



FAITHFUL & FLOURISHING

with Sarah Boots

FAITHFULANDFLOURISHING.ORG

HELLO & WELCOME



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UNDERSTANDING THIS E-GUIDE

Here at Faithful and Flourishing, we are inspiring Christian women to create peaceful, productive and God-honoring homes in the midst of a wicked and chaotic world. You will find Faithful and Flourishing to be your ultimate crash course for establishing a solid home and family with a foundation based solely on God's Word. Each month we will dive into different topics and discover how God has called us to live first as His children and then as wives, mothers, homemakers, and so much more! This is your guide to get you started on a flourishing and beautiful journey of faithfulness. Come join me on this path and joyfully watch your home and family flourish. Let's get started!

MY MISSION AND WHY

My Why

About a year and a half ago, the Lord was pounding me over the head about just simply being faithful. I was going through a lot of health concerns, and the few small tasks of just getting out of bed, getting food on the table and getting a load of laundry done were incredibly daunting. Add to that homeschooling, parenting, and ministry work. It was just too much.

But the Lord kept saying, “I just want you to be faithful. Just put one foot in front of the other. I will walk with you. I will carry you. Just keep going.”

Fast forward to 2023. FAITHFUL became my word for the year. But really, it’s the theme of my life. It’s the heart beat of my day in and day out.

I want to be faithful. I want to flourish in my daily life because of that faithfulness. I want my relationship with the Lord to flourish, my relationship with my husband and daughter to flourish, my relationship with my family and friends to flourish. I want my home to flourish! I want to flourish so much that it overflows and even blesses people outside of our home!

This is my story, this is my journey. I hope you come along with me and make it yours too!



My Mission

01.

Helping you learn how to have a solid foundation on the Word of God

Faithfulness doesn't start with doing all the work on our lists. It starts with sitting at the feet of Jesus. We'll learn how to practically apply Scripture to every area of our lives.



02.

Teaching you how to be “faithful in all things” (1 Timothy 3:11)

“Faithful” is a broad term. We'll look at practical ways to be faithful in our homes and lives day in and day out no matter what the circumstances. This is where it gets fun!

03.

Watching your home and family flourish

As you spend more time in Scripture and apply God's Word to every aspect of your life, you will find yourself and your home flourishing on a beautiful journey of growth.

THE PROCESS

For a flourishing life

Just Start

Getting started on a journey is always a lot of work—a lot of planning, a lot of preparing, packing bags, checking maps, and finally getting on the road. This e-guide is just getting you started. We'll get to all the fun stuff once we're on the road; but right now, we need to make sure our foundation is solid...our planning done, our prepping finished, our bags packed, so that we can have as smooth a journey as possible when it's time to talk practicalities.

Here's What The Process Looks Like

Catch a vision

"Where there is no vision the people perish." When marriages don't have a vision, they die. When parents don't have a vision for their children, they are malnourished. Get in the Word. Catch God's vision for your family.

Change your mindset

Mindsets can make or break people...they can also make or break marriages, children, homes. Your mindset can hinder you and can even hurt others! Train your mind God's way!

01.

02.

03.

04.



Decide on your priorities

Everyone has priorities. The way you use your time will tell you what your priorities are, but that could look different from what your priorities SHOULD be. Choose your top 5 priorities and start saying yes or no to opportunities according to those.

Get in God's Word

The last step before moving on to the fun stuff is training yourself to be in God's Word daily. Time in Scripture should be non-negotiable for a Christian. The Bible is our guidebook for life. We should know it inside and out.

CATCH A VISION

For a flourishing life

Does God Have Something to Say about Vision?

Proverbs 29:18 says, “Where there is no vision, the people perish: but he that keepeth the law, happy is he.” When marriages don’t have a vision, they die. When parents don’t have a vision for their children, they are malnourished. When churches don’t have a vision, they peter out. Get in the Word! God has a vision for His people!

WHERE THERE IS NO
VISION THE PEOPLE
PERISH.

Not too many years ago, I was wandering around my house wondering what on earth I was doing with my life. I felt empty, useless, hopeless, bored with no vitality or zeal for life. While health did play a huge role in my thought patterns, I also realized that I had absolutely no vision for my stay-at-home mom life.

Am I surprised about how I was feeling? I shouldn’t be, because Proverbs 29:18 tells us where there is no vision the people perish! Without vision, people die—they are lifeless. If there’s no vision for your marriage, it’s going to die. If there’s no vision for your family, it will be lifeless. If there’s no vision for your life, it will feel pointless.

Do you get the picture? If you’ve been wandering around your house for the last several years staying busy, but never really accomplishing anything, it’s time to get a big-picture vision for your life.

