspired me. Hearing him talk about the cleanse, research the cleanse, and then prepare for the cleanse made it more front and center in my life. Being around people who are doing what you need to do makes the first moves less scary. And being around these people can help you push through the not-so-fun times as well.

2. Stock up for success.

One of the first things Art and I did was drive to Whole Foods and Trader Joe's to stock our refrigerator with everything we'd need to be successful. Now, I wish I could tell you we did this little trip without any conflict at all. Oh, but we did not. He wanted to

spend what seemed like hours making out a list. I am emotionally allergic to spending hours making out a list. Just take the list provided in the instruction book and get what you need for heaven's sake ... Ahem.

Anyhow, no matter what your new thing is, chances are you'll need supplies. For me, that was organic fruits and veggies. Think through what you'll need and invest in your success. (Making a list is optional.)

3. Schedule for your success.

Before we started this cleanse adventure, we looked at the calendar to find a 21-day time period that made the most sense to do this. We picked a time when several of our kids were at camp, which meant I didn't have to prepare food (or get take out) for others.

It's important to schedule whatever you're tackling and keep this appointment. Be as diligent as you can about not letting life crowd out this important commitment you're making.

Set a start date. Track your progress with mini-goals. Set a completion date with a reward built in to keep you motivated all the way to the finish line. (Don't you think I didn't envision a chocolate chip cookie at the end of this adventure...oh yes ma'am I planned on having several! I felt like I should read my own book "Made to Crave" again or I could have eaten the whole batch.)

4. Share your success.

As you have mini-successes along your journey, share them with your friends. Maybe they'll get excited and want to join in too! I shared with my friend LeAnn that I made it through drinking both of my cleanse smoothies with only one dramatic gag. This was a big accomplishment, y'all! At the end of our conversation, she said she'd like to join me.

How cool is that? I've gone from being a moper to a motivator. And that just propels me to want to keep going that much more.

It's easy to talk about starting something, but turning that talk into honest-to-goodness action takes real commitment. With her trademark humor, honesty and insight Lysa shares five ways to stop thinking ... stop trying ... and start doing.

continued on page 14

The boys ran fast. Arms swinging and legs kicking as they raced down the trail. We had gone walking in

a nature preserve, surrounded by Florida's natural beauty. The palms towered impressively, providing shade from the sun. The oaks seemed poised to dance, reminding me of the psalmist's description of trees praising the Lord. (Psalm 96:12).

The author had dreams and plans, and they didn't include being placed in a perpetually tropical climate! For 15 years she'd been unhappy where God had planted her – until one day on a trip to a nature preserve. There, God touched her heart and helped her understand the source of true contentment.

trees ... to simply live and thrive under the Gardener's care. I wanted to live like the oaks that appear ready to join all nature in offering praises to God. Even the weeds sprout in brilliant color. All nature honors the Great Designer who set their roots and planted them in this place.

Unlike them, my heart has fought a battle against where I've been planted these past 15 years. I've resisted where God set my roots. I've argued against His plan, declaring I wasn't made for a tropical climate - this land of ocean waves, swaying palms, flip-flops, hot summers and perpetual tan lines. I've complained that I can't relate to the culture and how could anyone want to live where there are no seasons?

Can you relate to being planted somewhere you'd rather not be? It's not always a geographical location. God has placed me in other situations where I've resisted as well. He might plant

us in circumstances like a job, a church family, a ministry, or a relationship we don't like. He may give us spiritual gifts that differ from the ones we desire to have. Perhaps He will even withhold a deep desire from us for which we have long yearned.

Each of those situations is an opportunity to accept the circumstances with contentment and use the opportunity to glorify Him in that place. But it certainly isn't easy. Just like the manicured lawns in my neighborhood, I want my life to go exactly the way I've planned and designed it. I prefer life to be smooth, simple and easy to maintain.

But as I stood there on that wilderness trail, I wondered: *what if I lived my life contented, not wishing to be somewhere else? What if I were happy to live where God planted me - even if it differed from my perfect plan? What if by seeking to be somewhere else, I'm actually rejecting the loving hand of my Father?*

Although I want life on my terms, I know living a life of contentment requires sacrificing my desires and plans. It means living my life for God and not me. Instead of merely biding my time and going through the motions until God changes my circumstances, I pray for a changed heart, one that is willing to follow Him wherever He leads.

