

S10 E 13 - Advent Part 2 Transcript

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Sister Miriam James Heidland: Hi and welcome to season 10 of the Abiding Together Podcast. We are so excited to have you with us this season. Abiding Together is a place where you can find connection, rest and encouragement on your journey with Jesus Christ. My name is Sr Miriam James Heidland, and every week I am joined by two of my dearest friends, Heather Khym and Michelle Benzinger. We talk about our life with Christ. We talk about big things, small things, beautiful things, sorrowful things. We laugh, we cry you'll fit right in. You are most welcome here. So please grab a cup of coffee, settle in and welcome home.

And welcome to this week's episode of the Abiding Together podcast. You can also watch us on our YouTube channel, and as always, I'm joined by my two dearest friends here, Heather Khym and Michelle Benzinger. Hello.

Michelle Benzinger: Hi friends, dear friend.

Heather Khym: Hi. It's so fun to be together.

Sister Miriam James Heidland: It is so fun to be together, and we are in the midst of filming our Advent series. So yes, last week we talked about hope, and this week we're going to talk about, in this second week of Advent, we're going to talk about Saint Hildegard of Bingen, which I always want to say with an accent. I have no idea why.

Michelle Benzinger: I know.

Sister Miriam James Heidland: I really want to.

Heather Khy: I think you should.

Sister Miriam James Heidland: I think just randomly refer to her in random accents.

Michelle Benzinger: Okay, if you were going to say it with an accent, how would you say it?

Sister Miriam James Heidland: Hildegard of Bingen.

Michelle Benzinger: Yes, that's what I was thinking!

Sister Miriam James Heidland: Yes, yes.

Michelle Benzinger: Yes, thank you.

Sister Miriam James Heidland: Thank you. She's probably happy that we... Don't you think that's probably how she said it?

Michelle Benzinger: I think so, too.

Sister Miriam James Heidland: Yes.

Heather Khy: Definitely.

Sister Miriam James Heidland: So we're going to talk about Saint Hildegard, which is one of our four women doctors of the church, in regard to faith, so faith in praise. And I was thinking, you know what? You know in the coming years, there's going to be a lot more women doctors. I can't help but think of Edith Stein, just other women like that, even like Flannery O'Connor and just like--

Heather Khym: Dr. Miriam?

Sister Miriam James Heidland: Well, I don't know about that.

Heather Khym: Of Heidland? Of the Heidland clan.

Sister Miriam James Heidland: There are so many great women in the church, and so. The clan, is that what you said?

Heather Khym: Yeah.

Sister Miriam James Heidland: So we talked about how during our four-part series, we've had one scripture passage that guided our whole month, and this time we're going to have two. So last week we heard from Isaiah 61, but this week we're going to go back and forth. Sorry, this hand is in my lap. It just scared me for a second. I was like, what's my hand doing on my lap? It's very small.

Michelle Benzinger: Y'all, the tiny hands, ooh.

Sister Miriam James Heidland: It's downhill from here. So I would like... I just wanted to offer...

Michelle Benzinger: We're getting a little giddy now.

Sister Miriam James Heidland: Yeah, I'm trying to be serious for Advent, but maybe it's the mirth. Advent mirth, is that what it is?

Michelle Benzinger: Frankincense and myrrh.

Heather Khym: Yeah, I'm mirth. I was going to say it sounded like she had a lisp there for a second. That's okay.

Sister Miriam James Heidland: So I just want to share with you from the Gospel of John 1 and from the prologue of the Gospel of John, which is really stunningly beautiful, but we'll use this. We'll alternate between Isaiah 61 and the prologue of the Gospel of John. So it says, the Gospel of John 1:1-5. It says, "In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through Him, and without Him, not one thing came into being. What has come into being in Him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it."

Heather Khym: Amen. Amen.

