

A Letter to the Reader / Participant,

This project is being created out of lived experience with suffering and joy, hope and despair, shame and redeeming love. As a 48-year-old breast cancer survivor, wife to a good man who is very different from me, mother to three teenagers, daughter to Alzheimer's, and mental health counselor whose career was birthed out of depression, I am learning the contentment Paul speaks about and the take heart peace that only Jesus can give through all of life's trials.

As I write this statement, fear tries to surface about what future trials may come.

I will not let it.

Nothing in life compares to seeing God work and getting to participate. This content is my humble attempt to join God in Kingdom work and to encourage you to do the same. This is not an impersonal, manufactured AI message, but an imperfect and passionate lived-and-learned declaration from a sister in Christ to choose life, love and be loved, pick up your mat, and experience His peace and contentment.

What I hope you gain from this resource is:

Deeper Understanding of Integration: Christ-Centered Vessel Care

- The intricately integrated you as *God's creation* with both its limits and power.
- The theological and psychological integration of resilience-building and stewarding resources available for you as *God's child*.

Renewed Heart of Intention: Worship, Renewal, and Pick up your Mat Action

- To appropriately and completely care for you as *God's vessel*.
- To reciprocate by sharing this message and living with mission-minded joy as *God's representative*.

Sin, the world, and the accuser would like nothing more than to keep you from seeing, receiving, and participating in Kingdom life and purpose.

Don't let it.

Join me in Kingdom living.

Sincerely,
Christie Michaud
Sister-in-Christ