The apostle Paul urged us to live our lives as Christ did, with humility and a sacrificial spirit. (Philippians 2:5-11) Because He loved us so much, our Savior left a place of love and perfect selflessness to live in our sin-stained world. Knowing it was the only way to restore our relationship with the Father, He laid down His life for us, as a perfect sacrifice to free us from sin.

When I remember all that my Savior gave up for me, I am humbled. If the God who created the universe can sacrifice everything for me, how can I not sacrifice my own desires for Him?

Whenever I am tempted to complain or wish my life were different, I need to remind myself of all that God did for me through Christ. I need to remember that

Everyday Life:

.....
Enjoy a humorous look at one woman's experience in the dressing room. Read "The Day I Started Acting My Age" online at www.Proverbs31.org. Simply click on the Everyday Life link.

by Christina Fox



because I have Jesus, I have everything I need.

I'm not where I want to be. But I've been placed here for a reason. It may be that the soil here is just what my roots need most to grow. There may also be lessons for me to learn here. Perhaps there are ministry opportunities waiting for me to join. There are even people He may have placed in my path here whom He wants me to love. The more I live for Him and not myself, the more effective I can be in this place.

If I allow my roots to grow deep here, I may find that true joy waits in the wilderness and not in the perfectly planned and neatly-landscaped life I've long desired. It's only when my heart is emptied of all my desires and those empty places are filled with

Him alone that I can joyfully thrive where He's planted me. And then I find it doesn't matter where I live geographically, because my true home resides with Him.

Christina Fox is a writer, blogger, coffee drinker and home-schooling mom, not necessarily in that order. She is a licensed mental health counselor and women's Bible study teacher. Christina is passionate about pointing women to the riches found in the Gospel of grace. She shares her faith journey at www.toshowthemjesus.com and on Facebook at www.facebook.com/ToShowThemJesus.



How Praying (for myself) Changed this Reluctant Wife

by Julie Gillies

Miserable in her marriage, author Julie Gillies didn't know if she could stick with it much longer. Then on a plane trip to a girls' getaway, God used an oxygen mask to send her a lifeline! Read how His message altered her prayers, changed her attitude and ultimately transformed her marriage.

I buckled my seatbelt, leaned my head back and sighed.

Passengers squeezed past my seat while I counted down the moments until the plane would land near my sister's home. Our annual girls' weekend was just the balm I needed for my aching, stressed-out heart. My marriage was not in a good place, it never really had been, and I didn't know how much more misery I could endure.

Still, I hardly expected the God-nudge when the flight attendant began speaking. Yet as she began her safety spiel, I sensed Him drawing me to focus in on her words.

"In the event of the loss of cabin pressure, oxygen masks will descend."

The petite brunette stood at the front of our cabin, demonstrating how to attach a small, yellow Tupperware-type bowl over her nose and mouth with an elastic band.

"Place the mask on yourself first, and then help those around you."

I shook my head. *I would totally have put those masks on my kids first.*

That is when God spoke: *You need to begin to pray for yourself. Regularly.*

As my heart listened, I sensed the Holy Spirit urging me to understand the serious nature of this prompting. Though surprised, I knew the Lord wanted me to begin praying for *myself* at this critical point in my marriage.

The truth was, most days I didn't even want to stay married; my heart felt as frozen as the leftover wedding cake that languished in the depths of our freezer. I was the ultimate reluctant wife.

I hated the anger, bad communication and misery that permeated my home, and I wanted drastic change. Yet as the plane ascended I couldn't help but think, *Shouldn't I pray for my husband, instead?* But God did not relent, and I sensed a strong awareness that if I didn't begin regularly praying for myself I wasn't going to make it.

So I tucked that idea into my heart, and after I flew home from my sister's house, and in obedience, I began to pray. For me.

Initially the only place I could pray for myself without inter-

ruption was the shower. So, every morning I immersed myself in the steamy water and in heartfelt prayer. Not a simple "*bless me*" prayer, but an authentic cry for radical, permanent healing and change in *my mind, my emotions* and in the deepest spaces of *my heart*.

Praying for myself equipped and transformed me like nothing else could have. It ultimately enabled me to stay in an unhappy marriage when everything in me wanted to run long and hard. However, staying gave God time to work.

Praying for myself taught me to process my hurts with the Lord instead of bombarding my husband with venomous words of retaliation. And it eventually enabled me to really listen to my husband and do my best to express encouragement and respect toward him.

