

Her children arise up, and call her  
blessed; her husband also, and he  
praiseth her.

Proverbs 31:28 KJV

## Introduction: A Calling Like No Other

Motherhood is far more than nurturing or providing. It's a divine assignment, designed and orchestrated by God. My journey as a mother is not one of mere coincidence—it's a story of being chosen for a sacred mission. I've come to realize that everything in my life, from moments of profound joy to seasons of deep pain, has prepared me for this purpose.

Raising my children is not simply about getting through the day-to-day routines or helping them achieve personal milestones. It's about shaping them into the history makers they are called to be. God has made it clear to me that my children are destined for greatness. Their purpose lies in the sports world, a platform

through which they will inspire others, challenge norms, and leave a lasting legacy for our family name.

This book isn't just a reflection of my journey but a guide for mothers who feel a similar pull toward raising extraordinary children. It's about the faith, sacrifice, intentionality, and courage required to raise world changers in a world that often resists greatness.

## Chapter 1: Understanding the Mission

The moment I became a mother, something within me shifted. I knew in my heart that this wasn't just about raising children to grow up, get good grades, and find a job. There was a divine significance to their lives, a calling much greater than anything I had initially imagined. It felt as though God had entrusted me with a mission far beyond myself—a mission to mold and nurture His chosen vessels. I wasn't merely tasked with parenting; I was appointed as a steward of their destinies.

God began revealing to me that my children were not ordinary; they were chosen. Their lives would be a beacon

for others, demonstrating what it means to live with purpose and fulfill a destiny rooted in faith. For our family, this calling is centered on the sports world. It's not just about athletic achievements but using that platform to inspire, influence, and uplift others. Sports, for us, are a stage for displaying the character, discipline, and faith that God has instilled in them. As it says in

Matthew

5:16 (KJV), "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Their success will not only reflect their hard work but also serve as a testament to God's glory.

To embrace this mission, I had to look at my own life through a new lens.

Every moment of adversity, every challenge, and every tear had been preparation. My seasons of struggle equipped me with the resilience and wisdom I would need to guide my children. Nothing was wasted—God had used it all to prepare me for this sacred role. When I think of Romans 8:28 (KJV), “And we know that all things work together for good to them that love God, to them who are the called according to his purpose,” I am reminded that even my lowest points were part of a larger plan. My life became a living testimony that challenges are not meant to destroy us but to shape us into vessels of purpose.

One of the most profound lessons I’ve learned is that understanding your mission requires faith and surrender.

Cedric and I had our dreams—his in football, mine in building a different future—but those dreams were reshaped when we became parents. When Cedric lost his scholarships and I found myself navigating the challenges of young motherhood, it was easy to question whether we had missed our opportunities. However, God began to show us that His plans are not constrained by our setbacks. Cedric’s journey to the NFL was a testament to perseverance, while my own struggles became the foundation for teaching our children about accountability and faith. Together, we realized that our individual stories were pieces of a larger puzzle—a family legacy designed to glorify God.

As a family, understanding the mission has meant realigning our

priorities to match God's plan. It required hard decisions, humility, and countless moments of prayer. But through it all, we've seen the importance of keeping our eyes fixed on Him. Proverbs 16:3 (KJV) says, "Commit thy works unto the Lord, and thy thoughts shall be established." This verse has been our anchor, reminding us that when we commit our lives and our family to God's purpose, He will guide and establish our path.

## Chapter 2: The Gift of Isolation

Isolation has been one of my greatest teachers. For years, I struggled with feelings of loneliness and wondered why my path seemed so solitary. Why didn't I have close friendships or a broad support network like others? It was during these moments of solitude that God revealed the purpose behind the isolation. He was carving out a space where I could hear His voice clearly, untainted by the opinions or influence of others. Those quiet moments became my classroom, where God taught me resilience, self-reliance, and how to find contentment in His presence alone. Isaiah 30:15 (KJV) reminds us, "In quietness and in confidence shall be your strength."

