

Faithfully She is...

CALM IN THE CHAOS

A Faith & Behavior Guide for Anxious Hearts



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We'd love your feedback!

Your voice means so much to us. If Faithfully She resources have encouraged, equipped, or inspired you, would you take a moment to share your thoughts? Your feedback helps us grow, reach more women of faith, and continue creating tools that bring calm, confidence, and spiritual renewal to everyday life. And if you've been blessed by what you've found here, we'd love for you to tell a friend or share the news about Faithfully She with someone who could use a little extra peace and encouragement today.

Thank you for being part of this community—your story truly matters to us.

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The background of the slide is a soft, light beige color. It features a subtle, wavy pattern that resembles the texture of sand or the gentle movement of water. In the lower right corner, there is a faint, dark shadow of a palm leaf, adding a tropical or coastal feel to the design.

Introduction



Hello!

In a world that rewards hurry and measures worth by how much we do, *Calm in the Chaos* is your gentle invitation to move at a different pace — the pace of grace. Written by mother-daughter team Dr. Tricia and Regan, this devotional journey was born out of our shared calling to help women quiet the noise of anxiety, rebuild confidence, and lead with peace. Through years of walking with both faith and behavioral science, we've learned that calm isn't passive — it's powerful. It's the steady strength that allows you to stand firm when life feels uncertain and to lead with grace when the world feels loud. Inside these pages, you'll find short devotionals, reflection prompts, and practical calming tools designed to anchor your heart in God's presence and remind you that even in the chaos, peace is always possible.

Tricia and Regan

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PART I

*Finding Stillness When Life
Feels Overwhelming*

CHAPTER 1: THE GIFT OF PAUSE

*“Be still, and know that I am God.” —
Psalm 46:10*



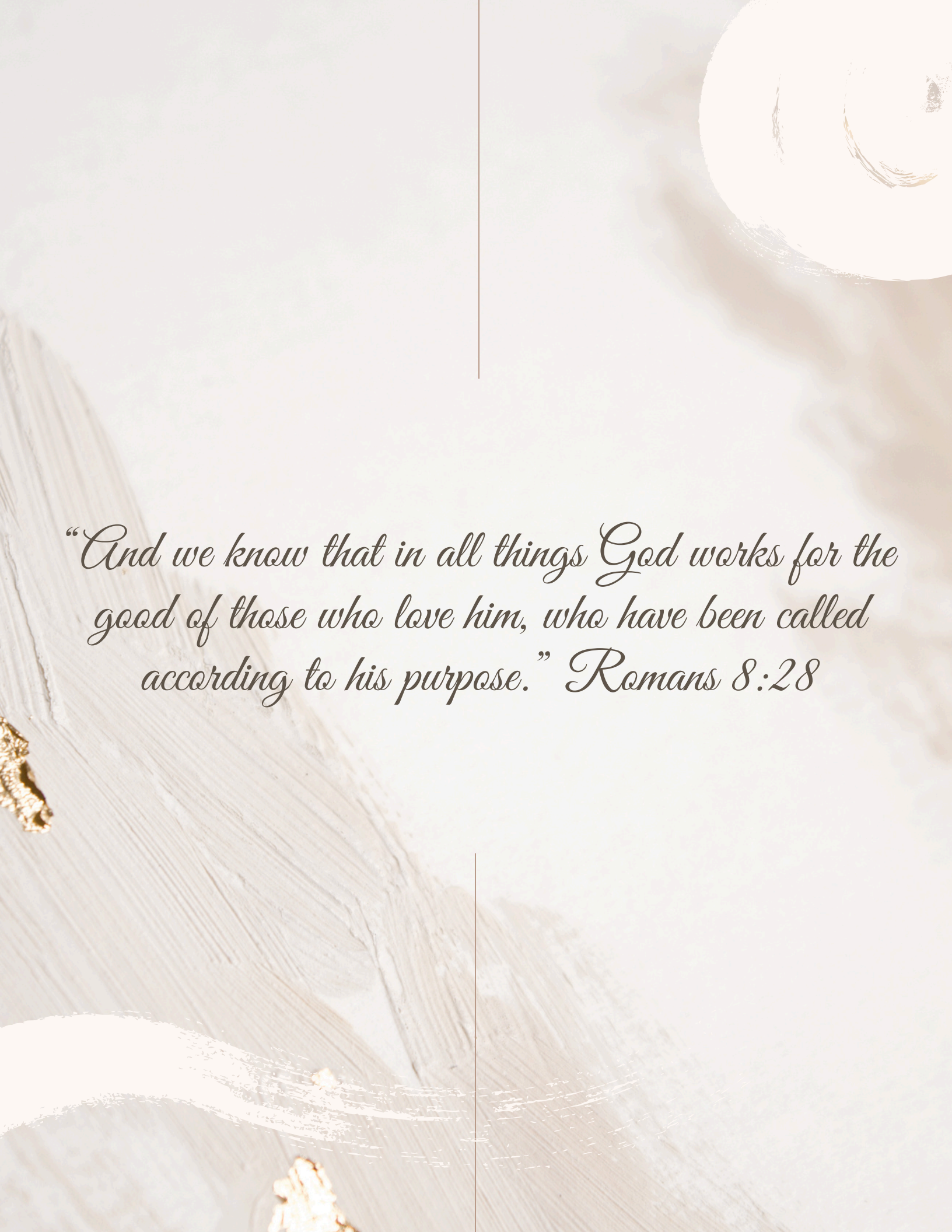
A MOMENT TO BREATHE

In a world that measures worth by movement, stillness can feel uncomfortable — even unsafe. We rush to answer texts, fix problems, and prove our value through productivity. But in the Kingdom of God, rest is not laziness. It's leadership.

When the world says, "Do more,"
God whispers, "Be still."
That whisper is your invitation to
pause — not because everything
is perfect, but because peace
begins in the pause. It's in that
sacred space between reaction
and response that God often
speaks the loudest.

Be Still...





“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28



FROM MY HEART

Dr. Tricia

When I taught special education and mothered young children, I believed calm was something I'd earn once everything was organized. I thought if I planned well enough, I'd finally feel peace. But God gently taught me: peace isn't found in control; it's found in surrender.

That truth became even more real when Chris and I adopted a young teen to join our two biological children. I wanted so badly to give her a sense of safety and belonging that I tried to orchestrate every detail — the routines, the conversations, even the emotions in our home. I thought if I could just manage the environment perfectly, she'd thrive.

But in that season, God reminded me again that peace can't be manufactured through control. No amount of structure or strategy could create the healing only He can bring. As I released my grip and let Him guide our family through the unknowns of adoption, I discovered a deeper peace — not in my ability to manage outcomes, but in trusting the One who holds them.

That journey—both as a teacher and a mother—reshaped my understanding of calm. True peace doesn't come when life is tidy; it comes when our hearts are surrendered.

Behavioral Insight

By Regan



When anxiety rises, your nervous system activates what's called the fight-flight-freeze response. You feel tension, racing thoughts, shallow breathing. The brain says, "Fix it!" — but what your body actually needs is a pause.

I've experienced this more times than I can count. As someone who has battled anxiety, I know the feeling of wanting to do something to make it stop — to fix the thoughts, fix the moment, fix myself. But every time I tried to rush through it, I only felt more exhausted and disconnected.

Over time, God has taught me that a pause isn't weakness; it's rewiring. It's the sacred moment where your body and spirit remember that you're safe, that you're not alone, and that peace doesn't come from control — it comes from surrender.

A pause gives your mind permission to shift from reactive to responsive — from panic to presence — and that's where healing begins.

A pause gives your mind permission to switch from reactive to responsive.

It's not weakness; it's rewiring.

Here is a simple tool we teach...

The 3-Breath Reset



1

Breathe in slowly
through your nose
for four counts.
“The Lord is near
to all who call on
Him, to all who call
on Him in truth.”
Psalm 145:18

2

Hold for two
counts “When I am
afraid, I put my
trust in You.”
Psalm 56:3

3

Exhale through
your mouth for six
counts “Peace I
leave with you; My
peace I give you. I
do not give to you
as the world gives.
Do not let your
hearts be troubled
and do not be
afraid.” John 14:27

Repeat three times. Feel your shoulders soften.

This simple rhythm signals your body that you're
safe — creating space for your spirit to listen.

Reflection Prompts

- Where in my life do I resist stillness because I equate it with falling behind?
- What would it look like to pause for presence instead of performance?
- What anxiety am I carrying that I can lay down in God's hands today?

Your Thoughts

Prayer

Lord, teach me the sacred strength of stillness. When
my mind races and my heart fears missing out,
Remind me that peace is not found in control but in
Your presence. Help me breathe deeply of Your calm
and trust that You are holding what I cannot.
In Jesus' name, amen.



Gentle Weekly Challenge

1

Each day this week stop what you are doing.

2

Close your eyes and take your 3-Breath Reset.

3

Whisper, “Be still”.

*Let that be your holy pause — the place
where your peace begins again.*

CHAPTER 2: When Anxiety Speaks Louder Than Faith

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” — Philippians 4:6–7



WHEN FEAR FEELS FAMILIAR

Anxiety has a way of whispering
lies that sound like truth.

“You’re not enough.”