Slowly, as I prayed, my attitude shifted from critical to grateful. Eventually, I found it easier to release an offense and truly forgive my husband. My countenance changed from a disdainful sneer to a genuine smile. Authentic heart-healing transpired as I focused on the Lord and my own issues, which displaced pride and enabled me to see my imperfect, hurting husband in a fresh light. This holy change of perspective changed the climate of my heart and my marriage.

What began as a surprising revelation of the Holy Spirit at several thousand feet turned into the recognition of my desperate need to pray for myself. Ultimately God used those prayers to change not only me, but – wonder of wonders – my marriage. And this once-reluctant wife is reluctant no more. In fact, my husband and I just celebrated our 26th wedding anniversary. To God be the glory.

Julie Gillies is the author of "Prayers For a Woman's Soul." Healed from a traumatic childhood and awed that God saved her seriously-troubled marriage, her message helps women pray with boldness, confidence and the certainty that God hears. Julie is the Critique Groups Director for Proverbs 31 Ministries, and serves on the editorial team of "P31 Woman" magazine. She's the joyful wife of Keith, mom of two soldiers and one civilian, and Grammy of four. She loves hanging out with the entire gang at home, especially on days when her house is clean. Connect with Julie at: www.JulieGillies.com.

Everyday Life:

.....
Have you ever wondered how you can love God but not yourself? Author Annie Downs has some thoughts on this topic. Visit www.Proverbs31.org and click on the Everyday Life link to read the article "Love Yourself."

Creative Ways to Add *Extra* Grocery Money to Your Budget

When I first started working from home, my constant prayer was, "Please, Lord, just help me make enough to help out with gas and groceries." It was a big step of faith when I quit my full-time job to be at home.

Fast-forward 12 years. God has faithfully seen my family through times of plenty and times of not-so-plenty. Both my prayers and my income have grown over the years, but in these tough economic times we still have months where extra expenses leave us scrounging for a few extra dollars to make ends meet.

The bright side is that while these are difficult times to live in due to job loss, rising costs and our overall tough economy, there are increasing opportunities to make a few dollars here and there. While none of these options are reliable for full-time employment, here are a few options to consider when you need to supplement your income during those lean weeks.

Clean Out Your House

There are numerous ways to get rid of that junk ... I mean those treasures ... that have been cluttering up your basement. Last year my family did a complete pruning of our possessions. My husband and I went through each room in the house gathering up things we either didn't use or were ready to get rid of. We sorted out all of the toys that the kids had outgrown and then each of our children went through their bedrooms and picked out any toys they were willing to part with. We had a big old-fashioned garage sale and made enough to make one of our car payments that month!

You can also do a more modern-day garage sale and sell your items on websites like eBay or Craigslist, or sell your

handmade crafts on Etsy.com. And if you're wondering what to do with all of those used books you uncovered while cleaning, you can sell them on Amazon or pack them into your car and head over to a local bookstore that buys used books.

Grab Some Freelance Work

More and more companies, both large and small look to virtual assistants to complete tasks quickly and cost-effectively. If you are skilled in writing, editing, web design or any one of the many areas that companies are looking for (you can find a list of skills needed on the freelance website listed below), you can decide what hourly or per-project rate you are willing to work for and bid for freelance work. There are many websites dedicated to connecting freelance workers with the companies that need them. Some trustworthy sites include: Elance.com, Guru.com, ODesk.com and iFreelance.com.

Jump Into Direct Sales

Direct sales sometimes gets a bad rap with women, but the truth is there is money to be made, especially if you're just looking for a little extra cash here and there. You don't have to go full blast into direct sales to make some money, either. There are several ladies at our church who sell products through direct sales companies. They don't hold parties very often, but we know that if we need a product we can order from them at any time.

According to one of these gals, she makes just enough by selling the products – without pushing them on people – to give her a little extra money to put away for when it's needed. She takes orders, collects the payments from her customers and takes her percentage right off the top. There is no waiting for a paycheck; she simply sends the

company's portion of the sale on to them.

