



Abingdon
Women[™]
Your Life. Your Faith.

BIBLE
STUDIES



ABINGDON WOMEN offers enriching and relevant Bible studies for women who want to know and live God's Word, as well as books that offer inspiration and wisdom for living as a woman of faith.

Our studies are designed for women who want serious Bible study combined with practical and personal life application. Offerings include studies of books and characters of the Bible, as well as studies on specific themes and topics. All currently are video-based and include either a participant book and separate leader guide or a study guide with leader helps. Video sessions are available on DVD or streaming from any device with an AmplifyMedia.com subscription.

From in-depth studies to options with lighter homework, there's something for every group!

Group leaders tell us that they love the shorter video segments (most are approximately 25–30 minutes each) and the incredibly useful leader materials packed with full session outlines and other great helps—so much more than a basic discussion guide.

Our studies and books are designed for Christian women of all ages and stages of life who are looking for inspiration and encouragement as they navigate the ups and downs of life. From personal faith topics to devotionals and more, our books help women to live in the Word as they live in the world.

ABINGDON WOMEN IS ABOUT

- Rich, Meaningful Bible Study
- Inspirational Books
- Application for Daily Life
- Authors of Excellence
- Emphasis on Grace and Hope
- Growing in Community

We are here to serve your life and your faith!





OUR MISSION

Our mission is to equip women with powerful, Christ-centered Bible studies and inspirational books that transform hearts and lives, cultivate community and discipleship, and help to spread God's love in a hurting world.

OUR HOPE

It is our hope and prayer that the women who use our resources will grow in their understanding of God's Word, become more like Christ, and be equipped to share God's message of love, hope, and healing in their families, churches, communities, and the world.

OUR COMMUNITY

Women who choose and use our studies and books have a strong desire to grow in their faith, become more like Christ, and follow Him in the way that they live, work, and play in the world. They represent every age and stage of life as well as the diverse body of Christ.

OUR AUTHORS

Abingdon Women authors are women of excellence who are outstanding leaders in women's ministry, the church, and their spheres of influence. They are dynamic writers and speakers who make the Scriptures come alive through engaging and relevant teaching, authentic sharing, and a good dose of humility and humor. All are passionate about helping women grow in their understanding of God's Word and their relationship with Christ, whether through group study or personal reading.

JENNIFER COWART



Hello, I'm Jennifer

I'm a lover of many things—most importantly, Jesus! Growing up in church I knew the stories of God, but it wasn't until I was 14 that I developed a personal relationship with Christ. That day changed my life. Since then I have tenaciously followed Jesus (some days closer than others), but always with the goal of one day seeing Him in heaven and being able to run straight to Him and seeing a grin on His face.

I also am passionately in love with a guy named Jim. We met my first day of college and disliked each other right away. (It's a great story that I'd love to tell you one day.) About a year later, though, we shared a lunch table and my heart has never been the same. He's absolutely awesome!

Then there are the kids—Alyssa and Josh. People tell you that being a mom will change your life, but you really don't understand that until you hold that baby for the first time. What a joy they are! Most recently, our family has expanded as Alyssa married a great guy—our newest family member, Drew.

One of my other loves is God's Word. Reading, hearing, studying, and sharing the Bible have been passions for me since I was a teenager. Digging into our instruction manual from God and bringing His Word to life is one of the greatest joys of my life. Through speaking and writing, my hope is to help connect the dots from Scripture to life application—to help people (me included) live their very best life in Christ. I am the author of the women's Bible studies *Thrive: Living Faithfully in Difficult Times*; *Pursued: God's Relentless Love for YOU*; *The One: Reaching the Lost with the Love of Christ*; *Fierce: Women of the Bible Who Changed the World*; *Messy People: Life Lessons from Imperfect Biblical Heroes* and several small group studies that Jim and I have co-written together.

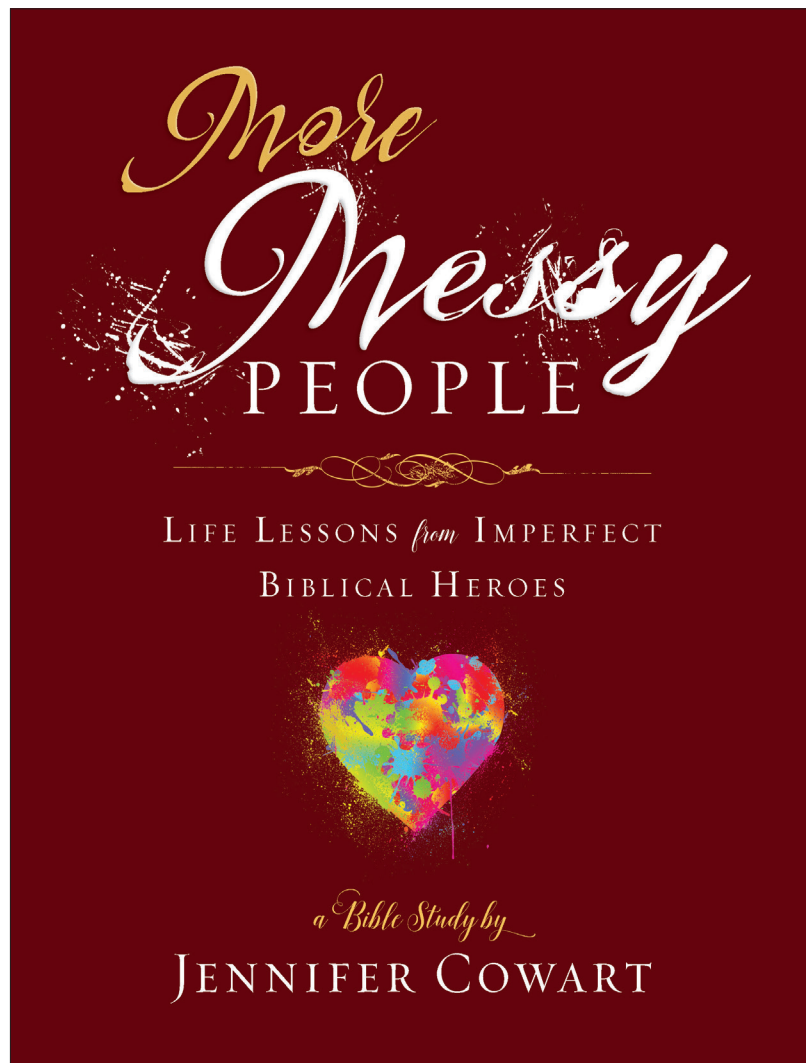
In addition to writing and speaking, I serve as the Executive and Teaching Pastor at Harvest Church in Warner Robins, Georgia. I love the church, this one in particular. The privilege of partnering with people and doing life together is a blessing.

For fun—well, all of the above is fun most of the time—but in addition, I love to travel. The bigger the adventure, the better! I also love animals. We have two dogs, Sam and Luna, and one beautiful horse, Serenity. Other loves? Ice cream comes to mind—but maybe now I'm sharing more than you want to know.

I'd love to connect with you and hear what God is teaching you. Or, let me know when your group meets and maybe I can drop in for a video visit! Contact me at jennifercowart.org.

*What shall we say about such wonderful things as these?
If God is for us, who can ever be against us?*

ROMANS 8:31 (NLT)