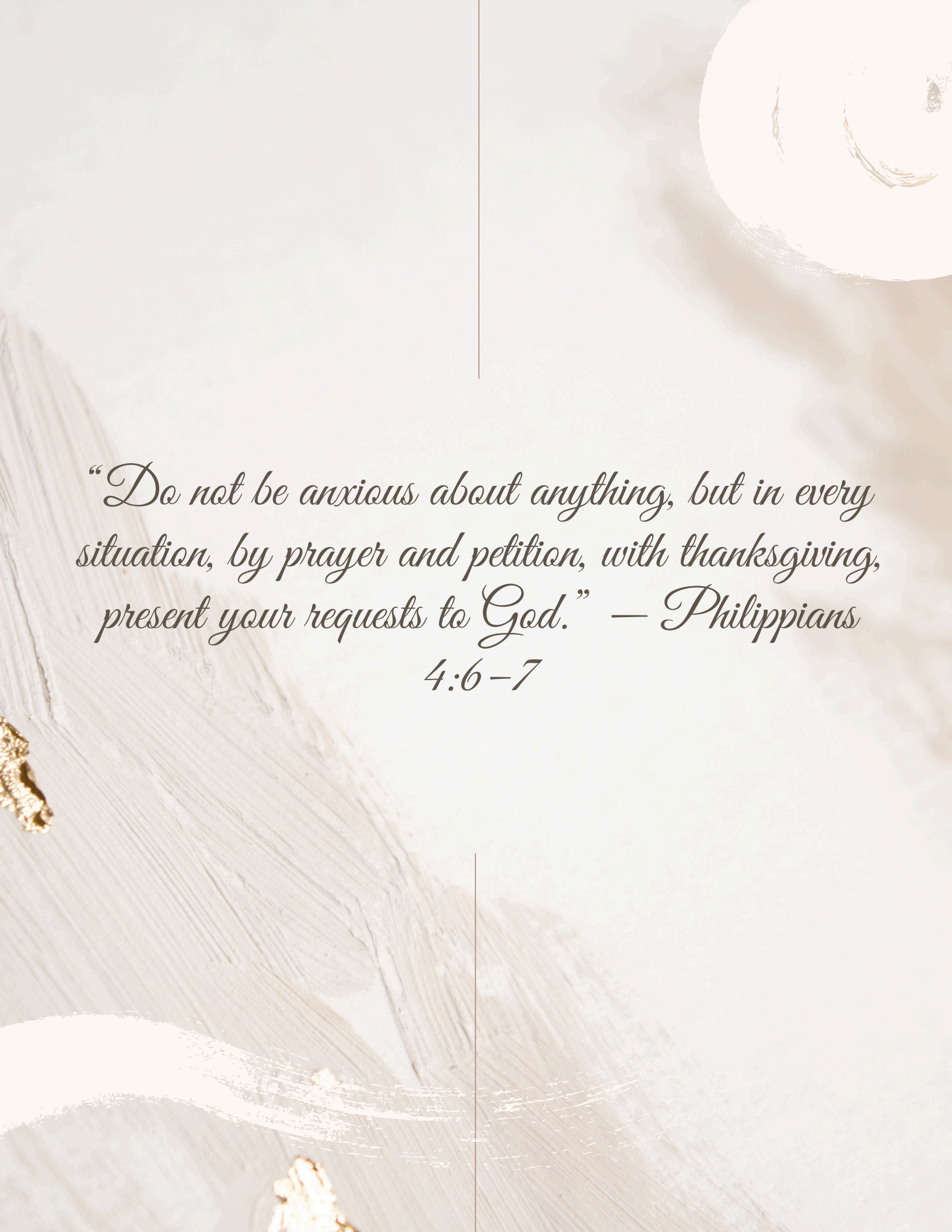
“You’re falling behind.”

“Everyone else has it together.”

Those voices echo loudest when
life feels uncertain — and
sometimes, they drown out the
quiet confidence of faith. But the
presence of anxiety doesn’t
mean the absence of belief. It
means your spirit is being invited
to trust deeper, even when your
body feels afraid.



*Faith isn't the absence of fear — it's choosing
who you'll listen to when fear speaks.*



“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” — Philippians 4:6–7



FROM MY HEART

Dr. Tricia

When I first stepped out to help start a private Christian school for students with special needs, I was full of fear. Teaching had always been my safe place — the classroom felt familiar, predictable. After a year, I was asked to step into administration and I froze. I remember thinking, “I’m not equipped for that. I only know how to teach.”

That new role brought a new level of pressure. There was a season when anxiety ruled my mornings. Before my feet even touched the floor, my thoughts were already racing: What if I fail? What if I can’t keep up? What if I let everyone down?

The Holy Spirit often reminded my heart:

“Daughter, I’m not asking you to handle it all. I’m asking you to hand it over.”

Over the years, I realized anxiety often begins when I take responsibility for outcomes that only belong to God. I had been trying to carry what He had already promised to cover.

Faith silences fear not through force, but through surrender.

Now, when my thoughts start to spiral, I pause and breathe to remember:

“Even if I don’t know how this ends, I know Who holds me.”

That one phrase — “Even if...” — recenters my heart in God’s steadiness. It reminds me that peace isn’t something I earn through control; it’s something I receive through trust.

Behavioral Insight

By Regan



Anxiety is the brain's alarm system — a signal, not a sentence. It tells us, "Something feels unsafe," but it doesn't always tell the truth. I always knew I wanted to become a Board Certified Behavior Analyst one day — but I imagined it would happen much later in my career. My plan was to teach for years, gain experience in the classroom, and maybe one day, down the road, specialize in behavior.

So when God began stirring that desire in my heart just one year after graduating, I was confused — and honestly, afraid. I had spent five years in college earning my degree in special education and then went on to complete my master's. I had poured everything into becoming the best teacher I could be. Walking away after only one year felt like throwing it all away.

But there was one part of teaching that always lit a fire in my heart — working with students with autism who displayed challenging behaviors. I loved the process of understanding why a behavior happened, responding with patience and empathy, and helping a child find new ways to communicate and connect. I didn't see it then, but that passion was the spark God would use to lead me toward my next calling.

Still, when the time came, my heart wrestled.

"Lord, how could I leave so soon?" I prayed. "You opened every door for me to be here. How do I walk away from something I've worked so hard for?"

The anxiety was real — the second-guessing, the fear of failure, the worry about what others might think. But one night, through tears and prayer, I finally surrendered it all.

"God, I don't want to make a move without You. If this desire is from You, please confirm it with Your peace."

And He did.

Behavioral Insight

By Regan



It wasn't a loud voice or a lightning bolt moment — it was a still, quiet peace that settled deep in my spirit. The fear didn't vanish, but it no longer controlled me. I knew God was leading me to something greater — not away from my purpose, but deeper into it.

Now, as a BCBA, I see the beauty in how He connected every step. My years studying special education weren't wasted; they were preparation. My time in the classroom wasn't lost; it was training for the compassion and discernment I need every day in behavior analysis.

Sometimes God asks us to trust Him sooner than we planned. Sometimes He changes the timeline — not to take something from us, but to fulfill something within us. And when we finally surrender our plan to His, peace always follows.

When your thoughts spin, try this three-step behavioral tool to separate fear from fact.

The 3 R's of Calm Thinking



RECOGNIZE THE THOUGHT

Name it without judgment. “I’m afraid I’ll mess this up.”

REFRAME THE FEAR

Replace what if with even if. “Even if I make mistakes, God’s grace covers me.”

REDIRECT THE MIND

Take one small, grounding action. Step outside. Touch something textured. Whisper a prayer.

When you practice this regularly, your brain learns to stop accepting anxious thoughts as truth — and starts deferring to peace.

You’re retraining both your mind and your nervous system to trust God’s steadiness over your emotions’ storm.

Reflection Prompts

- What anxious thought has been the loudest in my mind this week?
- How can I hand that burden back to God instead of trying to fix it?
- What would shift if I truly believed “even if” instead of “what if”?

Your Thoughts

Prayer

Father, when fear rises and my thoughts race ahead,
remind me that You are already there — steady,
faithful, and kind. Quiet the noise within me, and help
me hear Your truth above the lies. Teach me to
surrender what I cannot control and to rest in Your
sufficiency. Even if I don't see the way forward, I will
trust that You are working.

In Jesus' name, amen.



Gentle Weekly Challenge

*When anxiety starts to speak, don't fight it
— pause and reframe it.*

1

Breathe



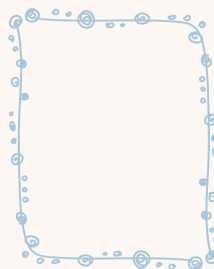
2

Recognize



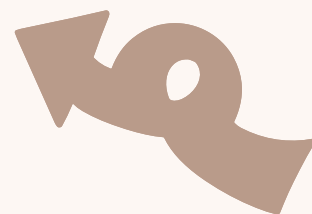
3

Reframe



4

Redirect



Then say aloud:

“Even if I don’t know the outcome, I know my God is good.”
That’s what calm in the chaos really sounds like — the steady voice of
trust speaking louder than fear.

Chapter 3: Grace for the Overwhelmed Woman

“My grace is sufficient for you, for My power is made perfect in weakness.” — 2 Corinthians 12:9

WHEN “TOO MUCH” MEETS “NOT ENOUGH”

If you've ever felt torn between doing it all and being enough, you're not alone.

Women who love deeply often carry deeply — we hold families, ministries, and endless mental lists in our minds. But somewhere between trying to be everything for everyone, we forget the truth: we were never asked to be perfect — only present.

Overwhelm often begins when we try to manage what only God can hold.

And grace begins the moment we stop striving long enough to remember — He already has.

“You will keep in perfect peace those whose minds are steadfast, because they trust in You.”

Isaiah 26:3

*“Come to me, all you who are weary and burdened,
and I will give you rest.*

*Take my yoke upon you and learn from me, for
I am gentle and humble in heart, and you will find
rest for your souls.*

*For my yoke is easy and my burden is light.”
Matthew 11:28-30*



FROM MY HEART

Dr. Tricia

There was a season as a school principal when my to-do list never seemed to end. Meetings, emails, student needs, staff questions — all of it tugged at me at once. I constantly had to remind myself that the task was not as important as the person in front of me.

I remember one afternoon, I was hurrying to finish a task before a deadline when a teacher came to my office door. My first thought was, “I don’t have time right now.” But then I felt that quiet nudge in my spirit: Stop!

So, I pushed the computer aside, turned my chair, and gave her my full attention. She was overwhelmed, tears pooling in her eyes, just needing someone to listen. In that moment, I realized again — leadership isn’t about managing tasks; it’s about ministering to hearts.

There was a time I believed exhaustion was just part of being faithful. If I wasn’t tired, I wondered if I was doing enough. But the Lord began whispering to my spirit: “I didn’t call you to burnout. I called you to be a light — and lights can’t shine when they’re burned out.”

Grace met me there — not the kind of grace that excuses chaos, but the kind that invites rest.

Grace says:

“You can step back. I’m still working.”

Overwhelm is not a reflection of failure — it’s often a sign that your soul is craving rest in His presence. When we pause long enough to receive that grace, we find that our worth has never been tied to what we produce — only to who we are in Him.

