

Embracing the Healing Journey: Conversation with Ronda Stoppe

Ronda Stoppe, author and host of the podcast 'Old Ladies Know Stuff', discusses her journey into becoming an author, the lessons she has learned, and the healing she has experienced along the way. The conversation, led by the host Michelle, is refreshing, filled with honest reflections about life, faith, and the realities of a life led in the service of others. Ronda shares her experience and the faith that led to her successful work as a writer, speaker, and influencer. Ronda provides the salient wisdom that the comfort found through the love of God can lead to healing and transformation and that this is her purpose for sharing her experiences with others. Old School Healing and Living Authentically with Rhonda Stoppe

The conversation features podcast host, Michelle Rabel, and her guest, Rhonda Stoppe, a Christian author, speaker, and mentor. The episode explores their personal journeys, including Rhonda's shift from corporate America to being a stay-at-home mom, her journey into speaking and writing, and her love for ministering to women. Rhonda shares the importance of keeping God at the center of one's life and using faith to navigate life's challenges. She also discusses her various resources, books, and the 'Old Ladies Know Stuff' podcast that she hosts. The discussion offers insights on maintaining faith, enhancing relationships, practicing self-love, and living a fulfilled life.

- 00:00 Introduction and Podcast Journey
- 00:33 The Role of Writing Coaches and Editors
- 01:39 Balancing Work, Writing, and Personal Life
- 03:42 The Struggles of Being Single and Desiring Love
- 05:45 The Importance of Sex in a Christian Marriage
- 07:47 The Journey of Writing and Publishing
- 11:34 The Challenges of Being a Working Mom
- 15:02 The Power of Mentorship and Personal Growth
- 23:25 The Importance of Scripture in Personal Development
- 30:33 Finding Purpose in Life's Challenges
- 31:14 The Power of Storytelling
- 31:54 A Personal Journey: From Pastor's Wife to Author
- 33:27 The Struggles and Triumphs of Parenting
- 34:25 The Unexpected Path to Becoming a Published Author
- 38:22 The Power of Faith and Perseverance

38:58 The Importance of Prioritizing Family
40:22 The Journey of Writing and Publishing
44:01 The Impact of Sharing Personal Stories
46:48 The Role of Faith in Overcoming Life's Challenges
48:52 The Importance of Loving and Serving Others
51:45 The Power of Hope and Resilience
53:37 The Journey of Motherhood and Faith
55:20 The Role of Faith in Personal Growth
57:03 The Power of Prayer and Trust in God
58:55 The Importance of Sharing Faith and Love
01:00:40 Conclusion: The Power of Faith and Love

Connect with Rhonda:

Links & Resources:

Old Ladies Know Stuff [Podcast](#)

TEXT: NOREGRETS to 55444 (for a free video: *Your Marriage Can Survive Toddlers & Teens*)

[Sign up for Rhonda's newsletter](#) to receive a FREE CHAPTER from my book, *Moms Raising Sons to Be Men*.

[Watch](#) the Mom Song: "*It's All in a Mother's Love*" by Brandon Stoppe

Download the song: [here](#)

Focus on the Family: Best of 2023 [interview with Rhonda & Son Brandon](#)

Invite Rhonda to Speak at Your Event: [Promo Video](#) / [Speaker One Sheet with Topics](#)

Rhonda's **[Books](#)**: