



SARAH NATHALIÉ



Roses are red, Violets are blue,

♡ My heart is happy, and I hope yours is too!!! ♡

Happy March to all of you ~ A friendly reminder that it's okay to ask for prayer. We all go through it sometimes and having someone pray for you is always helpful. Reply back to this email if you need me to pray for you!

Updates/Behind The Scenes! ♡

I worked with a very nice brother in Christ on a song about abortion. Its a heavy topic for some- but we have to keep strong and courageous as the church!(Joshua 1:9) It comes out on Sunday, so keep a look out on my Instagram stories for that!~

A Bible study went up on YouTube today! Click the link to watch! :D

[Bible Study | Study With Me // Galatians](#) ♡

Like I mentioned last week, I'm still working on another collaborative project with fellow Christian artists who are AMAZING women of God! it will be released under the Amen Collective like past collaborative projects and I'm so honored to be paired with the two beautiful women I am paired

with! Asha Elia & Bekah Young! My beautiful sisters.

What's Been On My Heart? ♡

To be transparent, I've been kind of out of it spiritually. I feel the Lord is trying to get my attention tough. Truly, I know I just need more time in prayer specifically. Spending time solely in His Word is good but prayer is so important in the life of a believer as well. To take our spirits even deeper, fasting is helpful. How has your spirit been? ♡

"Rejoice always. Pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit."

{1 Thessalonians 5:16-19}

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

{Philippians 4:6-7}

What I've Been Loving This Week! ♡

You can click these links!

[PODCAST | As For Me And My House](#)

[PLAYLIST | Sarah's R&B Playhouse](#)

[PLAYLIST | Sarah's Rainy Afternoon](#)

**all my love & hugs,
Sarah Nathalié**



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