



2024

FAITHFUL ENDURANCE



ANNUAL REPORT



What does faithful endurance mean to us?

Enduring the good and bad times with God always at the center. Here is a look back at this year and how Revelation Wellness not only endured, but made an impact.

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LETTER FROM ALISA

If you've done RevWellTV with me, chances are we have sweated together through Romans 4:20.

“No unbelief made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, fully convinced that God was able to do what he had promised.”

At first, it was a hard no when the Lord called me to Revelation Wellness. I was so consumed with thoughts like: What will people think? That's cheezy and weird! Who am I to talk about you? I don't have a theology degree! The list was extensive about why I was not the girl for the job. God faithfully kept disrupting my excuses with a vision in the middle of the day or night: a vision of bodies, all shapes, sizes, colors, ages, and abilities moving through space and time with others, unashamed and free. The vision was so enticing compared to the reality at the gyms. The seed of faith is hard to remove when beauty mixed with Truth keeps coming to you faithfully through a vision.

We have a saying here at Revelation Wellness that goes something like this: eventually, your comfort becomes your misery. And so it was for me. You see, at my core, I'm a stubborn girl. When I decide that I'm going to do something or say something, step aside; it's going to get done or said. If you want me to dig my heels deep into the ground, tell me it can't be done. Looking back, I can see how this unrefined stubbornness in me intersected with a time of awakening on the earth to the toxicity of diet culture and the never-satisfied health and beauty industry, which worked in the Lord's favor.

The definition of faithful endurance is not allowing unbelief to settle into your bones during challenging times. Being faithful to what God says while enduring hard times must please God's heart, which is what we love to do at Revelation Wellness.

It's no secret that the last few years have been trying for us as a ministry. Never has my faith and call been tested like in the last few years, but I am happy to report that the future looks bright. We are clearer than ever about what we are here to do. We have reorganized, refocused, and are perfectly positioned to serve. With mental health issues and chronic illness on the rise, never has there been greater need. Because of your generous support of Revelation Wellness, we are able to go! Thank you for being on mission with us!

In this report, you will find tangible evidence of the impact of your generosity in 2024. How—together—we destroyed the gates of hell and freed people from the captivity of body obsession and neglect. With our current media hype and the arrival of a new weight-loss craze, the world has never been more in need of the Way, not just another way. People right now need the Way that leads them to Truth and real Life. The Way, the Truth, and the Life is a person, and His name is Jesus.

Let's keep faithfully enduring until the world sees Him moving through embodied people who have been healed, whole, and set free.

His love,





ASHLYNN MCBRIDE

A CHANGE FOR THE BETTER

[Oklahoma]



For Ashlynn McBride, giving up something she loved was how she gained everything.

In a change she never saw coming, God called Ashlynn out of her career as a hairstylist and into a new role as a stay-at-home parent.

During this season of change, Ashlynn discovered Revelation Wellness and joined a book study group for *The Wellness Revelation*. Soon after, Ashlynn felt the call to LiveWell Health Coach training.

"After feeling stuck for years, this has been a really beautiful shift for me," she said with a smile. "God is changing every part of my life; I have true freedom in my marriage and physical and mental health."



Since completing LiveWell Health Coach training, Ashlynn has embraced opportunities to pray for people and walk them through exercises to calm their nervous systems. She's led two book study groups on *The Body Revelation* and even created her own accompanying Be Still & Be Loved meditation.

"I could not have imagined doing some of these things, but because of [LiveWell Health Coach] training, I have been kickstarted into doing what God has called me to do." She added, "Blending faith and wellness has been a big spark for me."

"Revelation Wellness has created a safe place for people not to be perfect," she shared. "I know I will be treated with care, kindness, and love. They walk the walk and talk the talk. They're in it with us. These are my people!"



JUCELLE STEENKAMP

FROM DARKNESS TO WHOLENESS: A STORY OF REDEMPTION & IMPACT

[South Africa]

For years, Jucelle lived in the shadows—trapped in an abusive marriage, battling addiction, and carrying the weight of a painful past. She endured trauma from a young age, experiencing sexual abuse and growing up in an environment marked by violence and substance abuse.

“Praise God, at the age of 13, I had an encounter with Jesus. For the next three years, my life was filled with joy. I became involved in ministry and discovered my love for dance. My love for Jesus grew so big. But I had little experience with relationships, and when I met my ex-husband, he said all the right things. He did all the right things. I fell head over heels in love with him, and in the process, I fell out of love with Jesus.”

