

What's Coming Next

The foundation we're building together this year starts right here — with an invitation to *stir up your faith* and experience God's Word in a fresh way.



Grow Deeper in God's Word

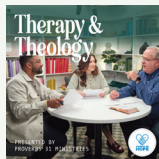
Theology 101 + 40 Days Through the New Testament



Learn how to read the Bible with confidence, and see how every page points back to Jesus with First 5. Your partnership helps women move from simply reading the Bible to truly living it out.

Find Healing and Hope in Desperate Moments

Therapy & Theology Podcast



By the end of 2025, the *Therapy & Theology Podcast* with Lysa TerKeurst reached over 6.7 million lifetime downloads. One listener said, "This podcast was my lifeline when I thought I was going to drown." Subscribe to be notified when new episodes are released!

You Have a Story to Share and a Calling Worth Living

She Speaks 2026 — Save the Date!



Our annual She Speaks Conference returns this summer from July 17–18 — a weekend to be refreshed, equipped, and reminded that what you've seen God do *in you*, He wants to do *through you*. Keep an eye out for early-bird registration opening soon!

A Brand New Resource From Lysa TerKeurst

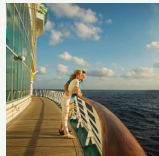
Come Close to Jesus — Releasing March 31, 2026



In her new book, Lysa TerKeurst shares prayers, Scripture, and simple steps to help quiet your mind, calm your heart, and draw near to the Savior who loves you. You'll discover prayer isn't about perfect words ... just an honest heart.

This is more than a trip — it's a time to encounter God.

LifeWay European Cruise — September 25–October 3, 2026



Set sail this fall with Lysa TerKeurst and Dr. Joel Muddamalle on a Lifeway cruise designed to refresh you in God's Word. This isn't just a vacation — it's a magnificent experience through Scripture and some of Europe's most captivating cities.

A Word From Your Team



Dear Friend,

As we step into 2026, I'm filled with gratitude for you. Your faithfulness makes all this impact possible — from the Bible studies that reach women in 180 countries to the podcasts that meet them in their darkest moments to the daily devotions that remind them they're not alone.

This year, we're focused on helping women build a firm foundation of faith. Because when their life is built on Jesus, nothing can shake it. And you're helping so many women build that foundation of truth through your ongoing partnership.

Thank you for believing in this mission. Thank you for investing in women you may never meet this side of heaven. Thank you for being part of a movement that's changing lives through the power of God's Word.

And thank you for any gift you send today, knowing you'll help one more woman discover that her faith doesn't have to flicker — it can burn bright again.

With deep gratitude,

Meredith Brock

Chief Executive Officer, Proverbs 31 Ministries

Be a Part of What's Next

Your gift today helps even more women know the Truth.



Every gift makes a difference.

Thank you for your partnership.

PROVERBS 31
ministries

Helping women know the Truth and live the Truth —
because it changes everything.

Proverbs31.org | @Proverbs31Ministries

PO Box 3189, Matthews, NC 28106

Stir Up Your Faith

PROVERBS 31 NEWSLETTER

P31

Let God's Word Reignite What the World Has Tried to Wear Down

"So then, just as you have received Christ Jesus as Lord, continue to walk in him, being rooted and built up in him and established in the faith, just as you were taught, and overflowing with gratitude." Colossians 2:6-7 (CSB)

There's something about the start of a new year that stirs the soul. A fresh chapter. A chance to reset. An invitation to go deeper with God.

And because of your generosity, that's exactly what's happening. All over the world, women are opening their Bibles again — some for the first time in a long time — and finding the hope their hearts have been longing for.

She might be your sister. Your coworker. Your daughter. Or a woman halfway around the world whose name you'll never know. But her story feels familiar. Life got loud. Days got full. And before she realized it, the Bible that used to bring her peace started gathering dust. Prayer became something she knew she *should* do rather than something she *longed* for. The fire that once burned brightly in her heart felt like it had dimmed to barely a flicker.

She might just need a reminder that God's not done working in her story.

