

AT S9 E19 Untying the Knots _mixdown

Sister Miriam James Heidland: Our sponsor for today's episode is MyCatholicDoctor. For more than 2000 years, the Catholic Church has led the world in healthcare, answering the call of Jesus Christ to heal the sick and proclaim the kingdom of God is near. At MyCatholicDoctor, they answer that call by providing evidence-based, holistic Catholic healthcare to all of God's people. MyCatholicDoctor is a nationwide organization that brings a network of faithful medical professionals to patients through telehealth, in person care, and a referral network. They provide a convenient and affordable option to take care of you and your families' needs. As a telehealth provider, they can initiate your medical care virtually, order any necessary labs or imaging, and send prescriptions to the pharmacy of your choice. Their team of physicians, nurse practitioners, and certified educators meet you where you are in your suffering, and accompany you on a path to healing. They integrate Catholic spirituality into their care to ensure God comes first in the decisions, treatments and procedures to heal your mind, body, and soul. When you visit MyCatholicDoctor, you will find a provider who not only meets your immediate medical needs, but exceeds your expectations for the level of compassion, understanding, and appreciation for you as sons and daughters of Christ. To find out more about the services they provide, meet their providers, and schedule an appointment, visit mycatholicdoctor.com. As a special thank you to our Abiding Together listeners, they are offering \$25 off for your first appointment through May 30th. Please visit mycatholicdoctor.com/abide25 to claim your gift certificate. That's mycatholicdoctor.com

Hello and welcome to the Abiding Together Podcast. Abiding Together is a place where you can find connection, rest and encouragement on your journey with Jesus Christ. My name is Sister Miriam James Heidland and every week I'm joined by two of my very dearest friends, Heather Khym and Michelle Benzinger. This podcast is born out of our friendship and all that the Lord is doing in our lives. You hear us laugh. You hear us cry. You hear us share very vulnerably, and you hear us talk about the things that we're still learning along the way. And you're most welcome to join us. You can find out all of our information on our podcast episodes on abidingtogetherpodcast.com, but for now, grab a cup of coffee, settle in and welcome home.

Hello, and welcome to this week's episode of the Abiding Together Podcast. And this week we're going to talk about untying the knots and the knots that all of us have in our life, perhaps for you areas of unforgiveness or bitterness, or just the things where we keep getting stuck in certain things and patterns in our life. So we're going to talk about those very things. And, but one thing that is not a knot is this beautiful day with my dear friends, Heather, Michelle. So Michelle, how has the Easter season treating you - it's still Easter.

Michelle Benzinger: The Easter season is treating me well spring. I just love it. Spring, sometime flowers. If I could be outside 24 seven, I would, it was just beautiful.

Sister Miriam James Heidland: I love it.

Michelle Benzinger: And we have this amazing unicorn float in our pool called Carl. Sister was very attached to him.

Sister Miriam James Heidland: I took a picture of him. I didn't tell you that, but I actually took a picture of him to keep it with me in my heart. So it's true. This has happened.

Michelle Benzinger: It's so funny. Our daughter, Lily kept on saying, I need to just tell Carl hello. And so, yeah, so it is the magical time of unicorns in our backyard. So, you know, Hey, you can't beat that Sister, how are you?

Sister Miriam James Heidland: I'm doing very well it's and it's very true. There's nothing like an inflatable unicorn float, just to make your day a little bit brighter. Cause you're doing dishes at your house and all of a sudden you see this unicorn does its head going back and forth and you're like, What's happening to me right now.

Heather Khym: We have one of those too actually and her name is Caroline. So Caroline and Carl, we didn't even know this. I mean, they're like twins

Sister Miriam James Heidland: now is for just the help of our listeners. Heather is Caroline right now floating on the deep sea of your backyard pool.

Heather Khym: No, actually not right this second deal. Well, I mean, it's Canada. We're not quite there yet. We're almost there. We're almost there. She's almost ready to make her entrance into it.

Sister Miriam James Heidland: You're like our pool was practically frozen last week. Give us a break. And a lot of people are just getting cherry blossoms. Stop giving me a hard time.

Heather Khym: Oh, I know we don't get year-round pool time with Caroline. I wish, but.