There are numerous direct sales companies available today, with new ones being added every year. Some of the most recent additions and companies I've seen women succeed in are:

- Thirty-One: Personalized bags and gifts. (thirtyonegifts.com)
- Blessings Unlimited: Home décor (myblessingsunlimited.net)
- Jolica: Free-trade jewelry (jolica.com)

Start Your Own Thing

Do you bake? Sew? Make cute little barrettes girls can wear in their hair? Whatever your talent or passion, chances are you can make a little money offering your product or service to others. If you sew, consider offering mending or hemming services to others. If you make barrettes (or any type of handmade item) you can offer them on websites like I mentioned, or even set up a booth at local craft fairs.

There are many creative ways to make some extra spending money even in this depressed economy. Don't be afraid to dig in and do some hard work to get your effort off the ground. It will take persistence and determination, but the results will be well worth it.

Jill Hart's entrepreneurial career began in her teens when she spent a summer working with her father who ran his own business. When he put her in charge of a Coke machine and allowed her to keep the profits, she saw the benefits of being her own boss. She is the founder of Christian Work at Home Ministries, CWAHM.com. Jill is also the co-author of "So You Want To Be a Work-at-Home Mom" and speaks to audiences around the country about faith, business and leadership topics.

By Jill Hart

Times are tough and we're all feeling the pinch of a struggling economy. We think Jill Hart will inspire you with her resourceful approach to making extra money. Read on as she shares how you can polish your entrepreneurial spirit and supplement your family's income.



I held my breath as 19-year-old Leslie opened her Christmas gift. Her fingers slid under the snowman wrapping paper and revealed a framed print of the Charles Bridge in Prague, Czech Republic.

"Oh, Mom, it's perfect." She rushed over to give me a hug. As she gazed at the print for a moment, she was no longer sitting in the room decorated with red, green and gold decorations. She was strolling over the bridge again – one of her favorite places. The familiar longing in her eyes told me she missed the place that had become her second home.

When I visited Prague 12 years ago, I didn't realize my fascination would become my daughter's passion. In fact for so many years, I walked through life thinking it was just a series of memories to be sifted and collected. Good ones, hard ones, foreign and exciting ones. I'd take note of the moment and tuck the memory away deep inside, as if I were collecting mementos within an invisible jar. For so many years life seemed like a series of unrelated events ... and then God took me to the Czech Republic.

My love for this foreign soil started when I was on a research trip with two writer friends. They were researching books, and I was along for the ride. The cobblestone streets and ancient buildings that had never been bombed in war drew my fancy – so much that I made them the setting for a novel I wrote a few years later. And, yes, I returned to research, too.

In the amazing way God works, a Czech woman named Sona moved to our small

Montana town and started attending our church. One day in Bible study, I read something by Henry Blackaby that caught my attention. He wrote, "If God has brought international people into your congregation, know that it's for a reason. Ask Him to show you how to reach that people group for Him."

I started to pray, and Sona did, too. We both felt God asked us to lead a mission trip to the Czech Republic. I was eager and excited, especially when my husband and our three teenagers decided it would be a great family trip. To me this would be a perfect family memory to create before my teenagers grew older and left the house. More than that, my children – Cory, Leslie and Nathan – would experience a bit of the world and learn to share their faith in a foreign culture.

I thought this trip would be a good memory we could collect, just as we collected marionette dolls, foreign coins and postcards. But I was wrong. It was so much more than that, especially for my daughter Leslie.

For our first trip in 2008, Leslie was probably the least interested in the "mission" part of the mission trip. Her job was to teach English to preteens at the English camp. She had just turned 16 and she was in charge of English lessons, crafts and discussion for a dozen girls. It was a lot of work – not how the typical teenager wants to spend her summer.

We returned for a second English camp in 2009, and in between hosted an exchange student from the Czech Republic. You can say that the country and its people were starting to filter their way into Leslie's heart. In fact, my daughter returned five years in a row, and currently her plan is to move there in less than a year, after she graduates from college.

What I thought would be a "nice memory"

turned into much more. God *did* have a plan for impacting the people of the Czech Republic. I thought it included an English camp and a novel, but God's eyes are set on Leslie and what she has to offer.

This summer my daughter spent two months living on her own in a Czech city, working with a church, building relationships and sharing the good news of Jesus. Leslie did bring home trinkets from each mission trip, but along with them came a calling to reach out to an atheistic country.

Through this experience, God has shown me that life isn't just about postcards we can collect on our journey. It's not about memories we categorize and tuck inside. Instead it's about gaining glimpses of ourselves as we discover the ministry and mission He has designed for us.

What is God's plan for you? For your kids? How does He want you to impact the world with His good news?