Behavioral Insight

By Regan



The other day, I felt my heart racing before a conversation I knew I needed to have. An RBT on our team had handled a client's behavior in a way that didn't align with ethical standards. As a BCBA, I knew I had to address it — but anxiety hit hard. My mind started spinning: What if I say the wrong thing? What if they get defensive? What if I'm not calm enough?

That's the thing about anxiety — it's the brain's alarm system. It's a signal, not a sentence. It tells us, "Something feels unsafe," but it doesn't always tell the truth. So I used a simple behavior strategy I teach others but needed to apply myself: Pause and Pair. I paused — literally stopped what I was doing, closed my eyes, and took a slow, deep breath. Then I paired that pause with truth: "Be still, and know that I am God." (Psalm 46:10) That moment of stillness gave my nervous system just enough space to catch up with my spirit. The fear quieted. My voice steadied. And I was able to speak with clarity and compassion — not from a place of panic, but peace.

Later, I realized how beautifully faith and behavior science work together. God designed our bodies with signals, and He gives us spiritual tools to respond to them with wisdom instead of worry. So next time you feel that wave of overwhelm — before the conversation, the decision, or the confrontation — try this:

1. Pause. Stop, breathe, and let your body reset.
2. Pair it with peace. Whisper a verse or truth that centers you in God's presence.

Peace doesn't mean the situation is easy — it means your spirit and your science are working together under God's grace.

The “Reset Rhythm” Practice



PAUSE AND NOTICE

When you feel your shoulders tense or your chest tighten, stop. Name it. “I feel pressure right now.”



GROUND YOUR BODY

Place your hand over your heart. Inhale for four counts, exhale for six. Feel the rhythm slow.



SPEAK TRUTH

Whisper aloud: “I am not behind. I am held.”

This signals your nervous system that you are safe — not because everything is perfect, but because you are anchored in peace.

Over time, your body learns that rest is not laziness — it’s leadership from a regulated heart.

Reflection Prompts

- Where in my life have I confused busyness with faithfulness?
- What would change if I believed that rest is holy?
- How can I build rhythms of renewal into my week — even small ones?

Your Thoughts

Prayer

Lord, I confess that I've tried to earn peace through performance. I've rushed, worried, and carried what was never mine to carry. Thank You for meeting me here — not with shame, but with grace. Help me trust that You work even when I rest. Teach me to lead from a calm heart, and to find strength not in doing, but in dwelling with You.

In Jesus' name, amen.



Gentle Weekly Challenge

Choose one small act of grace each day:

1

Leave a task
unfinished and
spend five quiet
minutes with
God.

2

Say “no”
without
guilt.

3

Take a slow
walk and
notice His
creation.

When overwhelm rises, place your hand over your
heart and whisper: “His grace is enough for me — even
here.”

PART II

*Rebuilding Confidence Through
Faith and Focus*

Chapter 4: Confidence Rooted in Calling

“The one who calls you is faithful, and He will do it.” — 1 Thessalonians 5:24



When Confidence Feels Conditional

Confidence often feels like something we have to earn — through success, approval, or the absence of fear. But God's definition of confidence looks different.

True confidence is not loud.
It's not about spotlight or
certainty.

It's the quiet assurance that
comes from knowing Who called
you — not how capable you feel
today.

You don't have to feel ready to be
chosen.

You already are.



...He will do it!



*“For the Lord will be your confidence
and will keep your foot from being
caught.” Proverbs 3:26*



FROM MY HEART

Dr. Tricia

When God called me to lead for the first time, I looked around for someone more qualified. Surely there was a woman who knew more, spoke better, or felt bolder.

But the Spirit whispered something that silenced my excuses:
“I don’t call the ready. I equip the willing.”

That truth has carried me through so many seasons — especially when I felt called to begin Faithfully She. To be honest, my confidence was faltering. Sharing what God had taught me felt so vulnerable... almost too personal. I wondered, “Who am I to teach about confidence when I still battle doubt myself?”

But that’s when He reminded me — confidence isn’t built in the spotlight; it’s forged in surrender. It’s the quiet “yes” you whisper through trembling lips. It’s showing up even when your hands shake, trusting that His strength will meet you there.

Every time you say yes to God’s prompting, even when you’re scared, you strengthen your spiritual muscle of confidence. Faith says: “I may not feel ready, but He is faithful.”

So stand tall! You are not an imposter in your calling. You are an instrument in His hands — and He delights in using your willingness to lead others home.

Behavioral Insight

By Regan



In college, I often struggled with confidence. I was shy — the kind of quiet that made me overthink every word before I spoke it. Around my peers, I worried about saying the wrong thing or not fitting in. I admired confident people, but I couldn't imagine ever being one of them. For a long time, I thought confidence meant having high self-esteem — feeling sure of myself. But what God taught me through those years was this: confidence isn't built on feeling certain, it's built on trusting Him enough to act even when you're uncertain.

It started small. Speaking in front of a class, even though my voice shook. Joining an intramural team, even though I wasn't the most athletic. Saying yes to opportunities that scared me a little. Every time I stepped forward in faith — even while anxious — I was teaching my brain something powerful: I can handle discomfort and still move forward.

That's the behavioral truth behind confidence: our brain learns by doing. Each action becomes evidence that we can. Psychologically, it's called exposure with reinforcement — facing discomfort in safe doses, and realizing we can survive (and even grow from) it.

Spiritually, it's walking by faith, not by sight (2 Corinthians 5:7). Each brave step is both a behavioral experiment and an act of trust. So if you're waiting until you feel confident, you might wait forever. But if you act first — rooted in faith — God will meet you in the movement. Confidence isn't born in comfort; it's built in courage.

Behavior Strategy: "Act Then Align"

1. Act first: Take one small step, even with shaky hands.
2. Align later: Let your brain and faith catch up as you see what God can do through obedience.

Over time, those small brave moments add up — and you'll look back and realize God didn't just give you confidence; He built it in you, one act of courage at a time.

Here's a practical framework to strengthen self-trust:

The “Faith + Action Loop”



STEP OUT IN FAITH

Take one small,
God-led action,
even if your voice
shakes.



NOTICE THE OUTCOME

What happened
when you obeyed,
even afraid?



RECORD THE EVIDENCE

Write down how
God showed up.

*Each time you repeat this, you retrain
your brain to connect obedience with
peace — not panic.*

Confidence grows not from perfection, but from
participation.

Reflection Prompts

- Where in my life have I been waiting to “feel ready” before obeying God’s call?
- What evidence do I already have that He’s equipped me before?
- How might confidence look if it was rooted in trust, not achievement?

Your Thoughts

Prayer

Lord, thank You that my calling isn't based on my confidence — it's rooted in Your character. When I doubt my worth or ability, remind me that You chose me on purpose and for a purpose. Teach me to walk in quiet assurance, trusting that You will equip me as I go. Help me replace insecurity with identity, fear with faith, and striving with surrender.

In Your strength, I will rise. Amen.



Gentle Weekly Challenge

1

Each morning this week, stand in front of a mirror and declare aloud:
“I am called. I am capable. I am covered by His grace.”

2

Then take one small action toward something you’ve been delaying out of fear — send the message, apply for the role, share your story, or volunteer.

3

Let your movement become your ministry.
Let your obedience build your confidence.

“For the Lord will be your confidence and will keep your foot from being caught.”

Proverbs 3:26

Chapter 5: Leading Yourself with Calm

*“She is clothed with strength and dignity, and
she laughs without fear of the future.” —
Proverbs 31:25*



The Quiet Power of Self-Leadership

Before we can lead others — our families, our teams, our ministries — we must first learn to lead ourselves.

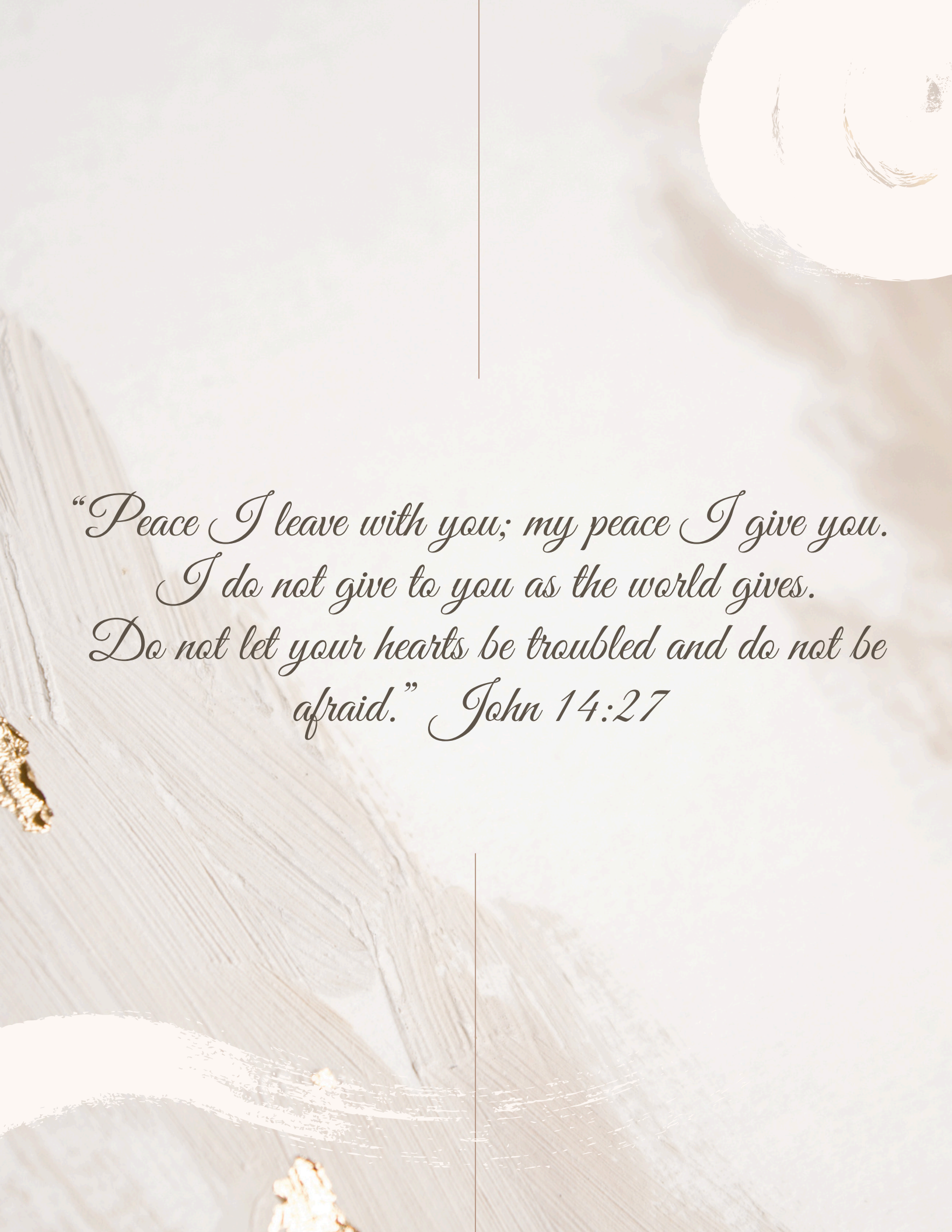
Leadership begins long before the meeting, the post, or the plan. It begins in the unseen moments:

- When you choose prayer over panic.
- When you pause before reacting.
- When you anchor your emotions in God's truth instead of the world's noise.

True leadership isn't about being the loudest voice in the room. It's about being the calmest spirit in the storm.



She is clothed with strength...



*“Peace I leave with you; my peace I give you.
I do not give to you as the world gives.
Do not let your hearts be troubled and do not be
afraid.” John 14:27*



FROM MY HEART

Dr. Tricia

As a leader, I've learned that people rarely remember the words I said in moments of stress — but they always remember the spirit I carried.

When I retired, the process was not as smooth and wonderful as I thought it would be. There were circumstances that made things extremely stressful — unexpected changes, hard conversations, and moments that left me deeply hurt. What made it even more challenging was knowing that friends, family, and coworkers (many younger than me) were watching how I handled it all.

I had a choice to make: I could react, or I could pause, pray, and proceed. Was I perfect? Not at all. But did God have my back? Absolutely.

Even in the tension, He kept whispering, "Peace is still possible here." There were times I led with control instead of calm, trying to fix every detail to feel secure. But the Holy Spirit began to remind me — peace is persuasive. It draws people in because it reflects the heart of Christ. The Lord never led through panic. Even in storms, He stood — calm, confident, grounded in His Father's will.

To lead yourself with calm means learning to pause → pray → proceed. That rhythm has carried me through countless seasons — and it's the posture I still return to whenever life feels heavy.

Behavioral Insight

By Regan



It happened when I was just trying to go to sleep. The lights were off, the house was quiet, and yet — my heart started racing. My hands felt shaky. My body buzzed with unease, and I couldn't figure out why. There wasn't a single thought causing it. I wasn't replaying a stressful day or worrying about tomorrow. My body just... reacted. And the harder I tried to calm down, the worse it got. That's when I remembered something both faith and behavior science have taught me: Emotions are signals, not steering wheels. They're meant to inform you — not control you. So instead of fighting the anxiety, I chose to Name and Navigate. I whispered quietly into the dark: "I feel anxious. My body thinks I'm unsafe, but I am okay. I am safe."

That's the behavioral tool of affect labeling — when we name what we feel, our brain begins to calm the fear center and re-engage logic and regulation. Then I paired that pause with prayer: "Lord, You are my peace. Help me rest in You tonight."

My heart didn't slow instantly, but the more I focused on His presence — not my panic — the softer the fear became. I realized I could lead myself through it, rather than be led by it. Sometimes our bodies sound alarms when our spirit is simply tired. It doesn't mean we're broken; it means we need compassion and awareness.

Behavior Strategy: "Name and Navigate"

1. Name it: Identify the emotion and say it out loud — "I feel anxious, but I'm safe."
2. Navigate it: Breathe deeply, pray, and let your body and mind realign with truth.

"When I am afraid, I put my trust in You." — Psalm 56:3

Peace isn't the absence of anxiety — it's the practice of trusting God through it, moment by moment, breath by breath.

Try this model next time you feel stressed or reactive:

The “Pause » Pray » Proceed” Practice



PAUSE

Notice your emotion before it drives your reaction.

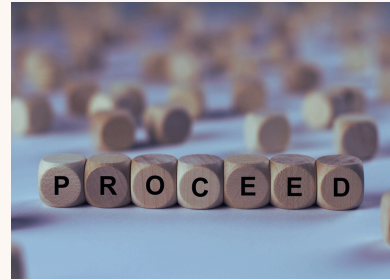
“I feel frustrated right now.” This moment creates space between impulse and wisdom.



PRAY

Invite God into the moment before you act.

“Lord, guide my next step. Let peace lead me.”



PROCEED

Choose the next right action — not from pressure, but from presence.

This could mean speaking gently, waiting before replying, or taking a deep breath before deciding.

Over time, this rhythm becomes automatic.

Your brain learns that calm is safe — and that peace is power.

Reflection Prompts

- How do I usually respond when I feel emotionally flooded — reactively or reflectively?
- What would leadership look like if peace, not pressure, guided my decisions?
- Where might God be inviting me to pause before proceeding this week?

Your Thoughts

Prayer

Lord, thank You for being my model of calm leadership.
When my emotions rise, help me to pause and invite
Your presence in. Teach me to lead myself before I
lead others — with humility, awareness, and grace. Let
my calm spirit reflect Your character, drawing others
to Your peace.

In Jesus' name, amen.



Gentle Weekly Challenge

1

Each morning this week, write this at the top of your planner:
Pause » Pray » Proceed.
Let that phrase become your leadership rhythm.

2

When tension rises — with your kids, your spouse, your coworkers, or even yourself — stop and whisper:
“Peace first, then progress.”

3

Because leading with calm isn't just about managing others — it's about managing your heart before the world ever sees it.

“Peace I leave with you...”

Chapter 6: Breaking the Cycle of Self-Doubt

*“For God has not given us a spirit of fear,
but of power and of love and of a sound mind.”
— 2 Timothy 1:7*



When the Voice in Your Head Isn't the Voice of Truth

We all have an inner voice.
Sometimes it sounds like fear.
Sometimes it sounds like
comparison.
And sometimes, it disguises
itself as humility:
"Who am I to do this?"
"Someone else could do it
better."

But here's the truth: the enemy
loves to use self-doubt to keep
women of faith silent.
He doesn't have to destroy your
calling — only convince you
you're unqualified to carry it.
Yet the same God who chose
Moses with a stutter and Esther
with fear also chose you.
You were never called because of
confidence; you were called
because of purpose.



"...do not be afraid!"



*“Humble yourselves before the Lord,
and he will lift you up.” James 4:10*



FROM MY HEART

Dr. Tricia

For years, I believed self-doubt was humility — that playing small somehow honored God.

Part of that belief began early in my story. I was adopted as an infant, and though I was deeply loved, there were quiet moments growing up when feelings of rejection and self-doubt would surface. I wondered if being chosen also meant I'd been unwanted at first.

Those questions followed me into adulthood — showing up in how I led, how I loved, and how I saw myself before God. But through His gentle love, I began to realize something life-changing:

Humility isn't thinking less of yourself; it's thinking rightly of yourself.

Humility says, "Without Him, I can't."

Confidence says, "With Him, I can."

And both can coexist beautifully when they're rooted in truth. When self-doubt whispers, "You're not enough," God answers, "I am." Each time I choose to speak what He says about me instead of what fear says, I break another link in the chain of insecurity that once held me back. Confidence doesn't mean pride — it means agreement with Heaven's view of you. It's walking in the truth that you were not only chosen once, but continually chosen — by a Father who never changes His mind about you.

Behavioral Insight

By Regan



For years, I've wrestled with how I see my body. I've wanted to take better care of it — to eat healthier, move more, and honor the body God gave me — but sometimes that desire has turned into self-criticism.

If I skipped a workout or made an unhealthy choice, the thoughts would come rushing in:

"You always fall off track."

"You don't have enough discipline."

"You'll never get it right."

That's the thing about self-doubt — it often begins as a thought loop. A pattern of negative self-talk that feels automatic, but really, it's a habit our brain has learned to repeat. I realized that to truly love my body — not just improve it — I needed to break that pattern. That's when I started using a strategy called Catch, Challenge, Change. Catch the thought: When the self-critical voice starts, I notice it without judgment. "I'm having the thought that I messed up."

That simple awareness interrupts the loop and gives me space to respond instead of react.

Challenge the thought: I ask, "Is this true? Or is this shame talking?" Then I remind myself of what's actually true — "I am fearfully and wonderfully made." (Psalm 139:14) "My worth isn't measured in calories or workouts."

Behavioral Insight

By Regan



Change the thought: I replace it with grace: I made a choice that doesn't align with my goal, but I can start fresh right now."

Behaviorally, this is cognitive restructuring — retraining the brain to think differently. Spiritually, it's renewing your mind (Romans 12:2).

Over time, those small moments of grace have transformed how I see myself. I've learned that loving my body isn't about perfection — it's about partnership with God. Taking care of what He's given me, without shame when I stumble. Every time I Catch, Challenge, and Change, I'm not just building healthier habits — I'm building holy confidence.

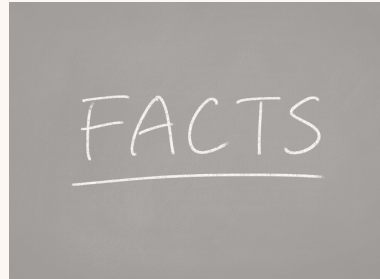
Try this simple process:

The “Truth Swap” Method



CATCH THE CRITIC

Notice the thought
without judgment.
“I always mess things
up.”



CHECK THE FACTS

Is that absolutely true?
What evidence do I
have?
“I’ve made mistakes,
but I also learn and
grow.”



CHOOSE GOD’S TRUTH

Replace the lie with
Scripture. “I can do all
things through Christ
who strengthens me.”
(Philippians 4:13)

*Neuroscience shows that every time you interrupt
a negative loop and replace it with truth, your
brain builds new neural pathways.*

Spiritually, it’s renewing your mind (Romans 12:2).
Scientifically, it’s rewiring your thinking.
Over time, you begin to think faith before fear —
automatically.

Reflection Prompts

- What recurring thought keeps me from stepping fully into my calling?
- How can I replace that thought with God's truth today?
- When was a time I acted in faith even while afraid — and what did I learn from it?