Sister Miriam James Heidland: Well, you know, maybe one day, maybe one day. All right. We're just going to dive in here. And so our scripture quote for this week's episode comes from the letter to the Ephesians where Saint Paul says to us, do not be afraid to allow the Holy spirit to reveal any unforgiveness or bitterness. The longer you hide it, the stronger it will become, and the harder your heart will grow, stay tenderhearted. How? Let all bitterness, wrath, anger, clamor, and evil speaking, be put away from you with all malice and be kind to one another tenderhearted forgiving one another, even as God in Christ forgave you. And I think we could, all this almost feels like the CS Lewis quote that says. Everyone says forgiveness is a lovely idea until they have something to forgive. So I think we can all agree. Like that's a great - you go St. Paul, like you do that thing. And then we look in our hearts, in the garden of our hearts and Holy cow, do we not all see at times in our hearts, like bitter roots and unforgiveness and all kinds of things happening in our heart. So Heather, do you want to kind of jump in here and talk about this particular passage and undoing the knots and what is the Lord speaking to you personally in all this?

Heather Khym: Oh, my gosh. You know, there's just a lot of times where I'm like, I don't want to, like, I can be that person. I don't want to, I don't want to, I don't feel like it. And I really don't. And so I won't, you know, and it's much easier to just avoid stuff like this. I think for me, like, I just don't want to think about it, so I'll just block it out and do other things. And so if I'm not thinking about it, it's sort of like why I'm not really, you know, being like mean or malicious in my heart. I'm just not thinking about it. I'm just avoiding it. But what I've realized is that that stuff is in there, you know, like avoiding doesn't take it away. And it doesn't mean that those things aren't active within my heart and affecting me. And I mean,

gosh, we could go down the road of all the studies, you know, on forgiveness and how that hurts your actual physical body and all those things. And that's all true, but that's not why we need to set people free and forgive. And I'm just reminded of just so many moments where it's like, forgiveness is not easy. It is when you're like little, you know, you're like somebody steals your toy. Like, I'm sorry, I forgive you. And you feel really good about yourself. Like, you know, there's certain things where you can feel really good about yourself and it's like, Oh, that was nice. That was a nice moment. But more often than not, they're, they're really, really painful and it's not clean. It's not as clean as like, Oh, I'm sorry that I did this. Okay. I will choose to forgive you. And then we'll restore a relationship. It's not as clean as that. Sometimes we ask for forgiveness and people don't say, I forgive you, or we need someone to say that to us and they don't, and they won't. And they won't ever, you know, and so what do we do with all of these places that feel like they're not tied up in a neat little bow and that's what we're going to press into some of that today.

Michelle Benzinger: Yeah, I think for me, when I read the scripture, what does it mean for me to be tenderhearted? What does it mean for my heart to be fully open and all parts open for the Lord to come in. But also when something is open, like another CS Lewis quote, it means you're fully loving. It means you're vulnerable. And for a lot of us to be vulnerable, Also means that we don't feel like we are protected or care for or guarded. So we feel like it's our own job to self protect self guard because whatever it is and our story, we have not felt protected or guarded. A couple of weeks ago, for me, like a huge mind shift for me or a shift in even prayer was I realized like I have to be guard or I have to self protect. If not. This hypervigilant, something will happen. And it's, and I realized me being guarded I felt like it was to prevent myself from being exposed and that the Lord was saying for me, like really speaking to my heart, I'm not exposing you, I am protecting you. You can be open and transparent. It is not this exposing because I equvalate exposing with shame, you know? So there's something in me that was like, I just don't want to be shamed. I don't want to be This. I don't want to be blindsided. And just realizing that, Oh my goodness, the Lord wants me to be tenderhearted - open and with that open and vulnerability yes there is a cost for hurt, but even greater than the cost for hurt is what? Wouldn't I rather be hurt loving than self-protecting and guarded and not experiencing the love? And with this love that the Lord is offering me too. I also, you know, I thought I was like, Oh, I'm self protecting, so I won't get hurt. But actually what I was doing is keeping the Lord's love out. I was self protecting, so I couldn't receive the love that I really desired or hoped or need to become, you know, who he has created me to be fully. And so, yeah, so that all the things I'm right there with you, Heather, I don't want to let go of the bitterness, the resentment and forgiveness, the blaming, the critical, like choose your cocktail, which one would you like?

Heather Khym: Choose your just act like it's not there, but that's not healthy and that's not real, you know? And I'm like really big. And like, I want to live in the real life. Like I don't want to live in an illusion. I don't want to fall asleep. Like I want to be awake. And alert and living the real life, whatever that takes, because it's like, you've said many times Sister, when we numb the bad, we numb the good too. And then we're just living in this like mediocrity that none of us are called to Jesus calls us to the full life. He offers it to us. And so this is what it means is that we will experience pain. And, and also there's opportunity for restoration and redemption beyond what we could ever imagine. What about you Sister? What are some of your initial thoughts about this?

