

REFINED

FOR MORE

Becoming Who God Is
Shaping You To Be

Unveiled Living Magazine | Issue 17 | Spring 2026







PUBLISHED BY UNVEILED LIVING PRESS

Copyright © 2026 Unveiled Living

All rights reserved. No part of this publication may be reproduced, stored, or transmitted in any form without prior written permission from the publisher.

Contributing writers retain copyright to their individual articles unless otherwise assigned.

Published by Unveiled Living
www.unveiledliving.com

For permission requests, contact: tracee@unveiledliving.org

Scripture quotations marked (NLT) are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2015, 2016, 2017, 2019 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

To order additional copies of this resource, contact us at
www.unveiledliving.org

Unveiled Living Ministries
Founder & Visionary: Tracee L. Padilla
Connections Manager: Janice Conyers
Bolivia, North Carolina

Join Our Email List

Click Here →

SUBSCRIBE

We'd love to stay connected with you beyond the scrolls and likes of social media! By joining us, you'll get early access to our exclusive Emags, receive our monthly Unveiled Connect, dive into powerful Bible studies, tune into the Heart Talk Podcast, and so much more!

Let's keep growing together!

www.unveiledliving.org



Unveiled Living Magazine

CHRISTIAN MAGAZINE FOR WOMEN

EDITOR-IN-CHIEF

Tracee Padilla

CREATIVE DESIGN

Tracee Padilla
Edwin F. Padilla

CONNECTIONS & EDITING MANAGER

Janice Conyers

CONTRIBUTING WRITERS

Kathleen Knapp
Carmen Chase
Cendrine Hosoda
Beth Nelson
Janice Conyers
Michelle A. Balts
Beth Nelson
Breana Wilson
Tricia Clark



Unveiled Living Ministries

Tracee Padilla
Founder & Visionary

Janice Conyers
Connections Manager

Edwin F. Padilla
Video Production

Contact Us
www.unveiledliving.org



Inside Stories



Join Our Email List

Unveiled Living

From the Editor

What's New at Unveiled Living

Unveiled Connect

Unveiled Living

Aligned to be Refined

by Janice Conyers

2026 Emag Collection

Unveiled Living Magazine

Hidden Gold

by Cendrine Hosoda

Joy Revolution Conference 2026

Unveiled Living

From the Pit to the Palace

by Tracee Padilla

Foundation to Flourish

Unveiled Living Study

Do You Trust Me? -God

by Kathleen Knapp

Plan B

by Carmen Chase

The Stretching Season

by Janice Conyers

The Deeply Rooted Life

Unveiled Living Study

Becoming Through Hard Stuff

by Savannah Moore

Apparently I'm Not the Boss of God

by Beth Nelson

Something Deeper is Taking Root

Heart Talk Podcast

The Power of a Rubber Band

by Tracee Padilla

Kidz Komer: Town or Country

by Michelle A. Balts

We Want to Hear From You

Unveiled Living

Finding Purpose in the Ordinary

by Tricia Clark

Don't Rush This

A Journal Reflection by Tracee Padilla

Somewhere Between Faith and Laundry

by Tracee Padilla

Unveiled Living Merch

Unveiled Living





From the Editor

To be honest, I haven't always loved the word refined.

Because refined sounds beautiful... until you realize what it takes to get there.

Refining means change. It means stretching. It means discomfort. It means being reshaped in ways that don't always feel good while they're happening. Gold is refined by fire. Clay is shaped on the potter's wheel. And if we're honest, none of us naturally signs up for those kinds of seasons.

But the more I've walked with God, the more I've realized that the refining seasons are the very places where He does His deepest work in us. Without the refining, we cannot be shaped.

And while that process may feel tender, frustrating, or even confusing at times, it is also holy. Because it means God is not done with us. It means He loves us enough to keep forming us into who He created and purposed us to be. That's where this whole theme comes from—Refined for More. It's part of the bigger picture of our 2026 theme, Prothesis - God's purpose unfolding in our lives. And refining is not separate from the purpose, it's a part of how God prepares us to walk in it.

I keep thinking about the potter's wheel in Jeremiah. The clay doesn't shape itself. It's formed by the hands of the potter. And the beauty of that picture is this: when our lives are in God's hands, we can trust what He's doing—even when the pressure feels real. He sees the full picture. He knows what He's creating.

And really, that is the heart of this edition.

That the stretching seasons are not wasted.

That the uncomfortable seasons are not empty.

That if you find yourself in a refining season, it doesn't mean God has forgotten you. It means He is up to something beautiful in your life.

So as you take a deep dive into this spring edition, I pray it encourages your heart in a real way. Wherever life finds you right now, may these pages remind you that God is still shaping, strengthening, and preparing you for His purpose.

And friend, that kind of work always reveals beauty in the ashes.

Living life unveiled,

Tracee L. Padilla
Editor-in-Chief

Unveiled Connect

Unveiled Connect is your exclusive bi-weekly pass that comes straight to your inbox with all things Unveiled Living—packed with **encouragement**, **inspiration**, and the **latest happenings and more!**

Subscribe today and stay connected to this soul-nourishing goodness!

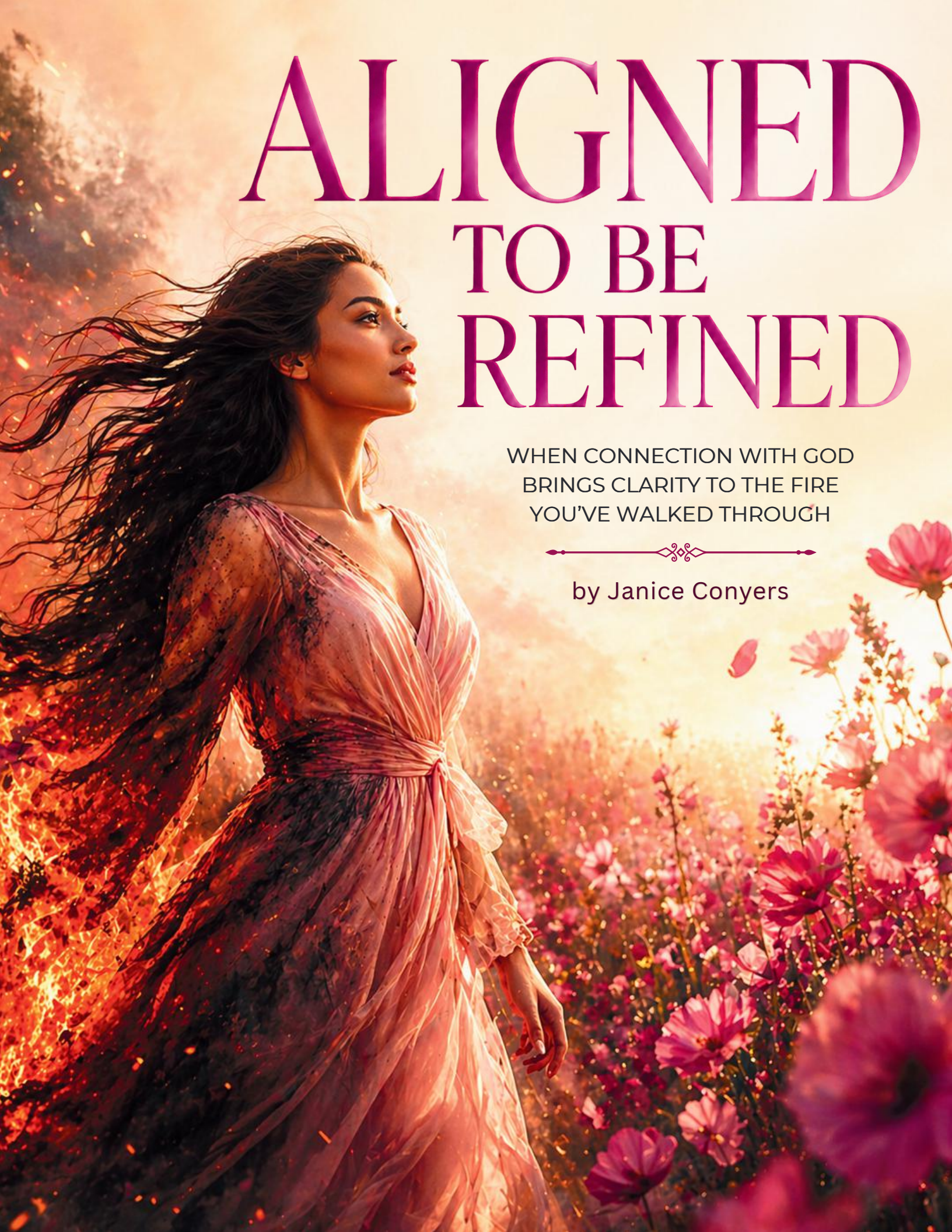


What if this month could be different?



ENCOURAGEMENT. INSPIRATION. CONNECTION.



A woman with long dark hair, wearing a long, flowing pink dress, stands in a field of pink flowers. She is looking upwards and to the right. To her left, there is a large fire with bright orange and yellow flames. The background is a soft, hazy landscape with more flowers and a warm, golden light.

ALIGNED TO BE REFINED

WHEN CONNECTION WITH GOD
BRINGS CLARITY TO THE FIRE
YOU'VE WALKED THROUGH



by Janice Conyers

There's a kind of frustration that comes from trying to walk in step with someone when you're not fully connected.

You're both moving in the same direction, but the rhythm is off. One speeds up, the other slows down. You misstep. You bump shoulders. What should feel natural feels forced. What should feel unified feels strained.

And the more you try to "fix" it, the more obvious the disconnect becomes.

But the moment you reach out, when you link arms or take their hand, everything changes.

Suddenly, you don't have to overthink the rhythm. You can feel it.

Alignment becomes effortless; not because the path changed, but because you're now connected.

That's the picture of refining most of us don't recognize until we're on the other side of it.

Because when you're in it, it doesn't feel like alignment. It feels like tension.

It feels like prayers that don't seem answered the way you hoped. It feels like stretching that doesn't let up. It feels like being in a place where you know God is present, but you can't quite find your footing. You're showing up, you're trying to be faithful, but internally you're asking, Why does this feel so hard?

We often assume that difficulty means we're out of alignment.

But what if it's actually the evidence that God is drawing you closer?

James 4:8 (NLT) says, "Come close to God, and God will come close to you." There's no striving in that. No performance. Just proximity. And yet, it's often in the refining seasons that God is inviting us into a deeper kind of closeness; one that moves beyond surface-level faith into real dependence.

Because connection isn't proven when things are easy.

It's revealed when things are not.

Looking back, those are the seasons that begin to make sense in a way they never could while you were living them. The conversations that stretched you. The silence that forced you to listen differently. The doors that didn't open when you thought they should.

What once felt like resistance was actually realignment.

Proverbs 3:6 (NLT) says, "Seek his will in all you do, and he will show you which path to take." Not instantly. Not always clearly in the moment. But faithfully. Over time. As you stay connected.

And here's where refining goes deeper than we often expect: it asks for surrender in places we didn't plan to give it.

It's not just about trusting God with outcomes, it's about trusting Him with process.

It's releasing the timeline. The expectations. The version of the story you thought you'd be living by now. It's choosing connection even when clarity hasn't caught up yet. That's the fire.

1 Peter 1:7 (NLT) says, "These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold."

Fire feels intense because it is, but it is never without purpose. It doesn't destroy what's real. It refines it. It removes what doesn't belong so what remains is stronger, purer, and unshakable.

And then one day, you look back. And it finally clicks.

You see God's fingerprints in places you once questioned His presence. You recognize that the tension was forming trust. The delay was building depth. The pressure was producing clarity you couldn't have gained any other way.

You realize you weren't fighting God in that season; you were learning to walk with Him.

Connected. Aligned. Refined.

And now, standing where you are, you carry something you didn't have before. Not just strength, but steadiness. Not just faith, but confidence in His leading. Not just endurance but understanding.

That's the testimony. The kind that only exists because you walked through the fire instead of running from it. The kind that sets the tone for everything that comes next.

Because once you've experienced what it means to stay connected in the middle of refining, you don't fear the fire the same way. You trust the One who walks you through it.



Janice Conyers



Janice resides in New Hampshire with her husband, William, and their dog Mia. She is a proud mamma of two adult children, Jonathan, and Lydia, and new mom-in-law to Michael.

She is often referred to as "Jan-of-all-trades" by her colleagues and friends. In addition to being an office and event manager with 20+ years' experience, Janice is passionate about furthering God's kingdom by creating meaningful experiences through events, and inspiring readers with engaging and informative content.

REFINED FOR MORE

Becoming Who God Is
Shaping You To Be

Unveiled Living Magazine

POSITIONED FOR MORE

LIVE ON PURPOSE
GOD'S PLAN + MY PURSUIT

Unveiled Living Magazine | Issue 16 | January 2026

REDEEMED FOR MORE

Redemption Is Just
The Beginning of
Your Story

Unveiled Living Magazine | Issue 19 | Fall 2025

CALLED FOR MORE

Stepping Into Your
God-Calling
with Courage

Unveiled Living Magazine | Issue 18 | Summer 2026

UNVEILED LIVING

The 2026 Emag Collection

Quarterly Editions

Helping women
live unveiled—
rooted in truth,
refined through life,
and rising into all
God has called
them to be.

EXPLORE THE JOURNEY
unveiledliving.org

Refined for More

He knows where
I am going.
And when He tests me,
I will come out
as pure as gold.

Job 23:10 (NLT)



You may not always understand the process....
but He's never lost sight of you in it.

There are seasons that don't feel like growth.
They feel like loss. Sometimes like confusion.
Like everything familiar is slipping through your hands.

And if you're honest, you've probably asked more than once,
"God...what is this season all about?"

This is the part no one really talks about - the middle.
The part where you don't see the outcome yet.
Where nothing feels certain or put together.
Where your faith isn't loud...it's just hanging on.

But right here- in the stretching, in the uncertainty, in the moments
that don't make sense....

God is not absent.

He's intentional.

He's not trying to break you.
He's beautifully shaping something in you
that couldn't be formed any other way.