Your Thoughts

Prayer

Lord, silence the voice of doubt that tells me I'm unworthy or unequipped. Let Your truth be louder than my fear. Renew my mind and reshape my thoughts until they align with Yours. Teach me to see myself through Your eyes — beloved, capable, and called. In every moment of hesitation, remind me that I walk in Your strength, not my own.

Amen.



Gentle Weekly Challenge

1

Each time a self-doubt thought surfaces, pause and say aloud:
“That’s not my Father’s voice.”

2

Then practice the Truth Swap immediately — replace the lie with Scripture or an affirmation rooted in His Word.

3

Write one of these on a sticky note or your phone screen this week:

- “I am called, not qualified — and that’s enough.”
- “My confidence grows as I agree with God’s truth.”
- “I lead with calm, because He leads within me.”

“Be still...”

PART III

*Living with Steady Grace in
Unsteady Seasons*

Chapter 7: Faith Over Frustration

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.” — Proverbs 3:5–6

When Life Doesn't Go as Planned

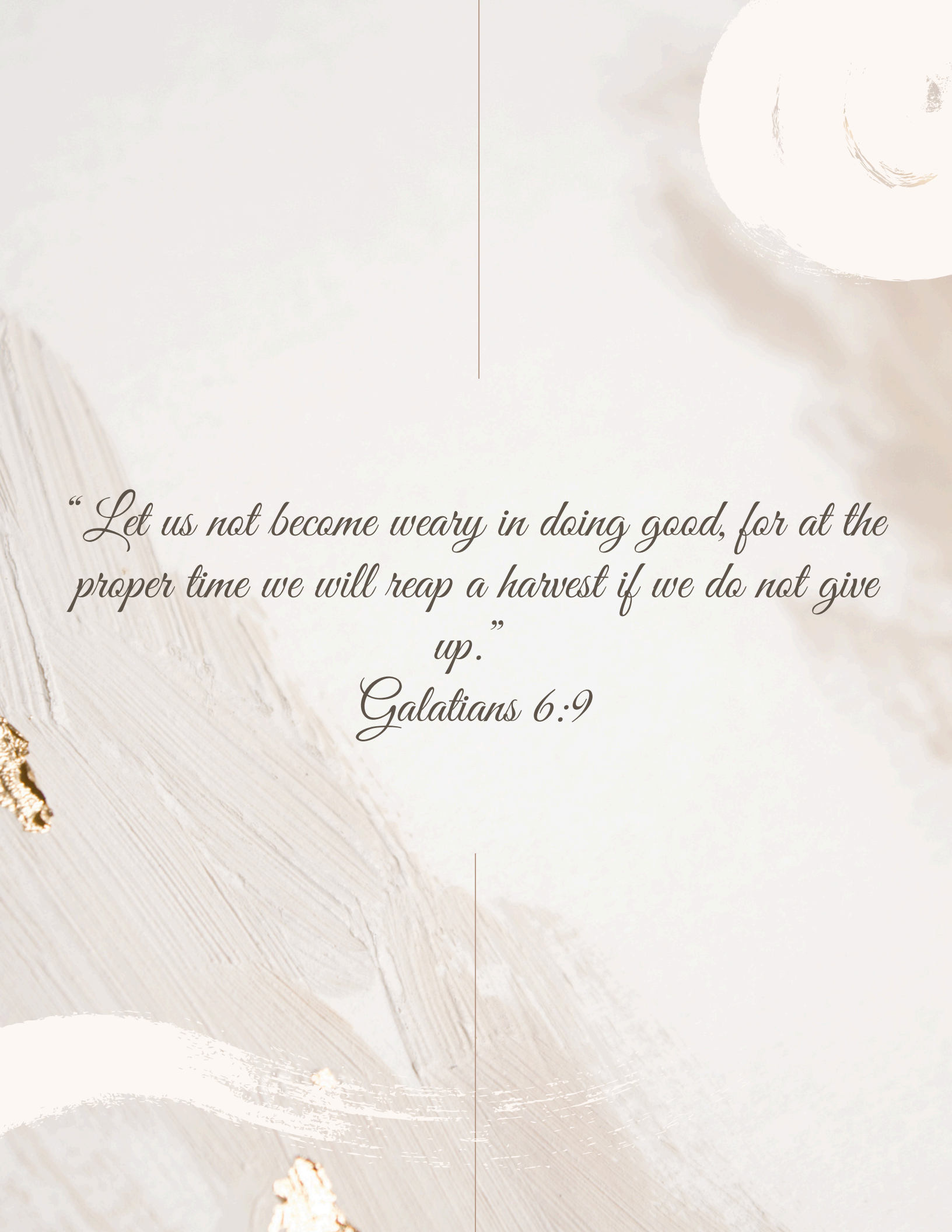
Frustration often sneaks in when our expectations collide with reality. We map the route, set the timeline, pray the prayers — and still, things shift. Doors close. Waiting stretches longer than we hoped. And in those moments, our hearts whisper, “God, did You forget me?”



But faith is not proven when everything works out as we hoped — it's proven when we keep trusting even when it doesn't. When we choose faith over frustration, we declare: “My peace doesn't depend on the plan. It depends on the One who holds it.”



“Trust in the Lord...”



“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Galatians 6:9



FROM MY HEART

Dr. Tricia

I remember a season when every plan I made unraveled. I prayed, prepared, and worked diligently, yet nothing seemed to move. I questioned if I'd misheard God — if maybe I wasn't capable or faithful enough. One of those seasons came when I was serving as principal. My heart longed for our students with special needs to have a space where they could practice daily living skills and build employability confidence — a place that gave them dignity, belonging, and purpose. But no matter how many proposals I wrote or meetings I held, the answer kept coming back the same: "We just don't have the space." It was frustrating. Not because I doubted the vision — but because I could see what our students needed, and it felt like the door stayed closed no matter how hard I knocked.

Then, after three years of waiting, praying, and believing, God moved. A grant was awarded to our school, and we were finally able to acquire and renovate a house across the street — a home where those students could learn, grow, and prepare for life beyond the classroom. Looking back, I see now what I couldn't then: every delay was developing something deeper in me — patience, trust, and the understanding that His timing is always perfect.

As I sat with the Lord through that season, He spoke gently: "You're not stuck. You're being shaped." That sentence changed everything. Sometimes, God delays what we want to develop what we need — deeper patience, stronger trust, gentler humility. Faith doesn't erase frustration, but it reframes it. It reminds us that every detour is still under divine direction. When we release our grip on how it's supposed to go, we make room for peace to flow where control once lived.

Behavioral Insight

By Regan



When I was training in taekwondo, one of the biggest milestones was earning my black pants. They weren't just part of the uniform — they symbolized leadership. In our school, black pants meant you were an instructor, someone who had trained, taught, and grown enough to guide others. I remember watching my friends and classmates receive theirs before me. One by one, they walked proudly across the mat in their black pants — while I was still in white. And though I tried to be happy for them, deep down I felt left behind. I told myself, "I should have earned mine by now." That one thought — "I should" — spiraled into frustration, insecurity, and comparison.

Looking back, I realize that moment was my brain responding to a mismatch between expectation and reality. Frustration was my signal that something felt out of control. That's when I learned to practice a behavioral skill called cognitive flexibility — or as I like to call it, "Shift the Should."

When I caught myself thinking, "I should already be there," I paused and shifted my thought to truth and grace: "God's timing is perfect. My growth isn't late — it's unfolding." That simple mental shift changed my posture on the mat. Instead of striving to catch up, I focused on learning, teaching, and serving with excellence right where I was. And eventually — in God's time — I did receive those black pants. But more importantly, I received something deeper: peace in the waiting.

Behavioral Insight

By Regan



Behavior Strategy: "Shift the Should"

1. Notice the should. "I should be further along."
2. Shift it to truth. "I'm growing at the pace God designed for me."
3. Ground in purpose. "I can still show up fully right where I am."

Behaviorally, this is cognitive flexibility — training your mind to adapt when life doesn't match your plan.

Spiritually, it's surrendering control while trusting God's pace.

So next time frustration rises, take a breath and Shift the Should. Because sometimes, what feels like delay is just God preparing you to wear the next level of confidence — in His timing, not yours.

Try this :

The “Flex + Faith” Technique



FEEL IT

Notice where frustration shows up in your body — tight jaw, racing heart, shallow breath. Name it.
“I’m feeling frustrated right now.”



FRAME IT

Ask: “What’s within my control, and what isn’t?”
Write down one action step for what’s yours — and one prayer for what’s His.



FAITH IT

Speak this out loud:
“I choose to trust the process, even when I can’t predict it.”

*This teaches both your brain and your spirit that
surrender isn’t weakness — it’s wisdom.*

Frustration becomes fertile soil for growth when it’s met with flexibility and faith.

Reflection Prompts

- Where am I currently frustrated because something isn't going as planned?
- What might God be shaping in me through this delay or redirection?
- How can I choose flexibility instead of control this week?

Your Thoughts

Prayer

Father, You know the plans that stretch my patience and test my trust. Help me release what I can't control and lean fully into Your faithfulness. When frustration rises, remind me that You're working even in the unseen. Teach me to rest in Your timing, knowing Your plans are always for my good. I choose faith over frustration today.

Amen.



Gentle Weekly Challenge

1

This week, when
you feel
frustrated, pause
and ask:
“What’s mine to
act on — and
what’s God’s to
handle?”

2

Then breathe
deeply and
practice the Flex +
Faith technique.

3

Let go of needing to
know the “how” and lean
into the “Who.”
Because peace isn’t found
in having the plan —
it’s found in trusting the
Planner.

*“...we will reap a harvest if we don’t
give up!”*

Chapter 8: Creating Rhythms of Renewal

*“My flesh and my heart may fail, but God
is the strength of my heart and my portion
forever.” Psalm 73:26*



The Pace of Peace

Peace isn't found in one perfect morning routine — it's found in a rhythm that aligns your days with God's presence.

The world teaches hustle;
heaven teaches harmony.

And the more hurried life becomes, the more we need holy rhythms that remind us who we are and whose we are.

Rhythms of renewal aren't rigid schedules — they're sacred pauses woven through your ordinary moments.
They turn daily life into worship.