This led Jucelle into a 23-year cycle of drug and alcohol addiction.

The ultimate breaking point came when she uncovered an unimaginable truth: her husband was a pedophile, and one of his victims was their own child. “That just totally drove me over the edge, and I ended up in a rehab center. I had to not only fight for myself, but fight for a person who could not fight for herself, which was my child, my baby,” she said.

During this dark time, Jucelle stumbled upon Revelation Wellness through a Facebook ad, which ignited something deep within her. “It was like waking up from a deep sleep. I realized I needed more from life. I had been a Zumba instructor, but physical workouts weren’t enough. I was searching for something deeper.”

“Revelation Wellness gave me exactly what I was missing. It reprogrammed my entire being.”

Revelation Wellness sparked true transformation in her life, leading her to become a Revelation Fitness Instructor. Today, she is a powerful example of resilience and healing, supporting and encouraging others in her South African community who are facing similar struggles.

“If you could see what I see every day—the lives being transformed through this ministry—you would understand how powerful this work is. I am living proof of what your generosity is doing. The people in my classes, the ones I am journeying with, they are living examples of how Revelation Wellness is bringing healing and freedom.”





STEPHANIE LASOTA

WALKING OUT HER TESTIMONY

[Connecticut]



Stephanie LaSota knows about looking for love in all the wrong places.

Her life has been a journey of searching for love through relationships, travel, and the things of this world. Along the way, she ended up losing herself and finding God.

As a young girl, Stephanie developed a strong relationship with Jesus. However, as a teenager, her life started to shift. She became disheartened with her church, and the social pressures of high school led her to follow the crowd and toss her faith aside.

Stephanie became enamored with astrology and other New Age practices; they quickly took root as her new theology. Intellectualism replaced God, and productivity was the measuring stick of her worth. Sexual promiscuity and pornography became commonplace in her life.

"I was not treating my body as the temple that it is. I was sinning against God and myself," Stephanie said.

Because of the brokenness in her life, Stephanie felt like Jesus couldn't use her anymore. She thought she was too far gone, but God always seeks His lost sheep (Matt. 18:12-13).

While sitting and talking with her former host family during a visit to Costa Rica, Stephanie felt God's overwhelming grace wash over her. At that moment, she realized He was always pursuing her.

"I was listening to so many other things and was in bondage, but I didn't realize it," she said. "I started talking to God about my life, and He whispered, 'Steph, I never moved. You kept moving!'"

After returning home from Costa Rica, Stephanie recommitted her life to the Lord.

She explained, "I had a hunger and passion to be whole and help others get whole, too."

Soon after her faith was reignited, Stephanie found Revelation Wellness on social media and felt the call to Instructor Training.

"I see the disconnect that people have between their bodies and faith. Revelation Wellness has tools to help bridge the gap," she said.

Since completing Revelation Fitness Instructor Training, God has brought Stephanie on an entirely new adventure. She's led fitness classes at her church for the past seven years and hosts a regular prayer call there. God continues to lead her into new places of ministry using what she learned during training.

"We're always creating testimony and walking out our testimonies," Stephanie shared. "Revelation Wellness prepares a place for people to grow in their faith. It's been an integral part of my life and testimony. I feel more whole and free than ever!"



RW IMPACT

We train people to love God and their bodies. Here are just a few ways your partnership with Revelation Wellness helps us reach people with this message:

LiveWell Health Coach Training

Revelation Fitness
Instructor Training

RW+ Membership

Programs for your body,
mind, and spirit

Studio Classes

RW Podcast

Rim2Him

Instructor and Coach
Resources

Outreach Events

RevWell TV





OUR INSTRUCTORS SERVE:

Inner City

Kids Ministry & Camps

Prisons & Jails

Shelters

Trafficking Victims

Nursing Homes/Senior Care

Teens & High School Ministries

Disabilities & Special Needs

Missions/Overseas Ministry

Addiction Recovery

Mental Health

Veterans/Military

Immigrants/Refugees

Outdoor Guiding

Community Outreaches

Various Church Ministries-Womens,
Mens, MOPS, Celebrate Recovery

Schools & Homeschool Groups

Homes, Workplaces & with Family

359

INSTRUCTORS
TRAINED

2050

AVG. MONTHLY
RW+ MEMBERS

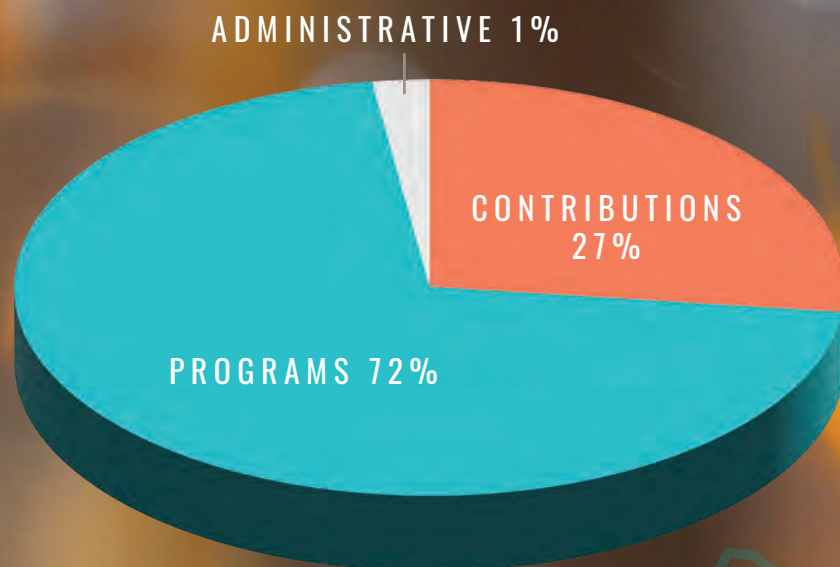
776

OUTREACH
ATTENDEES

FINANCIALS

Revelation Wellness Foundation is committed to sound financial management and full disclosure. Audited financial statements and Form 990s are available on our website.

www.revelationwellness.org/finances/



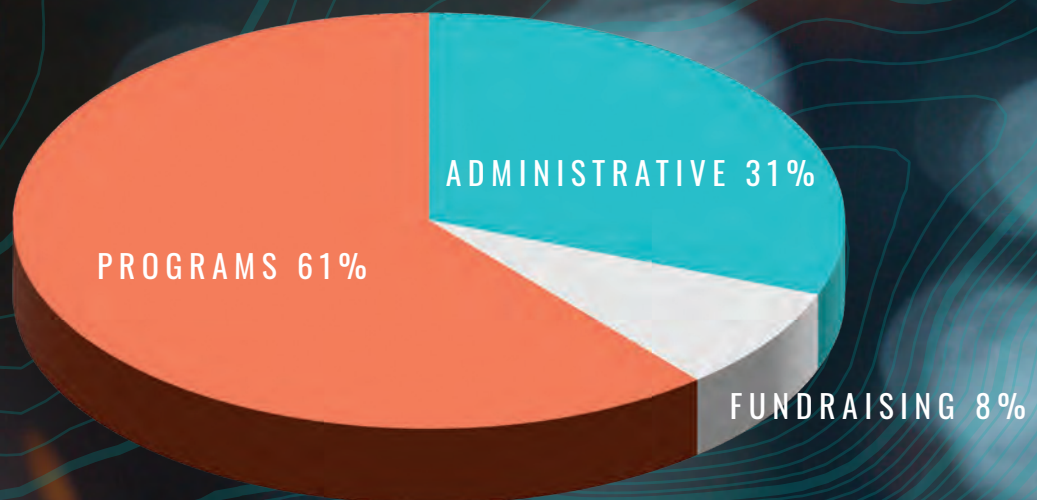
TOTAL REVENUE: \$2,489,928 *

Programs: \$1,782,821 (72%)

Contributions: \$666,057 (27%)

Administrative: \$41,050 (1%)

*unaudited



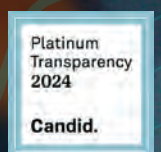
TOTAL EXPENSES: \$2,504,448*

Administrative: \$774,026 (31%)

Fundraising: \$189,202 (8%)

Programs: \$1,541,220 (61%)

*unaudited



RW BOARD

HEAR FROM OUR BOARD OF DIRECTORS



"I am so proud to be part of the board of Revelation Wellness. What attracts me to this organization is our vision, mission and strategy - **helping people love God and love their bodies**. As a participant in many of the programs, I have firsthand experience of the transformation made possible by combining spiritual healing with physical health practices. Our strategies for the future will allow us to expand our influence, even as the health crisis in America is exploding. It makes Revelation Wellness relevant, and ultimately incredibly impactful."

Leeanne Seely
Board Director



Tyler Silveus, Leeanne Seely, Robert Berndt, Alisa Keeton, Mary Beth Woehrle, Brad Hoffer



“Revelation Wellness’s board and management lead with integrity. The board consists of an incredible set of professionals and **mission-focused individuals** who understand what the organization is trying to accomplish and are engaged and willing to ask the right questions. I have absolute confidence that this organization is one that leads with financial credibility (as evidenced by our recent accreditation with the ECFA), and its leaders are strong stewards of those resources provided to them in supporting our mission.”

Robert Berndt
Chairman of the Board



RW PODCAST

865

John Mark Comer on “Practicing the Way”

Teacher and writer John Mark Comer and Alisa talk about slowing down to grow closer to Christ, offering a break from the busyness of life. They encourage us to live a slower, more focused spiritual life.



869

Nick Connolly on “Don’t Give Up Just Yet”

Author and pastor Nick Connolly shares his book, *Don’t Give Up Just Yet*. It’s one for you if you’re in a season where you don’t know whether you should quit or hold on a little longer.



886

“Rejoice” with Kara Osborne

This REVING the Word episode with Kara Osborne is full of hope & encouragement to help you rejoice, even when it’s tough. She dives into Phil. 4:4 and guides you through a workout with intervals, telling you when to push and when to rest.



SPEAKING OF FAITHFUL ENDURANCE, TAKE A LISTEN.

900

“Ingredients for a Miracle” with Alisa Keeton

Feeling overwhelmed? Let Alisa and this REIVING the Word encourage you. She’ll walk you through John 6:1-11 while leading an interval workout that lifts your spirit and body. Alisa shows us how community is key to experiencing miracles.



901

“Walking at the Speed of Love” with Mark Buchanan

Mark Buchanan talks about slowing down, paying attention, and how rushing doesn’t grow hearts. He discusses his book, *God Walk: Moving at the Speed of Your Soul*, and how the lost Christian practice of walking helps us connect with God’s presence.



909

Whitney Wood on “Chronic Pain, Hope, and Healing”

Worship artist and pain coach Whitney Wood shares her powerful story of overcoming pain. You’ll hear about her journey, how intimacy with God helped her heal, the mind-body connection, and how our bodies are made for love and health.



RW PARTNERS

WE ASKED DONORS, "WHY DO YOU GIVE TO RW?"

"I just love this ministry & everything you do & stand for. RW has blessed me & many friends I have shared all your resources with over the years. I'm happy to do my part to keep it going." -Jeni C

"Revelation Wellness has been such a huge part of laying this foundation of living my life for ability and not vanity. From the podcasts to the workshops and the instructor training, they have all helped me gain so much new perspective. From the very first workout I ever completed, I knew RevWell was different and right where I needed to be so I could stop conforming to the world and to my desires. **Now, I am being transformed to seek the kingdom first and deny the pleasures of my flesh, to love my body that my Father prepared for me, and to live for His glory and not the glory of man or flesh."**

"I will always be truly grateful and supportive of this ministry and this mission. **Instructor Training (P32) gave me the confidence to go out and start teaching these Biblical concepts to others so they can be transformed, too!"**

"It's my pleasure to give to such a wonderful organization! I started listening to RevWell podcasts a few years ago and they have helped to increase my faith and allow me to start seeing my body as a gift from God. I'm so very thankful for a workout podcast that brings me closer to Christ." - Nancy





"I am a Revelation Wellness instructor from P24. I gave because I believe in the mission! **Revelation Wellness has had such a positive impact on my life and would love that for others as well.**" - Michelle

"Revelation Wellness has blessed me and encouraged me not only through the programs I participated in, but also the podcasts I listened to from time to time..."

I love that RevWell is not just another fitness program but that Jesus Christ is the center of it all. I also love that Alisa and everybody else is vulnerable, share their life and experience... RevWell are not some perfectionists who know it all... RevWell are real people with real struggles sharing how Jesus has helped them overcome their struggles. I miss that so much in the church... **RevWell helps me to have hope, hope that freedom in Christ is possible, not just in theory but with my body, mind and soul."**

"I want RevWell to give a little bit *back* of the blessing I have received and **I want RevWell to expand in the way God is leading the way...** still dreaming of a RevWell live in Germany! Thank you for reaching out and caring... even for a person in Germany who is donating just a little token of my gratitude for the program." - Karin from Germany

Thank you donors!



You can move the mission.

We train people to love God and their bodies, and through this ministry thousands of individuals and families are being transformed by the love of Jesus.

Partner with us today and be part of seeing true change with your generosity.



Make a difference that lasts!

Scan to give.



www.RevelationWellness.org

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