*More Messy People:
Life Lessons from Imperfect
Biblical Heroes*

Participant Workbook
9781791033460 **\$17.99**

Leader Guide
9781791033484 **\$15.99**

Video Sessions
9781791033507 **\$49.99***

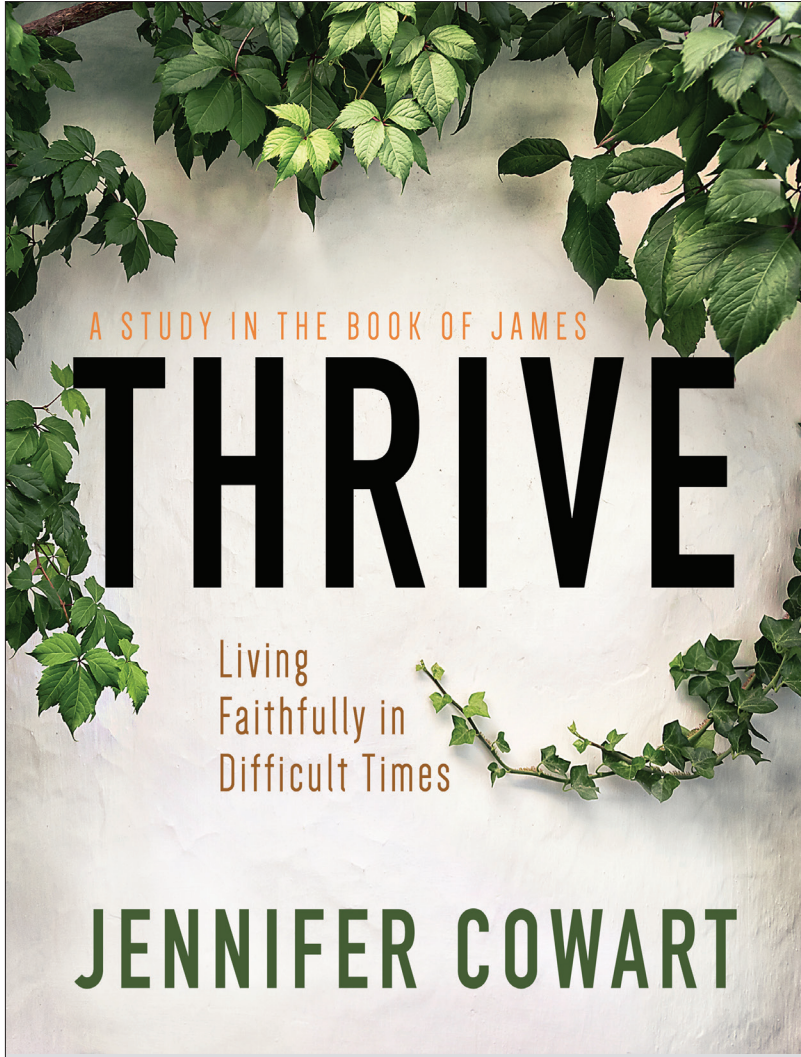
**EXCERPT FROM
MORE MESSY
PEOPLE**

It's part of the human experience to deal with messes. There are literal ones, like soiled diapers and spilled spaghetti sauce. Those are a pain, but with a little attention they are fixable. It's the intangible messes of life that are hard to handle. The messes that affect us spiritually, relationally, and emotionally are the truly tough ones.

Sometimes these messes are just a natural part of doing life, like facing a recession or dealing with sickness. But sometimes our messes result from how others have treated us—or worse, they are a result of our own poor choices. Many of life's messes are the direct result of sin. Sin always creates a mess!

The good news is that God loves messy people!

*Video sessions are available on DVD or from any device with an AmplifyMedia.com subscription.



Thrive:
Living Faithfully in Difficult
Times

Participant Workbook
9781791027803 **\$17.99**

Leader Guide
9781791027797 **\$15.99**

Video Sessions
9781791027766 **\$44.99***

EXCERPT FROM
THRIVE

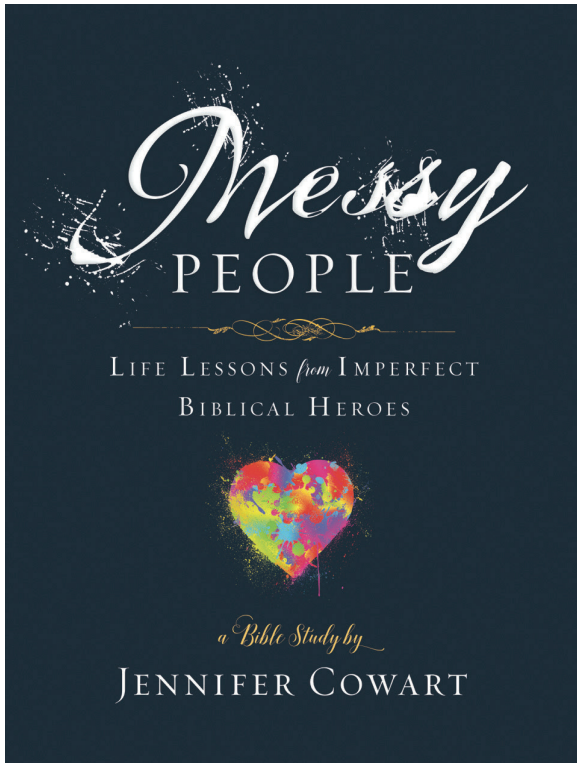
James does not say that we must rejoice for the problems in our lives, but that we can choose to rejoice in them. There is a huge difference.

Honestly, when I'm talking with someone who is facing a tragedy such as the death of a spouse, a miscarriage, or something horrific like rape, the idea of telling them to rejoice in the opportunity for growth seems completely inappropriate. Finding any joy in moments like that is so very hard to do. However, there is something so precious about leaning heavily into God's presence in our pain and then allowing His comforting peace to flood over us.

Reread 2 Corinthians 1:3-7 What does this passage tell us to do in times of trouble?

*Video sessions are available on DVD or from any device with an AmplifyMedia.com subscription.

JENNIFER COWART



Messy People: Life Lessons from Imperfect Biblical Heroes

Participant Workbook with Leader Helps

9781501863127 **\$17.99**

Leader Guide

9781501863141 **\$15.99**

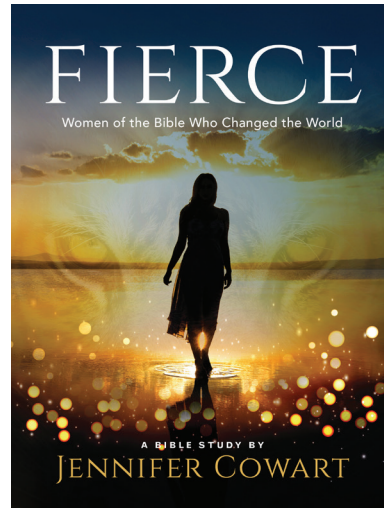
Video Sessions

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EXCERPT FROM *MESSY PEOPLE*

I used to believe that if God needed something significant done, then He would choose someone who had it all together. Do you know those women? They have well-behaved children, dress beautifully, and never lose their cool. They plan their meals in advance and come to Bible study with the homework done and the key verse memorized. They order a salad at lunch and then pick off the croutons. If God wants to do something important, then that gal is the one for the job. Right?

Maybe. But then along comes a Bible hero like Rahab, and the perfect image is shattered. Rahab gives me hope that God can use messy people—maybe even me.



Fierce:

Women of the Bible Who Changed the World

Participant Workbook

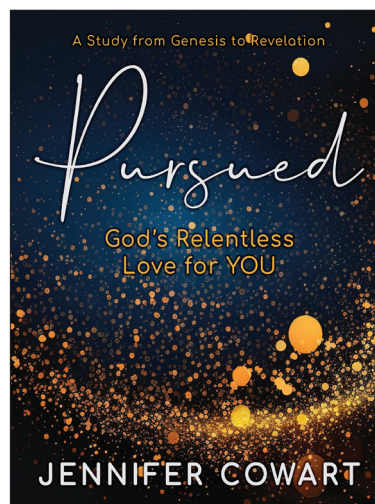
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Leader Guide

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Video Sessions

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Pursued:

God's Relentless Love For YOU

Participant Workbook

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Leader Guide

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Video Sessions

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AMBERLY NEESE



Hello, I'm Amberly

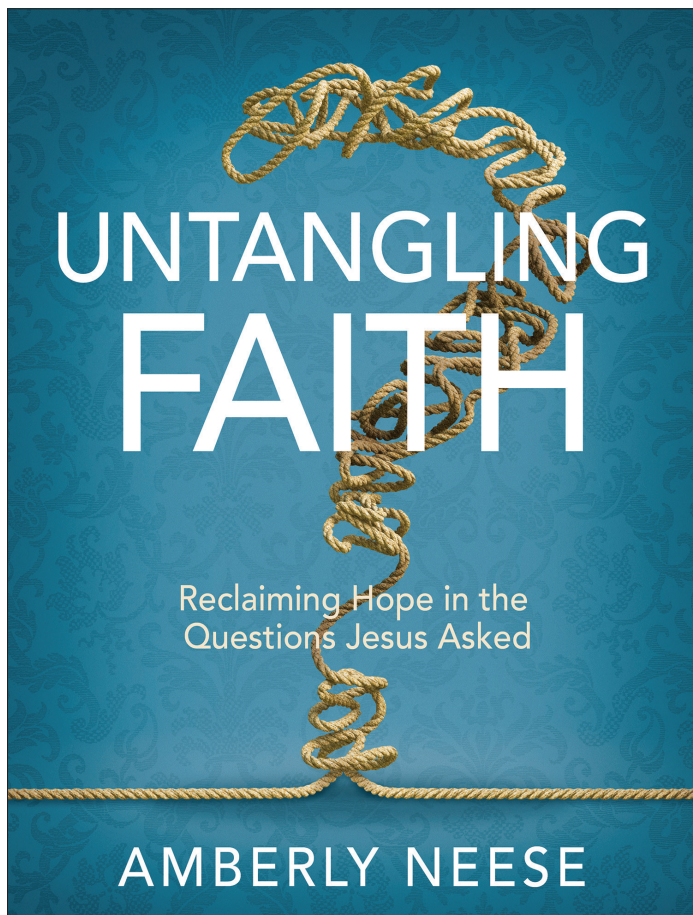
I'm a speaker, humorist, and encourager with a passion for "GRINspiration." As a featured speaker for the Aspire Women's Events and the main host/female comedian for Marriage Date Night, two popular Christian events that tour nationally, I am dedicated to helping you become the joyful person you were created to be. The Bible says that laughter is good medicine, and I've found it's also like glue—helping the truths of God's Word to "stick." I love to remind people of the power and hope found in Scripture. Through a flair for storytelling and a love for Jesus, I candidly open up my story alongside God's Word to encourage others in their walk with Him.

