Made to Soar

CHRIST-CENTERED TRUTHS TO ENCOURAGE, EQUIP & EMPOWER MOMS

Media Kit

Information complied specifically or you to help save you time, and to help you sound like you've read the book.

Made To Soar

One of life's sweetest joys for me is engaging in conversation with others. I love hearing people's stories and absorbing the wisdom they've earned through their life experiences. Learning from others often has this organic way of inspiring unexpected growth and maturity. It's helped me realize how much I love sharing my heart, my passion, and my story with others with the hope of inspiring growth in them. It's a beautiful dance of give and take, learn and share, live and grow.

I'd love the opportunity to share my story with you—a story I've written in my book, Made to Soar: Christ-Centered Truths to Encourage, Equip, and Empower Moms. And since I love conversation, and an interview is exactly that—a conversation—I have a feeling we'd have a remarkable time learning and sharing together.

However, I've always loved to be prepared. So regardless of how much I love conversation and how much I presume you might as well, I feel a little preparation always helps. Since I know you're busy, and I respect your time, I understand if you can't read the book. If you can, great! But in case you find yourself short on time, I have created a media kit with interactive links, benefits from the book, bullet points, takeaways, sample interview questions, and summaries.
Even though I'm certain you could rock an interview without these resources—with this kit—my hope is you'll feel more prepared, therefore more confident in conducting an interview and serving your audience.

When doing an interview, I want you to know it's the most important thing to me in that moment. I'm fully committed to making you the hero and your audience my full focus. I'm here to serve you, not the other way around. I know if I do my job well, your audience will feel valued and they'll naturally be interested in the book.

I've created this media kit to simply make your job easier. If you need anything, please feel free to contact me. I can't wait for an opportunity to chat with you.

Natalie Dawn Hanson

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I have one request of you. Once the interview posts, can you please send me all the relevant links? I'd love to send my traffic your way and promote the work you do.
Lastly, be sure and check out additional information, graphics, social media helps, etc. on my book website, MadeToSoarBook.com. I think you'll appreciate this bonus material.

WHAT MOMMAS ARE SAYING ABOUT *Made to Soar*

> As a mom, if you want to find relief from the stress of motherhood, if you need a faithful, understanding friend who gets what you are feeling and is bold enough to speak transforming truths to the depths of your soul, then Made to Soar is a must read. Natalie invites you into her journey of motherhood while encouraging you to listen to the story God is writing in your own life through your own struggles. It is a matter of the heart, and is one Natalie challenges you to lean into, to find the relief you are searching for.
>
> *– Lanelle Vasichek, speaker and author of Mommaversy*

> From first hearing the beginning thoughts of this book being written to seeing the designs of this cover, this book has impacted me to the core. Natalie has such a way with words. You feel like you are sitting right across from her listening to her speak them. She has impeccable detail to the very challenges of motherhood and all the relatable mom failures that occurred in her incredible journey to really finding Jesus. You can feel her faith growing as you read her words. So much so that you will magically feel your own faith grow right alongside hers. Made to Soar is a beautifully written book that will have lasting impact on all of its readers, for generations to come.
>
> *– Mindy Beyer, Mom of Three*

YOU CAN BE THE MOM YOU LONG TO BE.

Are you striving to be everything for everyone, especially your kids? Is the pressure to be enough causing you to ache for something more? If motherhood isn't quite what you thought it would be, perhaps it's time to discover what might be missing.

In our valiant efforts to be the mom we've always dreamed of being, we rise up and work endlessly to take care of our families. The tragedy is our attempts at being enough can leave us feeling overwhelmed and inadequate and yearning for something more we aren't sure how to find, but desperately need.

Author, Natalie Dawn Hanson, knows how you feel. She tried with all her heart to be the mom her kids deserved yet felt defeated by her inability to do it perfectly. That is until she realized what was missing.

In Made to Soar, Natalie addresses the incredible responsibility and work of raising children in light of God's grace and invites you into a transformational journey where you will learn how to:

- Release paralyzing shame, guilt, and lies.
- Build an intimate relationship with the only One who can truly give you what your heart desires.
- Escape and overcome the stresses and challenges of motherhood as dictated by the world.
- Execute proven, grace-centered strategies that build deep connection with your children.
- Unite as mothers committed to passing on the baton of faith to their children.

