

Building Systems

That Build The Life We Want

*“And let the [gracious] favor of the Lord our God be on us;
Confirm for us the work of our hands— Yes, confirm the
work of our hands.”*

— Psalm 90:17 (AMP) —

I’m glad you’re here. Thanks for taking a few minutes to slow down with me each week.

I really do mean that. Over the last 46 weeks, this newsletter has continued to grow, and that has truly surprised me. I don’t advertise it. I don’t run campaigns. I don’t have some massive marketing machine behind it.

So if more people are reading, it’s likely because some of you have shared it, forwarded it, talked about it, or simply kept showing up with me each week.

And I’m grateful for that.

This week, I want to do something a little different. Instead of writing another teaching newsletter or introducing another article, I want to give you a simple update and share a little of what I’ve been thinking through personally.

Lately, the phrase that keeps coming back to me is this:

- Systems build routines.
- Routines build habits.
- Habits build the lifestyle we actually want.

That sounds simple, but simple doesn’t always mean easy.

A lot of us want change. We want healthier relationships. We want more peace. We want emotional capacity. We want to stop reacting from fear, stress, wounds, or self-protection. We want to live more honestly, walk more faithfully, and relate to God, ourselves, and others with more maturity.

But desire alone doesn't build that kind of life. Desire has to become structure.

That's been one of the big themes for me this year. I've been thinking about 2026 as a year of **infrastructure and transition**. Not just business infrastructure, though that is part of it. Not just website infrastructure, publishing infrastructure, or ministry infrastructure, though those are part of it too.

I'm talking about personal infrastructure. Capacity infrastructure. Life infrastructure.

I've had too many irons in the fire. Good irons. Meaningful irons. Things I believe in. Things I care deeply about. But when too much is scattered across too many places, none of it gets the focused time, energy, and attention it needs to really grow. And that is **not** sustainable.

So part of this season is about stepping back enough to build better systems. Better rhythms. Better routines. Better foundations.

Not because I'm quitting anything. Because I want to build it well.

I will continue sending the newsletter each week. That rhythm matters to me. But over the next little bit, especially while I'm traveling, the newsletters may be more reflective, more update-based, and a little less article-heavy.

Part of that is because I'm very close to publishing *From Survival to Surrender*, along with its companion journal. That project needs focused attention. It's not just another piece of content to me. It's a foundational part of the larger work I'm building. And the larger work is still the same:

To help people face truth, heal what is wounded, grow in emotional capacity, and build healthier relationships with God, themselves, and others.

That hasn't changed.

But for that work to keep growing, I have to practice the same things I often write about. I have to be honest about capacity. I have to pay attention to what my life is producing. I have to stop pretending that scattered effort is the same thing as faithful stewardship.

That's a hard truth, but it is a good one. Because sometimes growth doesn't begin with doing more. Sometimes growth begins with asking better questions.

Questions like:

What am I building?

Why am I building it?

What needs my focused attention right now?

What needs to wait?

What rhythms are supporting the life I say I want?

What habits are quietly working against it?

Where am I confusing movement with progress?

Those aren't just productivity questions. They're formation questions.

Because our lives are always being formed by something.

The question is whether we're being formed intentionally or accidentally.

That applies to relationships too. Healthier relationships don't usually happen because we "mean well." They're built through repeated patterns of honesty, repair, self-awareness, emotional regulation, and humility. They're built when we learn to pause before reacting, listen before defending, and ask our own deeper 'why' before blaming someone else.

That applies to faith too. A deeper walk with God isn't built only in emotional moments. It's built through repeated surrender. Repeated truth-telling. Repeated obedience. Repeated returning.

Small things repeated over time shape our lives.

So this week, I'm not asking you to consume more information. I'm inviting you to look at your own systems.

Not with shame. Not with pressure. Not with the need to overhaul your entire life by Monday morning. Just honestly.

What's one rhythm that would help you become more aligned with the life you actually want to live?

Maybe it's a morning pause before grabbing your phone.

Maybe it's a short breath practice when you feel yourself getting reactive.

Maybe it's journaling one honest question at the end of the day.

Maybe it's reaching out instead of isolating.

Maybe it's turning off the noise long enough to hear what God has been trying to show you.

Whatever it is, start there. Because:

- ➡ **Systems build routines.**
- ➡ **Routines build habits.**
- ➡ **Habits build the lifestyle we actually want.**

And when those systems are rooted in **truth, grace, surrender**, and **love**, they do more than help us get organized. They help us become more whole.

If something's on your heart, if you're wrestling with something, or if you just want to say hi, I'd appreciate hearing from you. You can reply to this email or reach out through the [contact form](#).

This Week's Reflection

Ask yourself:

What am I building right now, and is it aligned with who God is forming me to become?

Then ask one follow-up question:

What is one small rhythm I can put in place this week to support that formation?

Keep it simple. But be honest. That's where a lot of real growth begins: in honest reflection

This Week's Articles:

No new articles were published this week, and that's part of what this newsletter is about. I'm in a season of building infrastructure, finishing foundational projects, and making sure the work I'm doing has the systems, rhythms, and capacity behind it to actually last. The weekly newsletter will continue, but for this season, some weeks may be more reflective and update-based while I focus on finishing *From Survival to Surrender*, the companion journal, and the larger Redeemed & Rewired buildout.

Anchored Breathwork

Reset Breathing (4–4–6) for Calming and Clarity

Purpose: Calm the body, steady the heart, and create space to see what needs focused attention.

Posture: Sit comfortably with your feet grounded. Relax your shoulders. Open your hands in your lap as a physical reminder that you don't have to hold everything so tightly.

1. **Inhale** through your nose for 4 seconds.
Quiet cue: "Abba, steady my heart..."
2. **Hold** for 4 seconds.
Relax and feel the air in your lungs.
3. **Exhale** slowly for 6 seconds.
Quiet cue: "Align me with Your truth, Lord."

Repeat for 5–7 cycles.

Note: If 4–6 feels too long, shorten it to 3–5. The goal is release, not performance.

Closing Prayer

Abba,

thank You for the grace to slow down and see what my life is really producing. Help me build rhythms that reflect truth, wisdom, surrender, and love. Teach me to steward my capacity well, not from fear or pressure, but from faithfulness. Align my habits with the life You are forming in me.

Hallelujah. Amen.

You Matter...


Every newsletter, article, and Anchored Reflection begins with a real question or burden. If something is pressing on your heart, send it my way. Each week I choose a focus for the newsletter, an article, or a reflection. What you share could be the catalyst for someone else's breakthrough. I would also love your feedback on recent articles.

 [Share What's on Your Heart](#)

Subscribe to the Newsletter

If this newsletter encouraged you, challenged you, or gave you something worth reflecting on, I'd love to have you join the list.

I send these out every Friday morning with honest reflections on faith, healing, growth, and healthier relationships with God, ourselves, and others.

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