With a Master's Degree from Biola University, I serve as an adjunct professor at Grand Canyon University and as a fundraising coach for various non-profits. My husband, Scott, and I have two teenagers and live in Prescott, Arizona, where we enjoy the great outdoors, the Food Network, and all things Star Wars.

I am the author of the Bible studies *Untangling Faith: Reclaiming Hope in the Questions Jesus Asked*; *Common Ground: Loving Others Despite our Differences*, and *The Belonging Project: Finding Your Tribe and Learning to Thrive* and the devotional book *The Friendship Initiative: 31 Days of Loving and Connecting Like Jesus*.

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.

1 JOHN 4:7-8 (NIV)



*Untangling Faith:
Reclaiming Hope in the
Questions Jesus Asked*

Participant Workbook
9781791028749 \$17.99

Leader Guide
9781791028763 \$14.99

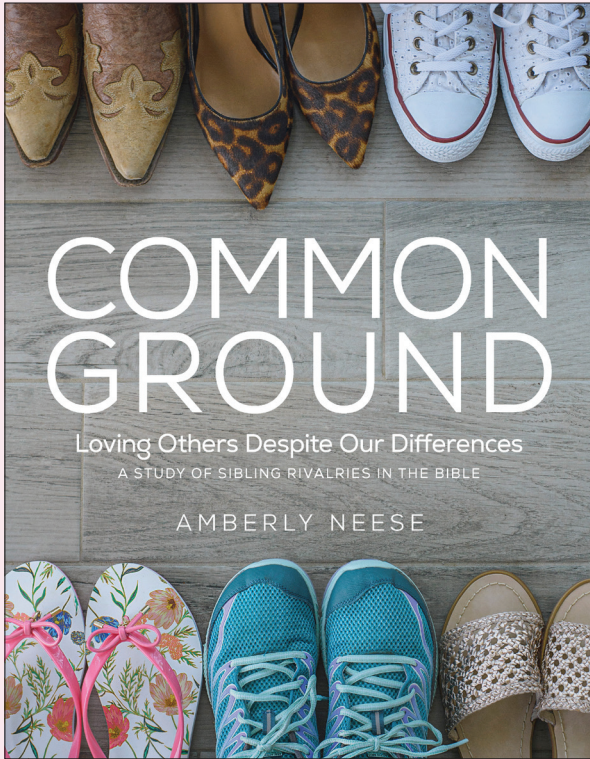
Video Sessions
9781791028732 \$49.99*

**EXCERPT FROM
UNTANGLING FAITH**

My prayer is that this study will remind you that even when your faith feels tangled, God loves you, desires you to seek Him, and welcomes your questions. Jesus promises us, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you" (Matthew 7:7). I am excited to embark with you on this journey of questioning, wrestling (only spiritually, of course!), and reclaiming our hope as we grow in our knowledge of the goodness and love of God.

*Video sessions are available on DVD or from any device with an AmplifyMedia.com subscription.

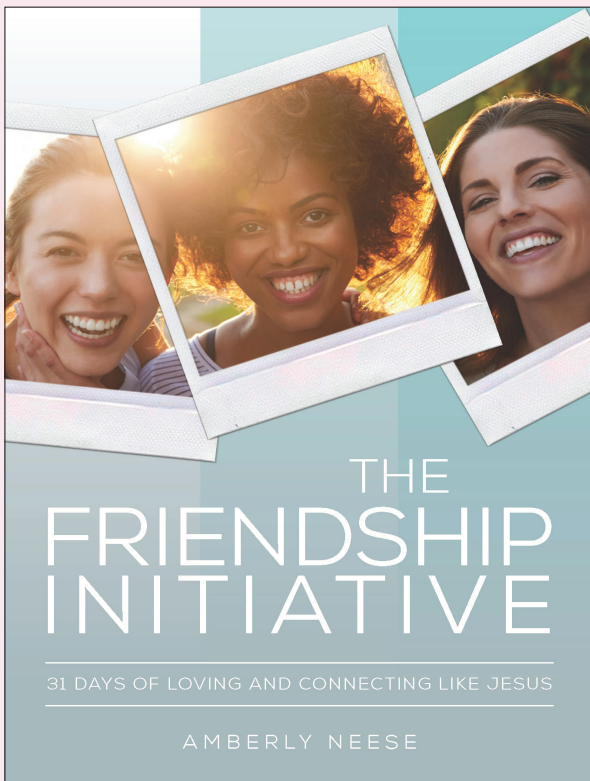
BOOKS BY AMBERLY



*Common Ground:
Loving Others
Despite Our Differences*

**Participant Workbook
with Leader Helps**
9781791014506 **\$17.99**

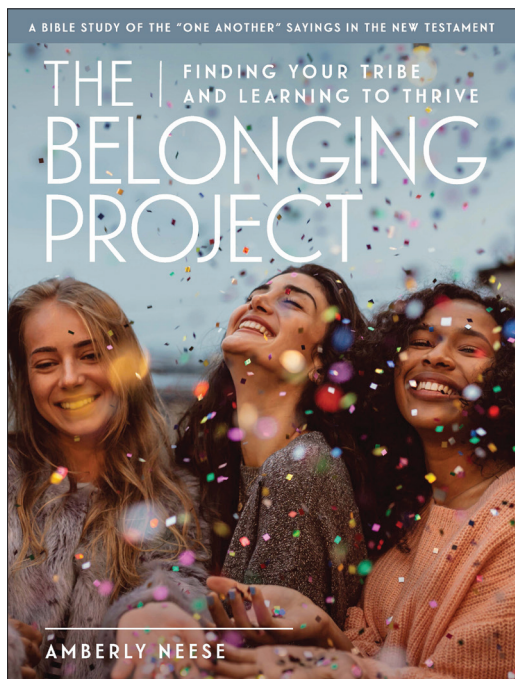
Video Sessions
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*The Friendship
Initiative: 31 Days
of Loving and Connecting
Like Jesus*

9781791015916 **\$12.99**

AMBERLY NEESE



*The Belonging Project:
Finding Your Tribe and
Learning to Thrive*

Participant Workbook with Leader Helps
9781501898754 \$17.99

Video Sessions
9781501898778 \$44.99

EXCERPT FROM *THE BELONGING PROJECT*

The Sandbox of Biblical Community

Here's a helpful metaphor to keep in mind throughout our study. Friendship in biblical community is like the sandbox many of us played in when we were children. As we shoveled sand alongside others, we learned about sharing space and conflict resolution (not to mention the ramifications of eating sand), gained the skills to build and plan, and gleaned how to share the box with others who were at different stages of development. Often, much to my dismay, I had to learn to share my shovel, bucket, and plastic rake—the tools of the sandbox—with others.

Similarly, the sandbox of biblical community is where we learn to learn and grow with other believers. We can learn more each day about how God is shaping us and the people around us to be more like Him. But we will need to live it out as we share, resolve conflict fairly and peaceably, and have empathy for those who are at different stages in their spiritual development. We also need to accept grace and love from those who have had more time in the sandbox of faith. As we begin to “share the tools” of the sandbox with joy, we come to realize that it is an honor to grow alongside sisters and brothers in the faith.

MELISSA SPOELSTRA



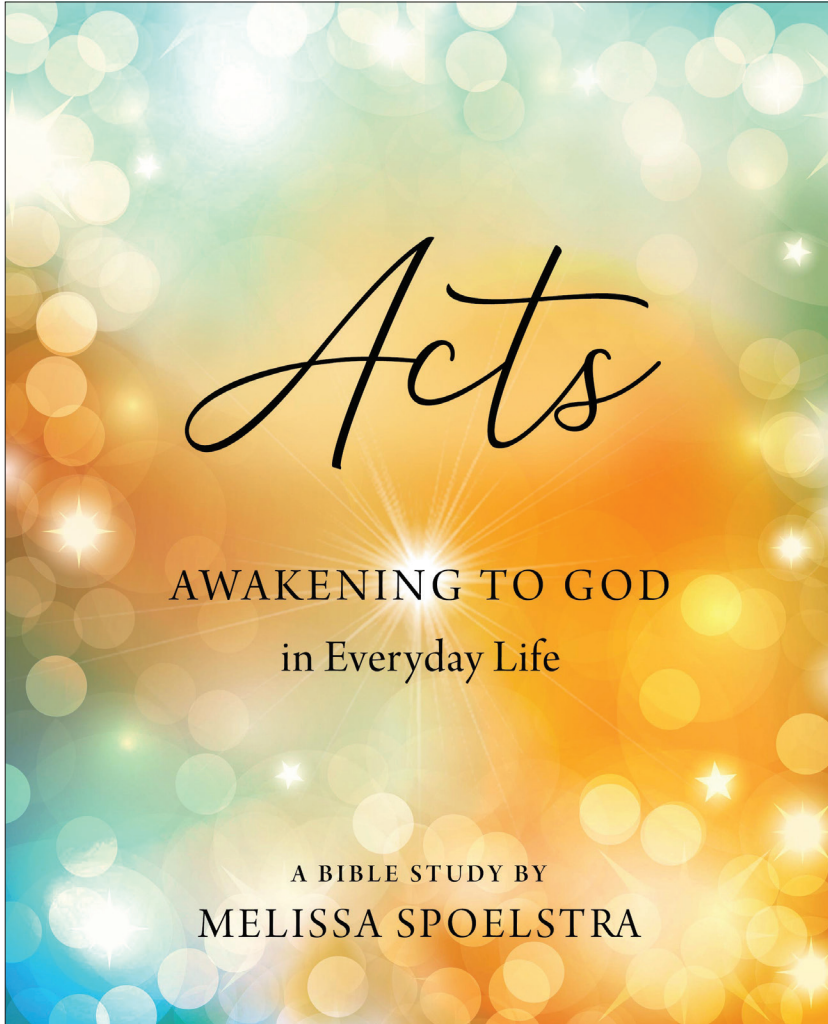
Hello, I'm Melissa

I am madly in love with Jesus and addicted to the study of His Word. I am passionate about knowing Christ and inspiring other women to seek Him by opening our ears to listen to His Spirit, reading His Word curiously, asking questions, exercising careful interpretation, and clinging tightly to God through the storms of life. As wife to my awesome pastor husband, Sean, and mother to four great kids, Zach, Abby, Sara, and Rachel, I am working out my faith on a daily basis. Between sports practices, doctor's appointments, church stuff, and the minutia of everyday life, I need God's Word to draw me back to the things of first importance, and I am passionate about helping other women to seek Christ and know Him more intimately through Bible study.

