



SARAH NATHALIÉ



Hello again, lovebugs! ♡

I am yet again back from another break that I unashamedly took. I want to remind YOU that it's okay to rest and do something wise for yourself. Wisdom is from God and should be used not only when making big decisions- but small everyday life ones as well. That's why I chose James 3:17 as our Bible Verse of the day! It says:

"But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy." (KJV)

I have a lot to share today, so let's get started!

Updates/Behind The Scenes ♡

New Releases

The Lord reigns, can I get an Amen? (~ 3") ♡ *Reign* with Jonny Henninger is out now everywhere and I can't wait for you to hear it, if you have not already. A little back story about the song, Jonny sent me some simple piano chords that were completely different from the instrumental he produced around what I wrote. He totally surprised me with the take he took on the song but I love it so much. There is one particular part that is just so breath-taking. While I was listening to the second pre-

chorus, I felt the Holy Spirit just hug me. Jonny's impeccable production is pure worship from the heart and it was an honor to make a song about the most important thing in the universe- Jesus and His love/sacrifice for us. Take a listen here: ♡

Spotify

Apple Music

Good News: The Album

As promised here is the track list! Which song do you think will be your favorite?

1. Heaven
(intro)
2. True
Love
3. Good
News
4. Like
That
5. Narrow
6. Famous
7. Saccharine

Remix Album

In progress! Looking forward to releasing sometime in July!

What's been on my heart? ♡

Ah. I always get nervous for this section and I don't know why, haha! I rebuke that, LOL. It's truly been on my heart to share about community, leadership and what the Church is doing with that right now. It occurred to me from several personal experiences and general observations that so many leaders or admired people are hurt, They have bitterness in their hearts from past experiences or trauma. This made me a bit concerned because as a human, we can totally inflict these things on those we are leading or just simply fellowshipping with. Before its twisted, I truly believe that it is okay to help others when you yourself are in need of help. I think the Lord can use your words of encouragement to another believer to also help your spirit. I'll include a link to a podcast I heard about this topic in the upcoming section. To kind of sum up what has been on my heart though, I think it's time we evaluate ourselves to see what we need Jesus to change in us. We need to remember that He died for us to be FREE. If we continue letting ourselves be slaves of this so-called hurt, we can slowly become cold and bitter- which is what the enemy wants. This can be very bad for the Church. One person who is hurt, can spread the hurt germs to many others- faster than you can blink, we have a sick congregation. Rather than basking in the pain of the past, I want to encourage you today. Let God work in you. Let Him do some heart and mind surgery. As believers and representatives of the Kingdom, we need to be sincere, honest, loving, joyful, compassionate, etc. Do not let what you see here on earth make you closed-off. Look to the Father instead. Strive to include everyone in the fun, make true community within the body of believers. It's not about leadership or fellowship at the end of the day anyway. It's about the Great Commission and giving the Lord glory as we eagerly wait for His return.

Psalm 1:1-4

"Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates

day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away."

Proverbs 1:7

"The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction."

Proverbs 13:20

"Whoever walks with the wise becomes wise, but the companion of fools will suffer harm."

What I've Been Loving This Week!

You can click these links! 

[20 Questions With Pastor Mike Winger](#)

[Alex Bingham - I Hope This Finds You Well](#)

[Darla Baltazar - When She Rests, Vol. 1](#)

[Can I Help While I'm Hurting? | Jessica Joy](#)

My love,
Sarah Nathalié



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