

Show Notes - A Busy Mom's Prayer Journal - Christa Spaeth

Today we welcome our teacher, Christa Spaeth, author of A Busy Mom's Prayer Journal

Guest introduction:

- Christa Spaeth is a wife, mom of two boys
- An unexpected author of two books and podcaster!
- She's also a woman ignited with a burning passion to walk in the rhythm of God's plan, each day. Back in 2022, she took a bold step, bidding goodbye to her long-standing career as a Registered Dietitian at a high-profile food manufacturing company. It wasn't an easy step, but it was a step of faith - one that led her closer to the purpose God had for her: encouraging others through Christ.
- Christa is a foodie and an avid traveler with only two more continents to visit!

Welcome to class Christa

Question:

- My intent with Old School is to tell our stories and how we walked them. What we did to get and maintain health in the physical, mental, emotional and spiritual areas of our lives. I would like you to share your story about becoming an author and what made you choose prayer/prayer journal.
- Why these particular sections?
- Why 7 minutes?
- I love the addition of the "mom win". I have seen journals with these basic components, but this is a lovely addition to add to the emotional well being.

- I love the prayers the sections begin with. It is reminiscent of Power of a Praying Parent.

Christa's Nugget:

“I wish someone would have told me how special a relationship I could have with Jesus, back when I was younger”.

Thank you for coming to class today. If you could rate, review and subscribe to the podcast and our newsletter I would be ever so grateful. All of my connection links are in the info section. I will respond and appreciate all engagement. Class dismissed.

Connect with Christa:

Website: www.christajoyministries.com.

Powerful Whispers Devotional: Amazon <https://a.co/d/4uBLtPg> or
Barnes and Noble <https://bit.ly/3XITWg3>

A Busy Mom's Prayer Journal: available on my website
www.christajoyministries.com/books

Instagram: <https://www.instagram.com/powerfulwhisperspodcast/>

Twitter: <https://twitter.com/christapodcast>

Facebook: <https://www.facebook.com/ChristaJoyMinistries>

Instagram: <https://www.instagram.com/christajoyministries/>