Are you a wife? God has a beautiful plan for marriage in His Word. It’s time to catch that vision. Are you a mom? He also has a special plan for those children of yours. It’s time to take a deep dive into Scripture and get ahold of His vision for your children. Are you a homemaker? There are some pretty awesome things that can be accomplished through your home if you take a peek into the Bible and see what ideas God has for you.

If you’re lacking vision this year, dig into God’s Word. It won’t be long before you catch a vision for every aspect of your life!

FAVORITE “VISION” PASSAGES

Proverbs 31, no questions asked! Read it. Study it. Memorize it!



For a Wife

- Proverbs 31:11-12, 28
- Titus 2:4-5
- 1 Corinthians 7:2-5
- Ephesians 5:22-24, 33
- Proverbs 12:4

For a Mother

- Galatians 6:9
- Proverbs 31:26-28
- 1 Corinthians 13:4-8
- 2 Timothy 1:5
- John 15:12-13

For Families

- Genesis 18:19
- Deuteronomy 6:5-9
- Deuteronomy 28:1-14
- Psalms 127-128
- Colossians 3:13

For a Home

- Joshua 24:15
- Proverbs 14:1
- Proverbs 3:33
- Proverbs 24:3-4
- Matthew 12:25

For Hospitality

- Proverbs 31:20
- 1 Timothy 5:10
- 1 Peter 4:8-9
- Matthew 25:40
- Romans 12:10-13

DECIDE ON YOUR PRIORITIES

for a flourishing life

Listing out our priorities gives us a direction in life. It allows us to make room for what is important and let go (with absolutely no guilt) of what is not. Today, I want you to list out your “Top 5.” What are the five most important priorities in your life right now? List them out in order. I’ll share my own “top 5” on the following pages if you need ideas.

01.

02.

03.

04.

05.

MY PERSONAL TOP 5 PRIORITIES

01.

As a Christian, it is a no brainer that my relationship with the Lord should be my number one priority. As a young person, I didn't understand how I could possibly love God more than my future husband. But I understand now. If my relationship with God is right, then my relationship with everyone else will also be right. (Notice I did not say their relationship with me.)

The foundation of our entire lives MUST be built on the Lord! And it must be evident in our lives. I am not called to a life of just acknowledging God...or to a life of simply knowing about God. I am called to live like Jesus Christ...to be godly in this present world...to be transformed by the renewing of my mind. I am to live the righteousness of Christ. That's a pretty tall order.

I can't do that without knowing God intimately. And I can't get to know God intimately without knowing His Word intimately. And I can't get to know His Word without spending as much time in His Word as I possibly can! Knowing the Bible IS KNOWING GOD. Don't expect to live a life pleasing to Him if you can't even find time to read the Bible.

SEEK YE FIRST THE KINGDOM OF
GOD AND HIS RIGHTEOUSNESS...

02.

God has beautiful order to His creation. My next greatest priority is my husband. A solid, healthy marriage is one of the greatest blessings of this earthly life. My children NEED to see a thriving marriage. Not only will it make them feel safe and secure, but it will also be a healthy example of the marriage that they will strive to have one day. The world could be falling apart, but if our marriage relationship is as solid as a rock, we can get through the toughest of times! Are his needs being met? Am I looking for ways to spend time with him, serve him and love him?

THE HEART OF HER HUSBAND
DOTH SAFELY TRUST IN HER.

03. Is there any question as to what would come next? I'm a mother. Naturally the children God has blessed me with would come next. I don't understand why there is so much confusion about priorities. If God has given you a husband, He meant you to faithfully complete the responsibilities of a wife. If He has given you children, He meant for you to faithfully raise those children in the nurture and admonition of the Lord. Why is it so easy for things to get in the way of tending to these most important relationships? Raising these children to be rooted and grounded in Christ is my next great task. And in order to be able to do that, I must have a flourishing relationship both with the Lord and with my husband! I can't expect to teach my children something I don't live out myself.

MY SON, GIVE ME THINE HEART, AND
LET THINE EYES OBSERVE MY WAYS.

04. Number four might look different for many of us, but for me, this choice is easy. It's my health. I have spent the last ten years with lost health and the last few months finally seeing some steps toward healing. And let me tell you from experience, you cannot do any of the first three priorities well, nor the last one, without having your health. God has given us the stewardship of our bodies. I want to steward what I have well. I need energy and vitality to do what God has called me to do. To the best of my ability I want to live in a healthy way so I can spend and be spent for Him.