Your faithful support ensures that truth is waiting for her right when she needs it — in every devotion, every podcast

episode, every study that points her back to Scripture. One moment at a time, she's remembering what's still true:

God's Word can bring her hope back to life in ways nothing else can.

That's what this quarter is all about.

Together, we're helping women *stir up their faith* — not by adding on more pressure or telling them to try harder, but by meeting them right where they are with the living, breathing Word of God. Because here's what we've seen time and time again: *When a woman gets rooted in Scripture, she's building her life on something that can't be shaken — no matter what comes her way.*

This is what your generosity is making possible. All over the world, quiet moments are turning into holy ones. Women are reopening their Bibles, whispering prayers they'd stopped praying, and realizing something powerful: the flame of faith still burns within them.

And together, we're helping it shine a little brighter.

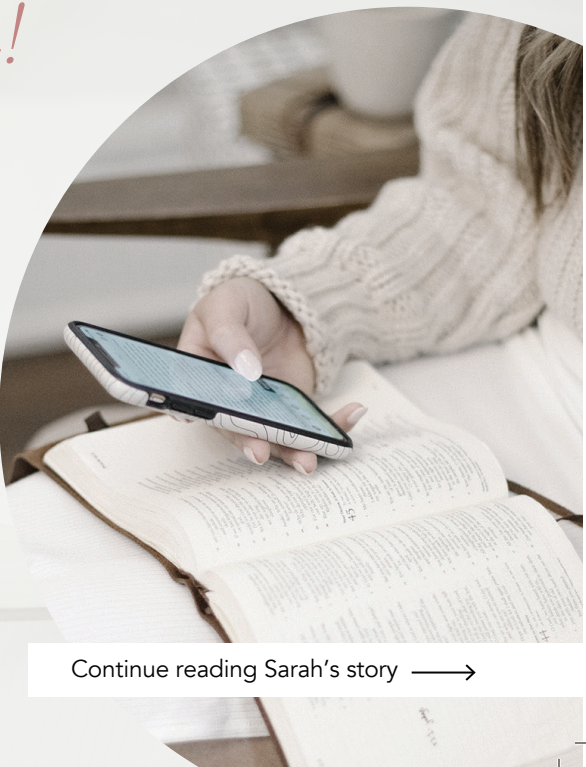
Faith Reignited...Thanks To You!

You probably know a bit about Sarah's story. Most people do. It was a typical Tuesday morning, and she'd slept through her alarm again — the one she'd set to spend time in God's Word before the chaos of the day began. As Sarah rushed to get her kids ready for school, she felt the familiar weight of spiritual emptiness settle over her shoulders.

"I used to love Jesus," she told her sister over the phone that afternoon. "But now I feel like I'm just going through the motions. I don't know when it happened, but somewhere along the way, I lost my way."

Her sister sent her a link to the First 5 app. "There's a new study starting on the book of Jonah," she said. "Just try it for a week. Five minutes. That's all."

Sarah was skeptical. *How could five minutes change anything?* And Jonah — wasn't that just the story about a guy and a whale? But the next morning, she opened the app and started *Rerouted: Following God's Lead Even When We Lose Our Way*.



Continue reading Sarah's story —>

The first day's reading stopped her in her tracks. God placing a calling on Jonah's life. Jonah running from God. Jonah thinking he knew better. Jonah believing he'd gone too far to turn back. That's me, Sarah thought. I'm Jonah.

For the first time in months, Sarah felt something stir inside her chest. The study didn't shame her for where she was — it met her there. Each day, she spent just five minutes reading about Jonah's story and discovering it was her story too. A story about a God who pursues, who redirects, who never gives up on His children even when they've lost their way.

"By the end of that first week, I realized something," Sarah said, tears in her eyes. "The fire never went out. It was just

buried under all the lies I'd been believing — that I'd wandered too far, that God was disappointed in me, that it was too late to get back what I'd lost. But God used Jonah's story to show me that every detour, every delay, every moment I felt off track — He was right there, ready to reroute me back to Him."

A few months later, Sarah's life looks different. Not perfect but rooted in what really matters. She's still tired some mornings. She still misses days. But now she knows where to go when the embers start to fade. She goes back to the Word. And every single time, God meets her there.