Sister Miriam James Heidland: Yes, I can relate to everything both of you have said, and I think this is such a great topic and conversation because if we, all of us, if we're very honest, like you're saying, if we look into the garden of our souls, we will all, we all see variety, have things. We are not, none of us are either or we are both. And as we outlined, we were just talking about, you know, in our recent episode about the woundedness and the church that we see in the garden of our souls, uh, things that are really beautiful and really wonderful, and that are life bearing. And then we see things many times that need to be uprooted or need to be tended to in a very vulnerable way. And that word even vulnerable, you know, etymologically means being able to be wounded. And you see Christ as the one who is tenderhearted. And I, you know, we look at him as the one who suffered everything suffered more than we will ever suffer and still remains tender hearted. His heart is still literally pierced with a lance. His heart receives the sinners who are mocking him and choosing forgiveness. And just showing us, like we've said many times in this podcast over and over and over again, how to live and I too was recently convicted and a lot of, uh, I mean, we often talk about Dr. Bob Schutts, but I think, you know, we've talked about his book *Be Healed*. We did an interview with Dr. Bob, and you might want to listen to that again, because it talks about, he talks about the agreements we make out of pain. The wounds we have that are filled with pain, the lies we believe about ourselves and the judgments we make about other people. And then the unholy vows we make to try to save ourselves. And I think for myself, especially just realizing recently where the Lord very gently, but very firmly convicted me. In an own area of my life, where I had some judgements about other people that were a pattern in my life, that when I was really honest about it, what I was doing, I was trying to protect myself from pain, from being abandoned. Right. So that's my thing, I'll do anything that I can possibly do not to be abandoned. And so I was judging them, these certain people for kind of how they were treating me or just some things they were doing and what the Lord is so gently, but so honestly convicted me in my own heart is that I was doing those very things. Albeit in a different way. And I was passing along that same suffering. I was passing it along. And one of the reasons why it hurt me so deeply is because it was something that I had to attend to in my own heart. And it was, I can't even tell you, it was a very profound, enlightening moment by the Holy spirit saying, let's just stop right here. And let's tend to this part of your heart, where you're trying so hard to protect yourself where you're trying so hard to put distance between yourself and other people. And the truth is that your heart is really hurting here. So I, the Holy spirit saying to me, I want to sit with you here in this pain, and let's talk about the origin of the pain. Because I'm gonna, I'm gonna protect you. Like I'm going to protect you. I'm going to be your protection. I'm going to be your I'm the spirit of control. You don't have to try to control life or other people, let me do that for you, but could you open your heart to me here? And can we talk about the real depth of the rawness of what's going on? So then you don't have to live your life continually judging other people with the illusion of protecting yourself. Cause it's, it's never worked and it's not working now, you know, it's like, okay, well we'll do that. I was like, Oh, it was so painful, but I, it was true. I couldn't deny. It couldn't deny the truth of it like, Lord. Amen. That's true. All right. Let's, let's do that then.

Michelle Benzinger: Amen. And it's so funny that you say that because even last week, and I was just really praying about just had a deep, powerful experience just in healing and praying. And then I was like, okay, where areas like really going back to my word of the year *Lorien*, sanctuary, where am I need to be a sanctuary? And I was really praying about some things, and I just felt like the Holy spirit nudging me. He's like you can't camp out at blame

and bitterness anymore, girl, like this is your BNB right now. Like that's your bread and butter like blame and bitterness. And there's something for me, like blame whose fault is it? Whose fault? Like, I just, because for me, and I realized it comes from a lack of control in my childhood. Like my home life was chaotic, so I just need to figure it out because it's chaotic. And the Lord was praying to me, like really? I mean, Lord was convicting to me when I was praying, he said, what do I do with chaos? And he reminded me of Genesis. Like he hovers over the chaos. He hovers, he's like, I'm there. And he brought me back to a situation. This makes me cry when I was young and it was chaotic. And he was like, I was there. I was there in the chaos and I'm here to bring order, like I am here so you can let go of the blame. I'm in charge, you know, and for those of us that were very hypervigilant, what I mean, hypervigilant, like, like we feel like we're the watchman on the wall. Like we had to make sure that everything happens and everyone's attended to, and we're managing everyone's emotions, feelings, actions, all of the above, because it's not going to, nothing's going to fall on our watch and that's just an exhausting way to live. And I feel like the majority of us women live like this, you know, and we feel like. Originally, it comes from a very selfless and loving place, but it can quickly turn to a controlling and a very detrimental place, you know, because really we take Jesus off the throne when we do this, but it's also the Lord, the father telling us I have this, you don't have to, you don't have to do this, but it is going back and looking at parts of our story saying like you did Sister, where does this originate? Why am I doing this? You know, where does this bitterness come out from? Because I love it. Like we are basing this on Ephesians four, but also in Hebrews it says like bitterness takes root and bitterness takes root and it produces fruit. And that fruit is detrimental to our spiritual lives and to our tenderheartedness. And I think, especially for women, like we are the heart of our families. We are the heart of culture, you know? So if a woman's heart closes up. That's not only detrimental to ourselves, but it's detrimental to the whole body. It is detrimental to bring forth life in the life that needs to really come in each and every one of us.