Motherhood isn't a role we are meant to simply endure. It's a Divine calling we are meant to embrace and enjoy.

You were Made to Soar! Begin your journey of transformation today so you can soar in the joy and beauty of your divine purpose!

> "Made to Soar came into my life at a time when I didn't know I was needing to hear the heartfelt messages shared in this book. Natalie has a gift of writing that speaks straight to a momma's soul. She not only inspires and encourages her readers, but she has an ability to transcend generations with her gift of understanding and insight into motherhood and the challenges we all face. Her love for the Lord and her passion and wisdom help take stories from the Bible we have all heard and transform them into stories that resonate with struggles we as mothers face today. This book has shown me that my journey through motherhood is more than simply being okay and surviving, it can transform into so much more!"
>
> *– Chelsey Anderson, Mom of Four*

INTERESTING FACTS:

Strategically and seamlessly woven into each chapter is a metaphorical illustration that illuminates a woman's journey to discovering freedom, joy, peace, and purpose not only in her role as a mom but also as a daughter of the King by tracing the life cycle, struggle, transformation, and migration of the Monarch butterfly. Each chapter focuses on one aspect of the fascinating life transformation from caterpillar to butterfly and how it mirrors our journey toward transformation into becoming all God created us to be. God didn't intend for us to remain a caterpillar nor stuck in a chrysalis of struggle. He meant for us to be transformed by Him, through a personal metamorphosis, so that we could unfurl our wings—exactly like a Monarch butterfly was created to do—and soar into the beauty and wonder of our divine purpose.

About the Author

Natalie Dawn Hanson has a heart for mommas, especially those whose joy, delight, and wonder in this most important role have been overshadowed by the unexpected and surmounting demands and challenges that come with motherhood. She aches for them because she was one of them. Now, as a speaker, author, and coach who by the magnificent grace of God reclaimed motherhood and it's joy, but like you, yearns to do this mothering thing right and understands the real and raw truths and struggles of the roles we play, Natalie vulnerably shares her story of transformation in hopes to inspire and empower other women to passionately seek God so they can claim freedom, embrace unshakable joy, and renew their divine purpose as a precious daughter of the Most High God.

In addition, through the wisdom of great mentors and Jesus, the greatest teacher who ever lived, Natalie has a passion to equip moms with Christ-centered, practical, and applicable skills and strategies not only to confidently connect with and correct their children but to passionately and organically pass on the baton of faith. As an advanced trainer in the Nurtured Heart Approach® and owner of Breathe Peace Consulting, Natalie trains and coaches parents, counselors, teachers, and anyone who does life with kids on how to love them with big, bold, Christ-like love.

Natalie loves connecting with people. She leads a community of women in online Bible studies, speaks at schools, churches, women's retreats and conferences, and has been known to guest preach on Sunday mornings. Apart from being wife and mom, sharing the messages on her heart with others is when she feels most alive and most in tune with who God created her to be. It's truly her life's joy and humble privilege to share Him with others.

To those who do life with her, Natalie is simply a chauffeuring mom who loves and relies on Jesus (and coffee, nutritional food, and exercise) to get her through the crazy adventure of motherhood. Natalie adores friends and good conversation, is committed to her family, involved in church and school, and struggles like we all do to manage a household daily requiring cooking, cleaning, and oh so much laundry. But at the end of a long day, she is no longer crying herself to sleep, instead she's hopeful and grateful for this beautiful, yet sometimes messy thing we call life.

Natalie lives on one of Minnesota's beautiful lakes and is a wife to a farmer—her hubby, Darin who she's still wildly in love with—and momma to four lively, lovely boys who teach her more about extravagant love and grace every day. It's in the loud, crazy and quiet, calm moments at home where her most important ministry happens.

Why Read Now?

1. Why the cost of staying trapped in a perpetual cycle of the world's pressures, stresses, demands, and expectations is too great!