"I thought stirring up my faith meant trying harder," Sarah says. "But now I see it's about turning back to Jesus again and again."

Because You Shared *God's Truth!*

Here's a glimpse of what you helped make possible in 2025 ...

SHE SPEAKS
CONFERENCE:



600 ATTENDED;
74% were new.

THERAPY & THEOLOGY
PODCAST:



Season 10 reached
360K+ PEOPLE

ENCOURAGEMENT
FOR TODAY:



OVER 45M
opens in 2025

COMPEL PRO
WRITERS TRAINING:



800+ MEMBERS
joined the Fall Cohort

Your generosity is helping women all over the world build a firm foundation of faith.

Over
158,610

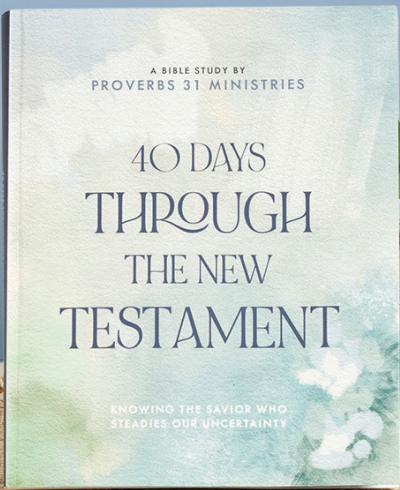
First 5 App
Downloads
in 2025*

"I thought stirring up my faith meant trying harder. But now I see it's about turning back to Jesus again and again."

- Sarah, First 5 App User

*Total downloads through November 2025

Start 2026 Strong: *40 Days Through the New Testament*



Scan to give now and see what
God does through your "yes."



The beginning of a new year is the perfect time to build a firm foundation in God's Word — and this quarter, we're walking through the New Testament with a brand-new First 5 study designed to help you do exactly that.

40 Days Through the New Testament: Knowing the Savior Who Steadies Our Uncertainty meets you in the "in-between" moments — when you're waiting for an answer, longing for hope, unsure of what's next. For 400 years, God's people waited in quiet expectation for the fulfillment of His promise. And then, in the perfect moment, Jesus came — proof that God always keeps His word.

The New Testament is living evidence: **God does what He says He will do.**

In this 40-day journey, you'll discover renewed faith, fresh perspective, and steady hope in the Savior who never changes. Each day includes Scripture reading, reflection questions, and practical application to help you experience Jesus and embrace hope as you enter the new year with confidence.

Whether you're new to Bible study or have been walking with Jesus for decades, this study will meet you right where you are.

Over 158,610 women are already discovering that God's Word isn't intimidating or out of reach when they start their day with the First 5 app. And when you give a gift today, you'll help even more women experience that same encouragement.

"God Met Me *Even Here*"

In the early days of her divorce journey, Candace carried a quiet but heavy fear: that leaving would mean she had failed God.

"I felt like I'd failed my family, my kids — and even the Lord," she said. "I believed that being a good Christian meant holding everything together, no matter what. But the longer I stayed, the more I started to lose myself."

Candace prayed, forgave, and tried again — but nothing changed. "I didn't think divorce was an option," she shared. "I thought staying was the only way to honor God. But I realize now that honoring Him also means walking in truth."

That's why she was so grateful for *Therapy & Theology Podcast*.

"Lysa, Jim, and Joel gave language to what I was feeling," Candace said. "They helped me see that God doesn't step out of our story when things fall apart — He steps in and walks with us through it."

Then came Lysa TerKeurst's latest release, *Surviving an Unwanted Divorce*, in collaboration with her *Therapy & Theology* co-hosts, Joel Muddamalle and Jim Cress.

"I wish I'd had this book during that season," she said. "It gives solid biblical truth and wise counsel from someone who's lived it. Lysa doesn't gloss over the pain — she helps women see God's heart in it."

Because of your generosity, thousands of women like Candace are finding a safe place to heal through *Therapy & Theology* and resources like *Surviving An Unwanted Divorce*.



As our special thank-you, we'll send you your own copy of *40 Days Through the New Testament* — a reminder that when you help others build their faith, you're strengthening your own.