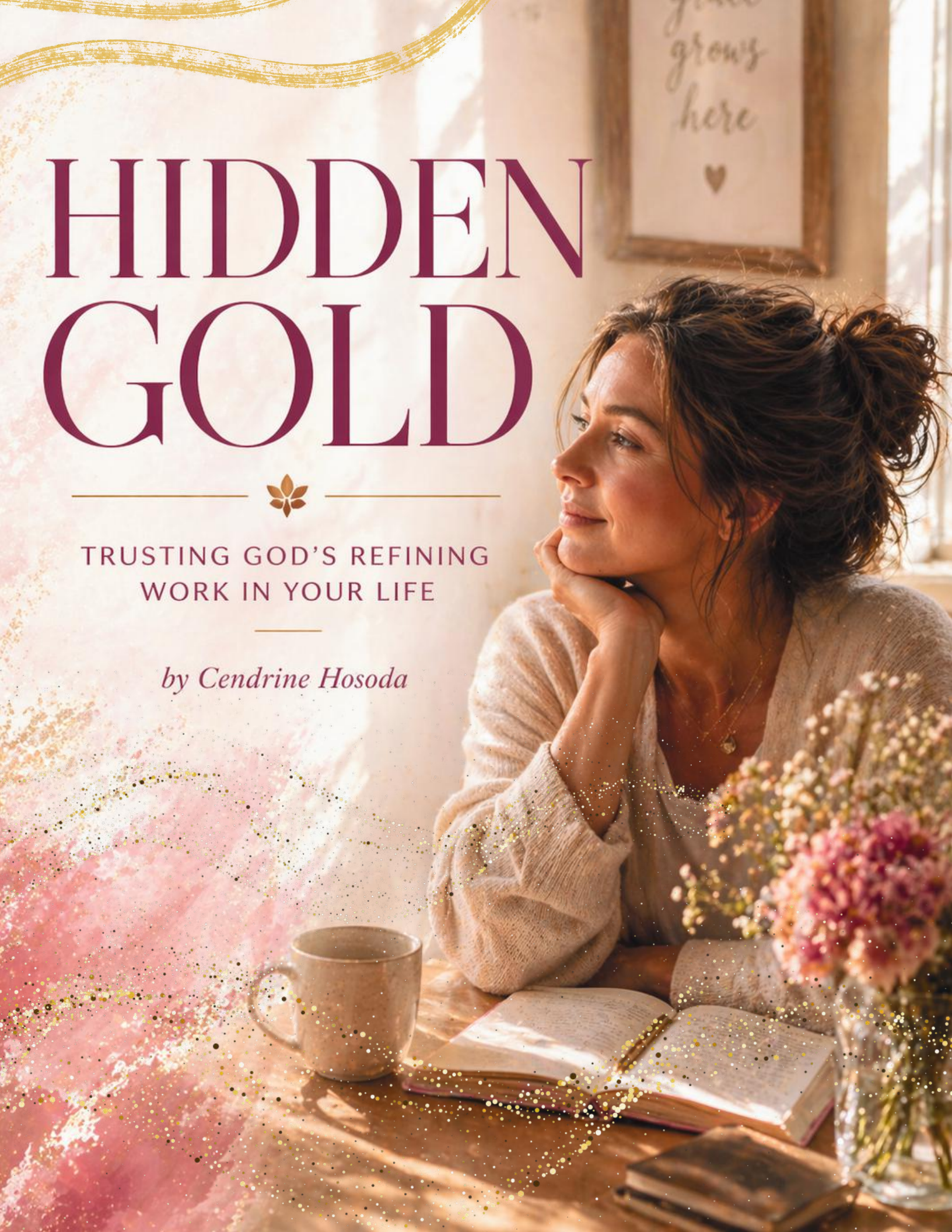
You're not falling apart...
you're being formed.

HIDDEN GOLD



TRUSTING GOD'S REFINING
WORK IN YOUR LIFE

by Cendrine Hosoda



Spring has a quiet way of reminding us that change often begins long before we can see it.

Just weeks earlier the ground may have looked empty. But beneath the soil, seeds are waking up. Roots stretch downward while fragile shoots prepare to break through the surface.

Our spiritual lives often work the same way. God's work in us is not always fast or obvious. Sometimes it looks like waiting. Sometimes it feels like stretching. But under the surface, He is shaping us into the people we were created to be, restoring what was lost in the fall.

Refining is rarely comfortable. But it has a beautiful purpose. I was reminded of this a few years ago when I went through a heavy metal detox. Toxic metals can build up in the body and affect many systems, from the immune system to brain function.

Removing them isn't quick. It takes patience and multiple steps. And sometimes, you even feel worse before you start to feel better.

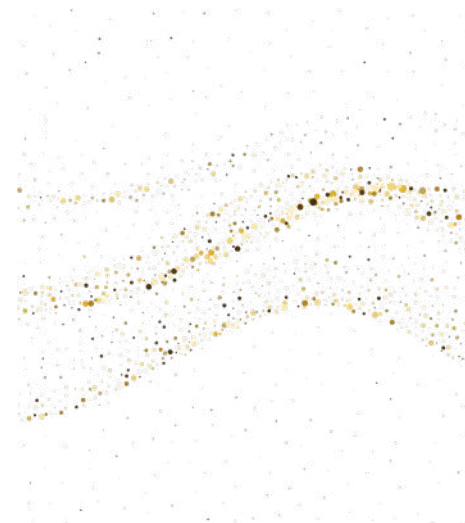
But the results can be amazing. As the toxins leave the body, things begin to work better again. In my case, my stress levels dropped, I became less prone to illness, and my thinking became clearer. But what surprised me most was how that process strengthened my faith in taking life one day at a time. It inspired me to develop spiritual routines and habits with God that I may not have built otherwise. What began as a physical health journey ended up refining me in ways I never expected.

Becoming Aware of What Needs Refining

Most of us eventually notice parts of ourselves we wish weren't there. Maybe reactions you feel embarrassed about. Patterns you wish others couldn't see. Moments where you wish you could love more purely, respond more gently, or walk more humbly.

That awareness can feel uncomfortable. But it may also be an invitation. Because deep down many of us sense that we were made for more. The fall affected every part of humanity. While salvation restores our relationship with God, the process of becoming like Jesus takes some time. This is often called progressive sanctification, the gradual purification of our hearts and lives.

In 1 Peter, our faith is compared to gold being refined in fire until it becomes more precious than gold itself. Refining takes time. It is not a one-and-done process. But it is beautiful in the end.



What We See vs. What God Sees

Imagine holding a dull, dirty rock in your hand. It doesn't look valuable. It may even look like something you'd toss aside. But suppose someone told you that inside that rock is over 200 grams of 24-karat gold. You might doubt it.

A skilled goldsmith would see something entirely different from what you see. He knows the gold is there, even when it's hidden in rock and dirt. So he begins the refining process.

The rock is crushed and melted. Heat and chemical processes separate the gold from the impurities. At certain stages it may even look like nothing more than mud or dust. But the goldsmith knows what he is doing. Step by step, the hidden gold emerges pure and brilliant.

Many teachers reference an old refining image connected to Malachi 3:3, which says the Lord sits as a refiner of silver. The story often told is that the refiner knows the metal is pure when he can see his reflection in it. While this was not a literal historical test, the imagery captures something true: purified gold becomes smooth and reflective when melted, almost mirror-like. Refining reveals what was always there. Us being created in his image.

God sees something in us long before we see it ourselves. Where we see weakness and failure, He sees potential and transformation. The only things that cannot survive the refining process are the things we were never meant to carry in the first place.

The Multi-Step Journey

God sees something in us long before we see it ourselves. Where we see weakness and failure, He sees potential and transformation underway. But the process includes many stages. There will be testing and heat. Moments when we might feel like we are becoming worse rather than better. And yes, there will be things we lose along the way.

Old habits. False identities. Protective layers that once helped us cope but no longer serve who we are becoming. The only things that cannot survive the refining process are the things we were never meant to carry in the first place. The true essence of who God created us to be is stronger than the fire.

Seeing the Process Differently

Instead of fearing refinement, what if we viewed it as letting go of what weighs us down? In gold refining, the finished product weighs less than the original lump because the impurities have been removed. But the value has increased dramatically. In the same way, when God refines us, we often feel lighter, freer and more whole. The process may remove fear, pride, bitterness, shame, or unhealthy attachments. What remains is something closer to the heart of God within us. And as we grow, something beautiful happens.

In 2 Corinthians 3:18 we're told that as we behold the Lord, we are transformed into His image from glory to glory.

Transformation comes not from striving harder, but from continually turning our attention toward Him. One simple practice is regular time in worship, gazing at God's character and allowing His word to shape us. The Bible describes God's word as more precious than gold and sweeter than honey.

Participating in the Refining

While God is the one doing the refining, it is always invitational, we still have a role. We choose whether we resist the process or yield to it. Yielding often looks like small daily decisions, what I believe the Bible refers to as sowing and reaping. When we sow into what God wants to do, we begin to reap the beautiful harvest he promises.

Sometimes those choices don't seem to make sense in the moment. But seeds rarely reveal their harvest immediately.

Reflection questions can help keep us aligned with this journey:

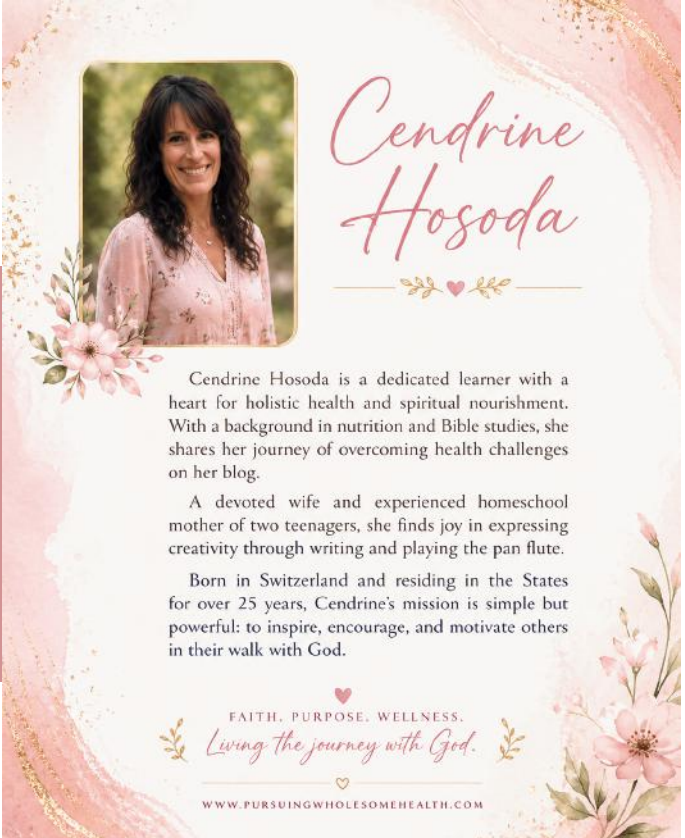
- What qualities of God do I long to reflect more clearly?
- What might God be shaping in me right now that I cannot fully see yet?
- Is there something I am resisting that might actually be part of the refining process?
- What small seed can I plant today that moves me toward the person I sense God shaping me to become?

Trust the Outcome

The refining process can feel long. There may be seasons where it seems like nothing visible is happening. But the goldsmith never forgets what he saw in the rock from the beginning. God sees the same in you.

The goal of this journey is restoration. Becoming who He envisioned you to be all along. So if life feels like a refining fire right now, that's ok. What God is shaping in you will not destroy you. It will reveal something far more beautiful than you imagined.

Pure gold was always there.



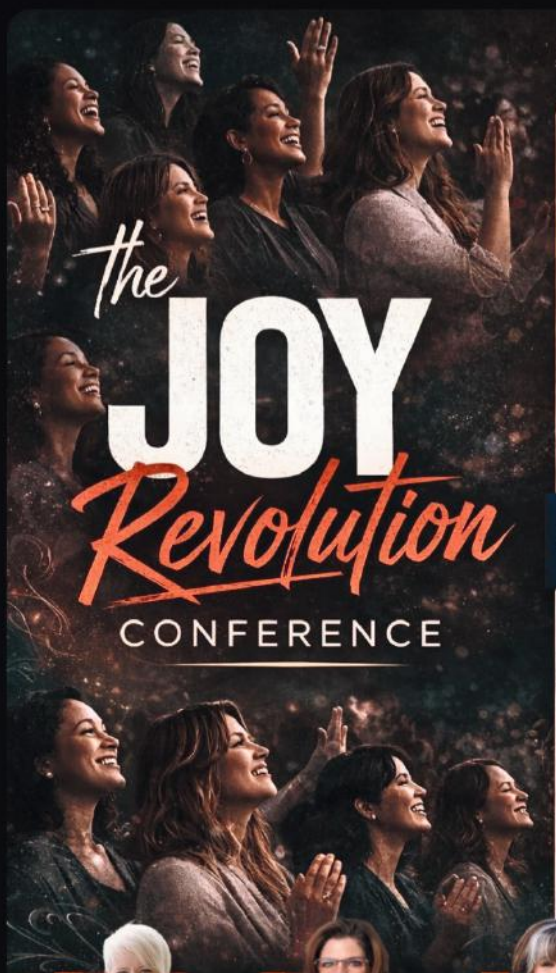
Cendrine Hosoda is a dedicated learner with a heart for holistic health and spiritual nourishment. With a background in nutrition and Bible studies, she shares her journey of overcoming health challenges on her blog.

A devoted wife and experienced homeschool mother of two teenagers, she finds joy in expressing creativity through writing and playing the pan flute.

Born in Switzerland and residing in the States for over 25 years, Cendrine's mission is simple but powerful: to inspire, encourage, and motivate others in their walk with God.

FAITH. PURPOSE. WELLNESS.
Living the journey with God.

