

Shaping Life Naturally

It's Not Easy But Worth It



Regina Throop

Marketing, Design and More
50 Something

I saw a funny meme recently that made me laugh out loud. A guy had obviously been climbing a ladder when the ladder fell over. The picture shows him on the ground, with his arms and legs tangled in the rungs of the ladder. The meme reads, “Me, trying to lean on my own understanding.”

My favorite Bible verse since a very young age is Proverbs 3: 5-6: “Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways, acknowledge him, and he will make your paths straight.”

That meme makes me laugh out loud because even though this Bible verse is my very favorite, it's the one I have the hardest time following. I gave my life to the Lord at age nine. I'm 52, and I'm still leaning on my own understanding. Even more ironic, is that I NEED to understand things. It's why I got a journalism degree. I like investigating, asking questions and figuring things out. It's how I'm built. And HE built me! I like to believe that my Heavenly Father has a great sense of humor.

Being a Christian at age nine was easy. I couldn't lean on my own understanding because I had no understanding. I had nine years under my belt. I just read my Bible and did as He said. But the teenager Regina, and the young adult Regina, and the adult Regina, and the middle-aged Regina: She loves leaning on her own understanding.

“Acknowledge Him in all your ways,” well, I hope I accomplish that before I go to meet Him and have to answer for myself. When I do lean on Him and give Him the reigns, everything goes beautifully. When I don’t... Well, you know how that goes. I’ve gotten in His way on everything: my physical appearance, my health, my weight, my career, my business, my second career, my second business, my financials, my husband, my second husband, my THIRD husband.

I altered my body through cosmetic surgery. I tried every diet and exercise program out there so I could look the way I thought I should. I married one man. I divorced him. I married another man. I started a magazine (where I met Dawn, in 2004)... I divorced my second husband. I shut down my first business. I filed for bankruptcy. I lost 10 pounds. I gained 20 pounds. I lost 15 pounds. I gained 25 pounds. Nothing was working without Him. So when I finally had enough, I leaned the other way: toward Him.

When I am on my knees, in relationship with Him, giving Him the reigns, getting out of His way, my life blossoms.

When I am on my knees, in relationship with Him, giving Him the reigns, getting out of His way, my life blossoms. I am little bit wiser now that I’m older. But only a little bit. When I catch myself getting in His way, I more quickly recognize what’s happening and I self-correct. “Oops. Sorry about that. Here I am, giving it all back to You, AGAIN.”

“And He will make your paths straight.” Today, I am blessed with my second business. Under His guidance, it prospers without my help. Imagine that. After 26 years of loving my boyfriend, Tony, we were finally married in 2021. We spent many years trying to build this relationship ourselves, but the closer we moved toward God, the better our relationship became. You wouldn’t have found us praying together 26 years ago. Today, we study the Bible together and pray together. I don’t consider him my third husband. I consider him my ONLY.



These days, I don’t worry so much about my body, my health, my financials, my home. The more I worry, the harder things are. I am working on “being in service” to others instead of myself because that is God’s purpose for me. My business helps other businesses with their marketing and social media challenges. And I am in the process of writing a book that I hope will help others.

And as I continue on this journey, when I find myself wanting to lean on my own understanding, I just remember that meme and smile.



Regina is my hero and woman I look to for inspiration and guidance in every area of life. She strengthened my faith during my most desperate times and has helped me grow in business from my earliest days of owning my first gym to this very day of publishing this magazine. She’s as lively as seen in her pictures. To know Regina is to know living life passionately.

~ Dawn