Heather Khym: Yeah. I'm definitely a closer upper, you know, when I get hurt, like that's, that's my mode. Like I want to self protect and so I pull away. And I still do that. I have to fight that, especially in my marriage all the time. Like whenever I feel hurt, I want to pull away, I want a wall up because I just want the pain to stop, you know? And it's not like Jake is trying to hurt me. You know, it's not like a really serious situation or something like that, but, but that's just my automatic response is to wall up and to just be like, no, I will not let you continue to hurt me. And in the end, I've realized that that ends up damaging the relationship even more because it's not just about the one person that offends because to truly reconcile, it takes the other person in forgiveness to open up again. It's not just saying I forgive you. It's like I forgive you means I'm going to be vulnerable with you again. That I'm not going to hold this over you and I'm not gonna let this thing continue like to change the dynamic in our relationship where there's a friendship that is going to be hindered anymore. And so, I mean, forgiveness in various relationships, sometimes there does need to be boundaries and there does need to be things in place. And it is the most appropriate thing to put up boundaries and to distance, you know? So I want to say that carefully, because that doesn't mean in every relationship or with every circumstance, you should stay vulnerable and keep allowing yourself to be hurt. But I'm saying when you have two people who like, especially in a marriage that want to reconcile and who are called to be one and who aren't intentionally trying to hurt each other, that there is an openness that needs to be chosen, but also like lived into, you have to reopen again. And this is how we were made as, as women in a particular way. And yeah, it was just making me think too, of like, when I was

saying earlier, we want it all tied up in a nice little bow and that hasn't been my story. Like, you know, I have a really had a really tumultuous relationship with my brother when I was young. And we went through, like, after a few years, we went through a time of reconciliation where he was like, I'm so sorry. Like he kind of came to his senses. He didn't really know what he was putting me through. And, and he truly like apologized. I said, I forgive you. And you know, like then we had this friendship begin, but then 20 years later, there was more layers that came up that resurfaced, you know, where I was like, I was sort of like hit with the gravity of, Oh my gosh, what he did really ruined my childhood. He really like stole my childhood away and I was faced with the deeper ramifications of what had occurred and it's like, I needed to choose to forgive again. And it wasn't just in a moment, like I had to go through a bit of a process, like some grieving and some things like that. And I didn't need to talk to him about it. I didn't even need to bring him into it at that point, really, but there was just things in my own heart that I knew if I don't address this now, like it's not always just a one-time deal. If I don't address this now it's going to hinder our relationship again, like I'll end up not talking to him because now it's getting hard. Now I'm really feeling the effects of what we went through. So I think for many of us, like the road to forgiveness can be very long and that sometimes at different points in our journey, you know, it's like another layer comes off and we need to be open to addressing that part and to extending forgiveness again and again and again, you know, and when we feel bitterness come up or resentment or holding something, it's, we have a decision to make again, you know, to live into that new place.