I hold a Bachelor of Arts in Bible Theology and enjoy teaching God's Word to diverse groups and churches within the body of Christ. I am the author of the Bible studies *Isaiah: Striving Less and Trusting God More*; *Acts: Awakening to God in Everyday Life*; *The Names of God: His Character Revealed*; *Romans: Good News that Changes Everything*; *Elijah: Spiritual Stamina in Every Season*; *Numbers: Learning Contentment in a Culture of More*; *Joseph: The Journey to Forgiveness*; *Jeremiah: Daring to Hope in an Unstable World*; and *First Corinthians: Living Love When We Disagree* as well as the books *Dare to Hope: Living Intentionally in an Unstable World*; *30 Days of Prayer for Spiritual Stamina*; *Total Family Makeover: 8 Steps to Making Disciples at Home*; and *Total Christmas Makeover: 31 Devotions to Celebrate with Purpose*. I blog regularly at MelissaSpoelstra.com. I'm following God through every door He opens and pray that all glory in these endeavors is His alone.

Jesus Christ is the same yesterday, today, and forever.

HEBREWS 13:8 (NLT)



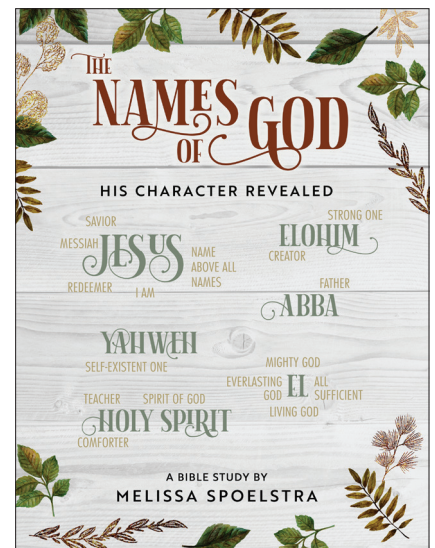
Acts:

*Awakening to God
in Everyday Life*

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9781501878206 **\$17.99**
- Leader Guide
9781501878220 **\$14.99**
- Video Sessions
9781501878244 **\$49.99***
- Leader Kit
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The Names of God: His Character Revealed

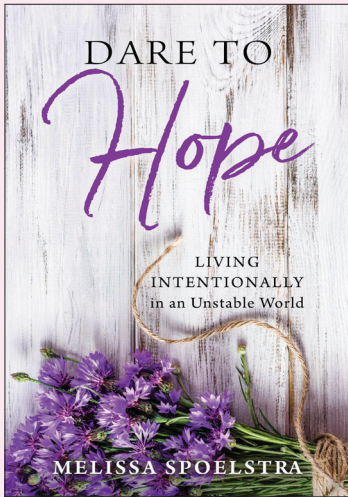
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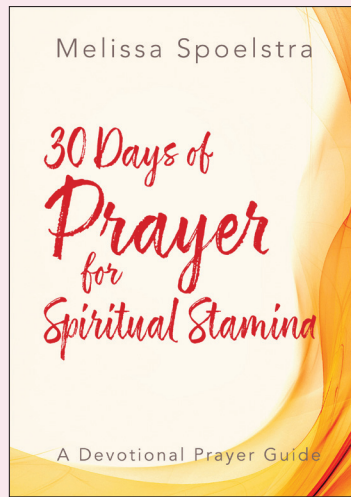


BOOKS BY MELISSA



*Dare to Hope:
Living Intentionally
in an Unstable
World*

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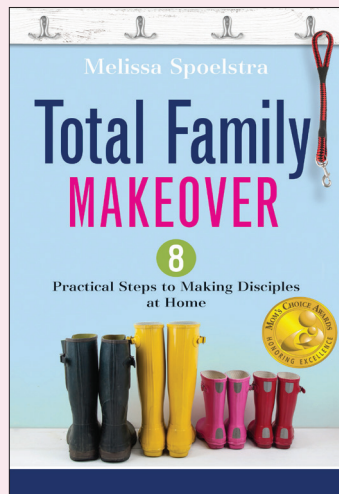
*30 Days of Prayer
for Spiritual
Stamina:
A Devotional
Prayer Guide*

9781501874352 \$10.99



*Total Christmas
Makeover:
31 Devotions
to Celebrate
with Purpose*

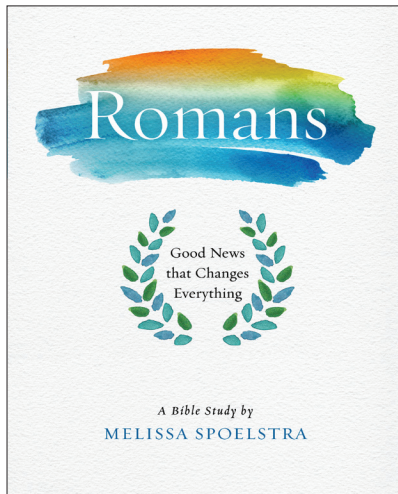
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*Total Family
Makeover:
8 Practical Steps to
Making Disciples
at Home*

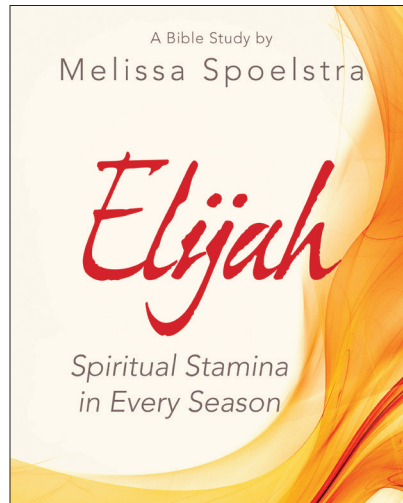
9781501820656 \$18.99

MELISSA SPOELSTRA



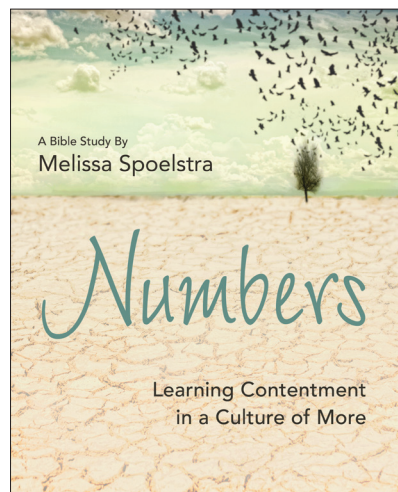
Romans:
Good News that Changes Everything

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9781501838972 **\$17.99**
Leader Guide
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Video Sessions
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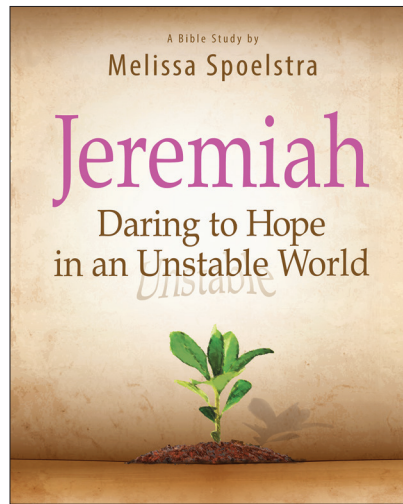
Elijah:
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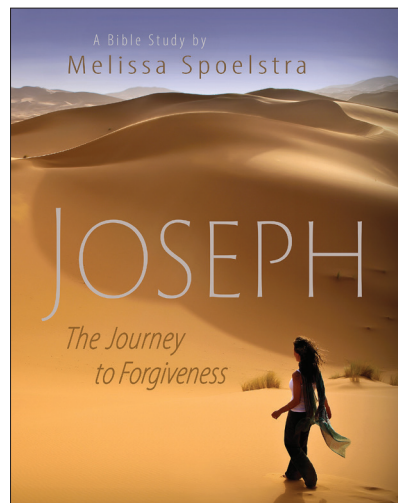
Numbers:
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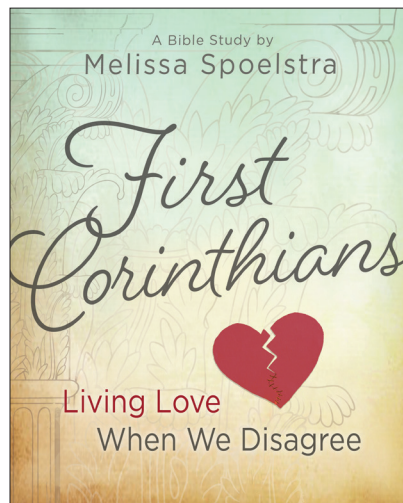
Jeremiah:
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First Corinthians:
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BARB ROOSE