KNOW YE NOT THAT YOUR BODY IS THE TEMPLE
OF THE HOLY GHOST? _THEREFORE GLORIFY
GOD IN YOUR BODY._

05. My duties outside of the home come last. This includes my work and my ministries. We have very full lives. Work and ministry could easily take over if we're not careful. When that happens, our relationships are strained and our health is often paying the price. But the beauty of keeping God's priorities in line is that there is this overflow of life that we can pour into our work outside of the home. When our priorities are in order, there is room for more!

_IF SHE HAVE LODGED STRANGERS, IF SHE HAVE
WASHED THE SAINTS' FEET, IF SHE HAVE
RELIEVED THE AFFLICTED._

WHAT'S NEXT

for a flourishing life

Take the e-Course **(Coming Soon)**

WHAT YOU'LL GET

- ✓ New topics to explore each month
- ✓ E-guide about each topic
- ✓ Audio courses each month
- ✓ Direct email access for Q's and coaching
- ✓ Forever access



"Sarah's content is exceptional. It is a masterclass in clarity, depth, and insight that is loaded with practicality. Her prayerful, unique perspective and eloquent writing style captivated me, making biblical and everyday topics accessible and engaging. A must-follow for anyone seeking genuine wisdom and inspiration."

Rose Greer

For inquiries, visit
WWW.FAITHFULANDFLOURISHING.ORG

OTHER OPTIONS

01. Follow along on IG or FB

You can have access to similar content for free on these social media platforms, but if you want to go deeper, you will want to purchase the e-course.

02. Join the email list

If you are on the email list, you will be the first to know about new products or courses and will have exclusive coupons for our products! You will also get more of an inside scoop on our family life.

03. Shop the store

You can find amazing products in our store to help you be even more faithful and flourishing. Join the email list to be notified of new shop releases.

04. Read the blog

The best writing happens on the blog. Head there to read on so many different topics that would benefit your home and family.

ARE WE A GOOD FIT?



WE ARE A GOOD FIT IF:

- You are a born-again Christian.
- You are a Bible-believing Christian.
- You are open to making changes.
- You are committed to obeying God's Word.
- You want to see your home and family flourish.
- You want a peaceful, productive and God-honoring home.

WE ARE NOT A GOOD FIT IF:

- You are not a born-again Christian.
- You have no interest in believing or following the Bible.
- You're not willing to do the work to make changes in your life.
- You want to pick and choose what is important in God's Word.
- You're not interested in taking the time over the long haul to see your family flourish.
- You're not interested in growth or in making your home God-honoring.

FOLLOWER REVIEWS



“Sarah is always an encouragement. I LOVE the book reviews and recommendations, the spiritual encouragement, and Christ-centered content.”

Kirstin J.



“I love the things that Sarah shares! She is so kind in her responses and shared truth. I appreciate her recommendations, her faith, and insights on parenting. I truly appreciate her content.”

Beverly W.



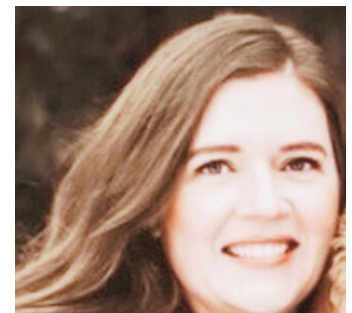
“I have been so encouraged by the Godly content shared by Sarah. It’s so hard to find consistent, helpful content, but I keep coming back here! I especially appreciate all the recommendations and resources, particularly the books! I know I can trust them!”

Rachelle J.



“I love Sarah’s book recommendations and easy homemaking tips and delicious recipes. I can’t forget all her wise parenting tips. It also means a lot to have someone praying for me through my health struggles.”

Ashley C.



THE RIGHTEOUS SHALL
FLOURISH LIKE THE
PALM TREE: HE SHALL
GROW LIKE A CEDAR IN
LEBANON.

THOSE THAT BE
PLANTED IN THE HOUSE
OF THE LORD SHALL
FLOURISH IN THE
COURTS OF OUR GOD.

THEY SHALL STILL
BRING FORTH FRUIT IN
OLD AGE; THEY SHALL
BE FAT AND
FLOURISHING;

TO SHEW THAT THE
LORD IS UPRIGHT: HE IS
MY ROCK, AND THERE IS
NO UNRIGHTEOUSNESS
IN HIM.

Psalm 92:12-15



READY TO START FLOURISHING?

If you've got a clear vision, your priorities are in order, and you are eager to dig deeper, let's dive in!

Find your next module at
FAITHFULANDFLOURISHING.ORG

If you're still in the exploration phase or have more questions, no worries at all.

Send any questions you have to:  **faithfulandflourishing@gmail.com**