- **Lack of Faith**—It's reported that teenagers have "ho-hum" feelings about religion and that most parents "sport lackluster faith," leading researchers to describe the situation in the American church as "almost Christian."[8]
- **Fear**—Mothers worry of not being good enough.[2]
- **Stress**—Mothers, working ones in particular, are drowning in stress and experiencing "crushing guilt and work-family conflict."[3]
- **Perfectionism**—Studies show mothers are putting too much pressure on themselves to be perfect and be everything for everyone.[1]
- **Self-Pressure**—While trying to find their identity as moms, the pressure to be perfect as apply to social norms is overwhelming.[2]
- **Projection**—Mothers are unable to enjoy the present because they are so concerned about their children's futures and are intent on raising good, independent kids.
- **Physical and Emotional Fatigue**—Mothers are consistently feeling physically fatigued, which naturally leads to emotional fatigue that develops into tension, agitation, nervousness.[2]
- **Surviving vs. Thriving**—Mothers are reporting that when emotional fatigue sets in, they go to autopilot and are simply surviving the demands and challenges of motherhood, thereby missing out on the delight it is meant to bring.[2]
- **Unbonding from Kids**
  - When mothers are in survival mode, they tend to develop a mechanical relationship with their children where they simply go through the motions without much emotional connection and feel more burden than joy.[2]
  - A mother's high stress level directly affects the mother-child relationship on a day-to-day basis.[4]
- **Losing Control**—Exhaustion and survival can lead to uncontrollable behavior and outbursts.[2]
- **Self-hate**—Mothers report feeling like failures when they lose their self-control.[2]
- **Loneliness**—When failure becomes the norm, mothers withdraw and fear sharing their truths, which leads to loneliness.[2]
- **Shame**—When in a cycle of exhaustion and survival, mothers begin to feel they don't deserve to be a mother and don't have what it takes to mother their children.[2]
- **Guilt**—Mothers feel guilt over the "ideal mother" they are incapable of being.[2]

Why Read Now?

2. The process of connecting with our kids is far more challenging now than it ever has been

+ **Electronic Devices**—both parent and child.
    - "The more an adolescent uses technology, the more their social interaction with their parents will be affected or decreased."[5]
    - 83% of parents find the use of technology and social media in the home to be a challenge.[6]
+ **Behaviors**
    - Challenging behaviors in kids are on the rise.[7]
    - Behaviors are always going to be present, so we must learn how to handle them.
+ **Requires Incredible Intention**
    - To connect with our kids in the world we live in now, is increasingly more difficult, therefore requires a plan built on incredible desire and intention.

3. Our kids are bombarded with worldly messages at every angle

+ More Access
+ More Exposure
+ More Immediate Satisfaction
+ More Entitlement

The cost is too great <u>not</u> to take intention <u>now</u>:

- If we want to raise godly children, who become godly adults, we need our hearts to be set right in order to guide their hearts to be set right.
- If we aren't intentional in our walk with God, we will get distracted by the things of this world. And if it happens to us, it will happen to our children.
- It's absolutely critical to the next generation of believers that we rise up with godly strength to show them the way through the temptations, distractions, and lies of the world.

Made to Soar

JOURNEYS THROUGH FOUR PHASES

PART ONE

The Reality of Motherhood—
The Trap of the World

The Unexpected Dream
The Rise of Self-Reliance
The Hushed Fall of Joy

PART TWO

The Metamorphosis of Motherhood—
The Struggle to Find Purpose

The Battle with Identity
The Invitation of a Lifetime
The Conversion of the Heart
The Lies and Struggles that Hold You Hostage

PART THREE

The Transformation of Motherhood—
The Birthing of Renewed Purpose

The Power of His Presence
The Courageous Take-Off
The Unselfish Choice

PART FOUR

The Migration of Motherhood—
The Journey to Leaving a Legacy of Faith

The Innate Gift
The Personal, Yet Connected Race
The Baton of Faith

Interview Topics/Focus

THE REALITY OF MOTHERHOOD

In our interview, we can talk about the unexpected reality of motherhood and the trap of the world.

Regardless of how prepared we think we are for motherhood; our precious babes quickly reveal our inadequacies and ignorance. Out of our indescribable love, we respond to motherhood's challenges in the best ways we know how. Eventually, however, we run into unchartered territory that highlights our lack of training and wisdom and provokes innate reactions. We find ourselves in survival mode, much like a newly hatched caterpillar whose sole purpose is to survive.

