

LolaGets85

FAITH • COMMUNITY • ENCOURAGEMENT

UPLIFTING SPIRITS | FAITH IN ACTION
MAY 2026 | VOLUME 1 ISSUE 2

OPENING NOTE | FROM THE EDITOR

Hello dear hearts,
Welcome back to the bi-monthly **Uplifting Spirits | Faith in Action Newsletter** where we are continuing to build faith and connection.

This month we are focused on expansion — not just growing, but stepping boldly into every door God has opened. We will align in faith, purpose, obedience, and celebration. When God says move, momentum follows. And this season, we are moving!
Let's go deeper!

Sincerely yours,

Nicole T. Terrel

AVAILABLE FAITH EXPERIENCES

a
TESTIMONY OF FAITH
Blind Faith, my first book, is now available on Amazon, Apple Books, and my website, lolagets85.shop! My faith did not grow in safety or certainty — it grew in fires of trials, gut-wrenching heartbreak, and moments so heavy I had no choice but to lean completely on Jesus. That testimony is Blind Faith.
EXPERIENCE NOW
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Digital starting at \$2.99

BLIND
FEAR
FAITH
CHAOS
PEACE
SHADE
LIGHT
FAITH
NICOLE T. TERREL

BLIND FAITH

Some stories aren't just meant to be read — they're meant to be processed. Blind Faith is a faith-centered testimony written for seasons when clarity is absent and trust is required. Available at lolagets85.shop, Amazon, and Apple Books. The Faith Reset Journal is inspired by Blind Faith with the same themes.

a
THE SIDE-EYE SPECIAL
Grace for Grace, now available in paperback and eBook on Amazon, Apple Books, and lolagets85.shop. Some wounds have names. Some apologies never come. And some of us have been carrying both longer than we want to admit. Psychology meets Scripture. Testimony meets truth. And grace meets you exactly where you are. Grace for Grace brings you to a place of release.
EXPERIENCE NOW
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GRACE FOR GRACE
Psychology, Faith, and a Little More
NICOLE T. TERREL

GRACE FOR GRACE

Through personal testimony, reflection, and a touch of holy humor, Grace for Grace explores what it truly means to receive God's forgiveness, walk in freedom, and extend that same grace to yourself and others. Because the same grace that saved you is the same grace that sustains you. Available now in eBook and print.



MARCH & APRIL RECAP | THEMES | SNEAK PEEK INTO MAY

TRUST TALK

March centered around communication and conflict resolution—not avoiding tension, but learning how to navigate it with intention. What we say, how we say it, and the posture of our hearts all matter when it comes to reflecting Christ in our relationships.

April's Trust Talk, we leaned into what it means to handle tension with maturity. We explored the difference between godly sorrow and worldly sorrow, receiving correction without pride, and communicating in a way that creates space for understanding, not just resolution.

This shifts us into a deeper posture—one where faith was not only understood but actively lived out through obedience.

MAINTENANCE MINDSET

Soft Discipline: Obedience & Grace in Action

April's Maintenance Mindset reminder was reshaping how we view discipline—not as pressure, punishment, or perfection, but as something softer, steadier, and more sustainable.

Discipline in this season is no longer about urgency or intensity—it's about rhythm and peace.

Soft discipline looks like choosing habits that honor your body and well-being without shame or pressure. It's showing up consistently in small, intentional ways like hydration, movement, rest, and balance—not from fear or punishment, but from care and gratitude.

This is where obedience becomes quiet but powerful. Not forced. Not frantic. But faithful.





MARRIAGE IN MOTION

While there wasn't a full Marriage in Motion episode last month, the theme of communication naturally extended into how we live it out within marriage. And that sets the stage beautifully for where we're headed in May. Because communication in marriage is not just about talking—it's about obedience in action. It's about choosing unity when emotions are high, choosing patience when understanding is slow, and choosing love when it would be easier to withdraw.

As we move into the next month, the focus shifts toward faith, obedience, and faith in action within marriage. What does it look like to not only believe together, but to live out that belief together in daily decisions, conflict, and connection? Faith in marriage is not passive—it is active. It shows up in how we respond, how we serve one another, and how we stay anchored when life feels stretched.

AUTHOR JOURNEY | BEHIND THE SCENES

WHAT GOD IS TEACHING ME

This month's Grace for Grace launch is unfolding a little differently. Instead of one moment, I'm sharing it in parts — allowing space for reflection, revelation, and real-time growth. What began as a cover reveal on Good Friday is becoming a layered journey of what it truly means to live grace in action.

Behind the scenes, I've been stretched in new ways — learning balance between authorship, life, and the call to keep showing up consistently. This season has reminded me that grace is not just something we receive, but something we must learn to walk in daily, especially when things feel full, uncertain, or still forming.





COMMUNITY SPOTLIGHT

This month, I want to thank everyone who joined me for the launch of Grace for Grace. What made the night so special wasn't just the book—it was the community, the encouragement, and the reminder that grace is something we receive and extend.

I'm so excited to share the three giveaway winners from the night:

- ✦ My mom, Sabrina Lovell
- ✦ My mother-in-law, Gwen Terrel
- ✦ My friend, Cindy Resinover

I couldn't have picked three more meaningful names if I tried. Each of you represents love, support, and the kind of grace this message is rooted in.

To everyone who attended, supported, shared, or simply took a moment to celebrate with me—thank you. I truly don't take it lightly. This is just the beginning, and I'm grateful we're walking this journey together.

CLOSING THOUGHT | MORE THAN ENCOURAGEMENT

As I reflect on this season—the YouTube channel, the launch of Grace for Grace, and all that God is unfolding—I'm reminded that this journey has never been about doing things perfectly. It has always been about walking it out.

Faith in action is no longer just something I'm learning—it's something I'm living. It's showing up in how I move, how I build, and how I step further into purpose and ministry. This launch wasn't just a moment—it was a marker. A reminder that God is faithful to complete what He starts, and that every step of obedience carries us further into alignment with Him.

What started with Blind Faith has grown into something deeper—into a life that is being shaped in real time by obedience, grace, and a willingness to say yes, even when I don't have it all figured out. This is no longer the beginning this is a continuation.

Thank you for being here, for walking alongside me, and for growing through this journey with me. Stay tuned—there's more unfolding.

LET'S STAY *Connected*



Stay connected for ongoing conversations, resources, and updates as we continue building faith in action.

You can connect with me @:

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