“...God is the strength of my heart and my portion forever.”

*“Two are better than one, because they have a
good return for their labor:*

*If either of them falls down, one can help the
other up.*

*But pity anyone who falls and has no one to
help them up.” Ecclesiastes 4:9-10*



FROM MY HEART

Dr. Tricia

For years, I tried to “fit God in” between meetings, ministry, and motherhood. But the truth is, God doesn’t belong on my to-do list — He is the list. When I began structuring my days around His presence rather than my productivity, everything shifted. My peace deepened. My purpose clarified. Renewal doesn’t happen by accident. It happens by rhythm — small, faithful choices repeated over time.

Over the years, I’ve learned that walking closely with God also means walking closely with His people. I surround myself with women who love the Lord — women who remind me to keep my eyes on Him, not the noise of the world. One of those women is my dear friend Shelly. We’ve been friends since kindergarten — we’ve shared childhood laughter, adult tears, and countless prayers in between. Even now, we make time to check in, encourage one another, and hold each other accountable in faith and life. Our friendship has become a safe place for honesty, laughter, and vulnerability — the kind of fellowship that strengthens your walk with the Lord.

And now, in this season, God has blessed me with another layer of that same sacred connection through my daughter, Regan. Watching her grow into a woman of faith and purpose has been one of my greatest joys. We talk about Scripture, pray for each other, and remind one another of truth on hard days. It’s a gift to shift from motherhood to friendship — to share faith in both directions now.

FROM MY HEART ...CONTINUED

And of course, my husband Chris has been my steady companion through every season. His quiet strength and unwavering support remind me daily of God's faithfulness in partnership and marriage. Together, we've learned that our home becomes most peaceful when Christ stays at the center.

So yes, renewal happens in the quiet —

Five minutes of Scripture before scrolling.

A whispered prayer while washing dishes.

A sunset walk where you breathe and say, "Thank You, Lord."

But it also happens in community — When you link arms with others who love Him, who remind you that you don't have to carry faith alone. God meets you in every rhythm that makes space for Him —and often, He shows up through the people who walk beside you.

Behavioral Insight

By Regan



For a while, I had a habit of scrolling on my phone before bed. It started innocently — catching up on messages, checking social media, watching one more video. But I began to notice something: the more I scrolled, the harder it was to fall asleep. My heart would race. My mind would spin. And before I knew it, midnight would come and go — and I'd be lying there wide awake, anxious and overstimulated.

One night, I finally paused long enough to ask myself, "Is this helping me rest or feeding my restlessness?" That's when I realized: my brain wasn't getting the calm it craved — it was getting chaos instead. So I decided to try something different. Instead of reaching for my phone, I reached for my Bible. I replaced scrolling with a short nightly Bible study — sometimes a full chapter, sometimes just a few verses. And the change was incredible. My body began to relax. My mind felt settled. And my heart felt connected — not to the noise of the world, but to the peace of God.

That's when I learned the power of Anchor Routines — small, consistent rhythms that tell your brain, "You're safe now." Our brains crave predictability because it signals stability. When we end (or begin) our day with intentional calm, our nervous system learns that peace is possible.

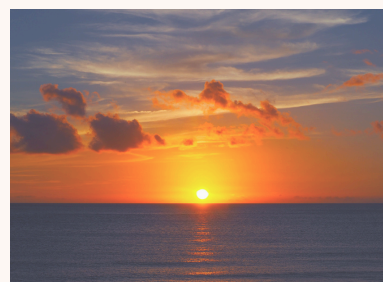
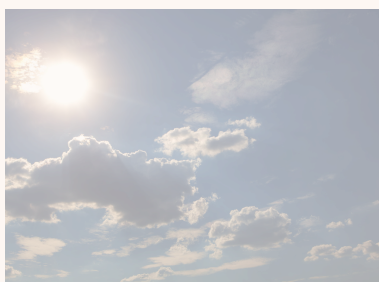
Behavior Strategy: "Anchor Routines"

1. Choose one moment to anchor. For me, it was bedtime.
2. Replace chaos with calm. Swap scrolling for Scripture, noise for stillness.
3. Repeat consistently. Your brain will begin to associate that rhythm with rest and safety.

Behaviorally, this is habit reversal and classical conditioning — retraining your brain to expect calm instead of stimulation. Spiritually, it's abiding — creating sacred space to dwell in God's presence (John 15:4). Now, bedtime feels different. It's not a battle to shut my mind off — it's an invitation to let God quiet my heart

Try creating one rhythm in each of these areas:

GET IN RHYTHM...



MORNING- SET THE TONE

- Light a candle, pray aloud, or write one sentence of gratitude.
- Behavioral cue: Pair it with something automatic (like your first cup of coffee).

MIDDAY- RECENTER

- Step outside or pause for three deep breaths.
- Whisper: “Lord, realign my heart with Yours.”

EVENING- RELEASE AND RESTORE

- Turn off screens 20 minutes before bed.
- Journal three things you’re thankful for — one win, one grace, one lesson.

Over time, these small anchors tell your mind and spirit, “I am safe. I am held. I am in rhythm with peace.”

Reflection Prompts

- What part of my day feels most hurried — and how can I invite God into it?
- Which simple rhythm would make my life feel more peaceful and intentional?
- How might my leadership or relationships change if I led from rest instead of rush?

Your Thoughts

Prayer

Lord, thank You for designing my days with room to breathe. Help me resist the rush and embrace Your rhythm. Teach me to build habits that renew my spirit and calm my mind. Let my daily routines become sacred — simple spaces where I meet You again and again. May my pace reflect Your peace.

Amen.



Gentle Weekly Challenge

1

Choose one renewal
rhythm to start
today:

- A Morning
Gratitude Prayer
- A Midday Pause
and Breathe
- An Evening
Gratitude Journal

2

Name it, schedule it,
and protect it.

3

Let it become a small act of
faith — a reminder that your
peace doesn't depend on the
pace of the world, but on the
presence of God.

“...I will give you rest!”

Chapter 9: Leading Those You Love Through Calm

*“Let all that you do be done in love.”
— 1 Corinthians 16:14*

The Influence of Inner Peace

Calm is contagious.

The steadiness you cultivate within doesn't stay hidden — it quietly transforms the spaces and people around you.

When a mother chooses peace, her children learn safety.

When a wife answers gently, her home softens.

When a leader responds with grace instead of hurry, hearts open to trust.



You don't need a title to lead; you need a posture.

Leadership that lasts flows from the calm confidence of a heart anchored in God.



“be done in love.”



“The Lord will fight for you; you need only to be still.” Exodus 14:14



FROM MY HEART

Dr. Tricia

I've learned that my calm often matters more than my correction. When my children were young, I used to think leadership meant having every answer ready. But the older I get, the more I see that leadership means creating emotional space where others can breathe and belong.

One day, I heard something on the radio that stopped me in my tracks:

"We judge ourselves by our intentions, but we judge others by their actions." That hit me deeply — especially as a mom, a leader, and a follower of Christ. It reminded me to pause when someone does something wrong... to breathe before reacting, and to remember that I don't always see the full picture of someone's heart or circumstance. That pause has become holy ground — the space where judgment turns into grace.

Jesus modeled this so beautifully. He never led from panic or pressure — He led with presence. Even when storms rose, He remained still, inviting His followers into peace by showing them what it looked like. When you choose calm in conflict, patience in parenting, or grace in guidance, you are preaching a sermon without words. You're saying, "Peace lives here — because God lives here."

Behavioral Insight

By Regan



When I'm working with a client who's heightened — crying, yelling, or engaging in challenging behaviors — I can literally feel the tension in the room rise. Their body is saying, "I don't feel safe." And if I'm not careful, my body starts to echo that same energy. That's because God designed our nervous systems to sync with one another — something behavior science calls co-regulation. When one person's emotions intensify, others naturally begin to mirror that state. It's why frustration breeds frustration, and calm invites calm.

Early in my work as a BCBA, I realized something powerful: When I model a calm body — slower breathing, softer tone, steady movements — my clients begin to de-escalate much faster. But if I let my own anxiety or frustration rise to match theirs, everything takes longer to settle. So I began practicing a behavior strategy I call "Be the Regulator." Before responding, I take a deep breath and check in with myself: "Am I calm enough to help calm?" Then I intentionally lower my voice, relax my posture, and speak with gentleness — even if the situation feels intense. And time after time, I've seen it happen: my calm becomes their calm. Their breathing slows. Their voice softens. Their body relaxes.

That's not just behavior science — that's God's peace in motion. It reminds me of Philippians 4:7: "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Behavior Strategy: "Be the Regulator"

1. Check your state: Pause and breathe before you respond.
2. Model calm: Speak slowly, move gently, and stay grounded.
3. Anchor in peace: Remember — their chaos doesn't have to change your calm.

When emotions run high, you don't have to control the storm — you can carry peace into it. Because sometimes the most powerful thing you can do for someone else's heart is to steady your own.

To lead through calm...

The “Anchor Effect” Practice



NOTICE THE TEMPERATURE

Before reacting, ask:
What emotion fills this
room right now?

GROUND YOURSELF FIRST

Slow your breathing,
plant your feet, or
whisper a breath
prayer:
“Lord, steady me so I
can steady them.”

RESPOND, DON'T REACT

Speak slower, soften
your tone, and keep
your words short and
kind.
Your calm cues safety
— allowing others to
regulate too.

*Behavioral science confirms what Scripture has
long shown: peace begins in presence.*

Reflection Prompts

- Who in my life is most influenced by my emotional state?
- How can I bring more calm presence into my home or workplace?
- What might leadership look like if I led less by control and more by compassion?

Your Thoughts

Prayer

Lord, thank You for trusting me to lead those I love.
When emotions rise or expectations feel heavy, anchor
me in Your peace. Teach me to lead with gentleness
and grace, reflecting Your calm in every conversation.
May my presence bring safety, and my words sow life.
Use my steady spirit to point others back to You.
Amen.



Gentle Weekly Challenge

1

This week,
practice the
Anchor Effect at
least once each
day.

When tension
appears — a
child's meltdown,
a spouse's stress, a
coworker's
urgency — pause
and breathe before
you speak.

2

Then silently pray:
“Lord, make me
the calm in this
moment.”