Michelle Benzinger: and I think there's something about what Sister was talking about, like, there's something about the agreements that we make when these situations happen. I will never do this, or when I do this or whatever you fill in the blank in those agreements and really coming. And really breaking those agreements, like going back and untying the knots. And what does that look for each and every one of us? And Sister mentioned it before, and we mentioned last, but you know, Dr. Bob's book *Be Healed* is beautiful when it talks about that, you know, what does it look like to break these agreements? And sister was here at my house a couple of weeks ago and she really asked me some hard questions about some certain situations, just like, I think you need to look at some agreements that you've made in that, you know, they need to be broken and she was spot on, you know, and of course she says it in such a pastoral kind way, but I, it was really eyeopening for me. And I realized that in just to go through that process. And like Heather says, it's layers because then a situation happened with my husband and I was vulnerable. And I was very weak and I was vulnerable and I told him, and then I felt like he didn't, like Heather was saying, like, he doesn't intentionally come in to do it. But I had to something earlier, which I thought, what I said was no big deal. And then he says something later that afternoon, which I thought was a huge deal. And I told him, I'm about to Taylor Swift you, you know? And so I was so, I was so hurt, but I realized, and I literally went outside and went for a walk. And I literally had to, I will not make an agreement here. I had to stop myself in it and, but you know, our listeners know this takes practice. It's a discipline. It's a practice like to learn the language of your heart and your emotions and what the Lord is saying. This is not. It is simple yet hard at the same time, you know, but it's paying attention to what your heart is saying. And I think for a lot of us we've ignored what our heart has been saying for so long. We're learning to speak the language of our hearts and our own bodies. And so like to say like, okay, I will not make an agreement here. And then really counting out, what do I know is true? I know that, you know, the truth is Chris's for me and that we are one and that like, but I'm literally like

coaching myself. I'm like, okay, what do I know is truth? What do I know his truth? And then coming back and Chris and I had a great conversation, we reconciled. And actually then the attachment is even stronger to one another, the repair and the attachment. But I, but I was telling Sister, it was one of the first times that I had clearer language to express what was going on in my heart. And with that clear language, I also could offer an invitation to Chris to come deeper into my heart because I knew what was going on. And then I said, can you come closer into those areas of my heart right here? And of course he was more than willing but it's just taking that work and it is the Holy work and sacred ground.

Sister Miriam James Heidland: It is Holy work and it's sacred ground. And it's something that we can't do on our own. And when we look at the knots in our life, the knots in our heart, they're there for a reason. They have long stories and like anything else in life, whether you have a necklace that's knotted or an extension cord that's knotted, it, it takes time to, to unwork the knots. And to think that we can do it in our own self-reliance we're horrendously mistaken. We can't. And we have to turn to the Lord and ask the Lord to help us Lord. Right? Like, so right now in our life, like all of our listeners are probably thinking of one situation in life where there's a big fat knot. And so, and how often in our life, whether even if it's forgiveness, like we've been trying to forgive somebody and we just can't do it. And it seems like we can't do it, or there's a contentious relationship in our life. Or we have severe hatred to our parents or just there's, there's so many facets of it, small things and big things that, you know, in recovery programs. We talk about how, how do we grow? It's how it's honesty, it's openness and willingness. So honesty, openness and willingness, because we can't even begin unless we're finally really willing to be honest, at least about one part of it. Maybe you're not ready. Maybe we're not ready to be honest about the whole thing yet, but if we could just ask the Holy spirit. Holy Spirit, what is the presenting knot in my life right now, and can you help me be honest about that? And that in and of itself will help us along the journey. And, you know, we are going to help. It's going to help us understand what's been happening in our heart, the story of it, the facets of it, and that's where really life begins and it continues and it ends and that the humility of living in the truth of asking the Holy spirit, Lord, help me be honest about this. Help me to be open and helped me to be willing. To be willing to, to be willing, just to do the next right thing. And, and so that, and, and I ideally, obviously it's in community as well. Like we need each other, and this is the beautiful thing about small groups, about our Podcast, about our small group community, and then counselors and recovery groups and marriages and things like that, where we're, we're not meant to do this work alone. And so to first of all, turn to the Lord and then ideally turn other people's ones say, Hey, can you help me? Can you help me with this? I'm really struggling with this. I don't know. And, and the journey's okay. The fact that it takes a lifetime that's okay. That's all right. And that's what the Lord does, just one step at a time, little by little.

Heather Khym: And that we're never too old to learn any way to live. You know, like we may have done things a certain way. We may have grown up in a family where we were taught that silence is the weapon when someone hurts you or that just unforgiveness. It's like, if you hurt me, you're out. Like, that's just it. If you break trust with me, like you're out, like, and there's certain cultures that kind of have a bit more of that than others as well. But certain people that that's the environment that they grew up in and. And it's okay to just say, you know, in poverty before God, like, I don't know how to do this. Like I don't, I've never learned how to do this. Like, will you show me the way of forgiveness? Like Jesus came to show us