Motivated by our love for our kids, we rise up with a self-reliant posture and try with all our might to be everything for them, to do right by them. We attempt to live out the "Kingdom of Me" mentality. But we fail. Our hearts become burdened by our inadequacies, our failures, and our frustrations as a mom. With each new failed attempt at perfection—at being enough for our kids—we slowly begin to fall. It's a hushed, unanticipated retreat of the heart that in the midst of motherhood begins to ache for peace, joy, freedom and significance. It's in this sacred, honest place of the soul where hope and purpose can finally be revealed.

BOOK EXCERPT:

God is not sitting on His throne keeping score. He's not giving us check marks when we fail or rolling His eyes when we mess up. God doesn't want our worldly perfection. He wants our hearts that seek perfection through Christ. Seeking perfection in the world robs our joy, but seeking our potential through Christ produces joy. God's plan involved Him becoming one of us, in the man of Jesus, so He could repair our brokenness—the result of sin—and make us complete and perfect again through the power of His grace. It's in the beautiful security and comfort of God's enduring grace that comes to us through the blood of Jesus where we are molded more and more into the perfection of Christ. When God looks at us, He looks through the lens of Jesus and sees His good, beautiful creations. He doesn't see our failures and sin. It's because of Jesus, and only Jesus, that we gain the confidence and freedom to truly live and thrive with enduring hope, renewed purpose, and unwavering joy.

Knowing this truth and living this truth are very different things. For years, I was stuck in the Kingdom of Me. It wasn't until my joy and purpose faded and became unrecognizable that I realized my radical need for Christ. The private aching of my heart could be silenced no longer. I realized I was caught up in the pressure of worldly perfection and wasn't fully accepting the grace He died to give that had the power to release me from the unnecessary pressure. It wasn't an epiphany that happened overnight. Rather, it took unexpected encounters with Jesus to help me see the life and freedom He was offering me. But this life and freedom is not exclusive to me. He's offering this life to you too. It's the start of a gradual process of refinement and transformation.

THE METAMORPHOSIS OF MOTHERHOOD

In our interview, we can talk about how there is purpose in the struggle that is meant to lead us toward transformation.

It's in and through our struggles where beauty and purpose can be uncovered. The fascinating process of metamorphosis—intense struggle—that the Monarch caterpillar must endure to become a beautiful butterfly mirrors our internal battle with identity and the surmounting struggles and challenges of motherhood often influenced by messages and lies from the external world that dictate how we choose to mother and governs who we become.

Just like a caterpillar struggles within its chrysalis to finally become all that it was created to be, we struggle through the metamorphosis of motherhood so we can understand who we are and whose we are and the purpose it carries with it. We learn how to unmask ourselves, to lean into the struggle, to unleash control, to unwrap wisdom, and to absorb God's unfailing truths that will lead us to transformation. By embracing the "Kingdom of Him" mentality through disciplines and intentionality, the refining process begins to digest the old and birth renewed purpose enabling a beautiful, strong, confident momma to emerge.

BOOK EXCERPT:

Like caterpillars, I believe we have been programmed with what I like to call divine-designed DNA. Meaning, God's intent for us is to learn, change, and grow into who He has uniquely created us to be. He wants us to become a butterfly—the fullness of the beauty He sees in us. But like a caterpillar submits to its inevitable destiny by finding a safe, quiet place to retreat and form its protective chrysalis, we, too, must say "yes" and surrender to God, allowing Him to be our protective chrysalis of love and grace. It's in our selfless surrender to God where the metamorphosis of our souls begins to take place. It's the first step in becoming more completely what God crafted us to be from the very first moment of our creation. If we neglect to surrender to Him, we miss out on reaching our full potential. We miss out on making the lasting impact He created us to have.

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For years, I had acted as if my behavior is what earned God's love, and so inadvertently, that was the message I sent to my four boys. I didn't allow God's grace to cover my imperfections and mistakes; therefore, I struggled to give God's grace to them, especially in the challenging moments.

I wonder if that is true for many of us. We know God loves us unconditionally and know He forgives us no matter what. And we have this innate desire to do right by Him. The problem is we haven't allowed His love and grace to enter our rebellious hearts and set us free to live the way He designed. To extend grace to others, we must first give grace to ourselves by accepting the grace God freely offers.

THE TRANSFORMATION OF MOTHERHOOD

In our interview, we can talk about how when transformed, we discover renewed purpose, unwavering joy, and unspeakable peace.

