

Marnie L. Pehrson

Author and Internet Developer

“Too many people wander aimlessly through life never knowing who they are or what they can become with God’s help. They let the little things of life like busyness, self-doubt, self-pity, criticism, guilt and discouragement stand in their way of becoming the unique and wonderful person they were meant to be. It is my goal to help people learn and live the plan that God has in store for them so that they can find greater happiness and peace in the troubled times in which we live.”



- Marnie Pehrson

Marnie is a wife, mother of six, business owner, Webmaster, consultant, teacher and author. She is the founder of multi-denominational SheLovesGod.com which hosts the annual SheLovesGod Virtual Women’s Conference the 3rd week of October each year. She is also the creator of IdeaMarketers.com, LocateACoach.com, and PowerOfLearning.com. Throughout her sites, Marnie seeks to build resources that help others discover, develop and utilize their God-given talents.

Marnie is the author of *10 Steps to Fulfilling Your Divine Destiny: A Christian Woman’s Guide to Learning and Living God’s Plan for Her* (February 2002). Frequently quoted in newspapers and magazines across the globe, Marnie has been featured in magazines such as Entrepreneur International, Small Business Start-Ups, iVillage.com, Business Opportunity World, Home Office Computing, and The Chattanooga News Free Press. She is a regularly featured Spiritual Strength columnist for The One Heart Foundation at Oneheart.org. As the creator of the IdeaMarketers writer-publisher matching service, Marnie’s articles have been featured across the Internet.

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FOR IMMEDIATE RELEASE

“10 Steps to Fulfilling Your Divine Destiny:

A Christian Woman’s Guide to Learning & Living God’s Plan for Her” by Marnie L. Pehrson

ISBN 0-9676162-1-2 * Pub date: February 2002 * \$12.00 paperback * 124 pages

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Women Seek Spiritual Growth & Meaning in Their Lives During Troubled Times

RINGGOLD, GEORGIA, February 20, 2002 - According to a running Gallup Poll Analyses on Religion, of the people who were asked the question, “*How important would you say religion is in your life?*” 64% polled after the September 2001 terrorist attacks said that religion was “very” important in their lives. In May 2001, prior to the attacks, only 57% said religion was very important to them. It’s interesting to note that one must go back to the Vietnam era of 1965 to find a period in history when the percentage was higher than the September 21-22, 2001 survey results. It was 70% in 1965.

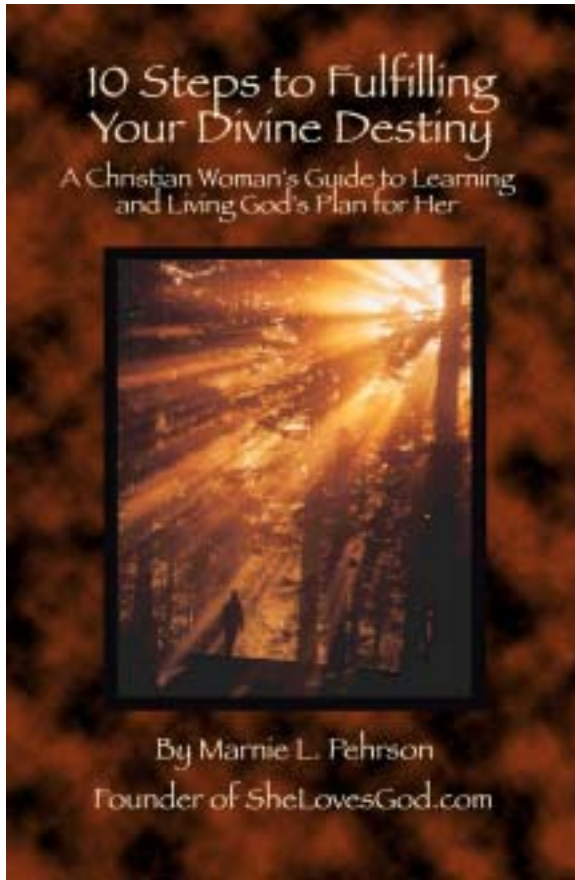
According to Marnie Pehrson, founder of SheLovesGod.com and author of the new book *10 Steps to Fulfilling Your Divine Destiny: A Christian Woman’s Guide to Learning and Living God’s Plan for Her*, “Recent events in the U.S. and the world have inspired thousands to seek a closer relationships with their Creator. They want and need the comfort and peace that only a relationship with God can provide. They are seeking answers to why they’re here, what life’s about, and how they can find greater happiness and meaning in their lives.”

