



This is the *Health Matters* podcast.

### **Awaken Your Inner Princess with Sabrina Memminger**

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

In this episode, we'll be talking about remembering who you are and celebrating who God made you outside of our external factors, socio-economics, education, position, and status in life.



This week we're going to be talking with Sabrina Memminger. Sabrina is the CEO and Founder of Mpac Life Enterprises, Author of "Remembering Who You Are", Amazon Bestselling Co-Author of "Rock Bottom is A Beautiful Place: Living Your Calling", Transformational Speaker, Leadership Trainer, and Host of the Women of Mpac Podcast.

Her mission is to motivate, empower, and transform the lives of women seeking to live life passionately, purposefully, and prosperously. She is deeply called and committed to serving leading ladies of faith. Her profound work is to help them uncover the power of their story, pull the life-affirming lessons from their pain, and live their Magnificent Life of M.P.A.C.T. Her greatest love and gift is empowering others to reach their God-given potential, live their God-sized dream, and dig out the diamonds within. You can learn more about Sabrina at [www.SabrinaLMemminger.com](http://www.SabrinaLMemminger.com). Welcome Sabrina.

#### **Sabrina**

Thank you for welcoming me, Kimberley. It's beautiful being with you today.

#### **Kimberley**

Let's just jump right in. Would you share the 5 Keys to Mpac Life philosophy?

#### **Sabrina**

Well the 5 keys for M Pact, which is M-P-A-C-T, M is for Move. In order to live your God-sized dream or to live in your passion and your purpose you have to move from where you are to where God has called you. So the first key is moving.

The second is Power. You have to be connected to The Power source and that is God. He is the author and the finisher of your faith. He's also the one who's put inside of you the seed of purpose and how to connect with that power continually and consistently in order to walk your God-sized dream.

A is about Activating. God has placed in each of us gifts, talents, and resources that we may not be aware of but God has called us to stir up the gift that is within us.

C is about Creating. God created in the beginning, He spoke and then He saw. He also called us as the men and women of God to create with Him the life that He's called us to live.

And T is about Transformation. We cannot walk through the mission in our life, we cannot accomplish that mission, without committing ourselves to be transformed by the renewing of the Word of God. We have to commit ourselves to change because in our process, in our journey, we're going from glory to glory and it requires that we become more and more like Him.

So that's the 5 Keys to the M Pact Life philosophy. And when you put all five of those keys together you have an impact life, the magnificent life that God created you to live.

### **Kimberley**

I love that. Move, power, activating, creating, transformation. So what compelled you to write a book of this nature?

### **Sabrina**

"Remembering Who You Are" is about stepping outside of your external, the external factors in your life like your position, your status, whether you're single, married, divorced, whether you're educated or uneducated, whether you are poor, whether you are rich. Stepping outside of those external things that we sometimes wear as badges. And we're stepping into what God created us from the core. Just bare naked before Him. Regardless of our status, regardless of our education and regardless of the wealth that we have. He has made us marvellously. He made us fearfully. And we have value in who He has made us outside of those external things. So "Remembering Who You Are" is about looking at how He created you from within.

I came to this because about seven years ago I had a really life or death experience that brought everything into clarity for me. March 10<sup>th</sup> 2008 I almost died and prior to that—let me tell you about my life a little bit—I am an attorney no longer practicing law. So I went through the four years, graduated summa cum laude from ORU, Oral Roberts University in Tulsa, Oklahoma, went to law school, graduated. I was the only African American that lasted for the three years of law school. Then I went into my law career and you know everybody thinks, "Oh, lawyer", the two things—being a lawyer or a doctor—so it was very prestigious and everything. Sometimes we wear those titles as our badges of honour and pride and the thing was that being that attorney and doing so many things I was not fulfilled in that. When the life or death experience came I was basically stripped of being the attorney because I no longer wanted to do it. So who am I if I'm not practicing law? I spent so many years investing in an

education, so many years in actually practicing law and now that I no longer have that passion to do it, and now that I no longer have the energy, what do I do and who am I? So that's what "Remembering Who You Are" devotional came out of.

Every woman needs to know that you are more than what you do. You are more than who you are to someone else. You are the King's daughter and that is enough. You are enough just in that. So that's why I wrote this.

### **Kimberley**

Wow, that's fantastic. You are more than what you do. I think that's a definite take-home message. I remember I worked years ago as a career counsellor and although I was supposed to be counselling people on job search a lot of it came into personal counselling once they lost their identity of their job. Practicing that you are more than what you do.

What is one of your greatest life lessons and why?

### **Sabrina**

The greatest life lesson is there is a seed inside of you. It's a dream seed that God's put inside of you. And the lesson is that if He's placed it there He's also given everything you need in order to carry it out into the world. You know sometimes we think that the dreams that are deep down within our hearts are so big that we don't want to even share them with our moms or our dads because they're so great and they feel like they are so big for us. But that is what God has created you to do so that we can lean in on Him. And if He's placed it there, placed that desire, that passion there in you, you have to be confident that He's got it. So don't be afraid to walk into the God-sized dream because you can step out in faith and believe. That's the lesson that I learned.

### **Kimberley**

Now in your life you've suffered a lot of pain. How has that propelled you in your purpose?

### **Sabrina**

I believe that God uses every experience in our lives, every encounter in our lives, to build up our faith muscles but also to prepare us for the people that He has called us to minister to. Because I've encountered in childhood—going through childhood domestic violence—because of that I have a compassion for women who are encountering the same or children who are encountering the same. Because I went through the health challenge I can have compassion for the person who has received a diagnosis, that is, I can speak to them and say no matter what the doctor says I know you can walk in healing because this is what I went through. All these experiences in my life have prepared me to minister to the people who God has called me to.