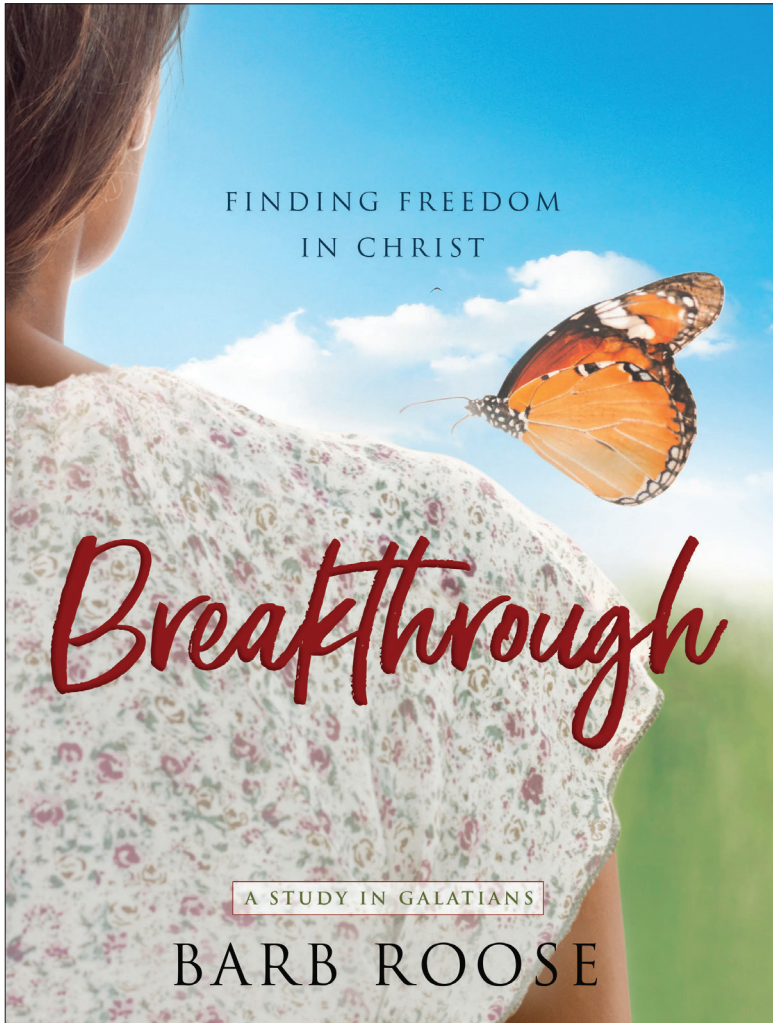
Hello, I'm Barb

I love following God more than anything else in life. As a Bible teacher, speaker, and author, I'm passionate about motivating and equipping women to apply the truths of God's Word to the practical realities and challenges they face in today's culture, encouraging them to live beautifully strong and courageous in Christ. I've seen God's faithfulness firsthand through my battles with anxiety, parenting challenges, family addiction issues and long seasons of unanswered prayer. Rather than teach audiences to follow God to get what they want, my purpose is to inspire them to discover that God is all they need. I enjoy speaking at conferences and events across the country and internationally, including national platforms such as the Aspire Women's Events.

I am the author of the Bible studies *Finding Jesus in the Psalms: A Lenten Journey*; *Breakthrough: Finding Freedom in Christ*; *Surrendered: Letting Go and Living Like Jesus*; *I'm Waiting, God: Finding Blessing in God's Delays*; *Joshua: Winning the Worry Battle*; *Beautiful Already: Reclaiming God's Perspective on Beauty*; and the books *Surrendered: 40 Devotions to Help You Let Go and Live Like Jesus*; *Winning the Worry Battle: Life Lessons from the Book of Joshua*; and *Enough Already: Winning Your Ugly Struggle with Beauty*.

I blog regularly at BarbRoose.com and host the "Better Together" Facebook Live events and podcast. I live in Northwest Ohio and am the proud mama of three amazing adult daughters. I love traveling, reading and whenever possible, I prefer to eat dessert first.

[There's] a right time to hold on and another to let go.
ECCLESIASTES 3:6 (MSG)



Breakthrough:
Finding Freedom in Christ

Participant Workbook
 9781791014223 **\$17.99**

Leader Guide
 9781791014247 **\$15.99**

Video Sessions
 9781791014261 **\$49.99***

Weekly Breakthrough Reflection Exercise

To close out our week of study and help you become familiar with the six kinds of ah-ha moments, spend some time reflecting on them and recording any examples from your past that come to mind—or examples you've observed in someone else's life. You might think of an example for only one or two of them, or you might be able to identify an example for each one. (We will be looking for current examples throughout the rest of our study.)



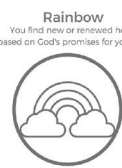
Lightbulb
 You gain new understanding about God or yourself.

Describe the moment:



Butterfly
 You surrender or let go of a struggle, sin, or stronghold from your past.

Describe the moment:



Rainbow
 You find new or renewed hope based on God's promises for your life.

Describe the moment:



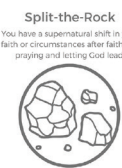
Busted Brick Wall
 You confront and face up to any kind of fear or worry.

Describe the moment:



Line in the Sand
 You realize that a sin, struggle, or stronghold is no longer acceptable.

Describe the moment:



Split-the-Rock
 You have a supernatural shift in your faith or circumstances after faithfully praying and letting God lead.

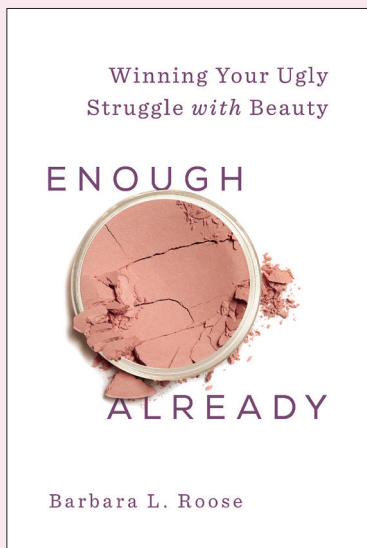
Describe the moment:

**ACTIVITY FROM
 BREAKTHROUGH**

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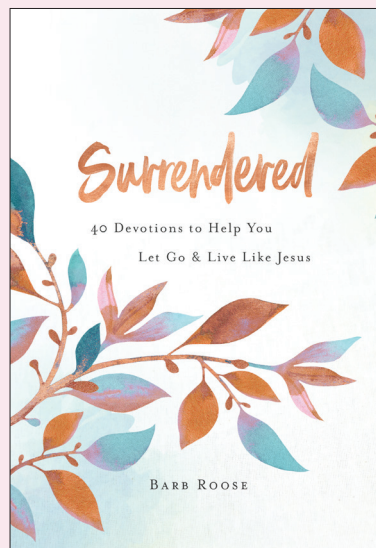


BOOKS BY BARB



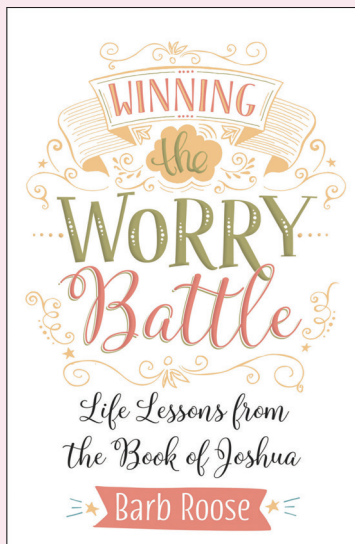
*Enough Already:
Winning Your
Ugly Struggle with
Beauty*

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\$18.99



*Surrendered:
40 Devotions to
Help You Let Go
& Live Like Jesus*

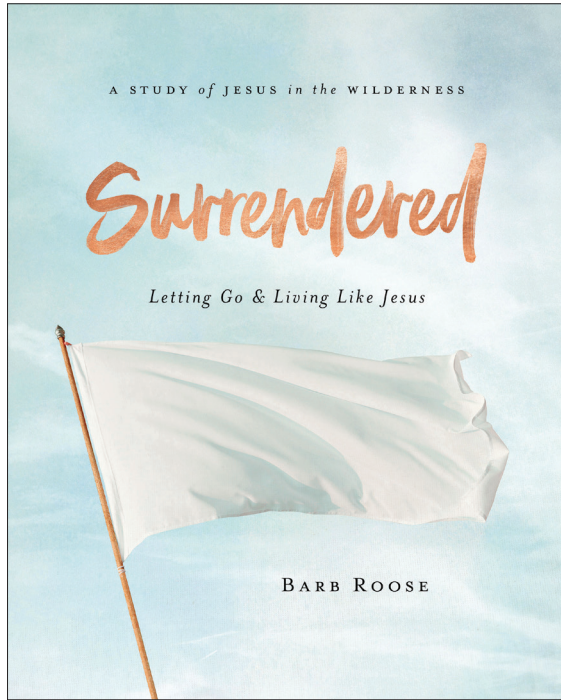
9781791007997
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*Winning the
Worry Battle:
Life Lessons from the
Book of Joshua*

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BARB ROOSE



Surrendered: Letting Go and Living Like Jesus

Participant Workbook
9781501896286 **\$17.99**
Leader Guide
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Video Sessions
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ACTIVITY FROM SURRENDERED



SURRENDER PRINCIPLE #1:

I am not in control of others or outcomes.