WWW.PURSINGWHOLESOHEALTH.COM



The JOY Revolution CONFERENCE



AMANDA CRABB

KEYNOTE SPEAKER

THURSDAY, JUNE 11
CARMEN CHASE - 6:30 PM

FRIDAY, JUNE 12
JANICE CONYERS - 9:00 AM
AMANDA CRABB - 6:30 PM

SATURDAY, JUNE 13
TRACEE PADILLA
& KIM TAYLOR - 9:00 AM



CARMEN CHASE



JANICE CONYERS



TRACEE PADILLA



KIM TAYLOR

THUR-SAT JUNE 11-13, 2026
BEACH ASSEMBLY OF GOD
20 BLISS RD. NW,
OCEAN ISLE BEACH, NC 28469



REGISTRATION IS OPEN

[UNVEILEDLIVING.ORG/CONFERENCE](https://unveiledliving.org/conference)

Joy Revolution Conference



If you're anywhere near North Myrtle Beach, Myrtle Beach, or Wilmington, pay attention — because something powerful is happening just down the coast.

Joy Revolution is a three-day, Holy Spirit-led gathering in Ocean Isle Beach created for women who are done surviving and ready for strength to rise again. This isn't a feel-good weekend or a surface-level conference. It's a holy disruption— where joy is restored, heaviness breaks, and God reminds us that the joy of the Lord is our strength.

Featuring Amanda Crabb as the main event speaker, Kim Taylor who has strong prophetic ministry, along with Spirit-filled worship and anointed speakers, this weekend is marked for real encounters, real freedom, and real joy.

Come weary.
Leave stronger.

Joy is about to interrupt some things.

✦ Tickets are available now. Seating is limited.

Early Bird Registration Now Open!



FROM THE
PIT
TO THE
PALACE

When God Uses
the Fire
to Shape You,
Not Destroy You

by Tracee Padilla

Have you ever been in a season that felt less like growth and more like...unraveling?

Like everything you thought you knew about yourself, your future, your faith — was being stripped down layer by layer until you didn't quite recognize what was left?

Friend, can I tell you something? That stripping? It's not the enemy winning. That's the Refiner working.

And He does some of His best work in the fire.

From the Pit to the Palace — But First, the Process

Let's talk about Joseph for a minute. Because if anyone had a reason to pitch a tent in bitterness and never move, it was him.

He was the favored son. The dreamer. Future world-changer.

And then this happened: thrown into a pit by his own brothers, sold into slavery, falsely accused, and forgotten in prison.

When you stop and think about it, that's the resume of a man God was refining for something extraordinary.

Here's what gets me every single time I read Joseph's story — God kept reminding him He was with him, but He didn't sit Joseph down and explain the whole thing. There was no angelic memo dropped into the pit that said, "Hang

tight, Joseph, this is all going to make sense in chapter 41." No five-step plan. No sneak peek of the palace. Just God's presence in the waiting, the injustice, the false accusations, and the slow, unseen work of shaping a man's character long before He ever multiplied his influence.

The pit was never about punishment even though it didn't always make sense. Potiphar's house wasn't a detour. The prison wasn't the end.

Every single chapter of Joseph's suffering was God's hands on the clay — pressing, shaping, refining. To help build him into someone who could carry the weight of what was coming.

And here's the thing about refinement that we don't always think about: it only works under pressure and heat. You can't refine gold by leaving it on the shelf. It gets refined by putting it in the fire.

James Said It First — and He Didn't Sugarcoat It

James 1:2-4 hits different when you're actually in it:

"When troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing." (NLT)

Consider it joy.

Not feel it as joy. Not pretend it's joy. But consider it. Meaning, turn it over slowly in your hands like something you're not quite sure what to make of yet — and choose, even in the uncertainty, to believe that this season has something in it worth finding.

Because here's what James was really saying underneath all of it: what looks like loss right now is actually formation. What feels like falling apart is actually coming together in ways you can't see from where you're standing. And what seems like God has gone quiet? That's often where He does His deepest, most careful work — in the places too tender for the noise of everyday life.

Joseph didn't get to read the end of his own story from the bottom of that pit. But he kept showing up faithful anyway. In slavery — faithful. In prison — faithful. In the small, unseen, uncelebrated assignments that nobody applauded — faithful. Because somewhere in the quiet of his heart, he trusted the One who was.

And when the moment finally came? He was ready. Not because his circumstances made him ready. Because the refining season did. Twelve years of refining.

Your Fire Has Purpose Too

Maybe you're in your pit season right now. You've been faithful — genuinely, quietly, faithfully faithful — and it's still hard. Maybe you did everything right

and it still fell apart. Maybe you're tired in a way that's hard to explain to people who haven't sat where you're sitting. Tired of trusting. Tired of waiting. Tired of watching others step into their palace while you're still trying to find the light switch in the prison.

I see you. And more importantly — He does too.

Can I share something with you that I've had to come back to more times than I can count?

The fire you're in is not random. It was not a scheduling error in heaven. The pressure you feel is not pointless, even on the days it feels absolutely unbearable. And the God who was with Joseph in every single chapter of his suffering — in the pit, in the house, in the prison, in the silence between all of it — is the same God who is sitting with you in yours. Right now. In this. He hasn't lost the plot of your story. He is the Author of it.

And here's the thing about refinement — it always has an end goal. It's purposeful fire. Shaping you into someone more like Him, more ready for what He's already prepared, more capable of carrying what's coming than you would have ever been without this season.

You are being refined — and there is a difference, even when it doesn't feel like one yet but beauty always comes.



Refining Moment

Journal Prompts

Grab your coffee, take a breath, and sit with these:

1. What pit season am I in right now—and what might God be asking me to let go of in it?
2. Where have I been faithful in the hidden places—and how could God be using that quiet obedience to prepare me for more?
3. If I truly believed this season was refining me instead of robbing me, how would that change the way I show up today?



Faith in Action

Your Refining Challenge This Week

Joseph stayed faithful in every assignment—even when no one was watching and nothing made sense. This week, do the small thing with your whole heart. The hidden thing. The thankless thing. The thing that feels beneath you or easy to overlook. Do it as unto the Lord.

Not for applause. Not for outcome. Just as an act of trust that says, 'God, I believe You're doing something here even when I can't see it.'



WRITE IT DOWN:

- What did you do?
- What did you notice?
- What shifted—even a little?

Until the Palace Comes

Joseph's story didn't end in the pit. It didn't end in the prison. It ended with him standing in a position of purpose he never could have imagined from the bottom of that hole — and with enough wisdom, character, and faith to actually carry it well.

Your story isn't over either.

Keep showing up. Keep being faithful in the fire. Let the Refiner do His work — because what He's shaping in you right now is something you're going to need for what's ahead.

You're not being destroyed, friend.

You're being refined for more.



Scriptures to Hold Onto:

When the fire feels too hot: Isaiah 43:2 (NLT) — "When you walk through the fire of oppression, you will not be burned up; the flames will not consume you."

When you can't see the purpose: Romans 8:28 (NLT) — "And we know that God causes everything to work together for the good of those who love God."

When faithfulness feels pointless: Galatians 6:9 (NLT) — "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."

When you need to remember who's holding you: Isaiah 64:8 (NLT) — "And yet, O Lord, you are our Father. We are the clay, and you are the potter. We all are formed by your hand."



What Is God Saying Here?

Scripture Breakdown

James 1:2-4 (NLT) — Unpacked

“

When troubles of any kind come your way... Not if. When. James doesn't promise a trouble-free life — he promises a God who is purposeful in every trouble we face.

“

...consider it an opportunity for great joy. The Greek word for “consider” here is *hēgeomai* — it means to lead, to govern, to deliberately direct your thinking. This is an active choice, not a passive feeling. Joy in suffering isn't denial. It's decision.

“

...when your faith is tested, your endurance has a chance to grow. Testing isn't God doubting you. It's God developing you. The word “tested” here carries the image of metal being proven through fire — coming out purer, stronger, more valuable than before.

“

...perfect and complete, needing nothing. The goal of the refining isn't perfection as in flawless — it's wholeness. Maturity. A faith so deeply rooted that when the next storm comes, you are not swept away. You are anchored.

BUILD ROOTS.
GROW STRONG.
FLOURISH IN FAITH.



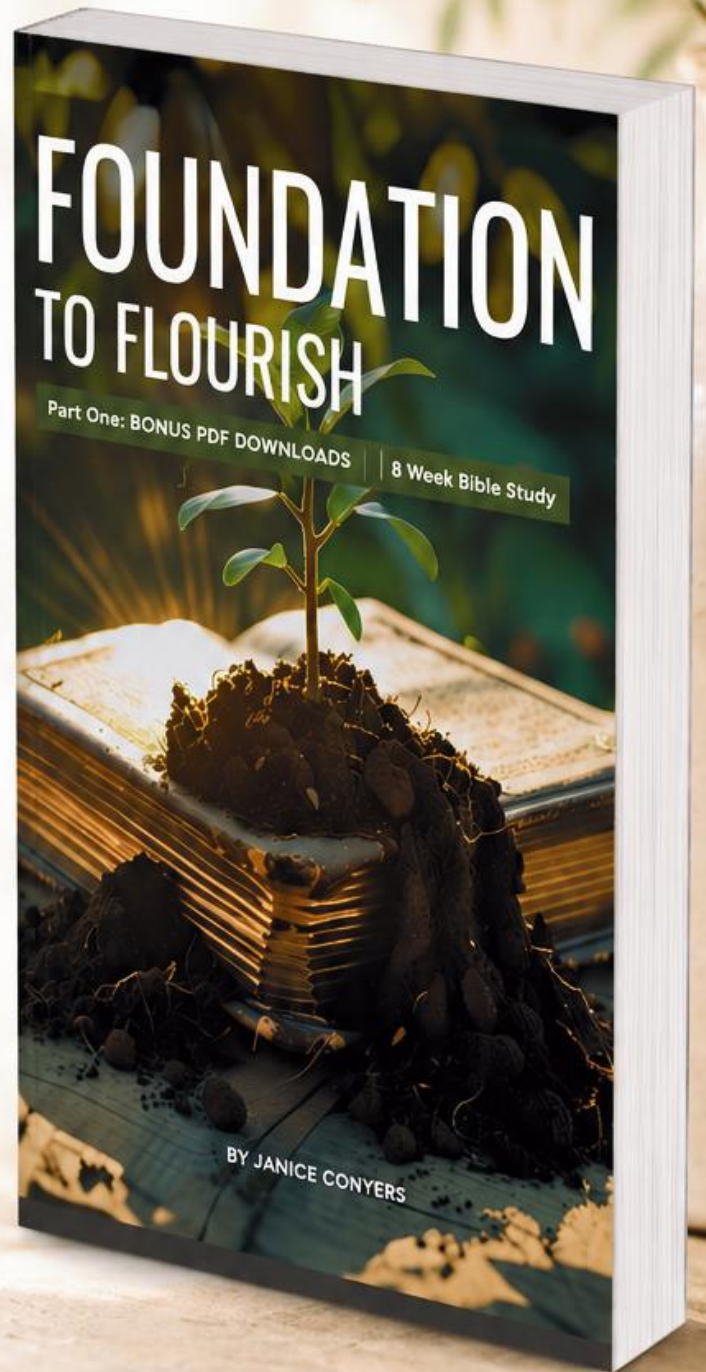
FOUNDATION TO FLOURISH

PART ONE | 8-WEEK BIBLE STUDY

Clear out what's been holding you back and build a foundation that lasts.

This spiral-bound 8-week study walks you through Scripture, reflection, and real-life growth

This is where your roots grow deeper!



START YOUR
journey today.

SCAN HERE





DO YOU
Trust
ME?

— ❖ —
WHEN LETTING GO
IS THE HARDEST THING,
BUT **TRUST** IS THE
ONLY WAY FORWARD

— ❖ —
~ GOD

BY KATHLEEN KNAPP

Have you ever felt like you couldn't trust God?

I have.

When my life plans haven't gone the way I thought they should.

When my prayers for healing or restoration weren't answered.

When grief and loss have broken my heart. Sometimes I wonder where God is and if He can be trusted.

At a recent women's conference, we stood to sing. Tears glistened in the corners of my eyes, and my voice caught as I struggled to sing. I stood in the assembly, head down, mouth closed. The crowd of women around me, the glorious chorus of voices singing praises to God, stirred my heart. I tried to sing past the lump in my throat. I closed my eyes and willed myself not to cry.

Then unexpectedly, I heard God speak to my heart. A gentle whisper of a voice echoed in my mind, Just let go.

I knew the Holy Spirit was speaking to me to release myself and sing with all my heart.

What was holding me back?

Fear.

I felt afraid.

Afraid that if I let go, I would start to cry and not be able to stop.

What was I worried about? I raised my head and looked around.

Did I care what these women thought? Would they even notice?

Why was I being so resistant to the tugging in my soul to participate with abandon?

Just then, another thought became clear in my mind like a soft whisper:
Don't you trust me?

The thought was gentle, probing, and sincere. I knew it was God.

My first reflex was to say "Yes", but then I thought "No". Then paused and honestly thought, "I don't know". After all, I have trusted God before and been let down.

I wanted to say yes, but can I trust Him again? After everything I've been through, can I still trust Him?

At that moment, I made a conscious decision to trust, regardless of the outcome.

I DO trust God, even when things are not going the way I think they should go. When my health failed, when my finances were struggling, and even when my son died.

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.” (Proverbs 3:5-6 NIV)

God has a bigger plan for my life than I know. He knows the future. He knows my heart. And he loves me more than I will ever realize.

As I released my fear and accepted the challenge to trust Him, I started to sing. Tentatively at first, then louder, and louder again. I raised my face towards heaven, and with my arms raised in the air, tears streaming down my face, I sang.

My voice became stronger with each word sung out loud, and as the lump in my throat passed, I declared in song my faith in my God.

Many of us have been hurt and lost trust in humans.

We put walls around our hearts and boundaries around our emotions to protect ourselves.

We are afraid of being hurt again.

But God isn't human.

Maybe you feel as if God has let you down. You find it hard to trust.

As our heavenly Father, He wants the best for us. Sometimes we can't see it at the time or understand it in our lifetime, but we can still trust that He has our best interests at stake.

As our healing hearts gently and softly open up to the love of God, we realize we can trust him with our hurts. He loves us. He heals our wounds.

“He heals the brokenhearted and binds up their wounds.” (Psalm 147:3 NIV)

We will grow with compassion, understanding, wisdom, and love as we accept the lessons learned over a lifetime. And once again learn to trust Him.

God has a bigger plan for my life than I know. He knows the future. He knows my heart. And he loves me more than I will ever realize.



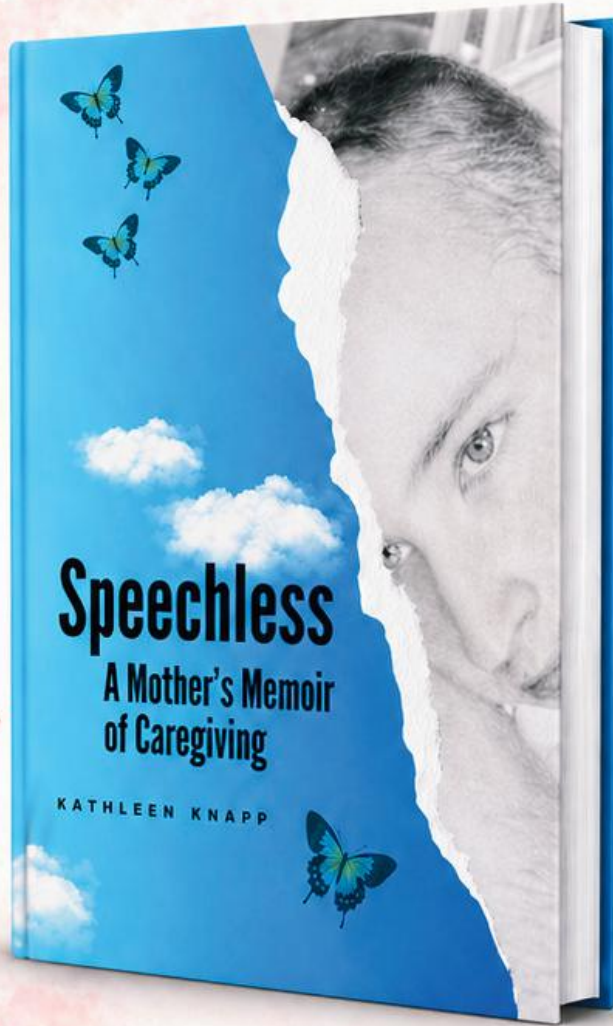
Kathleen Knapp ♥

— ♥ —

Kathy Knapp is an **author** and **speaker**. You can find more about her and her writing on her website, www.Psalm139Promises.com, Facebook, Instagram, and view her published books on Amazon.

— ♥ —

NEW BOOK BY
KATHLEEN KNAPP



A Mother's Journey.
A Caregiver's Voice.
A Message of Hope

When a loved one cannot utter
speech sounds to communicate,
they are speechless but not silent.

Our role as caregivers is
to give voice to the voiceless.

A raw, real, and deeply personal memoir
of love, strength, vulnerability, and the
lessons learned while walking a
beautifully difficult road.



Kathleen Knapp

Kathleen shares her experiences with
diagnosis, hospitals, professionals,
behaviours, and joys with vulnerability
and humor.

You are not alone.
You are seen. You are loved.

Your story matters.



PLAN B

A DIFFERENT ROAD TO
GOD'S PURPOSE

*The dream
I thought
was mine.*

*The purpose
He always
had for me.*

BY CARMEN CHASE

I brought the pregnancy test level with my eyes and blinked hard. Two pink lines shimmered to life in the tiny window, and my whole world tilted.

My gaze lifted to the window of my in-laws' guest bathroom. I wasn't taking in the summer sunset on the back lawn.

Instead, I saw my college stage lit up in lights, set artistically to host the musical I was slated to lead. I saw a large church orchestra pit, stuffed to the balustrades with bright, eager talent, waiting for my baton to signal their opening notes. I saw a university graduation ceremony followed by a music office and choir rehearsal wing...each image a key landmark in my career trajectory.

Each milestone planned for. Hoped for.

Each one threatened by the stick in my hand.

My heart was confused. "God...how can this possibly be your plan?"

The next day was my 22nd birthday. But I hardly noticed. My mind was bolted to the fact that before another birthday rolled around, I would hold a child in my arms. Not just any child. My child. My imagination went into overdrive, attempting to assess all the ways my life was about to change.



If I could mail a letter to my young, pregnant self, I would assure her that this new path was an adventure, custom-built just for her. It was going to challenge and humble and stretch her in ways she couldn't prepare for. And it carried far more weight and purpose than she could imagine.

**In God's ecosystem, there's no such thing as unplanned children.
Only unplanned parents.**

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 NIV

I had studied music: history, theory and practice tactics. This new role would require new skills: breastfeeding, potty training, patience, homeschooling, resilience, juggling schedules, laughing at myself (instead of crying), discipline (and disciplining!). I gained proficiency in some. Others I just fumbled through.

Today that child is a vibrant, compassionate, godly young woman who carries the atmosphere of heaven with her wherever she goes. She engages her hairstyle clients with wit & wisdom, building relationships with them over time that earn her the privilege of praying for their suffering bodies and broken families.

She leads a small band of young women who are growing strong spiritual roots as they support and challenge each other. She teaches young preschoolers who Jesus is, demonstrating His love and joy, perhaps even more during playtime than through the Sunday lesson.

The ripples of her life have spread far beyond that of any church Christmas cantata. She's advancing the Kingdom of heaven...in ways I never will.

That's legacy. Treasure.



I couldn't comprehend it then. When all I had to go on was a positive pregnancy test. Before I knew her name. Before I heard her voice. Before I knew her worth.

Because I had to live it.

Eventually, I would come to see it. It wasn't "Plan B". It was "Plan A" all along.

No theatrical moment on a stage, no crescendo of an orchestra, no applause or standing ovation could hold a candle to the delight of loving and being loved by my child. Another human who carries more than just my DNA. She carries a destiny designed by God.

And I have the honor of being a part of it. I was there in the beginning, when a \$5.99 pharmacy kit delivered a big ASK from God: "Will you trade your plan for Mine?"

A promotional graphic for Carmen Chase. On the left is a photo of Carmen Chase, a woman with short blonde hair, wearing a white top and pants, standing outdoors. To the right of the photo is the name "Carmen Chase" in a cursive font with a heart symbol. Below the name is a decorative line with a heart. The text reads: "Carmen Chase is a worship pastor in coastal North Carolina. While some know her as a professional clown, face paint artist, musician, or teacher, her favorite titles are wife to Jimmy and mom to her two grown children." Below this is another paragraph: "Whether it's a suspenseful book in the shade at the beach or a deep dive into Scripture—with coffee and dark chocolate nearby—Carmen loves creating space for joy, worship, and connection with God in everyday life." At the bottom is another decorative line with a heart, followed by the text "Social Media | Facebook" with a Facebook icon.

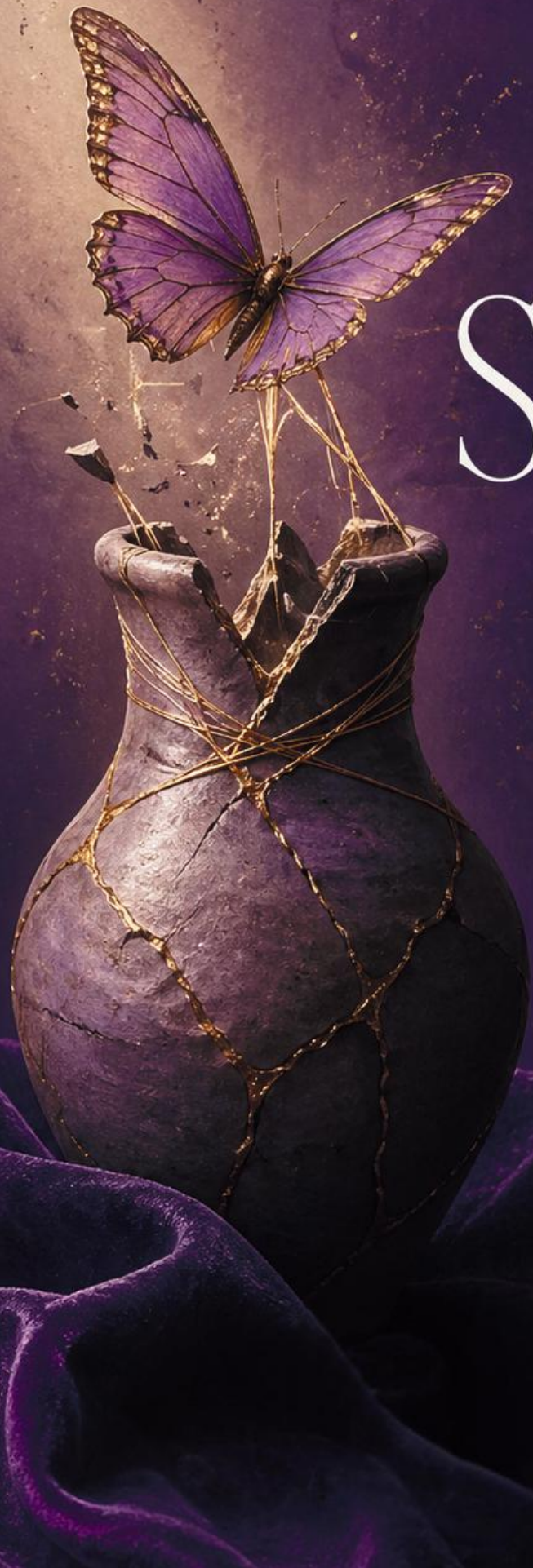


THE STRETCHING SEASON



*When God asks
you to leave
everything familiar to
become **Refined.***

by Janice Conyers ————— ♡



There are seasons you don't choose.

Seasons that arrive uninvited, unplanned, and unwelcome. Seasons that strip life down to what feels like nothing. Seasons where what you knew is gone, what you expected didn't happen, and what's ahead is unclear.

Ruth found herself in one of those seasons. *(Read the full story of Ruth in your favorite version of the bible, Ruth 1-4).*

She didn't choose widowhood. She didn't choose loss, or the unraveling of her future. One moment, she was building a life, married, rooted, secure, and the next, everything was gone. Her husband died. Her covering was gone and her stability disappeared.

In the culture of that day, widowhood wasn't just grief, it was vulnerability.

Widows had little to no social or economic protection. Their survival depended on family, provision, or remarriage. Without those, they were exposed; financially, socially, and relationally. To be a widow in a foreign land, without children, without status, was to stand on the edge of survival.

So, Ruth had every reason to go back. Naomi even urged her and her sister-in-law, Orpah, twice. *"Go back to your mother's homes. And may the Lord reward you for your kindness to your husbands and to me. May the Lord less you with the security of another marriage."* Ruth 1:8-9.

But stretching seasons rarely make sense. Instead, they invite surrender.

Ruth responds to Naomi in Ruth 1:16 (NLT) and captures one of the most profound responses in Scripture:

"Don't ask me to leave you and turn back. Wherever you go, I will go; wherever you live, I will live. Your people will be my people, and your God will be my God."

That wasn't just loyalty. That was complete, wholesome, total surrender.

Ruth wasn't just choosing Naomi; she was completely releasing everything else. Her homeland, her identity, her culture, her security, and even her gods. She was stepping into a future with no guarantees, no clear outcome, and no safety net.

This is the kind of stretching we don't often talk about.

The kind where God doesn't just ask you to grow - **He asks you to let go.**

To release what's familiar in order to receive what's forming.

Ruth's decision didn't lead her into immediate comfort. It led her into obscurity. Into fields where she gleaned scraps just to survive. Into long days of quiet faithfulness that no one applauded. Into a life that, on the surface, looked small.

But God was doing something beautiful and wonderful beneath it all.

Because stretching seasons are rarely about **where** you are, they're about **who** you're becoming.

Galatians 6:9 (NLT) reminds us, "*So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.*" Ruth didn't give up. She kept showing up, she kept working, and she kept trusting.

Then, slowly, God's provision met her obedience. Not all at once. Not loudly. But faithfully.

What she couldn't see in the moment was that her willingness to be stretched was positioning her for something greater than she could have imagined. The foreigner became family. The widow became a wife again. The outsider became part of the lineage of King David, and ultimately, Jesus.

That's the power of a stretching season.

It presses you beyond comfort, beyond clarity, beyond control until all that's left is trust. And trust is where transformation takes root - that's Refinement.

Looking back, Ruth's story isn't just about loss, it's about becoming. It's about what happens when you say yes to God in the middle of uncertainty. It's about the quiet, daily obedience that doesn't feel significant in the moment, but carries eternal impact.

Isaiah 43:19 (NLT) says, "For I am about to do something new. See, I have already begun! Do you not see it?" Ruth didn't see it at first. Most of us don't.

God was and IS already at work.

If you find yourself in a stretching season, one you didn't choose, one that feels uncomfortable, uncertain, or even unfair - take heart.

God is not just leading you through it. He is forming something in you through it. He's refining you for something MORE.

And what feels like loss may actually be the beginning of everything.



Janice Conyers



Janice resides in New Hampshire with her husband, William, and their dog Mia. She is a proud mamma of two adult children, Jonathan, and Lydia, and new mom-in-law to Michael.

She is often referred to as "Jan-of-all-trades" by her colleagues and friends. In addition to being an office and event manager with 20+ years' experience, Janice is passionate about furthering God's kingdom by creating meaningful experiences through events, and inspiring readers with engaging and informative content.



