CARLA MCDOUGAL

FULL BIO

Award-winning author and speaker, Carla McDougal, founded of Reflective Life Ministries in 2008. She has a true passion for her Lord and Savior, Jesus Christ. This love shines brightly whether she is speaking or writing.

As a former Women’s Director, Carla understands the issues women face in ministry. In many cases, women in leadership feel isolated and alone. As a result, she started encouraging women in ministry through phone conversations, one-on-one meetings, and eventually her blog. One thing led to another, and before she knew it, she was speaking at women’s events, retreats, and conferences.

After Carla started speaking at retreats and conferences, she came up with the idea of Retreat Bundles. Carla doesn’t just show up to speak at a retreat. The ministry provides churches with promotional ideas, logos, workbooks, skits, and other creative ideas. Check out the themed retreats on the RLM website.

In 2010, Carla’s first book, *Reflecting Him: Living for Jesus and Loving It*, was published. This 10-week study encourages the reader to open her eyes to God’s daily life lessons. There is a cd of original music, a full-length movie, and a teaching video to go along with the study. In January 2015, RLM published a beautiful children’s storybook titled *Ribbons of Rainbows* – *Living for Jesus,* written by Kimberly A. Vogel. The story follows two little Stones as they discover the same spiritual truths explored in *Reflecting Him* and learn what it means to have Jesus in their hearts. Moms and their children can talk about what they learn each week. It is also a wonderful stand-alone story.

In 2013, *My Prayer Chair* was published. It is all about “a living, walking, breathing relationship with Jesus.” This little book is filled with personal stories about Carla’s family, pertinent scriptures, and prayer challenges. It is a winner of the USA Best Book Award for Prayer and Devotional and a Silver Medal winner of the 2013 Reader’s Favorite Book Award. It is now available in Spanish as *Mi Sillon de Oracion*. You can also purchase the audiobook, with Carla as the reader, from the RLM website.

Carla served as one of the producers for RLM’s second full-length film, *First Love,* which premiered with a red carpet event in September, 2013. It portrays a modern day story based on the life of Jesus’ disciple, Peter. In January 2014 the movie received 5 seals of approval from the Dove Foundation.

Carla firmly believes the more we read God’s Word, the more we know Him. The more we know Him, the more we love Him. The more we love Him, the more we crave Him. And as a result, we reflect Jesus to those around us.

Carla and her husband, Fred, live in the Houston, TX area and have three sons, one daughter, and two “daughters-in-love.” She smiles to think of the experiences God has allowed in her life to teach and remind her “He is in control.”