Sometimes the truth is closer than we think. And sometimes the memories we've collected and admired turn out to be the display God uses to point us to the direction of His heart ... which we discover has become our hearts, and our passions too.

Tricia Goyer is the best-selling author of the new Amish novel "The Memory Jar." She has penned 32 books, including two novels that have won ACFW's Book of the Year award. Her co-authored novel "The Swiss Courier" was also a Christy Award nominee. Tricia loves to travel and research for her fiction, and believes real life inspires great fiction. Tricia and her husband, John, live in Little Rock, Arkansas. They have four children ages two to 23 years old.

Sometimes the memories we've collected turn out to be the display God uses to point us to the direction of His heart. That's what author Tricia Goyer learned when she went to the Czech Republic on a family mission trip. To her amazement, God ignited a passion that changed the course of her and her daughter's lives.



A Collection of Memories

by Tricia Goyer

So I want to challenge you to ditch your resolutions – your regret-based promises to change – and instead pick one word to be your vision, focus and guide. This single word will force clarity and concentrate your efforts. And as you focus on your word over an extended period of time, you position yourself for God to form your character at a deep level.

... this is not a “pull yourself up by your bootstraps and will yourself to be different” project.

Last year my one word was CREATE. I found it impacting not just my work life, but my home life, spiritual life and the way I looked at God and others. My husband's one word last year was COMPASS. My teenage daughter's was PAUSE. And my middle school son's was POSITIVE. Your one word will be highly individualized as well. In fact, it may only make sense to you and to God.

The important thing is that you get clarity on what you most want to see manifest in your heart and life this year. And bring God's grace on the scene as you focus on that for an extended period of time.

I encourage you to join the thousands around the nation already choosing their one word for 2013. And let the power of Christ in you combined with your one word turn your resolution into a reality this year.

Rachel Olsen is the co-author of the book and DVD teaching series, “My One Word: Change Your Life with Just One Word.” She helps women create a satisfying life that's pleasing to Christ – wanting you to hear God say, “Well done, my good and faithful servant.” A part of Proverbs 31 Ministries, Rachel speaks around the country. Share your one word at www.myoneword.org, or find out Rachel's one word for 2013 at RachelOlsen.com.

Proverbs 31 Ministries is pleased to offer Rachel's book for sale. Please see the back page of this issue for ordering information.

5. Build on your success.

Once you've accomplished this one thing, you'll have GREAT momentum. Use this to help you tackle something else you've been putting off and you'll be smiling and so happy.

Just don't call me if I'm doing this cleanse thing again, and you are eating chocolate chip cookies, okay? Because although I felt pretty good, I'll be honest in saying, I wish Diet Coke was a whole food and that kale tasted like popcorn. Seriously I do.

Someone told me I should bake the kale with olive oil and sea salt. But when I posted that on Twitter someone said it will make my house smell like feet. Well, isn't that just a lovely thought.

Maybe I should add a number 6 to my list.

6. Some parts of this journey might stink. Literally. But you're just going to have to push through and spray a little room freshener.

Lysa TerKeurst is a New York Times best-selling author, speaker and president of Proverbs 31 Ministries. You can read her blog at www.LysaTerKeurst.com or hear her encouragement through the Proverbs 31 radio program played on over 1200 outlets. Most days you can find her writing from her sticky farm table in North Carolina where she lives with her husband Art, her five priority blessings named Jackson, Mark, Hope, Ashley and Brooke, three dogs and a mouse that refuses to leave her kitchen.

This month we are celebrating the release of Lysa's newest: “Unglued Devotional: 60 Days of Imperfect Progress.” See the back page for ordering information.

SEVEN WAYS TO CONNECT WITH PROVERBS 31 MINISTRIES IN 2013

We love it when we get emails from women that say, “How can I join Proverbs 31 Ministries?” We smile, because we aren't a club one can join. But since we are on the front lines of what God is doing every day, we love for women to connect with us. So this month we are highlighting seven ways you can join us in ministry this year.

- 1** Join one of Melissa Taylor's free online book studies featured on her blog at www.MelissaTaylor.org. In 2013 she'll be leading the following studies:
 - “Let. It. Go: How to stop running the show and start walking in faith” by Karen Ehman
 - “Stressed-Less Living” by Tracie Miles
 - “What Happens When Women Say Yes to God” by Lysa TerKeurst

2 Sign up for our free daily devotions if you haven't already. You'll find a link on our website at www.Proverbs31.org.

3 Like our Facebook page. You'll get inspiring quotes, Scripture verses and even beautiful photography. Our staff does an amazing job of keeping it current.