A 6-WEEK JOURNEY



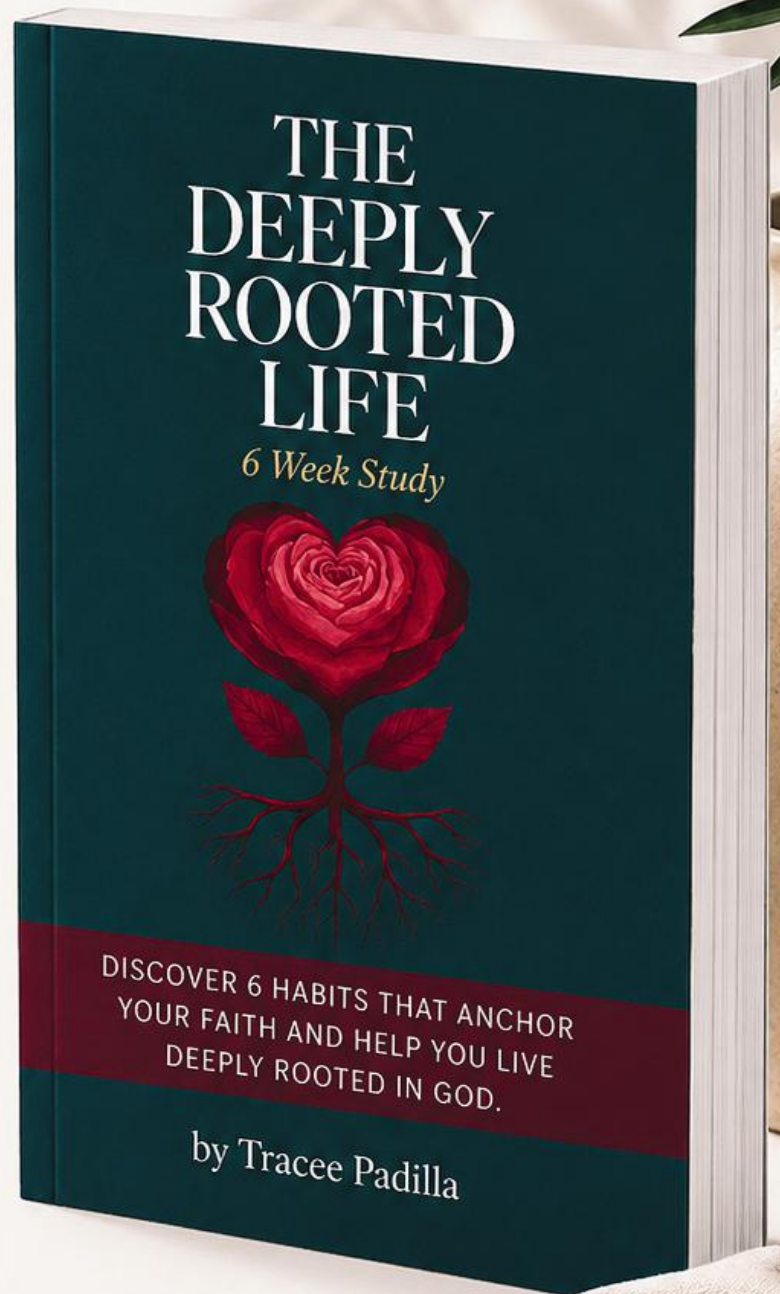
The Deeply Rooted Life



GROW DEEP.
STAY STEADY.
LIVE ROOTED.

Discover 6 habits that anchor your faith and help you live deeply rooted in God - no matter what life brings.

Start your
JOURNEY TODAY.



LEARN MORE AND
GET THE STUDY AT
WWW.UNVEILEDLIVING.ORG/STUDIES



Becoming *through* THE HARD STUFF

HOW HARD THINGS REFINE
OUR FAITH, STRENGTHEN
OUR HEART, AND SHAPE
OUR PURPOSE

By Savannah Moore

In 2018, I received a word that would forever shape my life. I was in my last year of Bible college, sitting in class, when the Holy Spirit broke out. Instead of continuing with regular classroom instruction, we spent the rest of our class time in prayer and worship. A friend and I were praying for each other when she looked me straight in the eyes and said, "God trusts you with hard things." As a 23-year-old, that was not exactly the word I wanted to receive. And honestly, even now at 30, those words still make me a little uncomfortable.

Nothing I have done since then, while following God, has been easy. In fact, in many ways, it has gotten harder. Every day has brought its own challenges. There have been more moments than I can count when I have said, "I want to give up," or "I'm done." But every time, I have leaned into God — His grace, His love, and His strength. Somehow, He gives me what I need to keep going. Not just to survive the hard things, but to keep leaning into Him through them.

I am the type of person who does not quit. I keep pushing forward, even when it is painful. I say yes to God, even when it scares me. And while I may sometimes say I want to give up, those words usually come from frustration, not surrender. The past couple of years have been a clear example of that.

In 2025 and now into 2026, I have walked through some hard things. Health problems affected my life in ways I did not expect. At the start of 2025, I was diagnosed with Type 2 diabetes. I was working as a substitute teacher around students who really tested my patience. Then I stepped into youth ministry at my church and poured my heart into it, only for God to shift the plan and lead me down a different path. Now, I am an assistant manager, learning how to lead while still showing empathy to the employees I serve. And let me just say, that is way easier said than done.

None of this has been easy. Every step has felt like an uphill climb — sometimes like I am climbing Mount Everest with no idea how much farther I have to go. Just when I think I am alone in the challenge, God reminds me that He has been right there the whole time. Every challenge, every hard thing, and every unexpected turn has become a place where God has strengthened my faith and deepened my walk with Him.



James 1:2-4 in the NLT says:

"Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing."

Trials are not meant to stop us, even though the enemy would love for them to do exactly that. They are not meant to weaken us or discourage us. The hard things God allows are often the very places where He refines us, strengthens us, and teaches us to trust Him in a deeper way. Without the hard things, we may never discover how close God really is or how faithful He has been all along.

The past couple of years have changed my life. They have been hard, but they have also taught me more about who God is and how deeply He loves me. I am learning that strength does not come from me. It comes from Him. That is hard to accept when you want to be superwoman and carry everything on your own shoulders. But day by day, my heart is learning to align more with His.

Maybe you are facing a hard thing right now. Maybe it feels like a mountain you do not know how to climb. Maybe you are tired, overwhelmed, or wondering how much more you can handle. I want to encourage you to pause and ask yourself: Am I trying to handle this in my own strength, or am I letting God carry me through it?

The hard thing may be real, but it does not get the final say. God is still with you. He is still strengthening you. He is still shaping you. And He can take the very thing that tried to overwhelm you and use it to grow something deeper in your life.

So give it to God. Lean into Him. Let Him meet you in the middle of the hard thing and remind you that you are not walking through it alone. The mountain may be high, but His grace is higher. And with Him, you can keep going.





Refined for More

He will sit as a
refiner and purifier
of silver;
He will purify His
people and refine
them like gold...

Malachi 3:3 (NLT)

You're not being
overlooked

you're being refined.



Join Us on Substack



REAL CONVERSATIONS. BOLD FAITH. EVERY WEEK.

Unfiltered Faith

Real Talk. Real Faith.

SCAN ME



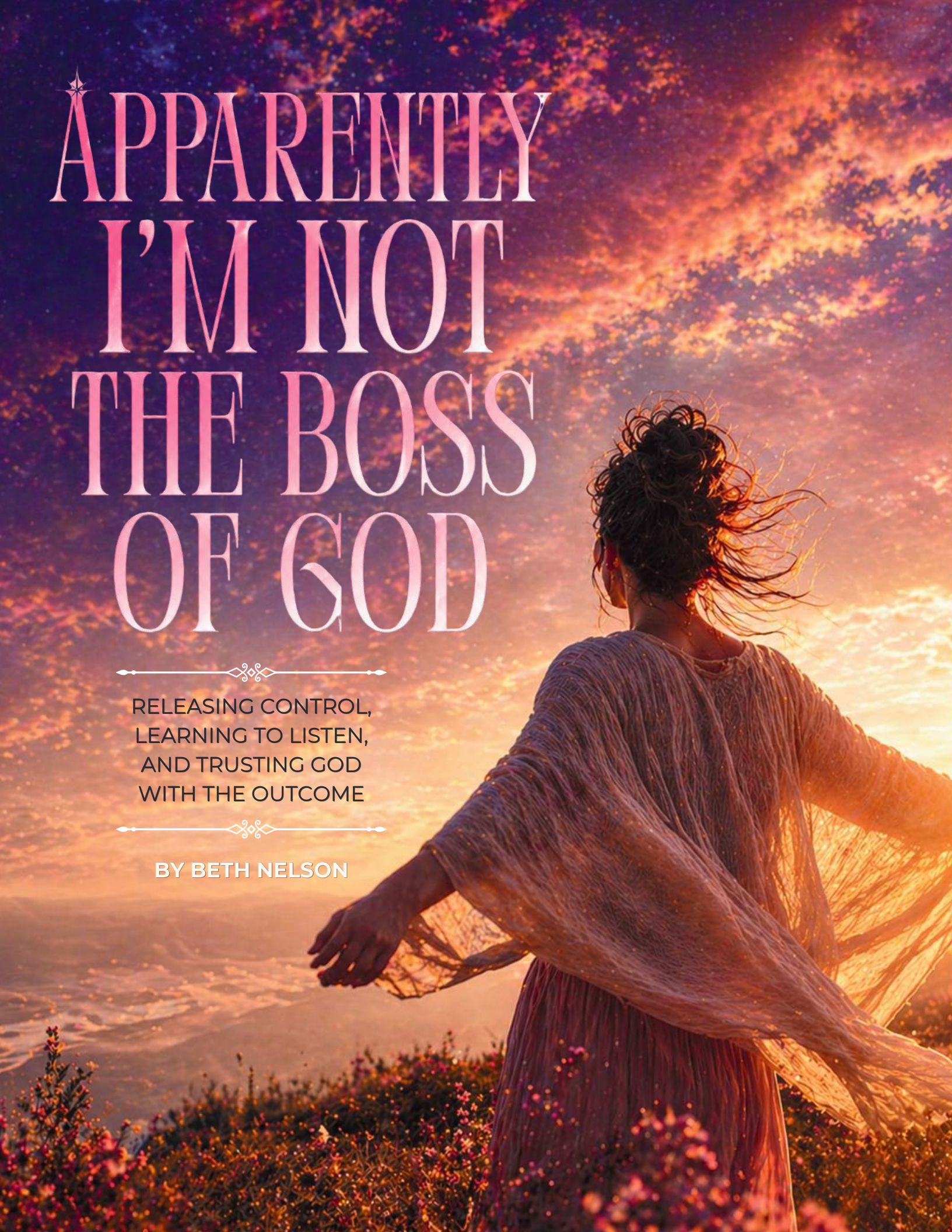
Honest faith.
Real life.
Unfiltered truth.



EVERY MONDAY & THURSDAY



SUBSCRIBE TODAY!



APPARENTLY I'M NOT THE BOSS OF GOD

— ❧ —
RELEASING CONTROL,
LEARNING TO LISTEN,
AND TRUSTING GOD
WITH THE OUTCOME

— ❧ —
BY BETH NELSON

“...A time to be silent....Ecclesiastes 3:7

I tend to be someone who likes to control things.

I strategize.

I plan ahead.

I leverage situations to move them in the direction I think they should go.

For a long time, I thought this was simply good stewardship. Being responsible. Being proactive. Getting things done.

Then one day, God essentially said to me, “I’m going to stop you.”

It wasn’t a gentle suggestion or a subtle redirect.

It was a complete stop.

As it turned out, He had a rather practical way of doing that. I found myself in a season where my foot was healing, and suddenly I couldn’t move around the way I normally did. The usual busyness that allowed me to manage, plan, and intervene in situations was physically slowed down

And in the quiet that followed, I sensed the Lord saying something simple but uncomfortable:

Listen.

Then again:

Listen.

And again:

Be patient.

Scripture says, “There is a time for everything, and a season for every activity under the heavens” (Ecclesiastes 3:1).

For most of my life, I had focused on the activity part. What should be done? What could be improved? What needed fixing?

But this particular season was different.

It was a time to be still and recognize that I was not in charge of the outcomes.

Part of the reason this lesson was difficult for me is that much of my life had been spent in leadership. I spent decades responsible for planning, managing people, and helping initiatives move forward. When you’re the one accountable for results, you learn to think strategically. You anticipate problems. You guide people toward solutions.

That skill set serves you well in leadership.

But I slowly realized something: managing people is very different from managing God's work.

Without realizing it, I had allowed my leadership instincts to spill into my prayer life. I was still approaching situations as if I were the one responsible for directing the outcome.

Even in prayer.

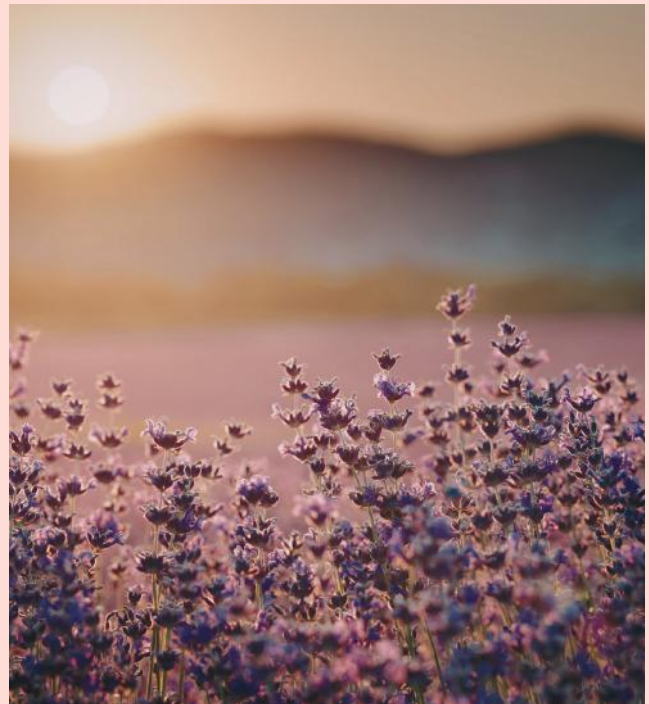
I was praying good prayers for people in my life—asking God to heal them, guide them, correct them, and strengthen them. All good things. But if I am honest, those prayers often carried a subtle assumption: that I knew what healing should look like for them.

And sometimes, if I dug deeper, I realized their healing might also make things easier for me.

That realization was humbling.

It turns out the leadership skills that help you manage organizations do not automatically qualify you to manage the Almighty.

With the help of a trusted friend and the gentle conviction of Scripture, I was reminded that God did not ask me to manage other people's growth. He asked me to trust Him with it.



It's not my job to control the outcomes. My job was and is to partner with Him. There is a big difference.

Letting go of control is not as simple as deciding to do it once. Anyone who has tried to change a habit knows that real change requires retraining the mind. In some ways, it is like restructuring old neural pathways. We have practiced certain ways of thinking and responding for years.

Control can become one of those well-worn pathways.

Think about how often we attempt change in other areas of life. How many times have you joined an exercise program to become stronger? How many times have you established new habits to learn a skill or reach a goal?