the way to teach us the way. And he is the way his whole life shows us the path. That we can learn and that it's through his grace. So, you know, if we don't get it right, we need to go to confession. We need to just like, bring these parts of our hearts that are little and not just to say here's where I was wrong. But sometimes to just say, I need the sacrament of healing. Like, I, I don't know how to do this here. Like, I don't even know how to be right. And I don't know how I'm wrong sometimes. Like, I don't even know where I was wrong and it's not a, not to say that it's always your fault, but I think there's different places within our hearts that we just don't know how to do it well, and we can learn a new way. And I think it's understanding, okay like what was at the root of that and what are some agreements that I made? Like you're talking about Michelle, it's a process of like, learning. Okay. What agreement did I make here? What did the enemy try to do? Cause he's all about seek, kill and destroy and like create disunity and to have that overflow into other areas of our life. And so he knows how to slyly, manipulate those situations where we are the most vulnerable. And, and I think that those lies can take a deep root and they effect other relationships. Like I had my dearest friend growing up after many years, just walked away from the relationship. There's a lot of reasons, you know, that they had going on, but. But the enemy came in for me with a, with a lie of like your, because he didn't seem to hesitate from walking away from the relationship. The lie that came to me was Heather, you're easy to walk away from. Like, you're an easy person to walk away from because you don't really matter that much. You're not that lovable. And that was a deep one. It still comes up like. It comes up more often than I'd like to admit, like in certain relationships and sort of like, when is this person going to walk away or cause I'm easy to leave, you know, it could happen at any time. And I'm just like, I have to, again and again, address that lie and address that agreement and to go, I disagree with this. Like I'm going to actually not agree with it anymore. And I'm going to agree with the truth, but we have to know what the truth is. So, you know, the steps are, they're not, they're simple. They're just hard to do, like to actually recognize, actually have to do the steps. Cause it doesn't happen automatically. And my heart will close up and it will self-protect and I will just live in the abandonment of all of these lies unless I choose the truth and I choose forgiveness and I choose Jesus and that's going to have to happen many many times, even with the same situation.

Michelle Benzinger: Oh, absolutely. Sister tell them that story about the sniper, like, cause. You know, Sister told me the story about this priest and the sniper and spiritual attack. And then she told it to me, and then it was so applicable to my life in a situation later on that week. So tell our listeners that story.

Sister Miriam James Heidland: Yeah. I was giving a healing retreat to some seminarians and the rector of the seminary is an Exorcist. And he was just really fascinated by the teaching. It was Dr. Bob's teaching on Holy desire and just about the wounds, like these very things about the agreements we make, the wounds, that vows we have. And we were having lunch one day there at the seminary and father just, it was really stunning. He said, you know, he said what I realized more and more he's like, and listening to the teaching. But he said also when all the work I do with exorcisms and, and delivering people, um, to restoration with Christ, he said, what I realized is that the enemy Satan, he said is, uh, like a sniper. He said, what we have to understand is that our world is not neutral. Earth is not neutral. Satan was sent to earth, so the world is not neutral. And he said, your wounds are not arbitrary. So he said, what the sniper. He said, what the enemy does, is he believes that with an angelic intellect. So the angelic intellect is much higher than a human intellect. The evil one, the

enemy can perceive what our destiny might be and where we're called to bear life and what our future might look like. And it is in this very place where he will sow his deepest lie and fire his most painful bullet. So he said your wounds are not arbitrary. They didn't just happen. He said, those are sewn there specifically by the enemy to take you out and to destroy you in the place, the very place you're called to give life. So just hold on just for a second. So let's all think about that for a second. I mean, you can see that that's true. Like if you look at areas of your deepest woundedness and what happened to you, especially in childhood, even in utero, even in the womb, those can be inflicted upon us, but then he said, This, but he said, but which is something that Bob teaches also is that he said, what I really believe it's through the sovereignty of God. So God is sovereign. And he is, he is Lord of all time, he's at the beginning of time, Alpha and Omega God allows the enemy to work there because he knows that through the transformation that takes place, you will be able to bear even more life because of the woundedness, because of the brokenness has been transformed into the resurrection of Jesus Christ than you would ever been able to bear otherwise. And he said that is a stunning reality of Providence that the enemy can never win. The enemy never wins. That God is always sovereign over all. If we turn to him and to allow him to transform our lives. And I, I had been thinking about that everyday since cause, you know, we have our wounds and we hate ourselves because of it. And we end up just fighting ourselves, our whole life and other people. And what we don't understand is this, this was a setup. This was a setup by the enemy that God has already provided the remedy for. If we only turned to him.