My strength grew in the stillness, as did my trust in His plan.

I needed to learn how to find peace in being alone so that I could teach my children the same. In a world full of noise, distractions, and endless pressures, isolation becomes a sanctuary. It's where clarity is found, where dreams are nurtured, and where God's voice can be heard most clearly. I share with my children that Jesus Himself often withdrew to quiet places to pray and reconnect with the Father, as seen in Luke 5:16 (KJV): "And he withdrew himself into the wilderness, and prayed." These moments of withdrawal were not acts of avoidance but intentional periods of preparation. I encourage my children to emulate this example, to use their time of isolation as an opportunity to

pray, reflect, and sharpen their vision for their lives.

My children are learning to embrace solitude not as loneliness but as an opportunity for growth and focus. They understand that greatness often requires stepping away from the crowd, rejecting distractions, and dedicating time to honing their skills and deepening their relationship with God. Cedric and I have made it a point to instill this mindset in them. Whether it's during their rigorous training sessions, or simply taking a break from social media, we remind them that the quiet moments are where transformation happens. Philippians 4:11 (KJV) has become a guiding principle in our home: "For I have learned, in whatsoever state I am, therewith to be content."

Isolation is not a punishment; it's a gift. True leaders are often those who have learned to stand alone with strength and conviction. My own journey has shown me that the crowd is not where destiny is found; it's in the secret places where God shapes and molds us for His purposes. For my children, learning to value isolation has become a key part of their preparation. They see it as a necessary step in achieving the greatness God has promised them. By embracing the solitude, they are building a foundation of faith, discipline, and unwavering focus that will carry them through every challenge and triumph ahead.

## Chapter 3: Facing the Critics

The journey to raising world changers isn't without its battles. One of the hardest parts of this mission has been dealing with the criticism, jealousy, and roadblocks from others. These challenges are not just personal; they're often systemic. There have been times when my children's ambitions have been met with skepticism by those in positions of influence—teachers, coaches, and even administrators. They've encountered favoritism, unfair treatment, and policies that seemed designed to limit their opportunities. It's heartbreaking to see the obstacles placed before them, especially when they work so hard to excel. Yet, as a family, we've come to view these trials as part of the refining process, a

reminder that greatness often comes with resistance. As Romans 8:31 (KJV) assures us, “If God be for us, who can be against us?”

One moment that stands out vividly was during my oldest son’s 7th-grade football season. He had an incredible first year, playing both sides of the ball and standing out as the starting running back for the A team. He was undoubtedly one of the best players, not just on his team but in the district. Then, out of nowhere, we were hit with a made-up rule: if he wanted to continue playing football for the school, he would have to cut the dreads he had been growing since he was six years old. It was clear that this rule was targeted at him—no other player had that hairstyle, and it hadn’t been an issue before. As parents,

Cedric and I pushed back on the rule, knowing it was unfair and discriminatory. The experience was painful, but it taught us—and him—the importance of standing firm in the face of injustice. It reminded us of Psalm 34:19 (KJV): “Many are the afflictions of the righteous: but the Lord delivereth him out of them all.”

This wasn't just about hair; it was about identity, culture, and principle. We used this moment to teach our son the value of knowing who he is and staying true to himself, even when others try to impose unfair standards. We explained to him that standing up for what's right is never easy, but it's necessary. Cedric often says, “It's not the easy path that builds strength; it's the one filled with resistance.” That lesson was cemented through this

experience, and it helped shape our son's character. We also leaned heavily on prayer, trusting God to bring clarity and resolution. Isaiah 41:10 (KJV) gave us comfort during this time: "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." In school, my children have faced challenges that go beyond academics. Teachers and administrators have sometimes misunderstood their aspirations, downplayed their potential, or even created political barriers that made their path more difficult. For example, there have been instances where my children were overlooked for opportunities, not because of a lack of talent, but due to biases or the politics

of favoritism. Cedric and I have had to advocate for them, teaching them to respectfully stand up for themselves while trusting God to open the right doors. This has taught them invaluable lessons about perseverance and the importance of maintaining integrity in the face of injustice. Proverbs 3:5-6 (KJV) has become a cornerstone for our family: “Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”