3

Watch how the
atmosphere shifts when
peace leads the way.

*“The Lord will
fight for you...”*

PART IV

*Standing Firm in the One Who
Holds It All*

Chapter 10: The Practice of Presence

*“Be still before the Lord and wait patiently
for Him.” — Psalm 37:7*



The Art of Being Fully Here

In a world of constant distraction, presence has become a spiritual discipline. We scroll while listening, plan while praying, rush while resting — always half-here, half-elsewhere. But God doesn't meet us in the next moment; He meets us in this one.

Presence is where peace lives. It's where the soul exhales and realizes: God is already here. When we practice presence, we stop chasing what's next long enough to receive what already is — His quiet companionship in every ordinary breath.



“...wait patiently for Him.”



*“Then you will call on me and come and pray
to me, and I will listen to you.” Jeremiah
29:12*



FROM MY HEART

Dr. Tricia

I used to treat prayer like a task to check off — a quick word before moving on to the next thing. But the Lord began teaching me that prayer isn't something I do; it's Someone I'm with.

Now, instead of rushing through conversation with God, I linger. I listen. Sometimes I just sit quietly, knowing He delights in my company. That shift changed everything.

I'll be honest — this is still something I struggle with the most. My mind can run a hundred directions before breakfast, and quieting it doesn't come easily. But God has a tender way of meeting me even there.

My blue heeler cattle dog needs a lot of exercise, so our morning walks have become sacred space. As we move, I use that time intentionally — to worship, to pray, to start my day with gratitude. Those walks remind me that prayer isn't confined to a chair or a journal. It can happen step by step, breath by breath.

Presence doesn't always look like long quiet times; sometimes it's the moment you feel peace while folding laundry, or gratitude during your commute. It's not about perfection — it's about awareness.

God's presence doesn't wait for our stillness; our stillness helps us notice His.

Behavioral Insight

By Regan



It usually starts the same way. I lay down at night, hoping for rest — but instead, my mind begins to race. My heart beats fast, my chest feels heavy, and my thoughts jump from one worry to the next:

What if I forget something tomorrow? What if I can't handle it? What if something goes wrong?

If I don't catch it, those thoughts keep looping for hours. But when I practice what I call Return to Now, something different happens — sometimes, I even fall asleep in the middle of it. It starts with noticing. When I realize my mind is spinning into the future, I gently tell myself, "I'm time-traveling again." That simple phrase helps me remember: my brain is confusing thinking about stress with being in danger right now. Then I ground myself in the present moment —

I feel the sheets beneath me. I hear the quiet hum of the house. I take a slow, deep breath.

Sometimes I use the 5-4-3-2-1 technique:

- 5 things I can see
- 4 things I can feel
- 3 things I can hear
- 2 things I can smell
- 1 thing I can thank God for

As I do, I whisper a prayer: "Lord, You're here in this moment. Not in my what-ifs. Not in my tomorrows. Just here. Help me rest in You." And slowly, my body follows my thoughts home. My heart rate settles. My breathing evens out. And before I know it, I'm asleep — not because everything is fixed, but because I stopped fighting what might happen and found peace in what is. That's the power of Return to Now — it's both behavioral and spiritual.

Behavioral Insight

By Regan



Behaviorally, it uses grounding and mindfulness to calm the nervous system. Spiritually, it's a practice of abiding — returning to God's presence in the present.

Behavior Strategy: "Return to Now"

Notice the drift: "I'm time-traveling again."

Ground in your senses: Name what's real right now.

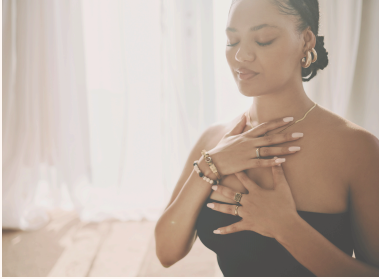
Pair with prayer: "Lord, You're here in this moment."

"Be still, and know that I am God." — Psalm 46:10

Peace isn't found by predicting tomorrow.
It's found by returning — over and over — to the God who's
already in your today.

Try this grounding exercise:

The “Centering Breath Prayer”



BREATHE IN

Slowly inhale through your nose and think, “God, You are here.”

HOLD

Pause for two counts — “I am safe in Your presence.”

EXHALE

Release through your mouth — “Your peace fills this moment.”

Repeat three times.

This blends the science of calming the nervous system with the sacred act of turning your attention back to Him.

When practiced daily, it rewires your body to equate stillness with safety and awareness with worship.

Reflection Prompts

- When am I most tempted to rush past God's presence?
- How can I make small moments — washing dishes, driving, walking — sacred invitations to notice Him?
- What would change in my relationships if I showed up fully present instead of distracted?

Your Thoughts

Prayer

Lord, teach me to slow down and be fully here. Quiet my racing thoughts and help me notice Your nearness in the simple, sacred moments. When my mind wanders, draw me gently back to You. May my presence with others reflect Your presence with me — calm, attentive, and full of love. In Your peace, I find my home.
Amen.



Gentle Weekly Challenge

1

Set aside five minutes
each day for The
Centering Breath
Prayer.
No phone. No agenda.
Just your breath and
His presence.

2

As you go about your
day, whisper this
simple reminder:
“God is here — and so
am I.”

3

Let that awareness anchor
your peace, no matter what
chaos swirls around you.

Just Breathe!

Chapter 11: From Chaos to Confidence

*“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.” —
Isaiah 43:2*

Strength That Grows in the Storm

We often pray for calm, expecting God to quiet the chaos around us.

But sometimes, His plan is to quiet the chaos within us first. Confidence doesn't always come from comfort — it often comes from the crisis that tested us and didn't destroy us. God doesn't waste chaos. He transforms it into courage.



Every storm you've survived has strengthened something in you: your faith, your discernment, your ability to love when it hurts. When you remember that, chaos stops being the enemy — and starts becoming your classroom.



“I will be with you...”



“God is our refuge and strength, an ever-present help in trouble.” Psalm 46:1



FROM MY HEART

Dr. Tricia

There have been seasons I thought would break me — unexpected loss, unanswered prayers, plans that crumbled despite my best intentions. But looking back, those were the very seasons that deepened my confidence in God's character.

When I retired earlier than I had planned, I didn't fully understand why. But God did.

My dad's health had been declining and the needs were becoming great for my mom. I suddenly found myself in a new kind of ministry — one of presence, care, and quiet love. Those months were tender and sacred. They weren't easy, but they were precious — moments I would never trade, where heaven felt close and grace carried me day by day.

When my dad passed away, I saw again how God's timing had been perfect all along. He had positioned me to be available — not burdened by a demanding job, but free to serve my family in love. And now, I see His hand again as I walk beside my mom in this new season — able to be here, to help, to listen, and to simply be present without the stress that once consumed my days.

I used to think confidence meant standing tall; now I know it means standing through. Confidence is born when you realize your peace doesn't depend on the outcome — it depends on your outlook. God's presence in the storm is not a promise to make it easy, but to make you able. And when you've seen Him hold you through one storm, you start facing the next with a quiet certainty:

"I may not know what's coming, but I know Who's coming with me."

Behavioral Insight

By Regan



There are days when the weight of work feels heavy — when I’m juggling multiple clients, responsibilities, and emotions all at once. In those moments, I catch myself wishing I could be in several places at the same time — giving each person my full attention, meeting every need, responding to every call. And when I can’t, guilt creeps in. My heart starts to whisper, “You’re not doing enough.”

That’s when the overwhelm hits hardest — because my brain perceives too many demands and not enough capacity as danger. It’s the body’s way of saying, “This feels like too much.” But lately, I’ve been reminding myself of something both faith and behavioral science teach: Resilience doesn’t come from avoiding pressure — it comes from learning to stretch through it. When I start to feel that tightness in my chest and that racing mind that says, “Keep going, do more,” I pause and remind myself: “This is a stretch, not a snap.” That phrase helps me slow down, breathe, and find balance again. I take a deep inhale and exhale slowly. I relax my shoulders. I whisper a quiet prayer: Lord, help me do what I can, and trust You with the rest.”

In that moment, I remember — I’m one person, not perfect, but present. And presence is powerful. Behaviorally, this is resilience building — teaching my brain that challenge isn’t the same as crisis. Spiritually, it’s surrender — learning to trust that God’s strength is made perfect in my limits. (2 Corinthians 12:9)

Behavior Strategy: “Stretch, Don’t Snap”

1. Notice the stretch: “This feels like pressure — but I’m still safe.”
2. Regulate the moment: Breathe, pray, and soften your body.
3. Reflect with grace: “I did what I could today — and that’s enough.”

Every time I practice this, my brain learns that I can bend without breaking — and my spirit remembers that peace doesn’t come from doing it all, but from trusting the One who holds it all.

To help retrain your mind, try this reflection tool:

The “Chaos to Confidence” Reframe



RECALL THE STORM

Think of a time that
felt overwhelming.



RECOGNIZE WHAT IT TAUGHT YOU

What skill, faith, or
strength did it
produce?



RECORD THE EVIDENCE

Write down: “God met
me here.”

*Each time you revisit that memory with gratitude
instead of fear, your brain reinforces trust.*

*You're proving to yourself that chaos doesn't
break you — it builds you.*

Reflection Prompts

- What past storm taught me something I couldn't have learned in ease?
- How has God used adversity to deepen my confidence or empathy?
- Where in my current season might He be training, not punishing, me?

Your Thoughts

Prayer

Father, thank You for meeting me in the chaos. Even when I can't see the purpose, help me trust that You're strengthening my faith and shaping my confidence. Remind me that storms reveal Your presence, not Your absence. Let my resilience reflect Your faithfulness, and my calm reveal Your strength. I choose to see this season not as punishment, but as preparation.

In Jesus' name, amen.



Gentle Weekly Challenge

1

This week, journal one moment where God met you in chaos — even if it was years ago.

Write what you learned, how you grew, and what evidence of His faithfulness you now carry.

2

Then declare aloud:
“This is not just where I survived — this is where I became stronger.”

*Because confidence isn't born from calm waters —
it's born from walking with Christ through the storm.*

Chapter 12: A Life Anchored in Peace

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.” Colosians 3:15

The Stillness That Stays

Peace isn't something we visit; it's a home we learn to build within. When this journey began, you may have felt lost in the noise — pulled between anxiety, responsibility, and the quiet ache for rest.