Michelle Benzinger: It was so interesting because then last week I was having, like, I had some massive breakthrough and healing and all of that. And then I felt like it was like a frontal assault and then losing my bearings where I couldn't see, you know, like where you can't figure out which way is up and which way is down is this sinfulness, is this an assault, is this woundedness, like, I couldn't figure out. I'm like, Lord, I feel like something is coming after me and Sister Miriam had told me this and I was thinking, is this situation an assault like is, you know, like an flat-out attack on an area that like, and I even said, are you trying to bring glory in this area and it is an assault? And so I'm thinking this, as I'm walking into the grocery store, you know, in the neighborhood, our grocery store. So I'm thinking all these things, you know, deep thoughts instead of thinking of your grocery list, girls deep thoughts. So I walk in and there's this older gentleman and our carts were going the same way. He's like, excuse me. He was like, I'll let you out of my path. Then I was like, it's okay. And I look up and he has a baseball cap on, and it says Vietnam war vet sniper on the middle of his baseball cap. And it was just like the Holy spirit. It's like, girl, didn't I tell you? So I was like, okay, this is like this discernment for dummies. Yes. This is a frontal attack here, girl, you know, but it was such a confirmation, like in what I just live in the Holy spirit is fun like that. But too, it was such a confirmation. Like he's trying to take you out. You know, but the Lord is like, what am I going to do here, Michelle? And it was, it was the combination of brokenness, sinfulness and attack. It was like a perfect storm, you know? And that's usually the way he works. He blends all of them together. And then he attacks through that area. And so he knows our weaknesses. So he goes after them. But like what Sister said, isn't that amazing though. It's like almost, uh, isn't that so cool though. Our greatest weaknesses though, are the ways God's greatest glory is going to be shown through us if it is surrendered and redeemed and restored through the power of Christ, you know, that's the only way

Heather Khym: Yep. Where I'm weak, there he is strong. And we literally need to live into that. Like these things have to move beyond things that we've read or something in our head into something that we like live into. Like, Jesus, I cannot do this on my own power. I can't forgive like you forgive. Like we need grace of God to do that. And, and we are made in his image. We are children of God. We've been baptized. We have everything that we need at our disposal. And I don't think that we can understand or lean into that as much as it's like, we have this rich treasure that we never touch, you know, and it's time to do things beyond our capacities. And that means leaning into the power of God in a new way. And so we look at, at the history of, for many of us, you know, it's like, well, I need to forgive my mom for not wanting me, you know, even in the womb, like I need to forgive my dad for being distant. I need to forgive my. This isn't my story. I'm just saying for, for everybody, like there's different wounds that we all have. I need to forgive my siblings. I need to forgive teachers who told me I was stupid. I need to forgive the messages that I needed to perform to be noticed, or that I needed to be seen and not heard. And I need to forgive people who took advantage of me and who weren't there. Who said things they shouldn't have said or didn't say things that they should have said. I need to forgive people who cut me out, who abandoned me, who like there's all of these places. We can not do this on our own power. It's too much. It's too big. It's impossible without God. But like I said, in our last episode, all things are possible and this is what that means in action. You know, we've heard that. We're like, yeah, I know. I know. Okay, well then we need to live into that. You know, his grace is available and I just want to just reiterate that because I think we can just be caught with so much hopelessness around these situations of like, it'll never change. I'm always going to deal with this. There's always going to be this issue in our relationship. So. Let's just open wide the door, especially in this season of Easter?

Sister Miriam James Heidland: Would it be okay if we prayed? Would that be all right?

Michelle Benzinger: That would be lovely sister.

Sister Miriam James Heidland: So let's just ask, we just, we just ask you, Holy spirit, you who are the, who you are love. You are the spirit of peace. We ask that you would just descend upon each one of us right now, any place we might be afraid or overwhelmed or hurting. Any places that you have opened our hearts to during this episode that we have unforgiveness or bitterness, we just ask that you'd be with us there Holy spirit. I just pray that the gentleness of your love, which just gently begin even now, just to cover that knot in our hearts, just that your healing love Holy spirit would penetrate those places that are even unknown to us. Places that might seem impossible. Just pray that your healing love would descend into all those places. Jesus, I pray that you would speak a word to each one of us at this very moment. What do you want us to know about your love for us right here in this place? In our heart. How do you love us here and see us here? And Jesus, we surrender this, not in our heart to you, we hold it out in our hands in front of you acknowledging we've tried many times to fix it ourselves. And we ask that even though it might be really scary. Just give us the courage to surrender this place to you, just in your immense kindness, Lord, how attentive you are to these very deep places. And that you are not overwhelmed, you are not in a hurry and you are sovereign over all things. Mother Mary, we as women, especially we come to you as our lady Undoer of knots. You ask for your intercession for your love here for your maternal solicitude here for these places of our hearts. And we ask Mother that you would pray for us here, please, bring our hearts to your son here and help undo these places that have long alluded us. We pray for healing in our hearts. We pray for healing in our

relationships, our marriages, our churches, our communities, our world. Jesus, we pray that your deep love would descend as a seed of new life into all of our souls. Father, we thank you for loving us for never leaving us nor forsaking us and always calling us home to your heart. We make this prayer through Christ. Our Lord. Amen.