You know that this is true, but sometimes, it's helpful to have a short sentence to repeat as a reminder. Now, I'm going to invite you to take a tangible first step toward letting go and making a declaration of surrender to God. You can do this by filling in the blanks below:

My Declaration of Surrender

Dear God, I am tired of trying to fix/solve

In the past I have tried to _____

and I have felt discouraged and defeated because this situation is out of my control.

But God, You can handle this situation. So today I surrender myself and my situation to You. Over the next few weeks of this study, I commit to learning what it means to walk in surrender. But for today, I declare that I am willing to let go of this situation and give it to You.

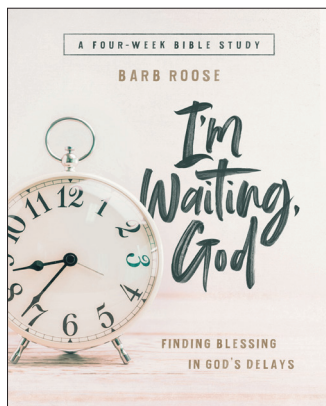
I surrender.

Signed: _____

Date: _____

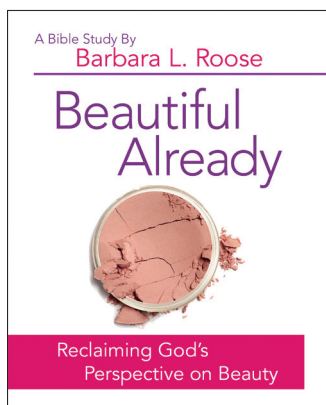
Prayer

Thank You, God, for being God. There are situations in my life that I cannot handle, and I am grateful that You can. So, as I've written in my declaration, I'm giving those situations over to You. Thank You for taking care of me and what I cannot control. In Jesus' name. Amen.



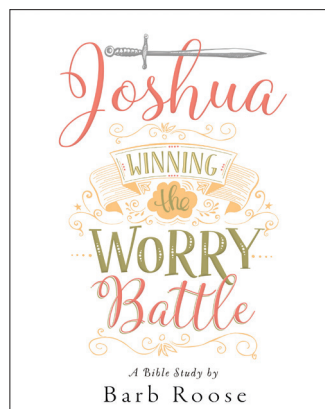
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HEATHER M. DIXON



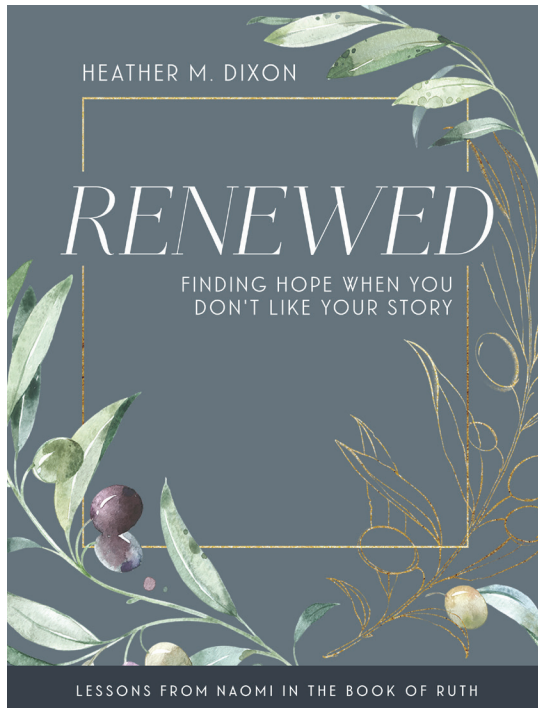
Hello, I'm Heather

I am an author, speaker, wife to the man of my dreams, and mother to a hockey player. I'm also the survivor of Vascular Ehlers-Danlos Syndrome, a genetic connective tissue disorder that makes blood vessels, arteries, and organs prone to spontaneous rupture. I understand living with a story that's not easy. But there's also this: I love Jesus. And there is still breath in my lungs because God fills them up, even though I've been told that there is no reason why I should be here today. God's Word has carried me through some of the scariest moments of my life—and some of the most wonderful ones too!

I believe in the power of God's Word to change lives, and that is why I am passionate about teaching the Bible and encouraging women in their faith. My goal is to equip women for courageous living by helping them trust in God, face their greatest fears, and choose life, especially when life presents its most difficult circumstances. To do that, I speak and teach at women's events, blog at TheRescuedLetters.com, and write and teach Bible studies. I am the author of the Bible studies *Determined: Living Like Jesus in Every Moment* and *Renewed: Finding Hope When You Don't Like Your Story*. When I am not writing or speaking, I love to make the most of everyday moments such as cooking for my husband and son, checking out way too many library books, or unashamedly indulging in my love for all things Disney.

You wearied yourself by such going about, but you would not say, 'It is hopeless.' You found renewal of your strength, and so you did not faint.

ISAIAH 57:10 (NIV)



ACTIVITY FROM *RENEWED*

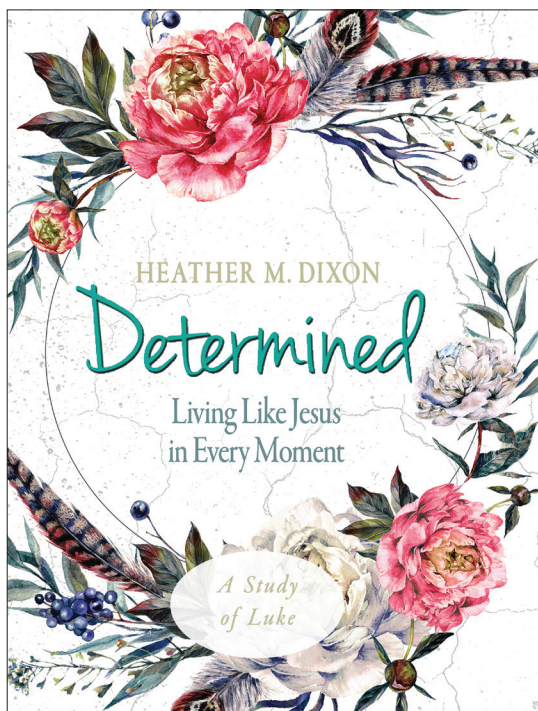
Take a moment to think of all the things in your story that still bring anxiety, fear, or grief. Write each one underneath the wings below. As you do, you might even repeat out loud the words of Ezekiel 16:8, reminding yourself that God's love covers every single piece of your story.



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MARIAN JORDAN ELLIS



Hello, I'm Marian

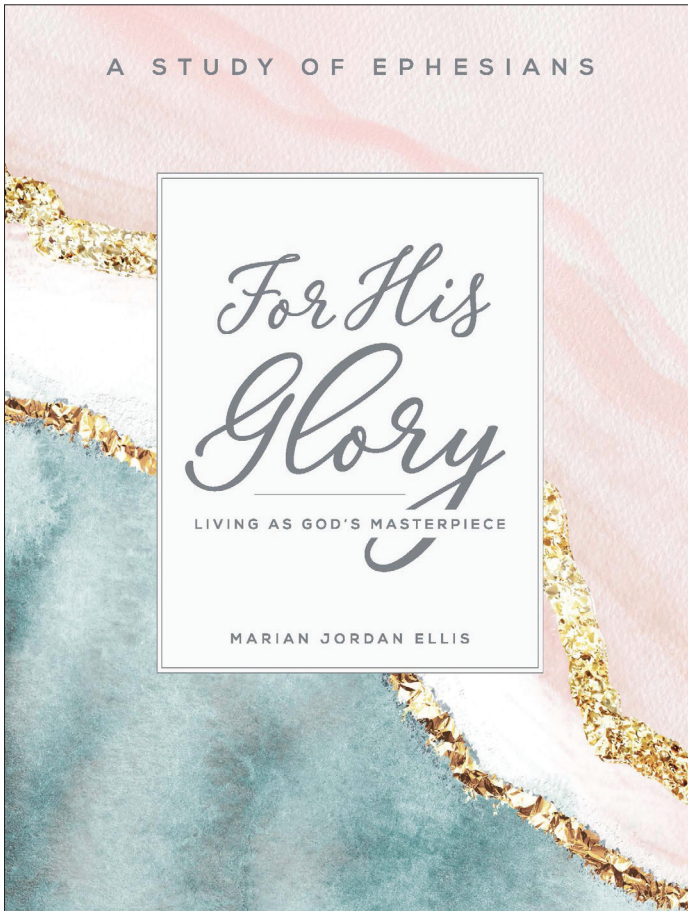
I am passionate about Jesus and helping to lead others to my Redeemer, which means I'm also passionate about studying and teaching God's Word. After graduating from seminary, I served on the teaching staff of a large church in Houston for many years; and currently I am Director of Women's Ministry at Mission City Church in San Antonio. I teach TueGather, a monthly community Bible study gathering in both San Antonio and Austin for hundreds of women who worship Jesus and study His word.