Upon emergence from our chrysalis—the protective, authentic barrier of change—we eagerly anticipate the mothering adventure that awaits, yet we teeter on the edge of insecurity, doubt and pride that has held us captive for so long. Just like a butterfly needs time to dry its wings before taking flight into its newfound purpose, mommas need time too, to figure out their next move. When it's ready, the butterfly, intuitively, knows exactly what to do.

In the confidence of our transformed hearts, we acquire the courage to unfurl our wings, allowing the gentle breeze of God's unwavering Spirit to lift us to new heights and unveil an undeniable clarity in our divine role as "Mother." It's then when we feel the comforting embrace and renewing freedom of God welcoming us home. It's then when we are granted the ability to fly freely and empowered with newfound purpose. It's then when we learn how being mom is more than just raising good kids, but it's about raising godly ones. It's then when we accept responsibility to be faithful shepherds of our children's hearts, leading them into the loving embrace of their Savior. It's then when we realize in order to be faithful shepherds, we need to also take care of ourselves.

BOOK EXCERPT:

When we mommas become aligned with God's will and His heart, when we've gone through the struggle of metamorphosis and are transformed into the beauty God sees in us, we will have the ready, confident hearts to learn, embrace, execute, and enjoy the divine role of motherhood. By the grace and wisdom of God, we intuitively know how to soar in this newly discovered role.

When we have ready hearts that absorb the redeeming truths of God's love and grace, we are prepared to take flight with newfound purpose, just like a monarch butterfly whose wings have dried and strengthened and whose refined identity has an unwavering confidence of its new existence. Life ahead for the monarch butterfly is brand new. As a caterpillar, it only ever lived on one plant. Now, as a butterfly, it's unleashed to explore the world. Intuitively, because of the divine plan of its creation, the new monarch knows where to go and what to do.

THE MIGRATION OF MOTHERHOOD

In our interview, we can talk about our unique and divine calling into the role of mother and how as mothers we are call to live united.

Once we take flight into our newfound purpose, role and understanding as Mom, and have the light of Christ as our compass home, we learn how to embody grace which enables us to execute our purpose and respond to life, to our kids, to our husbands, to others in ways that will ignite their hearts, build them up, and expose their innate greatness and worth. Our migration of motherhood becomes this intentional grace-filled living that organically infuses Christ into the center of our lives and nurtures our children's knowledge of Christ and of who they really are as precious children of the Most High God.

However, as we know, life doesn't always go the way we plan or hope, but we are empowered to trust in God's enduring faithfulness. Just like external forces threaten the Monarch's existence and their ability to make their way back home, we too face forces that attempt to drive us off course and lead us away from our journey home. Our children are up against the same forces. We recognize the handoff—the passing of the baton of faith—is not always smooth and does not always go as we envision, but as believers we do not lose hope. We hold on to the truth that we aren't just isolated mothers trying to get by, but we're part of a community of faithful servants—a blended legacy of multiple generations—being molded and refined by the gracious hand of God for His glory and His purposes, and that we aren't flying alone. We choose to become all that God's created us to be—to be mommas soaring united and freely in the breeze of the Spirit, faithfully beating our wings in an effort to fulfill our divine purpose as daughters of the King and leave a legacy of faith for generations to come.

BOOK EXCERPT:

It's undeniable to me that God wanted me—wanted us—to hear this message loudly and clearly.

- What we do with our life matters!
- How we choose to mother matters!
- God needs us to rise up and be leaders, daughters, princesses of the faith!
- We hold incredible power as moms to build an army of believers!
- We have the ability to impact generations upon generations and leave a lasting legacy of faith!

We get one life to live. How will you choose to live the rest of your days? For yourself or for God? Imprisoned or free in Jesus? I don't want to wait until life slows down or until certain things are in place or until I'm lying on my death bed to become more like Christ or to live empowered to use all that God has given me to make a difference in the world for Him. I don't want to sit on the sidelines watching everyone else live their lives, embrace their purpose, and make their dreams come true. I want to grow young daily—exactly like my mom and dad—and continue to embrace the wide-eyed wonder and humility of a child. I want to choose, today and every day, to become the woman God

made me to be and live it out to the fullest for the sole purpose of glorifying God and building up His kingdom of believers.

So, join me, my dear friend, and choose to live freely and joyfully with divine purpose and intention. Unfurl your wings and soar with me—in your unique way—to heights known only to God. Let's not waste another moment of our lives being chained down by guilt, shame, inadequacies, failures, fears, or doubts. That's all been taken away by the blood of Christ and His extravagant, sacrificial love for us. God's eagerly waiting for us to let the chains fall so we can do what He made us to do—soar. It's time to rise as a sisterhood of believers who authentically and confidently live out and pass on faith to the next generation. Together we have the power to change the world. The time is now.

HERE ARE JUST SOME OF THE BENEFITS MOMS WILL EXPERIENCE:

Pre-Transformation	Post-Transformation
Kingdom of Me	Kingdom of Him
Carry the weight of everything	Release the weight to God
Overwhelmed	Relieved
Stressed	Peaceful
Frustrated	Calm
Guilty	Filled by Grace
Resentful	Joyful
Lonely	Belong
Hopeless	Hopeful
Give and do out of obligation	Give and do out of love

Sample Interview Questions

1. Can you give us a brief overview of your book?
2. Why did you write this book?
3. Did you always dream of writing a book?
4. Why do you claim we were all Made to Soar?
5. What made you decide to incorporate the butterfly metaphor in your book? Is there a back story you'd like to share?
6. In Part One of your book, you touch on this idea of how we get caught in the "trap of the world." What do you mean by that? And how do we break free from that trap
7. What do you mean by the "Metamorphosis of Motherhood," the "Transformation of Motherhood," and the "Migration of Motherhood?"
8. In your book, you talk about how we have to build a relationship with God before we have the full strength and ability to mother the our true hearts desires. Can you explain that?
9. What are the benefits of being a mother set free by the grace and love of God?

10. What does mothering with the heart condition of Christ—one who has claimed His grace and love—look like?
11. How do you discipline a child presenting challenging behaviors?
12. What are some practical tools and strategies you can share that help mothers remain calm and self-controlled in high-intense situations?
13. How important is it to be honest and vulnerable in our journey of motherhood? What are the benefits of uniting with and supporting other moms?
14. In your book, you define the most significant role mothers play. Can you share what that is and why you believe that to be true?
15. What has been the most rewarding part about your journey to writing this book
16. What has been the most challenging part of writing this book?
17. What have you learned in the process of writing this book?

Next Steps for Your Audience

My book *Made to Soar* is meant to act as a guide toward transformation, encouraging women to get real with themselves and journal their hearts cries and hopes for the future in an effort to build a closer relationship with God allowing the space for Him to transform their hearts. Some of your listeners may be interested in diving even deeper and growing both personally and spiritually. It can be difficult to know how or where to take that first step toward transformation and becoming more and more the woman, wife, and mom God created them to be, especially if they are new to the faith.

I've recognized a need for women to walk hand-in-hand with someone who can lift them up every step of the way. I personally know women who desire to dive deeper, discover their purpose and follow their dreams, but desperately need someone to help guide them. Therefore, I took my book a step further and developed a unique, specialized training program meant to lead women toward developing a deeper relationship with God, understanding their divine and unique roles, defining their purpose, and making a plan to move in the direction God has called them. Through my training, we establish a powerful coaching relationship rooted in prayer, the Word, intentionality, discipline, and focus.

This personal training and coaching is executed through live calls, videos, and curriculum. You can find out more on ***NatalieDawnHanson.com***.

In addition, for any of your listeners ready to take grace-filled parenting to the next level and learn applicable strategies and tactics on how to love their kids in any and all circumstances while building relationship and maintaining boundaries, I have a training especially for them. You can find out more on ***NatalieDawnHanson.com***

FREE RESOURCES

I have also created some FREE Resources for your audience. This content will not only help guide them in taking steps to growing deeper in their faith and building a relationship with God, but also provide some parenting tips and strategies on how to love their kids with the extravagant love of Christ, especially during the tough times. In addition, there are downloads that are meant to renew their hearts, remind them of some important truths, and provide them Scriptures to bless over their children. All of these resources can be accessed by going to ***MadeToSoarBook.com***.

My passion is to rise up a movement of moms who together claim their freedom in Christ, embrace the joy and hope He offers, renew their purpose with undeniable certainty, and boldly and confidently pass on faith to the next generations of believers.

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