

This Pastor and Entrepreneur Empowers Others to Live Their Healthiest and Best Lives Possible

The apostle Paul writes: “I pray that God, who gives peace, will make you completely holy. And may your spirit, soul, and body be kept healthy and faultless until our Lord Jesus Christ returns” (1 Thess. 5:23, CEV).

Why are so many ministers physically unhealthy? Is there a better way to do ministry besides always eating?

If you think about it, church people love to eat. We love social gatherings, and we love chocolate cake! Maybe you have these same concerns that I’ve had. How can we still socialize but remain healthy and find a balance with our food, work and exercise?

This is why I was so excited to sit down and talk with Heather Wallace.

Heather has faced all these concerns and even more. I have been so inspired by her story because I have seen so many ministers suffer with depression, and their outlet is food.

Heather says as a teenager and growing up, she wasn’t too skinny, and she wasn’t too fat ... but she said a good word that described her was “thick”. After having a hysterectomy and many physical ailments, her hormones spiraled downward, and it seemed like her faith was hanging on by a thread. After all, she prayed and prayed for depression to leave, but it wouldn’t.

She’s a worship leader, a pastor’s wife, a mom and a minister,

who was suffering with her health and couldn't get out of bed. Over a span of two years, she gained 100 pounds. Her health kept getting worse to the point she almost died.

She went to a mental hospital, and they could do nothing for her. She went to every doctor she could find, and they could do nothing for her. She went blind; her blood pressure was through the roof; her weight was getting out of control; and her emotions were all over the place. Heather was at the end of her rope.

She was on suicide watch and couldn't be left alone. The darkness engulfed her; she saw no way out.

One day, her husband said, "We are going to momma's to pray!" And so, they did! This was when everything shifted!

The Holy Spirit walked in, and the Helper started the healing journey with Heather. That's exactly what healing is, a journey. God healed her of the brain tumor causing her to go blind and gave her another opportunity to live her best life possible.

We talked a great deal about depression and how it affects us in ministry. Heather shared with us her secrets of how she lost the weight and found the right hormonal therapy for her. I asked her about her marriage during this time. I was curious: Was it in trouble?

She told me everything was in trouble. But her husband was willing to give up a ministry and was committed to see her get well. They went to marriage counseling, and she saw a personal therapist too. Now, she is in the best shape of her life! She owns and operates a coaching business designed to empower others to live their healthiest and best life possible. In addition to being a business owner, she and her husband co-pastor an amazing church in Kentucky.

I have a question for you: How are you?

Really? How's your temple doing? Is your body healthy? How's your soul prospering? How's your faith doing? How's your walk with God? Do you feel like you need help? Are you looking for someone to help bring you to your God given potential? Do you feel like you need permission to pursue your passions and purpose?

If you find these questions compelling, listen to Heather's entire story as she leads you to the answers you seek, and subscribe to *One Voice with Janet Swanson* on the Charisma Podcast Network today.

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