Spiritual growth often works the same way. First comes awareness. For me, that awareness was the realization: I had a control problem.

Not the loud, bossy kind. The quiet kind that believes it knows what is best and tries to steer things in that direction. Then comes surrender. I began shifting my prayers. Instead of asking God to shape others into what I believed they needed to be, I asked Him to shape me.

Instead of presenting God with my carefully constructed solutions, I asked for His direction. Instead of focusing on fixing outcomes, I focused on listening. And something surprising happened. Peace began to replace pressure.

When I allowed God to do what only He can do—in ways only He can do them—I no longer carried the exhausting responsibility of trying to manage His work. Because the truth is simple: I am not the boss of God.

I didn't think that was my attitude until I reflected and corrected my position toward Him. When we release our grip on outcomes, we create space for God to move in ways far wiser than anything we could orchestrate.

Sometimes letting go means allowing an old habit, mindset, or identity to die so something new can grow. What once helped us survive may not be what God intends to use in the next season.

But when we surrender those familiar patterns, something beautiful happens. We are not just positioned for more. We are refined for more. And the refining begins the moment we loosen our grip and trust the One who was in control all along.

I encourage you to read Ecclesiastes 3:1-12. What season God is calling you into? Do you understand why, or do you need to sit still and wait?



Beth Nelson ♥

Beth brings a mix of farm life grit, leadership insight, and **laugh-out-loud honesty**.

With a knack for finding humor in life's messiest moments, she describes herself as somewhere between hot mess and train wreck—but **always chasing truth**.

Through her own journey with family trauma, spiritual warfare, and tough relationships, she shares how **faith and Spirit-led leadership** can carry you through.



Something Deeper Is Taking Root

A FRESH PODCAST SEASON
IS COMING THIS FALL



NEW NAME. SAME HEART.

Deeper Roots.

WITH *Tracee Padilla*

SOMETHING NEW IS TAKING ROOT...

Okay friend, I can't spill all the beans just yet – and you know that's hard for me.

But here's what I can say:
Heart Talk is stepping into a brand new season.

For years, this podcast has carried the heart of Unveiled Living – real conversations, honest stories, and reminders that God is still moving in the middle of our everyday lives.

But lately, the Lord has been stirring something deeper.

A stronger focus.
A clearer direction.
A fresh fire for the Word.

A call to stop skimming the surface and start putting down roots that can hold us steady through any storm.

This Fall, the podcast is coming back with a new name, the same heart, and a deeper mission.


We're not disappearing.
We're definitely not done.
We're building something.

New Name. Same heart. Deeper roots.

The official reveal is coming this summer.

While something new is taking root,
scan the QR code and catch up on
this season of Heart Talk





The
Power
of a
Rubber Band

What Tension Can Teach Us About Purpose

by Tracee Padilla

There's a rubber band sitting in a drawer somewhere in your house right now.

It's not doing much. Just coiled up, waiting. Forgotten, probably. And in that drawer, it has zero purpose. It's just... there.

But the moment someone reaches in and pulls it out — the moment it gets wrapped around something, stretched taut, pulled to the very edge of what it was made to hold — suddenly it becomes exactly what it was always designed to be.

And here's the thing nobody talks about: it's not the sitting still that makes the rubber band useful. It's the stretching.

She learned that the hard way.

A Life That Kept Stretching

She wasn't a stranger to hard seasons. By the time she'd walked through enough of them to lose count, she'd stopped being surprised when the next one showed up at her door. Grief. Loss. Closed doors that she'd been so sure God had opened. Relationships that unraveled. Seasons of silence from heaven that felt less like peace and more like abandonment.

Each one felt like it might finally be the one that broke her.

None of them did.

What she couldn't see in the middle of each stretching season — couldn't see through the tears or the confusion or the exhaustion of holding on — was that every single one of them was doing something in her that comfort never could have produced.

Stretching builds what ease never will.

She didn't know it then. She knows it now.

A life That Kept Stretching

She remembered a girl from her youth ministry days. Anna.

If you'd met Anna back then, the first thing you'd notice is that she was barely visible. She lived her entire life behind whoever was standing nearest to her. Timid didn't quite cover it. Fearful was closer. If you tried to talk directly to her, she'd physically step behind someone else, like a shadow trying not to be seen.

Anna was a girl who had learned somewhere along the way that the world wasn't safe, that stepping forward led to getting hurt, and that staying small was the only way to stay protected. She watched Anna and saw something the girl couldn't see in herself — a spark buried under layers of fear that hadn't been given permission to breathe yet.

Then came the youth trip to Six Flags.

Now, if you've ever worked with teenagers, you know that a theme park trip is equal parts miracle and chaos. But she had a quiet mission that day that had nothing to do with funnel cake or group photos.

She found the smallest roller coaster in the entire park. Barely a hill, really. And somehow

— by the grace of God alone — she convinced Anna to get in line with her.

Anna's knuckles were white before they even boarded. She kept looking for the exit. She whispered something that sounded like a prayer, or maybe a protest — it was hard to tell the difference.

And then the coaster moved.

And something broke open in Anna that day that fear had kept locked tight for years.

By the end of that afternoon, this girl — this shadow of a girl who hid behind people just to have a conversation — had ridden every roller coaster in the park. Every single one. Laughing. Laughing.

She watched from a distance and felt the unmistakable presence of God in the middle of a theme park in the Texas heat, whispering something she'd carry for the rest of her life:

This is what happens when someone agrees to be stretched.

The Prothesis Kind of Purpose

Years later, she heard a word that finally gave language to everything she'd lived through.

Prothesis. Greek. Found in Ephesians 1:11. It means: a plan set forth in advance. A design prepared beforehand.

Not random. Not reactive. Prepared.

Every stretching season she had endured — every one that felt like too much, like God had miscalculated, like surely this wasn't part of any plan — had been woven into a design that existed before she took her first breath.

The rubber band wasn't being destroyed. It was being used.

And Anna? That girl who spent her childhood making herself invisible went on to start her own equestrian business. She built something with her hands and her courage and her yes — a yes that was born, at least in part, on a small roller coaster at Six Flags on a day she almost said no. The stretching season didn't break her. It made her.

James Knew

James 1:2-4 doesn't read like a comfortable verse. And truthfully, it's not supposed to.

"When troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing." (NLT)

Let it grow.

Not make it stop. Not pray your way out of it as fast as possible. Let. It. Grow.

Because the stretching isn't the problem. The stretching is the point.



Scriptures to Hold Onto

For the seasons that feel pulled tight

1.



When the stretching feels like too much:

Isaiah 41:10 (NLT) — “Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you.”

2.



When you can’t see the purpose in the pain:

Jeremiah 29:11 (NLT) — “For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope.”

3.



When endurance feels impossible:

Romans 5:3-4 (NLT) — “We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character.”

4.



When you need to remember who designed this season:

Ephesians 1:11 (NLT) — “He makes everything work out according to His plan.”

5.



When the yes feels terrifying:

Philippians 4:13 (NLT) — “For I can do everything through Christ, who gives me strength.”

Held while becoming.

A rubber band that's never been stretched has never fulfilled its purpose. And a faith that's never been tested has never discovered its depth.

Romans 5:3-4 puts it this way: "We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation." (NLT)

Endurance. Character. Hope.

None of those things grow in comfort. All of them grow in the stretch.

What The Rubber Band Knows

Here's the beautiful secret of the stretching season that she eventually learned — the one she wishes someone had whispered to her in the middle of every hard chapter:

The tension isn't tearing you apart.
It's holding you together.

Because it's the stretching that keeps you at the feet of Jesus. It's the seasons you can't handle on your own that drive you to the One who can. It's the moments when you have nothing left that you discover He is more than enough.

And when God finally releases the tension — when the season lifts and the rubber band does what it was designed to do — what's held inside unfolds into something you never could have planned for yourself.

Something prepared in advance.

Something prothesis.

The things she does today — the ones that carry weight and meaning and purpose — none of them would exist without the stretching seasons that scared her half to death first. Not one.

So if you're in the stretch right now — if you feel pulled beyond what you think you can hold — know this:

You are not breaking.
You are becoming.

And the God who designed you knew exactly how much tension you could bear, exactly what He's holding together inside of you, and exactly what will unfold on the other side.

Let Him stretch you, friend.

That's where the purpose lives.

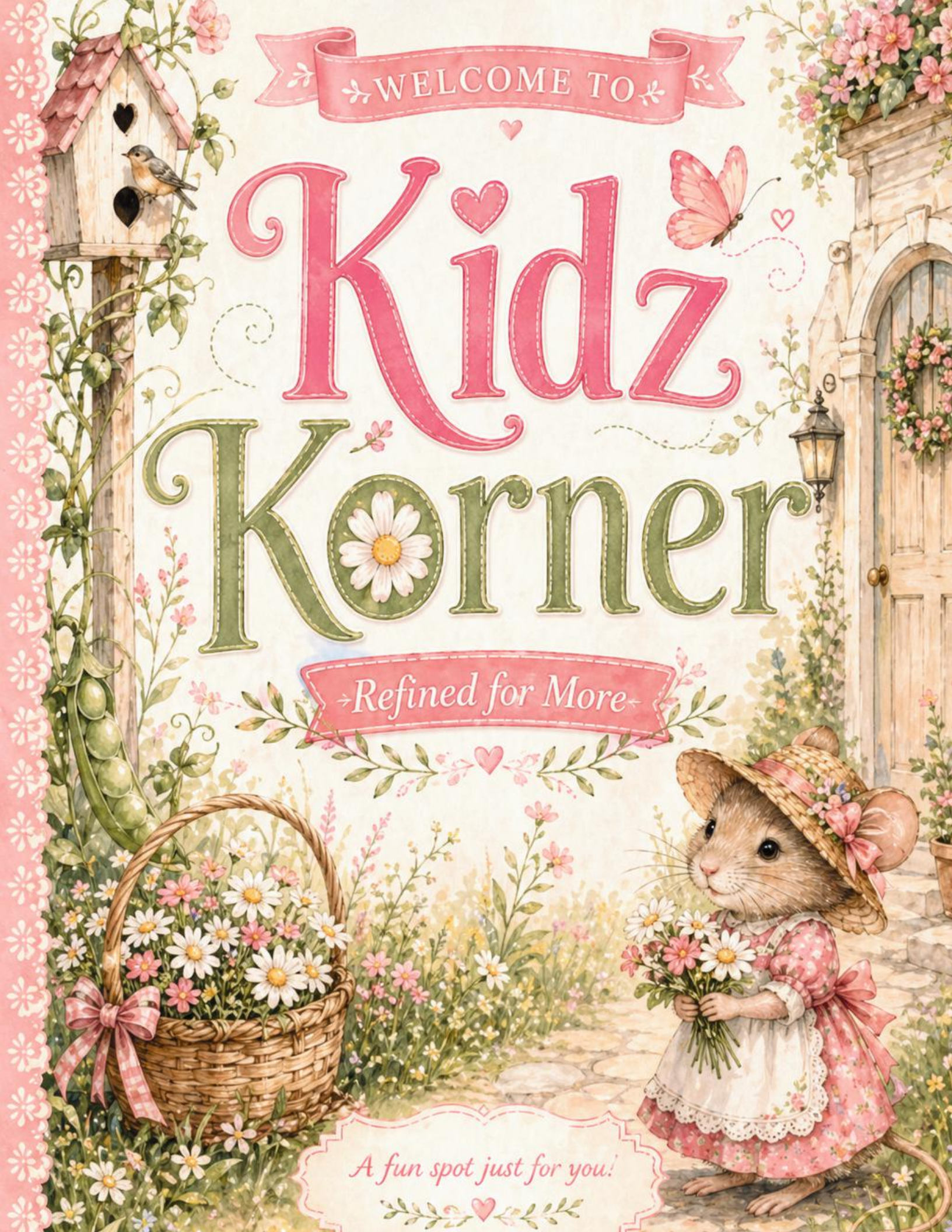


WELCOME TO

Kidz Korner

Refined for More

A fun spot just for you!



Welcome to Kidz Korner!

This spring, we're learning something really special:

*God is always
helping us grow.*

Just like flowers need sunshine, rain, and good soil, our hearts need God's love, His Word, and His help every day. Sometimes growing feels fun, and sometimes it feels a little hard — but God uses every part of it to help us become more like Jesus.

