

WHAT IS A Story

Moments that shape us and carry us. They are never lost.
We feel them. The victories, the losses, the pain, the joy.
Our stories impact us & change us.
They cause us to pause or keep going,
to grieve or to celebrate.
They make us who we are. These are our stories.
Our stories are your stories. They matter.

20 year battle
with
chronic illness

hope through
counseling &
therapy

turning my birth
experience as a
first-time mom into
a victory rather
than a failure

surrendering a
relationship I
was idolizing

naming lies my
heart was fed as a
child & letting God
transform my
mind

learning to make
hard decisions
for me & my
family and not for
other's approval

learning how to
be loved in
vulnerability,
fear, joy, &
sorrow in my
marriage

struggling to find
community in a
new city

healing from past
experiences &
prioritizing
mental health

believing the lie
that my body will
always fail me & is
not good

freedom from
depression & self
harm in walking
with Christ in
community

walking through
repentance &
feeling & knowing
true forgiveness

grieving hard family
relationships and
what I long for in
those relationships

God wants to
use what hurt
me to heal me

wrestling
in my
singleless

consumed by
anxiety

trauma from
sexual
abuse

learning to hold
joy & grief at the
same time

believing i can
do hard things

struggling with
depression the
first 6 months of
marriage

walking through
my dad's
brain cancer

feeling broken and
ashamed in a called
off wedding

growing through
trauma & watering
seeds of thriving
relationship

awareness of
continual learning &
flexibility to change
my mind

finding purpose
while waiting on
my dreams

emotional safety
& healthy
boundaries

finishing my
master's degree
with three kids &
pregnant