But through faith, reflection, and practice, you've learned something sacred: You don't have to escape the chaos to find calm. You can stand steady within it — anchored in the One who holds it all. The calm you carry now isn't fragile; it's fortified. It's the kind that can pray in the storm, listen amid noise, and lead from peace.



“...be thankful!”



*“Cast all your anxiety on him because he cares
for you.”
1 Peter 5:7*



FROM MY HEART

Dr. Tricia

As I look back on my own seasons of striving and surrender, I see the pattern of God's peace woven through them all. His calm didn't always come as a feeling — sometimes it came as strength to keep standing, or wisdom whispered in the middle of confusion.

One of the hardest lessons I've had to learn was not to "jump on the roller coaster" every time my children were in a crisis. As a mom, it's natural to want to fix, rescue, or smooth things over — but God began showing me that my peace doesn't depend on their calm, and their growth doesn't depend on my control.

I had to learn to pause, pray, and let Him be the one who works in their hearts. Peace meant trusting that even when I couldn't fix it, He could still redeem it.

Friend, the same Spirit that steadied Jesus in the storm lives within you. That means peace isn't something you chase — it's something you already hold. The more you practice presence, faith, and grace, the more peace becomes your posture. You begin to respond differently — softer, slower, surer. And people around you begin to feel it too.

This is what it means to live anchored — not untouched by waves, but unshaken by them.

Behavioral Insight

By Regan



Recently, I hit a season where work completely took over my schedule. Client needs were high, deadlines were tight, and stress was creeping into every corner of my day. Somewhere along the way, I stopped prioritizing the habits that make me feel healthy — my afternoon home workouts, meal prep, and intentional rest. By the end of the week, I felt drained and disappointed.

The old version of me would have spiraled into self-criticism:

"You messed up again."

"You'll never stay consistent."

"Why can't you get it together?"

But this time, I chose something different. Instead of beating myself up, I practiced what I teach: resilience through recovery. I reminded myself that one hard week doesn't erase all my progress — it's just a dip.

That's what behavioral psychology calls resilience building — and I call it "Build the Bounce." When stress knocks you down, the goal isn't to stay flawless — it's to bounce back with grace. So I took a deep breath and said, "This was a hard week, but I can start again." I turned on my workout video, moved my body, and made one healthy meal. I reconnected with the peace that comes from movement and prayer — not punishment. And slowly, my body and mind returned to balance.

Behavioral Insight

By Regan



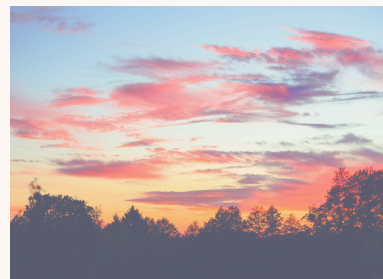
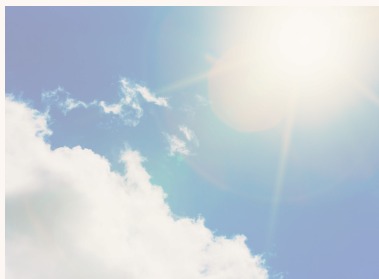
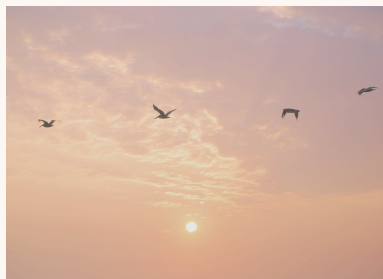
That's the beauty of Build the Bounce:

- Expect the dip. Life will stretch you. That's not failure — it's reality.
- Engage your reset ritual. Do one small thing that helps you recover.
- Extract the lesson. Ask, "What did this teach me about grace?"

Behaviorally, this strengthens recovery pathways — your brain learns that peace is always possible after pressure. Spiritually, it reminds us that God's mercy is new every morning (Lamentations 3:23). When you Build the Bounce, you train both your mind and your spirit to rise again — not from striving, but from surrender. Because resilience isn't about perfection — it's about grace that always gets back up.

Here's a daily grounding rhythm to keep you anchored:

The “Peace Posture” Practice



MORNING- CENTER

Begin your day by whispering, “Lord, align my heart with Your peace.”

MIDDAY- RESET

Step outside or pause for one deep breath prayer: “You are here, and that is enough.”

EVENING- REFLECT

Journal one way you saw God’s peace show up that day.

Tiny daily returns to peace create a steady emotional baseline — one your mind, body, and spirit begin to rely on.

This is the new rhythm of your life: calm as calling, peace as leadership, and presence as worship.

Reflection Prompts

- What truths from this journey will I carry forward daily?
- How will I protect my peace when new chaos arises?
- Who in my life might need the calm I now carry — and how can I share it?

Your Thoughts

Prayer

Father, thank You for teaching me that calm is not the absence of storms but the assurance of Your presence. Anchor my heart in You, so no wave can move me from Your peace. When anxiety knocks, let faith answer. When uncertainty rises, let Your Word steady me. May my life become a reflection of Your calm — steady, strong, and filled with grace. I surrender my need for control and receive Your perfect peace, today and always.
In Jesus' name, amen.



Gentle Weekly Challenge

1

This week — and every week that follows — carry this truth like a compass: “Peace isn’t a destination. It’s my direction.”

2

Whenever chaos comes, return to your anchors:

- Pause » Pray » Proceed
- Even if, God is faithful.
- I am held. I am called. I am calm.

3

Let these words root you deeply in grace.

The world doesn’t need another woman who can do it all — It needs women who are calm in the chaos, confident in calling, and anchored in Christ.

B O N U S S E C T I O N

*The Calm Toolkit:
A faith and behavior guide for
everyday peace.*

Faith-Based Affirmations for Anxious Days

These affirmations combine biblical truth with behavioral intention — helping reframe anxious thoughts and renew the mind with confidence and calm.

When you feel overwhelmed:

"I can pause, breathe, and trust that God is already at work."

"I don't have to do it all — just the next faithful thing."

Philippians 4:6-7 - "Do not be anxious about anything... and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

When you doubt your worth:

"My identity is secure in Christ, not in my productivity."

"I am loved as I am, not as I perform."

Ephesians 2:10 - "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

When fear rises:

"Even if I don't know what's next, I know Who goes before me."

"Peace is my inheritance — I receive it freely."

Deuteronomy 31:8 - "The Lord himself goes before you and will be with you; he will never leave you nor forsake you."

When you need strength:

"God equips me for everything He calls me to."

"I can do hard things with a calm heart and a steady spirit."

Hebrews 13:21 - "May he equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ."

When you need to remember grace:

"I'm not behind — I'm being refined."

"I can rest because He never stops working."

James 1:4 - "Let perseverance finish its work so that you may be mature and complete, not lacking anything."

Scripture Cards for Peace and Leadership

You can print, cut on the dotted line and fold on the solid line or save these verses as digital reminders. Read one aloud each morning or keep them visible where you'll see them often.



Calm in
Anxiety

Philippians 4:6–7
“His peace guards my
heart and mind.”



Rest and
Renewal

Matthew 11:28–29
“I can rest in His rhythm,
not the world’s rush.”



Confidence
in Calling

1 Thessalonians 5:24
“He who called me will
equip me.”



Grace in Imperfection

2 Corinthians 12:9
"His strength shines through
my weakness."



Faith in Uncertainty

Proverbs 3:5–6
"I can trust His path, even
when I can't see it."



Presence and Stillness

Psalms 46:10
"Peace begins in the pause."

Courage in Chaos

Isaiah 43:2
"He is with me in every wave."

Quick Grounding Exercises



These science-based tools help the body return to calm — paired with Scripture to renew the spirit.

The 3-Breath Reset

When anxiety spikes, stop and take three intentional breaths:

1. Inhale: "Lord, You are near."
2. Hold: "I trust You."
3. Exhale: "Your peace is my anchor."

Repeat until your body softens and your spirit steadies.

The 5-4-3-2-1 Presence Practice

Use this when your thoughts start to spiral:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can thank God for

This brings your awareness back to the present moment — where God's peace already lives.

The "Pause → Pray → Proceed" Rhythm

When emotions rise or decisions feel heavy:

1. Pause: "Lord, still my thoughts."
2. Pray: "Let peace lead."
3. Proceed: "Show me the next right step."

Practiced regularly, this becomes a natural leadership habit — keeping you calm, clear, and Christ-centered.

Daily Renewal Routine



Use this structure as a calm rhythm template — simple, flexible, and sustainable.

Morning – Center

☀️ 5 minutes of stillness or gratitude prayer.

“Lord, align my heart with Your peace.”

Midday – Reset

🌿 Step away for deep breathing or a verse reminder.

“You are here, and that is enough.”

Evening – Reflect

🌙 Journal or pray:

- One grace I noticed
- One challenge I surrendered
- One moment I saw God’s hand

End with:

“Peace, be still — even here.”

When Calm Feels Far Away

Remember: peace is not a performance.

It's a practice — and every return to God's presence counts.

When your heart feels chaotic:

- Take one deep breath.
- Whisper one truth.
- Choose one small step toward stillness.

You don't have to do this perfectly. You just have to come back.

And He will always meet you there.



Closing Blessing

May your heart stay soft and your
spirit stay steady.

May you move with calm confidence,
even when the world moves fast.

May your leadership be gentle, your
faith unshaken, and your peace
unbreakable.

And when chaos comes — as it will —
may you remember that calm isn't
found by escaping it,
but by standing firm in the One who
holds it all.

Thank-you!

Thank you so much for purchasing Calm in the Chaos. It means so much to us that you've invited us to walk alongside you in your journey toward peace and purpose. Our prayer is that as you read, you'll feel the steady presence of God meeting you in the middle of your real, everyday moments — reminding you that you don't have to face chaos alone.

We'd love to stay connected with you beyond these pages. Join our Faithfully She email community for weekly encouragement, biblical reflections, and practical tools to help you grow in confidence and calm. We're praying for you — that your heart finds rest, your mind renews with truth, and your spirit grows stronger in His grace.

With love and gratitude,

Dr. Tricia & Regan

Faithfully She — Rooted in Faith. Rising in Confidence.



Contact:

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