Marnie Pehrson believes she can help. Her February 2002 book, contains a roadmap for learning how to unlock your full God-given potential. The book is suitable for Christians of all denominations who are seeking to overcome roadblocks that stand in their way of a closer relationship with Jesus Christ and that keep them from discovering God’s plan for their lives. Pehrson, a wife and mother of six, says, “Women characteristically beat themselves up. We get lost in the day-to-day details of life and let self-doubt, guilt, self-pity, criticism, or just plain buzyness get in our way of doing the important things that really matter — the things that really last — like building a meaningful relationship with our Savior. It’s my goal to encourage people (women in particular) to learn and live the plan that God has in store for them so that they can find greater happiness and inner peace in the troubled times in which we live.”

Marnie Pehrson may be contacted for interviews directly at webmaster@shelovesgod.com or 800-524-2307. Individuals may order copies of the book from <http://www.SheLovesGod.com/book.cfm>. Book sellers may purchase directly through Ingram or Baker & Taylor.

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Have you ever said to yourself, "I'd love to do great things with my life, but I'm just too busy, too untalented, too ordinary, too afraid, too anything but extraordinary"? Inside this book you'll learn who you are and what life's about. You'll learn how to reach your full potential and remove all roadblocks that stand in your way so you can draw close enough for God to reveal His plan for your life.

In this book you will learn how to unlock your full God-given potential. No matter your denomination, beliefs or background, the greatest thing you can do in this life is to come unto Christ, for in doing so, He will uncover your soul. Jesus Christ transforms lives – it's what He does. If you will let Him, if you will come unto Him, He can make you happier and more fulfilled than you could be if you pursued any other course.

Today's Christian women are sleeping giants, and when we finally awake and arise, we will join the ranks of Esther, Ruth, Mary and Martha. Be among those who wake up! This book outlines ten steps that will lead you to a closer relationship with Jesus Christ and thus lead you to your full potential. You may have already taken some of the steps, but they could bear repeating. As a matter of fact, these steps should be repeated throughout your life. Coming to Christ is a constant, never-ending process. We never reach a point at which we "arrive" and thus need not keep following Him. We must continually strive to follow in His footsteps and one day we will look up and see that He has led us straight to the throne of God.

"So you're feeling ordinary and incapable of giving God what you think He wants of you? This book opens a door so you can see your potential as a follower of Christ, one who truly wishes to embrace Heaven for herself and her family. The steps given break down the barriers we have built that keep us from faithfully letting God lead us to Him. A must-read for women of all denominations!"

- Mia Cronan of www.MainStreetMom.com

"The **10 Steps to Fulfilling Your Divine Destiny** apply to all of us, women in all kinds of lives, no matter how varied our backgrounds or our dreams. We all need the support of a good plan and a steady focus on the Lord to lead us. Marnie's book spells out that plan and that focus, offering real-life examples and practical advice that readers can apply to their lives right away. Marnie's book takes the reader's confusion and frustration away and replaces it with joy and vision. It's an inspiration to all women who desire to make their lives better."

- Karon Goodman, author of "You're Late Again, Lord! The Impatient Woman's Guide to God's Timing." www.KaronGoodman.com

Excerpt from

10 Steps to Fulfilling Your Divine Destiny: A Christian Woman's Guide to Learning & Living God's Plan for Her

by Marnie L. Pehrson

Guilt

Guilt serves its purposes. It helps us know when things are amiss in our lives, when we need some work, and when we've done wrong and need to repent. The Light of Christ serves as our conscience to help us know right from wrong and this valuable compass must not be ignored. With prolonged ignoring of our consciences, they can be dulled until they do not function anymore. Yet, even justified guilt serves a purpose up to only a certain point, and then it becomes destructive.