Then there are the adults who project their own unfulfilled dreams onto my children. Jealousy can manifest in subtle ways—unkind comments, unnecessary criticism, or outright attempts to discourage their progress. We’ve encountered people who see

my children's potential as a reminder of their own missed opportunities, and instead of celebrating their efforts, they attempt to belittle or undermine them. These moments are difficult, but they've provided an opportunity to teach my children about grace, forgiveness, and focus. As a family, we turn to Scriptures like Matthew 5:44 (KJV): "But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you." This doesn't mean we allow others to walk over us, but we refuse to let bitterness take root.

I've taught my children to handle these situations with grace and resilience. They know their worth isn't determined by others' opinions,

and they've learned to rise above negativity. Cedric often reminds them of the "5 Ps": Proper Preparation Prevents Poor Performance. This principle extends beyond their sports training; it's a mindset they carry into every area of life. Whether they're preparing for a game, a test, or a confrontation with a critic, they understand that being prepared allows them to navigate challenges with confidence. Every critic, every obstacle, and every moment of resistance only fuels their determination to succeed. Together, as a family, we've learned that the path to greatness is rarely smooth, but it is always worth the journey.

## Chapter 4: The Foundation of Faith

Faith is the cornerstone of our family's journey. Without a deep, personal relationship with God, this mission would feel impossible. We've instilled in our children the importance of not just knowing about God but knowing Him personally. This means fostering a relationship where they don't just see God as a distant figure but as a loving Father who cares about every detail of their lives. Hebrews 11:6 (KJV) reminds us, "But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." Our faith isn't just a belief; it's a way of life that informs every decision, every action,

and every response to the challenges we face.

We begin each day with prayer, inviting God into every aspect of our lives. Whether it's praying over a tough decision, seeking peace before a big game, or thanking Him for the small blessings, prayer is our anchor. The Word of God is our constant guide. Verses like Isaiah 26:3 (KJV), "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee," remind us to stay focused on Him amid life's chaos. Teaching our children to turn to Scriptures has been a vital part of laying this foundation. When life throws uncertainties their way, they've learned to search the Bible for wisdom and stand on its promises with confidence.

Living by faith means making decisions that may not always make sense to others.

It means prioritizing purpose over popularity, discipline over convenience, and God's will over our own. This foundation keeps us grounded and gives my children the spiritual tools they need to navigate life's challenges. For example, there were times we had to turn down invitations or opportunities that didn't align with our family's values. These decisions weren't easy, but they taught my children the importance of obedience and trusting God's plan over their own desires. As a family, we reflect on Proverbs 16:3 (KJV): "Commit thy works unto the Lord, and thy thoughts shall be established." This assurance helps us stay the

course even when others don't understand our choices.

One of the most profound lessons I've taught my children is that faith isn't passive—it's active. It requires trusting God to do what only He can do while being willing to step out and do what He's called us to do. Whether that means taking a leap toward a new opportunity, standing firm in the face of criticism, or holding onto hope in difficult times, faith is our lifeline. My children are learning that God's plan is always better than anything we could imagine, and it's through faith that they will fulfill the incredible purposes He has for their lives. As 2 Corinthians 5:7 (KJV) says, "For we walk by faith, not by sight." This foundation of faith has been and will

continue to be the bedrock of our  
family's legacy.

## Chapter 5: Sacrifices of Love

Sacrifice is the heartbeat of this journey. My husband and I have made countless sacrifices to invest in our children's dreams. From financial commitments to the time and energy spent supporting their pursuits, we pour everything we have into their success. It hasn't always been easy, but we've come to understand that these sacrifices are acts of love and a vital part of our calling as parents. Romans 12:1 (KJV) speaks to this: "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." For us, sacrificing for our children is our reasonable service as we prepare them

for the futures God has designed for them.