Our pain points are our power points. So what are your pain points? If you put it in His hands, He will cause it to be power in your life. And not only in your life but in the life of those He's called you to minister to. So you are the healing balm for the pain that you've encountered in your life.

### **Kimberley**

I love that. Your pain point is your power point. That's something that God wants us to turn around and use that pain to minister to other people. That's wonderful.

So when you transitioned from being an attorney to author/speaker what was your process in changing your career path? That's a pretty significant change.

### **Sabrina**

It is. I got a lot of flack from family members who weren't that close. "Why did you waste your parent's money? You went and paid all these thousands and thousands of dollars to go to law school and you're no longer practicing law. You're just wasting money." And I encourage people to know that if the season in your life is over for that thing—regardless of what anyone else says—go with God. I believe that being the attorney was a seed into where I am now. I believe that it was ordained by God because in law school, everything in your mentality is challenged, let me tell you. In the first year they're breaking down the way that you think so that you become a critical thinker. And critical thinking is very important as a speaker. As you're ministering to people and my heart is to see that the women that I minister to that their lives are transformed. I can ask for the wisdom of God to come forth out of that. It's a beautiful thing.

So the transition for me, an attorney is a speaker, you speak before the court, you're speaking to your client, you're speaking to the opposition on the other side of the table, you're always speaking. But in speaking to women of faith who need to walk out of fear and walk into faith I'm speaking into their lives the life of God. The transformation of God. I'm an advocate now for their purpose. I'm an advocate now for their dream that God has called them to live. I'm an advocate now, sometimes defending them against themselves, to say, "No matter what it looks like girl, you got it. God placed that seed inside of you and now we're going to fight for the dream inside of you. We're going to birth this dream. We're going to make it come to pass in your life."

### **Kimberley**

That's beautiful. I like that, "Birth that dream seed". I can relate because I have a degree in business and here I am now as an author and a speaker. It wasn't wasted education for those four years I definitely use now as a presenter, as a speaker, as a writer. We can use what God gives us over the years and we can go with God like you said.

We're going to move on to the BEEP round. Sabrina will give quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer or BEEP. So what do you have for us for a quick tip for Bible study?

### **Sabrina**

Quick tip for Bible study? If you are a new Christian, I highly suggest that you start with the life of Jesus. Learning about Jesus in Matthew, Mark, Luke and John, learning how He lived, learning how He taught His disciples. Just learning from that example if you are a beginner. If you are intermediate, I would go on to say that you need to study because we have a richness of 66 books in the Bible but I want to get deep down into what is the one area in my life that I need strength in. And the one area that I need all the time is faith and so I'm always doing a subject study on faith. Getting the faith scriptures inside of

me and meditating upon those things. So that would be my tip for the intermediate and the basic or beginner in Bible.

**Kimberley**

Love it. And your quick tip for eating healthy?

**Sabrina**

The quick tip is plan. Plan, you have to plan. Definitely you have to plan what you are going to eat. If you know that you are going out to eat you have to look at that—go to the Internet and find out what the menu is and find out what the numbers are and what I can order—so I don't derail my eating plan. So plan.

Also, carry something with you that is healthy. Because as we are busy and in life we are always going to need something to eat and the first thing we see is the first thing we'll grab so we have to plan. Put your little lunch bag together, your little snack bag together, put some apples and some nuts in there and be prepared. Plan.

**Kimberley**

Love it. And your quick tip for exercise?

**Sabrina**

Exercise. For the one who is beginning, start today and start small. Don't try to do a whole hour. Start where you are. If it's a 10-minute walk around your neighbourhood, do that. And once you start an exercise plan, Lord knows, don't stop. Because it's hard to get back in the groove after you stop. So start small and keep going, be consistent.

**Kimberley**

Wonderful. And what is your quick tip for prayer?

**Sabrina**

Prayer. Prayer is something that we have to consistently do everyday and it's simply communicating with God. But the way I love to pray, and the sure fire way to pray, is to find out what the problem is and then pray the Word. Find it in the Word, the solution in the Word, and pray the Word. If it's in health, if you're dealing with a health issue, find the Word on healing. And pray the Word of healing over your life. Consistently, every day.

**Kimberley**

Those are fantastic tips, thank you so much. I understand that you have a gift for our listeners. Can you tell us about that?

## **Sabrina**

I do. It is an audio of how you can create the FAB life that God has created you to live. And it is Favour, Abundance and Blessing. That's what I have declared over this year, 2015. And I want you to declare that also over your life that you are living a life of favour, abundance and blessing. And it's not all about you and we're going to focus on being a blessing to someone else. And then the blessings will flow to us. So that's create your FAB life, and you can find that at [www.SabrinaLMemminger.com/FAB](http://www.SabrinaLMemminger.com/FAB)

## **Kimberley**

Wonderful. Thanks again to Sabrina Memminger for her expert advice and thank you for joining us today.

This interview has been brought to you by the [Fit for Prayer e-course. Learn simple exercise strategies to get you in shape and prayer strategies to connect deeper with God.](#) You can discover more about this online course and other health programs at [www.kimberleypayne.com](http://www.kimberleypayne.com).

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This has been the Health Matters Podcast, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.

### About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at [www.kimberleypayne.com](http://www.kimberleypayne.com)