As the founder and president of This Redeemed Life Ministries, a global movement of women transformed by the grace and truth of Jesus Christ, I speak frequently at women's conferences and events both domestically and internationally.

When I'm not on the road, I enjoy connecting with women through my Bible teachings and blog articles on my website ThisRedeemedLife.org, App, and YouTube channel. I am the author of the Bible study, *For His Glory: Living as God's Masterpiece* (a verse-by-verse study of Ephesians), and numerous books, including *Stand: Rising Up Against Darkness, Temptation, and Persecution*. I live in San Antonio with my husband, Justin, three children (Andrew, Brenden, and Sydney), and one very spoiled dog, London.

“I am the door. If anyone enters by me, he will be saved and will go in and out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

JOHN 10:9-10 (NIV)



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**ACTIVITY FROM
FOR HIS GLORY**

Imagine your heart is a literal home to the Holy Spirit. Close your eyes and walk through the house. As you imagine each room, think about what each one represents to you. (For example, the living room could represent your family or entertainment.)

Is there a room where you still need to grant God full access?

Now, invite the Holy Spirit into this area and yield full control to God.

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MARY SHANNON



Hello, I'm Mary Shannon

I love Jesus and God's Word, which is why I encourage women to "get their face in the Book!" My background is rich with a spiritual upbringing rooted solidly in the Bible. But as a self-professed recovering perfectionist, I was bound by performance-based theology much of my Christian life, believing God's affection and approval were contingent on toeing the line of legalism—on measuring up. I'm most comfortable in a ball cap and ripped jeans.

Through the combination of transparent storytelling and, quite honestly, a sassy sense of humor about the messiness of life, I hope to give you fresh insights and make you laugh and cry as I seek to bring the Bible to life for ordinary people like you and me.

After teaching the Bible in the classroom for many years, I began to teach women in my community; and today I lead three large women's Bible study groups in the Phoenix metropolitan area (200-300 women each), as well as teach across the nation as a featured speaker with the Aspire Women's Events. The loves of my life are my daughter, Hillary, and my late son, Zach.

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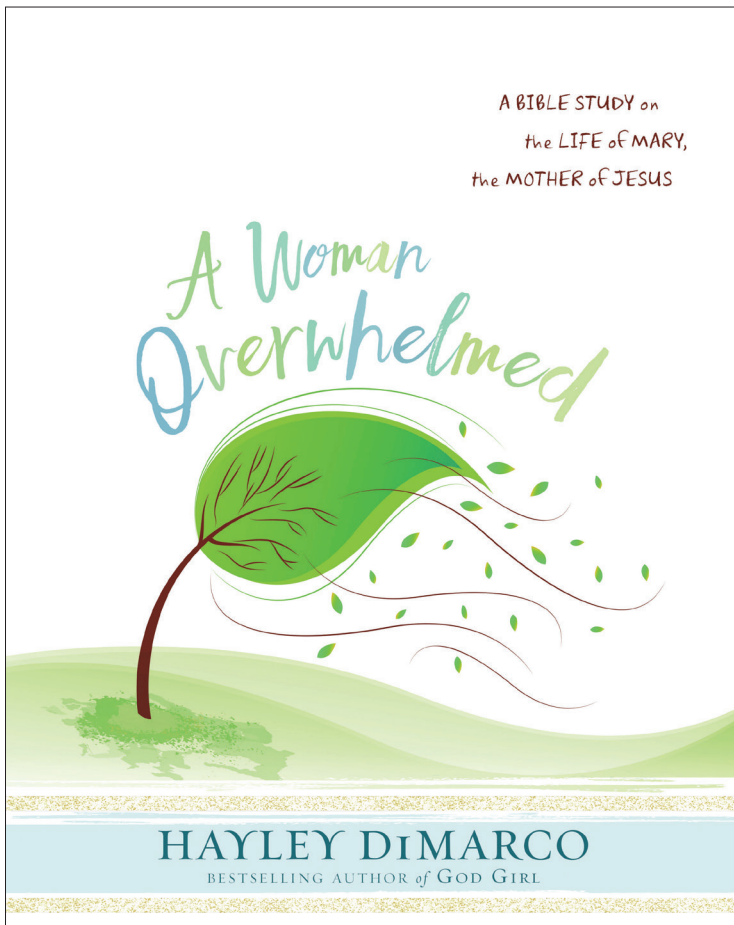
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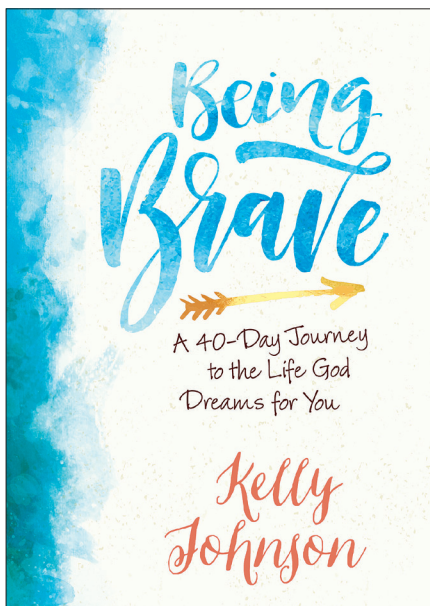
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*The grass
dries up;
the flower withers,
but our
God's word
will exist forever.*

ISAIAH 40:8 (CEB)