One of the greatest sacrifices Cedric made was being away from home during his NFL career. While others might have seen the financial stability as a blessing—and it was—it also came with a price. Cedric missed many milestones and moments, from school plays to small family celebrations, as he worked tirelessly to provide for us. Despite the distance, he remained deeply connected to our mission, always calling to check in, praying over the phone with the kids, and encouraging them to stay focused. He often reminded them that his sacrifices were for their futures, showing them that love sometimes requires temporary separations for long-term gain.

After retiring, Cedric used part of his savings to build a training facility for our children. This wasn't just a business venture—it was an extension of our family's commitment to excellence. The facility became a sanctuary for our kids, a space where they could work to refine their skills, not only in sports but also in discipline and character. It's a place where our family gathers to support one another, pushing each other to be better and stronger. This facility stands as a symbol of Cedric's dedication, and its doors are always open to our children, no matter the season of life they're in.

The sacrifices in our family extend beyond Cedric's career. Together, we've built our lives around our

children's needs and aspirations. We've chosen to create a family centered lifestyle where we can always be present for them, whether it's attending every game, helping with school projects, or simply being there to listen. We've turned down opportunities and restructured our priorities to ensure that our children know they are loved and supported. Luke 12:48 (KJV) reminds us, "For unto whomsoever much is given, of him shall be much required." We understand that our role as parents requires much of us, and we embrace it wholeheartedly.

This mission isn't just about one child or one dream—it's a family mission. We all contribute. My children have learned the value of teamwork within our home. They help each other with

homework, training sessions, and even moral support. They understand that their individual successes are tied to the collective effort of our family. Watching this dynamic unfold is one of the greatest blessings of our lives. It reminds us that our sacrifices aren't just shaping individuals; they're strengthening the bonds of our family and laying a foundation of love, faith, and perseverance that will carry them through life.

## Chapter 6: Intentional Parenting

Purposeful parenting doesn't happen by accident. It requires thought, effort, and consistency. I am intentional about the lessons I teach my children, whether it's about perseverance, humility, or the importance of integrity. Parenting isn't just about raising obedient kids; it's about shaping their hearts and equipping them with the tools they need to navigate life's challenges. Proverbs 22:6 (KJV) serves as our guiding principle: "Train up a child in the way he should go: and when he is old, he will not depart from it." This scripture reminds me that the seeds I sow today will bear fruit in their lives for years to come.

Discipline is a cornerstone of our home—not as punishment but as a tool for growth. My children know that discipline is rooted in love, not control. When they face consequences for their actions, we take the time to explain the lessons behind them. For instance, if they slack off in their responsibilities, they’re reminded that laziness has its costs. On the other hand, when they show dedication and effort, we celebrate their progress. Cedric often emphasizes the importance of consistency, saying, “How you do anything is how you do everything.” This perspective helps our children understand that small habits shape big outcomes.

In our home, intentional parenting also means creating an environment where their dreams can thrive. I listen

carefully when my children share their aspirations, no matter how big or small. Whether it's excelling in sports, pursuing academics, or exploring their talents, we work together to set realistic goals and create actionable plans. This shows them that their dreams are not just fleeting ideas but meaningful pursuits worth investing in. It's about teaching them the balance between faith and works, as James 2:26 (KJV) reminds us: "For as the body without the spirit is dead, so faith without works is dead also."

One of the ways we practice intentional parenting is by being present. Cedric and I have made it a priority to attend games, practices, and school events, showing our children that their efforts are seen and valued. We also carve out family time,

whether through shared meals, devotionals, or simply talking about their day. These moments may seem small, but they build trust and create a safe space for our children to express themselves.

We also strive to lead by example. Our children watch how we handle challenges, celebrate victories, and treat others. Cedric's mantra of the "5 Ps"—Proper Preparation Prevents Poor Performance—has become a family motto. They see us preparing for life's responsibilities, from budgeting and planning to spiritual growth, and they learn to apply the same principles in their lives.

Finally, intentional parenting means prioritizing their character over their achievements. While we celebrate

their successes, we're more focused on who they're becoming. We teach them that being kind, honest, and compassionate matters more than any trophy or accolade. As a family, we turn to Micah 6:8 (KJV) for guidance: "He hath shewed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?" This scripture reminds us that the ultimate goal of parenting is raising children who reflect God's love in their words and actions.

## Chapter 7: Building a Legacy

This journey isn't just about raising successful individuals—it's about creating a legacy of faith, love, and purpose that will inspire generations to come. Cedric and I are determined to ensure that everything we build, teach, and sacrifice today becomes a foundation for our children to stand on tomorrow. As Proverbs 13:22 (KJV) reminds us, "A good man leaveth an inheritance to his children's children." That inheritance isn't limited to material wealth; it's a legacy of values, wisdom, and unwavering faith in God.

Our motto, "We rise together," reflects our commitment to unity. When one of us achieves a milestone, we all celebrate. When one of us struggles,

we all rally to help. For example, when our youngest son faced challenges adjusting to the demands of his sport, the entire family stepped in to support him. Cedric spent extra time training with him, while his siblings encouraged him by sharing their own struggles and triumphs. These moments reinforce that we are stronger together, and this legacy of love, faith, and teamwork will extend far beyond the sports world. It's the foundation for a life of impact and purpose, not just for our children but for every person they touch along the way.

Another critical element of our legacy is the intentional passing down of faith. We want our children to understand that their achievements are not just for their own benefit but for

God's glory. They are being equipped to influence others and be a light in the world. We often talk to them about the importance of leaving a positive mark wherever they go, whether on the field, in their careers, or in their communities. The parable of the talents in Matthew 25:14-30 (KJV) inspires us to encourage our children to use their God-given gifts wisely, knowing that they are stewards of His blessings.

Finally, Cedric and I want our children to carry forward the lessons we've learned as a couple and as parents. We share our mistakes, our victories, and the truths that have sustained us. Our hope is that they will not only avoid some of the pitfalls we encountered but also build on the foundation we've laid to achieve even greater things. In

the end, our greatest joy will be seeing them raise their own families with the same principles of faith, love, and intentionality, ensuring that this legacy continues to thrive for generations to come.

## Conclusion: Embracing the Calling

To every mother reading this, know that your role is divinely appointed. You were chosen for this journey, and every challenge you face is preparing you for something extraordinary. There are times when it may feel overwhelming, when the weight of responsibility feels too heavy, but take heart, for God has equipped you with everything you need. Your children are not accidents or random events; they are gifts, entrusted to you by a higher purpose. Psalm 127:3 (KJV) reminds us, “Lo, children are an heritage of the Lord: and the fruit of the womb is his reward.” Embrace the calling with all your heart, knowing that every sacrifice, every tear, and every moment of doubt is part of the

divine preparation for the legacy you are building.

Raising world changers isn't just a dream; it's a calling. It requires faith, sacrifice, and unwavering dedication. There will be moments of joy and moments of struggle, but through it all, your faith will carry you. Your ability to see beyond the present and into the future will shape not only the lives of your children but also the generations to come. There will be times when others doubt you or criticize your choices, but trust in the calling that has been placed on your life. Jeremiah 29:11 (KJV) promises us, "For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end." Trust that God is working in every moment,

preparing you and your family for greatness.

But it's the most rewarding mission I could ever imagine. There is nothing more fulfilling than seeing your children rise to their purpose, knowing that you played a part in guiding them. The rewards aren't always immediate, and they aren't always tangible, but the peace that comes from knowing you are fulfilling your purpose as a mother is immeasurable. Every step, no matter how small, moves you closer to the fulfillment of God's plan for your family. The legacy you are building today will impact lives far beyond your own, creating a ripple effect that can change the world. As Hebrews 12:11 (KJV) says, "Now no chastening for the present seemeth to be joyous, but grievous: nevertheless

afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.” This is our story. This is our legacy. And it’s only the beginning. What we’ve shared here is just a glimpse of the journey we’ve been on and the journey that lies ahead. I believe with all my heart that the best is yet to come. As we continue to walk in faith, sacrifice, and purpose, we trust that God will lead us to places beyond our imagination. And to every mother embarking on this journey, know that you are not alone. God is with you, guiding your every step, preparing you for the extraordinary work you are doing in your family and in the world. Together, we rise, and together, we will change the world.

Dear Mothers,

First, let me say this: You are seen. The work you do, day in and day out, is not overlooked by the One who called you to this sacred role. As mothers, we carry the weight of the world on our shoulders, balancing responsibilities, managing emotions, and guiding little hearts and minds toward the light of God's Word. It's not an easy road, but it's a holy one, and you were chosen for it.

Each morning you rise, whether in joy or exhaustion, and pour your heart into your children. You teach them the truths of Scripture, instill in them values rooted in faith, and remind

them of God's unwavering love. Your prayers cover them like a shield, your words sow seeds of wisdom, and your example teaches them how to walk with integrity, love, and purpose. Proverbs 22:6 (KJV) says, "Train up a child in the way he should go: and when he is old, he will not depart from it." Your daily efforts are building a foundation that will withstand the tests of time.

I know the sacrifices you make. The moments when you put aside your own needs to care for theirs. The tears you've cried in secret, asking God for guidance, strength, and patience. The times when you've questioned if what you're doing is enough. Let me remind you: God sees every moment. He hears every prayer. He knows the

depth of your love, and He is working through you to shape your children into the men and women He has called them to be. Galatians 6:9 (KJV) encourages us: “And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

Motherhood is a ministry, one of the most impactful callings there is. You are shaping the next generation of leaders, dreamers, and believers. Every Bible verse you read to them, every moment you spend in prayer together, every lesson in love and discipline—it all matters. You are equipping them with spiritual armor that will protect and guide them throughout their lives.

So, to every mother raising her children in the Word of God, know this: You are making a difference. You are building legacies that will reach far beyond what you can see today. Keep leaning on God's strength when yours feels depleted. Keep speaking His promises over your children, even when it feels like they aren't listening. Keep trusting in His plan, even when the path seems unclear.

I pray that you find encouragement in the work you're doing, that you feel the presence of God in the midst of your daily routines, and that you are reminded of the extraordinary calling you have as a mother. As Isaiah 40:31 (KJV) reminds us, "But they that wait upon the Lord shall renew their strength; they shall mount up with

wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”

Be encouraged, dear mother. You are not alone in this journey. God is with you, walking beside you every step of the way. You are seen. You are loved. And you are doing an incredible job.

With love and blessings,

Shakacia Thornton

## About the Author: Shakacia Thornton

Meet Shakacia Thornton, a multifaceted woman who wears many hats with grace and passion—mom, wife, CEO, and creative thinker. As a proud mother of three incredible children, Shakacia finds daily inspiration in her sons, Cedric Jr. and Kaisen, and her daughter, Kaylei, who fill her life with love, laughter, and motivation. She also shares her life with her husband, Cedric Thornton, a former NFL player turned coach and mentor, whose dedication to his second career continues to inspire their family. Shakacia's love extends to every corner of her life, including her fur baby, Xena, whose playful energy and loyalty bring joy to her days. Beyond her role as a sports mom cheering at the sidelines and a supportive wife,

Shakacia is a thriving entrepreneur, running “Seisterrs Beauty”, a lash business dedicated to empowering clients to look and feel their best. Her passion for creativity doesn’t stop there—she is always working on new ideas and projects, pouring her heart into everything she does.

Balancing her busy life as a dedicated mother, wife, and business owner is no easy feat, but Shakacia embraces it all with resilience and purpose. She believes in the power of hard work, commitment, and authenticity, striving every day to be a positive force in the lives of those around her. For Shakacia, life is about giving your all, chasing your dreams, and finding beauty in the everyday moments that make it all worthwhile.



Shakacia Thornton