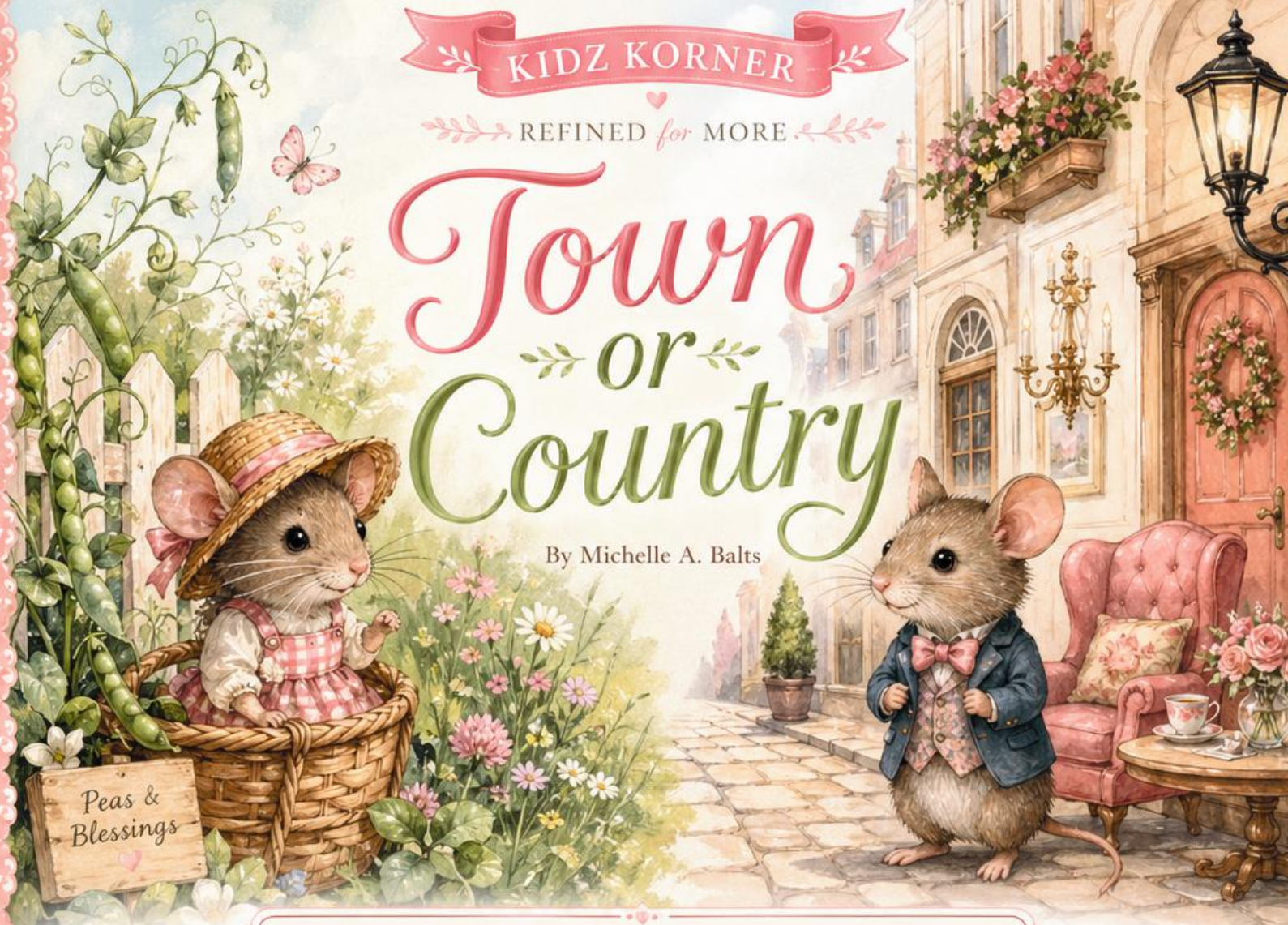
That's what Refined for More means. It means God is shaping the beautiful things He already placed inside you. He is helping you grow in kindness, courage, joy, patience, and faith — little by little, day by day.

*So come on in.
This corner is just for you!*



Town or Country

By Michelle A. Balts



*Sometimes God uses unexpected places
to show us where we truly belong.*

I'm pretty sure none of us was born in a cupboard as Johnny Town-Mouse in Beatrix Potter's rewrite of the Aesop fable The Town Mouse and the Country Mouse. Whereas his counterpart entered the world in a garden. So how did these two mice make their acquaintance?

The story goes that after chomping away on a patch of peas Timmy Willie dozed off in a wicker basket that was escorted by horse and carriage to the city. When the cook opened the lid the mouse leapt out like a frog onto a chair and down into a hole along the wall.

Timmy Willie found his new surroundings quite frightening and noisy. And, of course, the cat, was what made him the most nervous of all. Although the food was delicious, he missed the herbs, roots, and salad from his own garden. He hadn't intended to go to town that day and found it all very disappointing to be in such a predicament.

I haven't mentioned much of Johnny Town-Mouse who was disappointed that he wasn't able to please Timmy Willie with entertainment, elegant dining, and soft, comfortable interiors. We can all find ourselves disappointed at times with ourselves, with others, or with circumstances which then can leave us feeling dissatisfied and wanting more.

We can also feel disappointed that we're not like someone else we admire, or that we don't seem to have the kind of life we think we want or should have. But disappointment moves us away from our appointment or the place or things we are called to do that our Abba Father has already planned for us.





Disappointment leaves us feeling unsettled. A definition of the word disappoint from Noah Webster 1828 dictionary states, 1. to defeat of expectation, wish, hope, desire or intention; to frustrate; to balk; to hinder from the possession or enjoyment of that which was intended, desired, hoped or expected.

Our perfect example to look to is our Abba Father's only Son Jesus Christ. An excerpt from Luke 2 (The Living Bible) tells us that when Jesus was twelve years old, he accompanied his parents to Jerusalem. He stayed behind and they didn't miss him the first day because they thought he was with friends among the other travelers. But when they didn't see him that evening they started looking for him. Three days later they found him in the Temple discussing spiritual matters with the priests. His reply to "Where were you?" was "But why did you need to search? Didn't you realize that I would be here at the Temple, in my Father's House?"

But here is where we really need to pay attention to what he did next. Luke chapter two continues by saying that he returned to

*Disappointment
moves us away
from our
appointment.*

Nazareth with them and was obedient to them. And Jesus increased in wisdom and stature and in favor with God and men. Also keep in mind that he didn't become the Savior of the world until he was in his thirties. As a child growing up Jesus learned obedience from the things he went through.

We go through stages in our lives and each one is important with lessons to learn that will help prepare us for the next one. We can also trust that Father God knows the right place for us just as Timmy Willie discovered that he preferred to live in the country. We can have confidence that our Abba Father loves us and has good plans for our lives knowing that he didn't spare his own Son but gave him to us so we could choose to believe he died for us and be set free.



Michelle Balts is Tracee's sister, a dear friend, and a school teacher with more than 30 years of experience in Christian education, along with 16 years of homeschooling her daughter. She has been married for 23 years and enjoys sewing, quilting, hand-stitching, drawing, painting, and walking on the beach.

A deep lover of God's Word, Michelle brings creativity, faith, and storytelling together in a beautiful way. She is a regular contributor to Kidz Korner, writing stories that help kids grow in their faith and walk with God.

LET'S DECLARE

Ephesians 3:20 (The Living Bible), Now glory be to God, who by his mighty power at work within us is able to do far more than we would ever dare to ask or even dream of, infinitely beyond our highest prayers, desires, thoughts, or hopes.

KIDZ KORNER

REFINED for MORE

Blooming With Jesus

God is helping me grow.

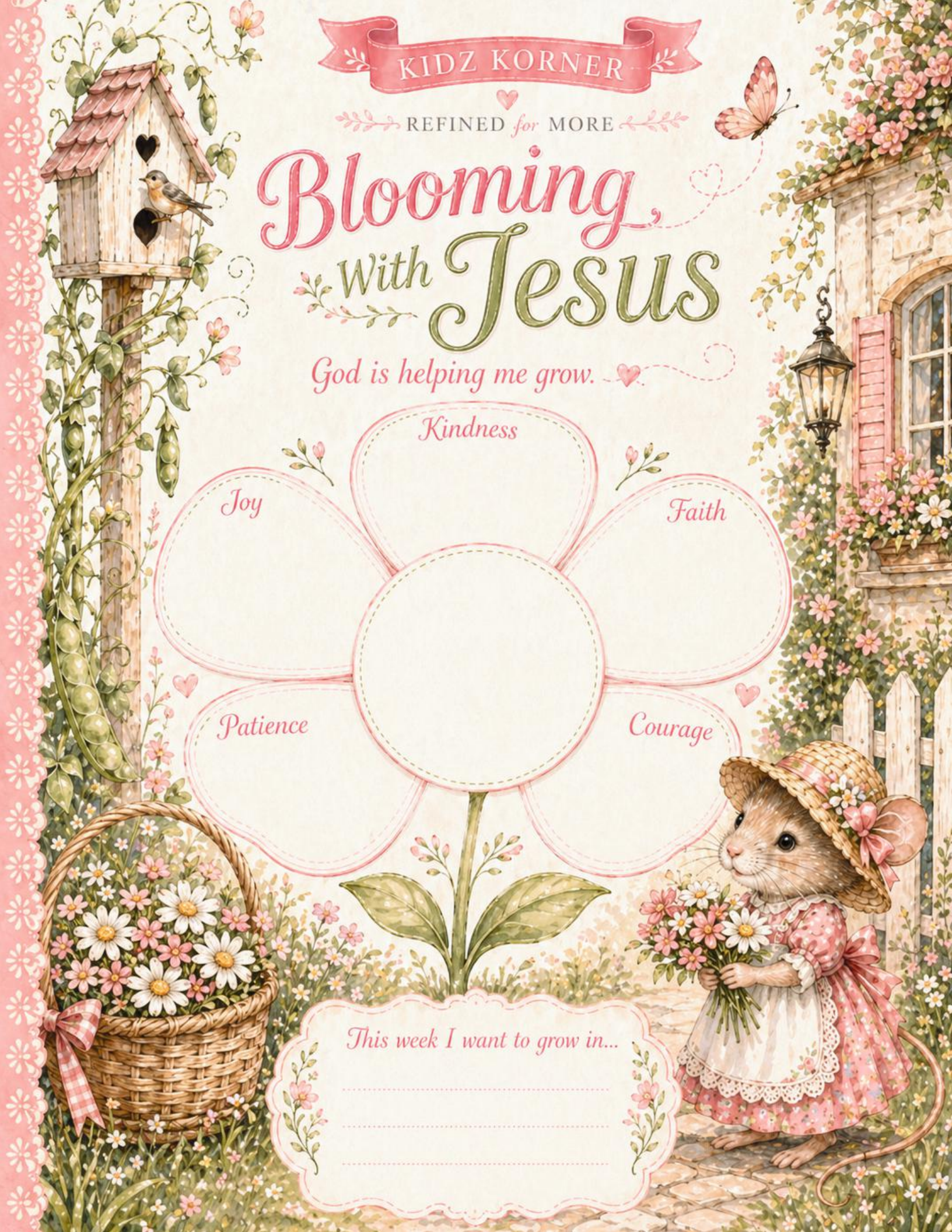


This week I want to grow in...

.....

.....

.....





We want to ♡
HEAR FROM YOU!

It's my hope and prayer that this edition has blessed you, inspired you, and reminded you that you are not alone.

We'd love for you to share your story, a testimony, or a way we can pray for you - please let us know!

We'd love to hear from you!

(Some testimonies may be selected for future editions or video production / podcast.)

Share Your Story!
Scan Here



Fill Out Your Form Today

We can't wait to hear how God is moving in your life!



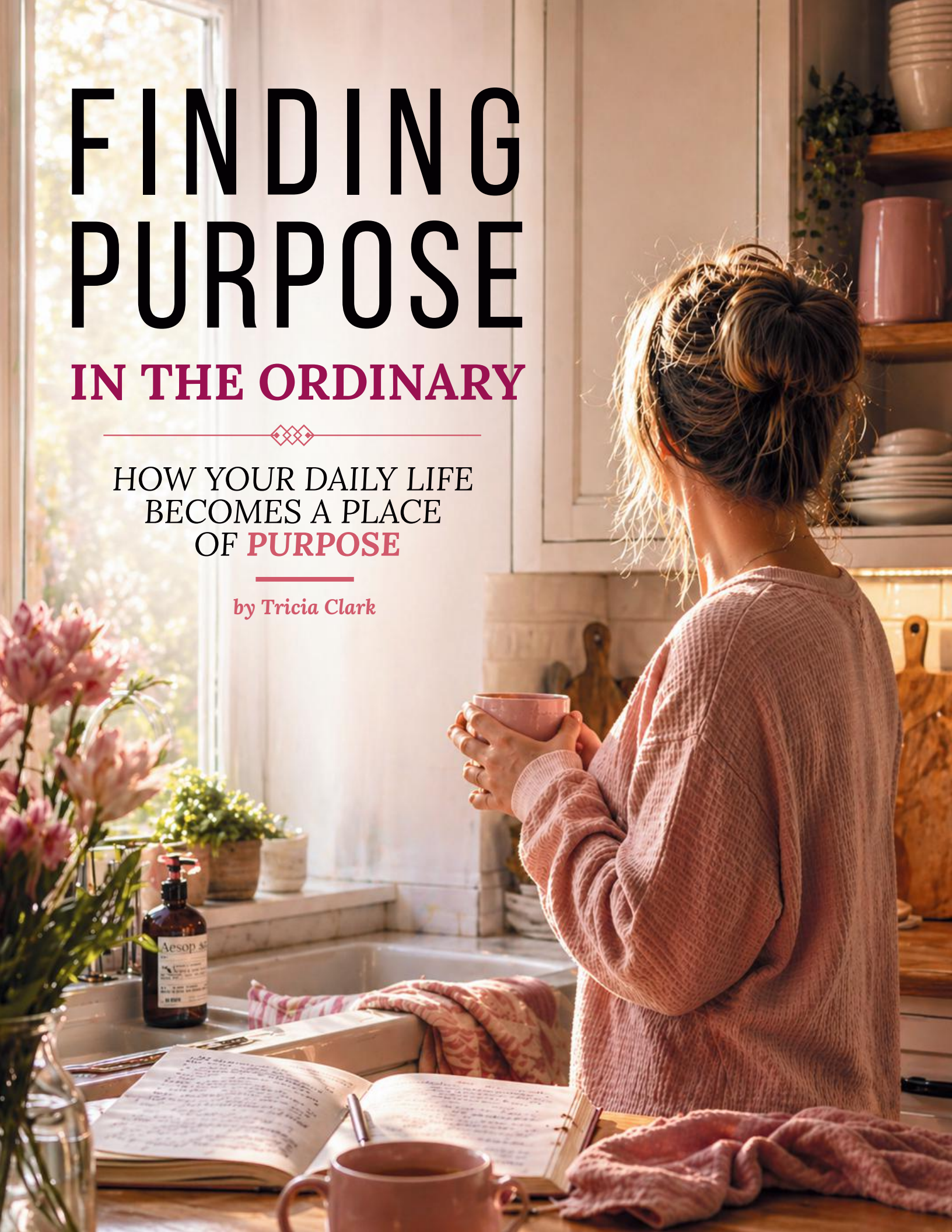
FINDING PURPOSE

IN THE ORDINARY



HOW YOUR DAILY LIFE
BECOMES A PLACE
OF **PURPOSE**

by Tricia Clark



Just Don't Blink

Bittersweet tears trickled down my sun-kissed cheeks as I heard the contagious giggles just beyond the fence---a young mom enjoying a few playful moments with her kids in the backyard. I paused for a moment to soak in the sweet sounds, as the pages of Psalms swayed against the gentle breeze, and delicious, warm coffee patiently waited for me to return my focus.

I drifted to a time that had slipped away silently like a thief in the night. Energetic innocence and laughter, echoing from my kiddos, fell fresh over me as I remembered the days as though it was yesterday. The joy of those moments will leave an imprint on my heart until I breathe my last breath.