4 Invite one of our speakers to your church. Don't discount yourself if you attend a small church with a small budget. God always seems to make a way. Go to our website and click on the speaker's link for more information.

5 Become one of our prayer partners. Visit our website and click on the link at the top that says “Get Involved.”

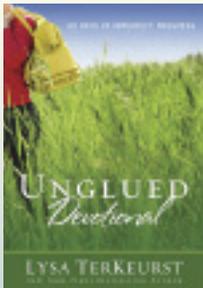
6 Start one of our Gather and Grow Small Groups. We'll help you with everything you need to be successful. And you'll find information about that too on our website. That link is at the top right of our home page.

7 Become one of our monthly partners. We couldn't do what we do without the support of women just like you. Even a small financial amount each month makes a difference. And guess where that is? Right! It's on our website too, under the “Donate” link.

UPCOMING SPEAKING ENGAGEMENTS

January 7 Lysa TerKeurst Cordova, TN	January 20-22 Lysa TerKeurst Concord, NC	February 1-2 Renee Swope Myrtle Beach, SC	February 16 Lysa TerKeurst Women of Faith Colorado Springs, CO	February 22-24 Micca Campbell San Ramon, CA
January 8 Amy Carroll Raleigh, NC	January 24 Wendy Pope Matthews, NC	February 1-2 Lysa TerKeurst Roseville, CA	February 22-23 Suzie Eller Peoria, IL	February 23 Lynn Cowell Carthage, NC
January 10 Lysa TerKeurst Colorado Springs, CO	January 25 Whitney Capps Mt. Pleasant, SC	February 8-9 Micca Campbell Burr Ridge, IL	February 22-23 Karen Ehman Longview, TX	February 23-24 Sharon Glasgow Portsmouth, VA
January 18-19 Renee Swope Sioux City, IA	January 25-26 Rachel Olsen Harrisonville, MO	February 15-17 Zoe Elmore Nebraska City, NE	February 22-23 Lysa TerKeurst Houston, TX	For more information on these and other P31 speakers, please visit www.Proverbs31.org and click on “Speaking Ministry.”
January 20 Lysa TerKeurst Kernersville, NC	January 25-26 Micca Campbell Washington, NC			

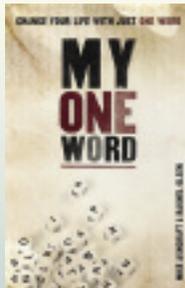
Start the New Year Right With a New Devotional or Inspirational Book



Unglued Devotional: 60 Days of Imperfect Progress

By Lysa TerKeurst
\$12.99

This companion devotional to the bestselling book "Unglued" provides encouragement to help readers handle emotional struggles. Including a daily opening Scripture, thought for the day, devotion and closing prayer, this book helps readers begin a 60-day journey in learning to positively process raw emotions, such as fear, anger and regret.

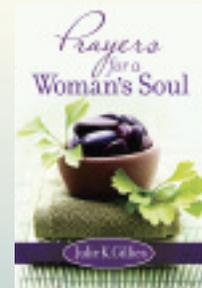


My One Word

By Rachel Olsen and
Mike Ashcraft \$14.99

The concept is simple. Lose the long list of resolutions – all your sweeping promises to

change – and do something about one thing this year instead of nothing about everything. "My One Word" teaches a simple but powerful method for affecting personal change and spiritual formation: allowing a single word to become the lens through which you examine your heart and life for an entire year. Growth results – because change is possible, but focus is required.



Prayers For a Woman's Soul

By Julie K. Gillies
\$9.99

Julie Gillies invites busy, overwhelmed women with long prayer lists to take time to pray *for themselves*. Featuring topics relevant to women, such as guilt, perfectionism, our minds and our attitudes, each of the 52 devotions includes powerful spiritual insight, personalized, on-topic Scripture verses, and a prayer to help begin the conversation with God. Indulge in a relaxing and rejuvenating prayer journey that will refresh and strengthen your soul.

P31 Shop

To order, use the enclosed envelope, visit our website at www.Proverbs31.org or call us at 1-877-P31-HOME (877-731-4663). Thank you.