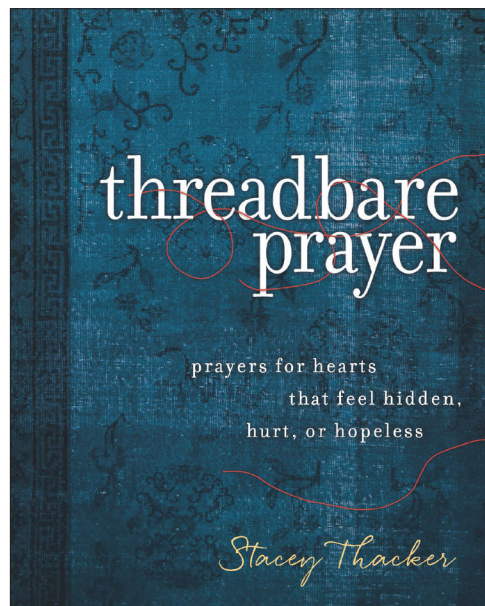
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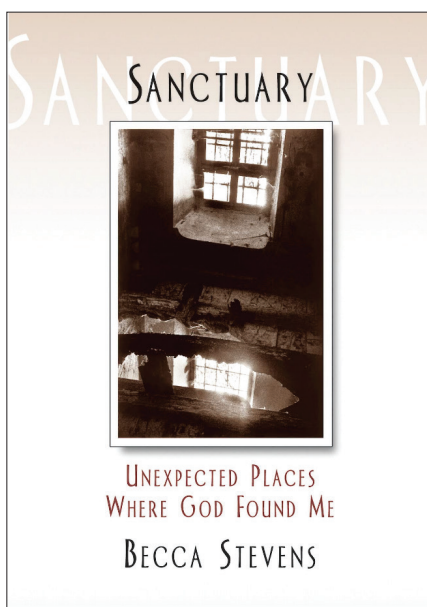
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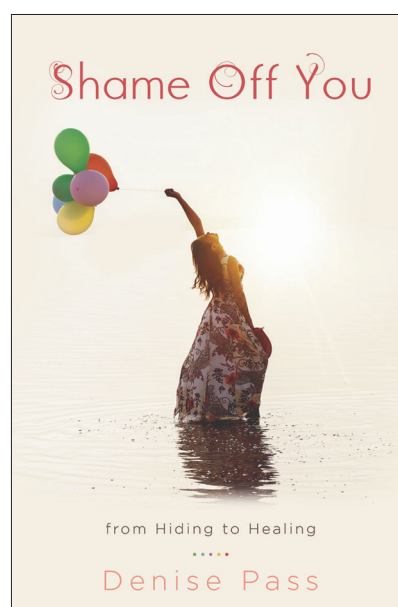
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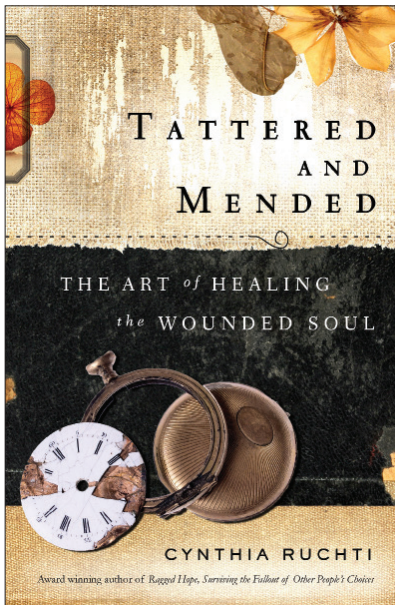
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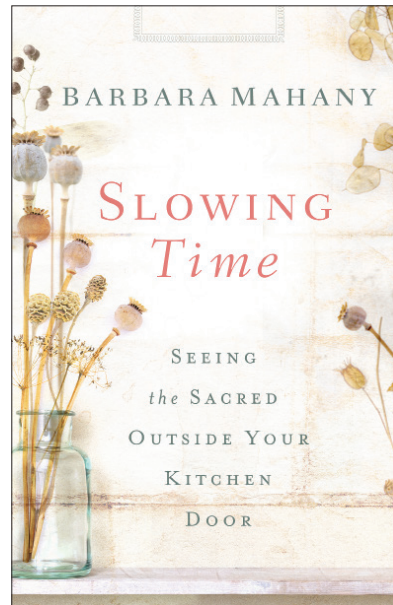
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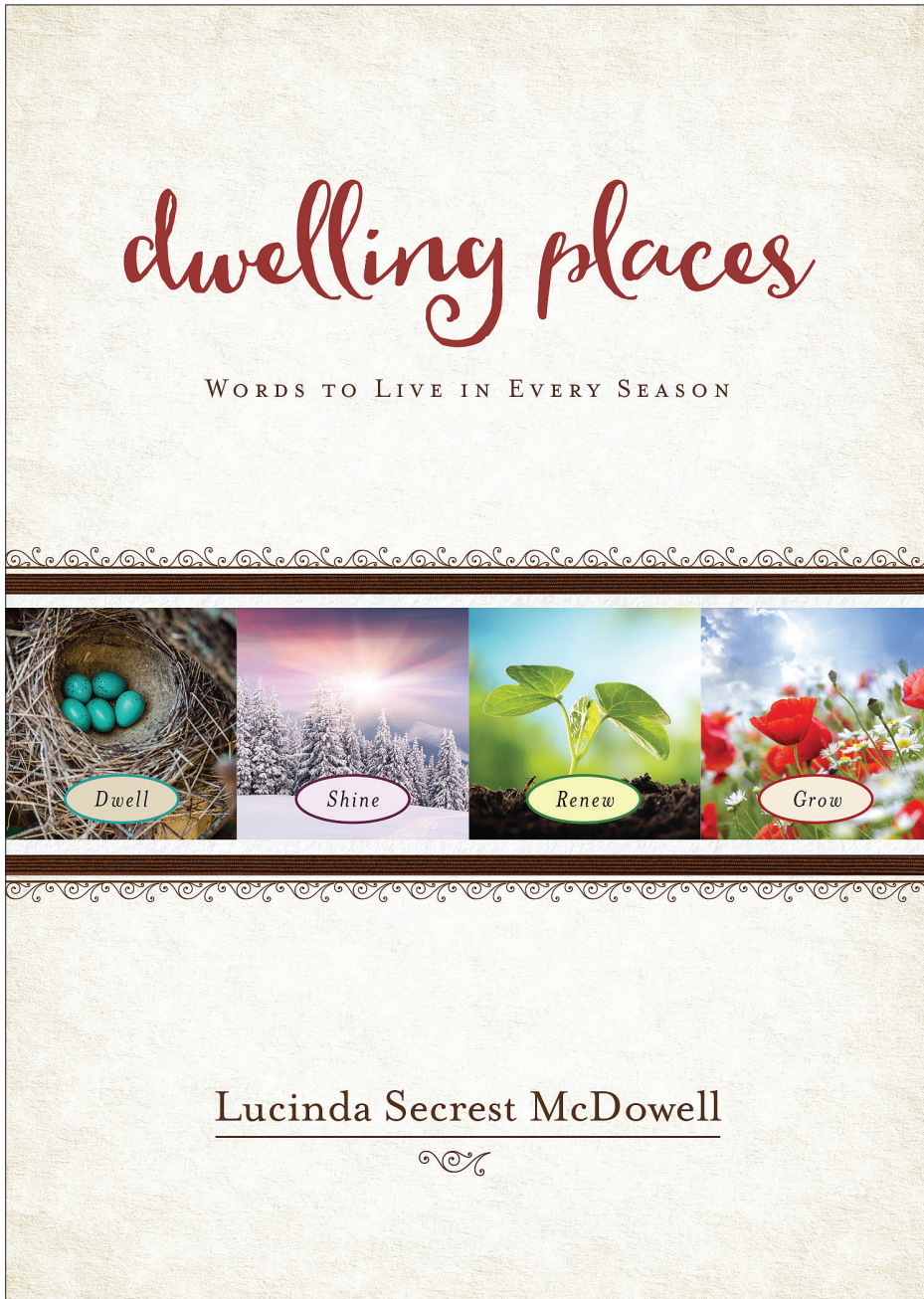
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Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

JAMES 1:17 (CEB)

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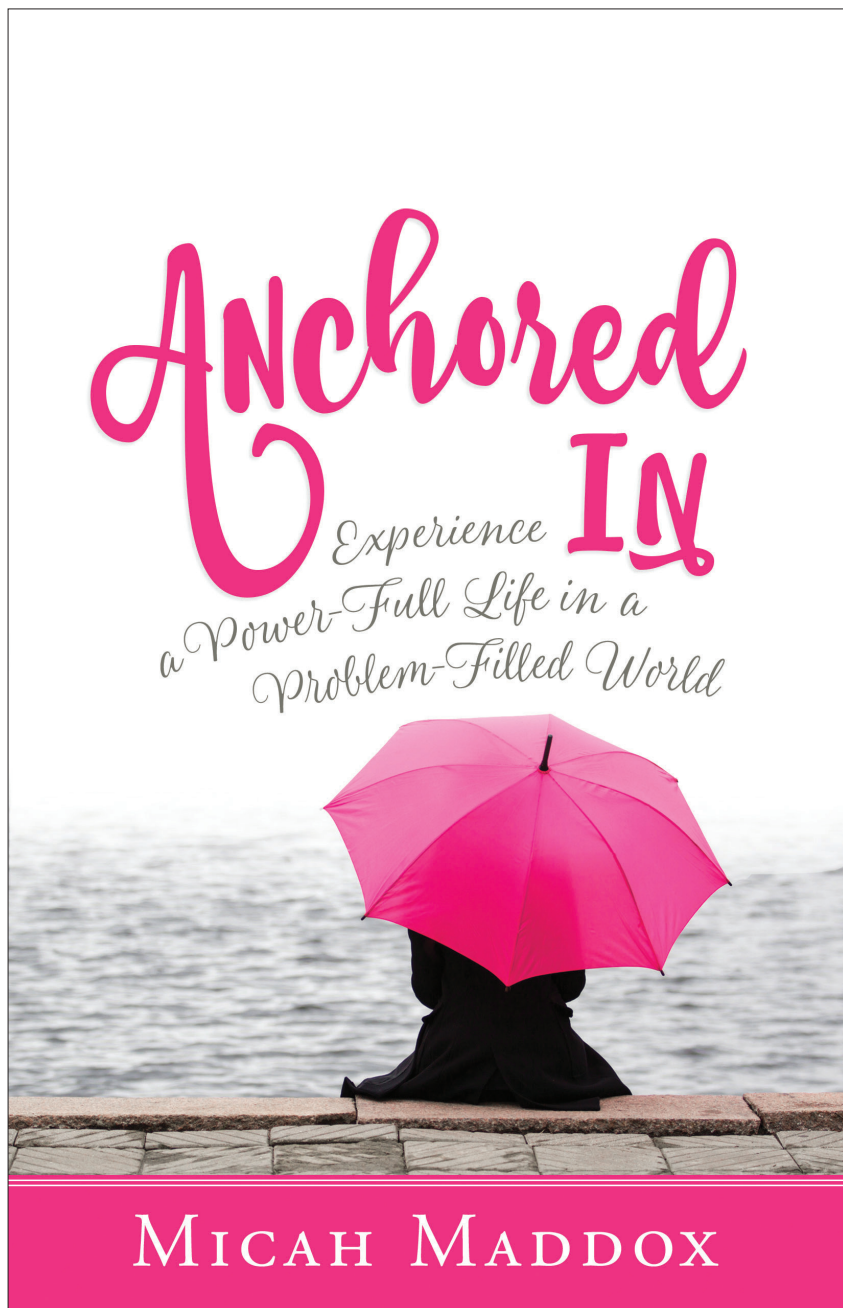
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*Dear friends, let us love one another,
for love comes from God.*

*Everyone who loves has been born of God
and knows God. Whoever does not love does not
know God, because God is love.*

HEBREWS 10:25 (CEB)



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