Don't get me wrong, there were many exhausting days filled with moments of overwhelm, wondering if I would survive this season with these crazy, rambunctious littles...

Then I accidentally blinked.

The season I thought would carry endless tomorrows? Stopped. Sometimes my heart aches for just one more year, or a week. I'd even settle for a single day.

Maybe you're still a young mom surviving in a season of joy, exhaustion, contagious laughter, and overwhelm all rolled together in the same day (or hour!). I get it!



I remember being hyper-focused on the spotless home I demanded of myself before we could enjoy any fun — one never knows when Joanna Gaines might stop by for a walkthrough. But looking back, I realize home will always have a bottomless basket of smelly socks and dirty towels, and a sink full of caked-on red sauce from last night's spaghetti.

But our kids? They won't always be there waiting. Begging God to go back in time isn't realistic, no matter how hard we pray.

So don't leave room for regret to grow.

Cooked meals and chores have their place, but being consumed with lesser things distracts us from important things: moments and memories with the ones we love. Balancing chores with quality time is key.

Some seasons are tough. Like, REALLY tough! But God has equipped you specifically for the exact kids He's given you. Trust Him. Lean into prayer and His promises to find strength in those moments.

2 Corinthians says, "My grace is sufficient for you, for my power is made perfect in weakness."

If today comes to an end and it feels like you failed at loving them well or accomplishing that nagging to-do list... remember, it's not about perfection. It's about the small wins you accomplished today.

- Were they kept safe and alive today? (if you have a boy-man, this is a feat in itself!)
- Were clean clothes available? (even if laundry didn't make it to the washer)
- Did they go to bed with food in their belly? (even if it was just Chick-fil-A nuggets)
- Were they seen, known, and loved? (even if it was a tender hug, or a soft, "I love you")

From one mama to the next---YOU ARE ENOUGH, and you DO love them well. And that list will be there each day, ready for you to pick up where it was left unfinished. Let this be your confidence: when your flesh fails, God fills in the gaps. All He asks is that we trust Him each day. Rest in that peace. Give yourself grace.

Ecclesiastes 3:1 "For everything there is a season, and a time for every matter under heaven..." (ESV)

Action steps:

- Set a 15-minute timer to tackle chores. Play for 30 minutes. Set another 15-minute timer. Repeat.
- Let them assist with age-appropriate cooking and chores. This teaches that teamwork gets the job done faster so you can enjoy more time together.
- Last, but SO not least—be present in the moment!

Just don't blink.

Tricia Clark ♥

Tricia Clark After walking through the heartbreak of divorce, Tricia Clark discovered that healing is possible and freedom is real. Today, she uses her story to help others recognize unhealthy patterns, find their voice again, and begin their own journey toward wholeness. Her heart is to remind you that your story isn't over—it's just beginning.

Social Media | Facebook

REFINED FOR MORE



DON'T *Rush This*

A JOURNAL REFLECTION

If we were sitting across the table with a hot cup of coffee, talking as honestly as we could...*we'd probably both agree on one thing*: we don't like the stretching seasons.

We'd much rather be in the breakthrough seasons where God is answering prayers and everything finally makes sense. But one thing I've learned-and sometimes painfully- is just how much the in-between shapes *the refining season* we're in.

I remember years back, walking through another stretching season in my life, when a realization hit me: "*Tracee, are you noticing that the same things keep showing up...over and over again?*"

And I had to stop and think...*What if I could actually change that?* It wouldn't mean challenges would stop, but how I choose to go 'through' them could change. How? By applying God's truth to that situation in my life.

Because that's really what it is--*a shift in perspective*. And the only way that shift happens is through God's Word.

Going back to it again, and again, and again. Because when we face a trial and begin to apply His truth in ways we haven't before, that's where some of the most *beautiful refining* begins. And truthfully, that is where God's purpose - the prothesis kind - comes alive.

And if we rush past it, or dismiss it, it will always have a way of showing back up.

Because here's the truth:

It's all part of what the Lord is building in you.

So don't flip this page too fast.

LET'S SIT HERE A MINUTE...
AND LET GOD MEET YOU IN IT.



“

THAT'S WHERE
GOD DOES HIS
DEEPEST WORK.

*Not around us.
But in us.*



*Take a deep breath.
Grab your journal.
Give God a little more
than a few minutes.*

WHAT THE LORD IS DOING
IN THIS SEASON IS
WORTH IT.



A DEEPER READ

— from —

Unfiltered Faith



Real conversations.

Bold faith.

Every Monday & Thursday.



*More Faith. More Biblical Truth.
more of what matters.*



SOMEWHERE

— *between* —

Faith

AND

Laundry

WHY SPEAKING GOD'S TRUTH
OVER YOUR LIFE MATTERS
MORE THAN YOU THINK



by Tracee Padilla

A DEEPER READ
from Unfiltered Faith



There are days when life feels pretty ordinary.

You know the kind of day I'm talking about. The laundry is piled up, the coffee has already been reheated twice, and you're mentally running through the list of everything that still needs to get done.

Nothing particularly spiritual looking. Just... life.

But here's something I've been thinking about lately.

Somewhere between faith and laundry, God is still at work.

Whether we realize it or not, every single day we are bringing faith into the middle of ordinary moments. Faith to believe God is moving even when we don't see it yet. Faith to trust that He's working things out behind the scenes. Faith to believe that what feels small or unseen in our lives still matters to Him.

Many times we can think faith shows up in the big moments — the answered prayer, the miracle story, the breakthrough we've been waiting for.

But a lot of faith actually happens in the quiet parts of life.

It shows up when you keep praying about something that hasn't changed yet.

When you choose to trust God with things that feel uncertain. When you believe the story God is writing in your life isn't finished yet. And sometimes all of that is happening while you're standing in the laundry room folding towels.



When Faith Shows Up

Hebrews 11:1 reminds us:

"Faith shows the reality of what we hope for; it is the evidence of things we cannot see." (NLT)

Here's the thing about faith.

It's not something that suddenly appears after the outcome changes. Faith actually shows up before anything changes.

It's this crazy, amazing confidence that what God has spoken is more real than what our eyes are currently seeing and what our hearts may be feeling in that moment.

In other words, faith anchors itself in the unseen promises of God rather than the visible circumstances around us.

That's why faith can feel so uncomfortable sometimes.

Our eyes are telling us one story.

Our circumstances are shouting another.

But faith leans its full weight on what God has already said.

Which brings us to something that shapes our faith more than we often realize — the words we speak.

I once heard someone say, "The words you speak build the house you live in." Phew! That's a powerful thought.

Because the truth is, the voice we hear most throughout the day is our own.

From the moment we wake up, there's always a thought running through our minds. A narrative we're rehearsing. Something we're saying internally about our day, our situation, or our future. And those very words are what the inside of our house begins to look like.

It really makes you stop and ask yourself:

Is there more faith being spoken into your life through God's Word... or more of what your current situation looks like being spoken into your life?

Because if we're not intentionally feeding our minds with God's Word, those thoughts can start running the show.

That's why Romans 12:1-2 reminds us how vitally important it is that we renew our minds in Christ.

So, how do we actually begin living with a renewed mind?

Through God's Word.

We rehearse what He says.

We remind ourselves who He says we are.

We fill our minds with His truth about our lives instead of whatever our circumstances are shouting.



Because we can't consistently speak faith into our lives if our minds are constantly rehearsing fear, doubt, or worst-case scenarios.

Faith begins to shape our words when God's Word begins to shape our thinking.

The Next Words I Begin to Speak to Myself Matter

A dear friend of mine has walked this out in a way that has deeply impacted me.

Seven years ago she was in a life-and-death car accident. A delivery truck slammed straight into the driver's side of her car. When she described it to me, she said she could literally see the truck inside the car where she had been sitting.

She couldn't move. She couldn't get out.

As the reality of what had just happened began settling in, one thought became crystal clear in that moment:

"The next words I speak to myself matter."

Later, doctors would deliver a devastating report. They told her she would likely never walk again. And that wasn't the only negative report she would receive during that season throughout the past 7 years.

But sitting there in the wreckage before any doctor had even spoken, a decision was made. She began speaking life.

"You will live and not die.
You will overcome this by the power of God."

Seven years later, she's walking.

And when I heard that story, something about it just stayed with me. Because while most of us may never face a moment quite that dramatic, every single day we are still standing at the crossroads of what we choose to say about our lives.

That's something the Lord has been pressing on my heart in this season:

Speak the opposite of what you see.

Not because we pretend circumstances don't exist. Faith isn't pretending. But faith chooses to align with what God says is possible even before the evidence shows up.

Sometimes faith sounds like this:

"God is working even though I can't see it yet."

"This situation will not have the final word."

"The Lord is faithful no matter what my circumstances look like."

And more often than not, those words aren't spoken in big spiritual moments. They're whispered in the middle of ordinary life.

While we're driving.

While we're working.

While we're washing dishes.

Or yes... while we're folding another load of laundry. Because faith isn't reserved for the mountaintop moments.

Most of the time, it's quietly showing up in the everyday ones — in the thoughts we choose, the words we speak, and the trust we place in God long before we see the outcome.

And little by little, those faith-filled words begin shaping the house we live in.

Right there between faith... and laundry.

Unveiled Living Video Production

is produced by

Unveiled Living BRITELIGHT Media

BRINGING STORIES TO LIGHT.

FAITH DRIVEN • PURPOSE FOCUSED • IMPACTFUL CONTENT

PRODUCTION

SCENE

TAKE

ROLL



VIDEO
PRODUCTION



BRAND
STORIES



VIDEO
EDITING



CREATIVE
STRATEGY

SCAN HERE



LET'S CREATE SOMETHING THAT SHINES.

»» WWW.BRITELIGHTMEDIA.COM ««

WE'VE GOT MERCH!

Wear the joy. Carry the message.

- Unveiled Living favorites •



Carry HOPE. LOVE. JOY.



Adjustable COMFY. CUTE. MADE FOR EVERY DAY.

More than merch— it's a movement.

SCAN TO SHOP



Scan to shop the collection

UNVEILED LIVING
FAITH. FREEDOM. PURPOSE.

REFINED
— for MORE —




In the
refining,
lift your eyes.

THE VIEW FROM
here

Where Fear Loses Its Grip and
Faith Takes Over Your View

UNVEILED LIVING DEVOTIONAL

When life feels loud and the refining gets hard, this devotional is an invitation to stop staring at what's overwhelming and start seeing through the lens of faith. Through Psalm 27, Tracee Padilla gently reminds readers that peace rises again when our eyes are fixed on Jesus.

-  *quiet the noise of fear*
-  *steady your heart in God's presence*
-  *see your season through the lens of faith*



By Tracee Padilla

AVAILABLE ON
AMAZON



Scan to view
on Amazon

LET HIM LIFT YOUR EYES ✦ LET HIM STEADY YOUR STEPS ✦ LET HIM SHOW YOU THE VIEW FROM HERE.

What's Coming Next

Made for More

The Summer edition is coming with a fresh focus: *Made for More*.

Get ready for scripture-rich encouragement, real-life stories, and practical truth to help you step into what God has called you to with courage, joy, and purpose.



Want to write for Unveiled Living?

Submit an article inquiry to tracee@unveiledliving.org.

Please note: we do not accept every submission. Potential contributors will be asked to complete a questionnaire and share several writing samples for review before being considered.



Before You Close This Issue...

I WANT TO REMIND YOU OF 2 THINGS:

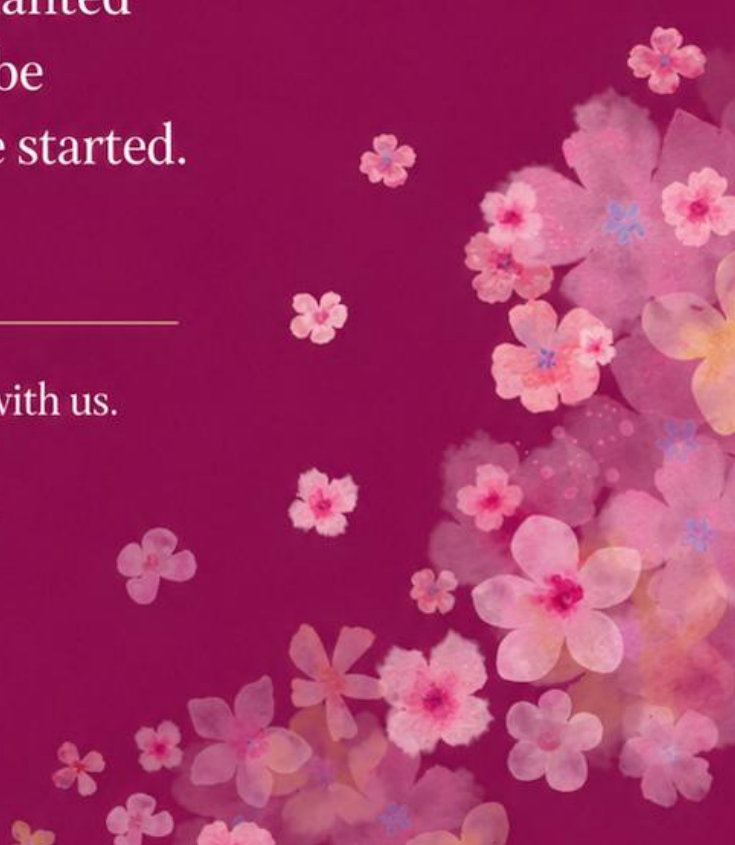


1. God is not wasting this season. Even the hard places can become holy ground when you let Him shape you there.

2. You are not behind, forgotten, or disqualified. If God planted purpose in you, He will be faithful to finish what He started.

Thank you for spending this Spring issue with us.

Living life unveiled,
Tracee Padilla





He is refining you...
not to *break* you,
but to *reveal* who you
were always *meant* to be.



UNVEILED LIVING

ENCOURAGE. EQUIP. EMPOWER.

Living Unveiled. Walking Free.



VISIT US ONLINE
unveiledliving.org



Scan to →

JOIN OUR COMMUNITY
& GET ENCOURAGEMENT
DELIVERED TO YOUR INBOX!