Women take guilt to a whole new level. Many women feel guilty because they can't be super moms, successful career professionals, glamorous wives with knock-em-dead bodies, and public servants all at the same time. Instead of noticing the good they do, they let the things they can't do immobilize them until they feel guilty most of the time. Unfounded guilt or guilt gone too far manifests itself in the following self-talk.

Unfounded Guilt

- I can't keep my house clean and keep up with my work and the kids. I'm just such a bad mother. My husband and children would be better off with someone else.
- Look at so-and-so. She's just so talented, and is such a better mother than I am. I just feel so bad that I'm not as kind and gentle a mother as she.
- I'm fat/ugly/short/tall and therefore am not a good wife. My husband would be better off with another woman.
- I'm not married and don't have children so I can't have as great an influence as my married friends who have children.
- I'm divorced so I'm not as deserving of God's blessings as others who aren't.
- I work outside the home so I'm not as good a mother as I should be.
- I don't work outside the home, so I have no talents or ambition.
- I'm not able to be perfect; I'm just taking up space coming to church. Someone worthier should be here.
- Nothing I do makes a difference, I'm just worthless.

Guilt Gone Too Far

- I'm just no good, nothing I do works. I try, but I just can't control my temper, stop drinking, stop swearing, (or whatever that's being worked on).
- I'm just weak. That's who I am. I'll never be strong enough to change.
- I've tried and I can't do it so forget it. I'm not going to try anymore.

Do any of these sound familiar? I am reminded of another woman I know. We'll call her Tonya. Tonya had a drinking and marijuana habit that had lasted for about seven years. It was a social habit in that her husband and friends all joined in either one or both of these activities with her. When she became a devout Christian, Tonya was convicted that God wanted her to remove these habits from her life. But,

peer pressure was intense. People didn't let her just say, "I don't feel like drinking tonight." They'd hound her and try to break her will.

After an initial failed attempt at going "cold turkey," Tonya decided she just couldn't do it... at least not yet. Every time she smoked or drank at a party she felt intense guilt. Over a period of 6-8 months, the guilt became so intense that she felt about an inch high. Her self-esteem plummeted. She felt there was nothing she could do right in her life. She agonized, "I can't stop drinking and smoking to save my soul." She felt like a complete and utter failure until one day she decided this guilt was getting her nowhere. She wasn't going to give up hope on overcoming her habits, but she decided this excessive guilt that led to self-pity was beating her down.

What was Tonya doing? She was trying to do it all on her own. She felt that somehow she had to muster all the willpower to overcome her addictions by herself. She had beaten herself down into the depths of humility. In this case, guilt had served its purpose – to bring her to a humble, broken-hearted, contrite place where she was willing to reach out her hand to the only One who could help her – Jesus Christ. Once she decided to stop beating herself up and started praying with conviction that God would help her overcome these habits, He began to work in her life, restructuring her priorities, until she was willing to commit once and for all to lay aside first the drugs and then the alcohol. It was a struggle, but with God's help, she beat her addictions one at a time, and her self-worth continued to grow as she did.

"His knowledge of you goes beyond a catalog of your deeds. He knows you individually and completely. He understands your darkest hours when things seem as black as a cave with no light. He understands when you are feeling unworthy or forgotten or depressed or desperate or alone. He constantly and gently invites you to open up those dark recesses of your heart to Him that He may fill them with His light. You can't shock Him. You can't surprise Him. He won't turn away from you in disgust, shaking His head and saying, 'Oh, this is worse than I thought. There's nothing I can do here.' When He healed the sick, He often forgave their sins as well. His healing extends to the crippled heart just as surely as to the crippled leg."⁽¹⁾

That is the wonderful message of Jesus Christ – that no matter how bad things look, no matter how lost we are, Jesus Christ can help us change. His message is a message of hope. So many times in the scriptures when faith is mentioned, its companions are also mentioned: hope and charity. This is no coincidence for faith in Jesus Christ leads to hope – hope for a better life and hope for a glorious eternity – which leads us to live more like Jesus Christ and not only love others, but to love ourselves.

1 Virginia U. Jensen, *I Can Do All Things Through Christ*, The Best of Women's Conference, Bookcraft 2000, p. 234.

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