Heather Khym: Amen. Amen. Thanks Sister.

Sister Miriam James Heidland: So we'll take a nap now. I just really curl up.

Michelle Benzinger: Yeah. Like how are we segwaying into one thing? Like I'm having a moment here people!

Sister Miriam James Heidland: I know. And so you might just need to do that. Just stop the podcast and just go for it. Have a moment and just sit with the Lord. Obviously that was a very short reflection, but whatever the Lord wants to do there. I just want to say that for my one thing, I was just going to offer a little PDF file of a prayer of forgiveness, of a step-by-step process of forgiveness that might be helpful to you. A dear friend of mine, Fr. John Burns, and I often give talks about forgiveness. And so this is something that, uh, we give out to people when we give this talk and it just is a helpful journey from a psychologist Dr. Enright and from Dr. Bob Schutts of just a place where you can bring your heart and sometimes we don't know how to forgive. And so this might be a helpful tool for you on your journey to print out and put in your journal or put on your nightstand. And it's something that I practice all the time. Whenever I struggle with forgiveness, whether it's big or small to bring people to the foot of the cross and just ask the Lord to do that. So I just like to offer that for our listeners. Uh, one thing a PDF on forgive, how do you do it? So, Ms. Heather, what about you dear?

Heather Khym: Well, Sister, I'm going to do something that you won't do, which is my one thing is your book *Loved as I Am: An invitation to conversion healing and freedom through Jesus*. I know that a lot of our listeners have read it, but I'm sure there's many that don't even know it exists. And it's just a powerful book testimony. And I think like an inspiration for what God can do. And so I just want to offer that to those of you who haven't read it, I would highly encourage you to buy this book and read it and work through it, to let the Lord work through it on your own heart. Um,

Sister Miriam James Heidland: thank you for that!!

Michelle Benzinger: I love that. And so my one thing is just a great, this is really funny coming from me, but it's actually a recipe. And so it's actually this amazing fig Rosemary sauce that you can put on beef or anything.

Heather Khym: What! That sounds very fancy, Michelle Benzinger I like this.

Michelle Benzinger: I made it. And actually one of our people that we do life with young adults, Makayla made it. And I don't think either one of us would, uh, claim to be cooks. And so I made this the other day and put it over at ground beef and like people, it makes me look legit. Like, let me just tell you. I think it's Rosemary fig sauce. And so, yeah, it's good. So I'll post the recipe and our show notes,

Sister Miriam James Heidland: so, wow. We'll try it. Very impressed.

Michelle Benzinger: I know. Seriously. Talk about glory coming through wounds. Here we go. Right here. My cooking. Yeah. So.

Sister Miriam James Heidland: Oh, I love it. Well, dear listeners, thank you for being with us. And we just ask the Lord to continue. Just speak to all the places in our hearts, where he wants to bring us home and set us free. So until next week we will be Abiding Together. God bless you. Have a wonderful week.

Thank you so much for listening to this week's episode. If you liked it, would you please share it with a friend? We encourage you to head over to our website, abidingtogetherpodcast.com where you can find all the show notes, links to our one things, transcripts, group discussion questions for each episode and beautiful mugs, t-shirts, journals, and prints in our shop. There you can also subscribe to receive our weekly email with links to each new episode and all of this content. We'd love to connect on social media and invite you to follow us on Instagram, Facebook, and Twitter, so you can catch inspiring and reflections every day. You're also welcome to join our private Facebook group and dive deeper into discussions with our fellow listeners. If the podcast is blessed, would you prayerfully consider financially supporting us? The abiding together podcast is only available due to the generous support of our listeners. There are significant costs associated with creating this content such as tech support, design, website, equipment, and hired staff that we need to be able to continue offering great content to you. Abiding Together is a non-profit 501c3 and all donations are tax-deductible. You can make donations of any amount through a website called Patreon, or you can send us a check directly. If that's easier. If you donate \$15 or more per month on our Patreon page, you become a tribe member and you will receive monthly individual videos from Michelle, Heather and I, as well as other exclusive content recipes, playlists, downloadable prints, and more, you can find all the information about Patreon at patreon.com/abidingtogetherpodcast. Thank you. And God bless you.