Sister Miriam James Heidland: Amen. So we hear the themes of in the beginning and everything came into being through him. So we all, just the reality, but we all came into being through Christ, that his life is a light, and the light shines in the darkness, and the darkness did not overcome it, and it never will. It never will, and so many times we were speaking about it, and how in life, it feels like the darkness is about to overcome it, but it's not. And one of the most powerful tools that the Lord has given us is the response that the deepest desire of our heart is to praise the Lord. And there's a real power in that. And the faith, the reception of the revelation of God. We talk about faith as the receptivity of the revelation of God and the growing of that through the praise of, through the proclamation of the truth of who God is and who we are. So Heather, what about for you, as we kind of look at that reality and in the beginning was the word and faith in praise and Saint Hildegard of Bingen, and we're going to read a quote from her. Maybe if you want to read that actually for our listeners about praise and how the soul arises to God, and we'll jump off from there.

Heather Khym: Yeah, just first I wanted to say, I think it's important that, I mean, John Paul II was really good at this, about going back to the beginning and then the end. You know, like you have to know both of those, like the beginning and the end.

Michelle Benzinger: Yeah, it's at both ends.

Heather Khym: It is who God is. He is the Alpha and the Omega, although He has no beginning and no end, but He was there. And for us, where is our end? It's with Him forever. That's our hope. That's where our hope is. So I think that we have to hold that in our minds and in our hearts always. And when I think about heaven, I'm always drawn to the angels that are constantly singing the praise of God all the time, and I'm like, we can enter into that in a small way now to join them in their praise. And it prepares our hearts for heaven, and it is what we were made for. So I think there's a deep connection there with knowing deep in our souls that this is our home, that heaven is our home and that praise is what we're made to do for all eternity. So I think it just activates something deep, deep, deep that is planted in our hearts by God. Anyway, so here's the quote from Saint Hildegard. "Sometimes we hear a song. We breathe deeply and sigh. This reminds the prophet that the soul arises from heavenly harmony. In thinking about this, he was aware that the soul itself has something in itself of this music." Yeah, it's so, so true. And I think that for me personally, that's one of the ways that I deeply connect with God is through music and worship and praise. Not that it has to be associated with music all the time. It can just be words of praise. Scripture, reading scripture, that's praise to God. Living a life well is also praise to God. There's all that, but for me personally, music is a huge thing for me, and it's a way that I can quickly connect. I find when

the darkness is coming in, music is a huge way that I push back, and I feel like the music and the praise is helping me push back. It's like a bigger push than my own little arms can do. So that practice of incorporating music into my day and allowing my heart to worship God. Even if it's just on in the background, it changes the atmosphere, changes the atmosphere of my own heart and changes the atmosphere in the place that I'm in.

Michelle Benzinger: I think there's something interesting, even when we were breaking down this series for this, like faith in our praise. The Lord inhabits the praise of his people. But when is there a season or a time that you sing? Like Advent, you sing Christmas carols.

Sister Miriam James Heidland: Christmas carols.

Michelle Benzinger: You have a season all unto itself. It doesn't matter where you've been in church, like, oh my gosh, you know Away in a Manger. You just know. It just comes back to you. There's something about it. You know Hark! The Herald Angels Sing, whatever it is.

Heather Khym: I'm just having this memory of the first time that Jake came to visit my family around Christmastime.

Sister Miriam James Heidland: Did y'all gather around the piano or what?

Heather Khym: Well, we don't have a piano, so we just gathered in the living room because in, like my parents are from Scotland and in that culture, you just have a sing song, like every now and then.

Sister Miriam James Heidland: I love that you call it a sing song, too.

Heather Khym: You just have a sing song.

Michelle Benzinger: It's a sing song.

Sister Miriam James Heidland: A sing song, yes.

Heather Khym: You do, and so we had these old newspaper type things with Christmas carols all over it, and we just sat down in the living room after dinner. And my dad's like, "Okay," and he pulled them out. We're all going to have a sing song, and Jake is from the South. And he's like, "Is this a joke?" The look on his face, I just... Anyway, this just brought out this memory, and it was priceless. So our whole family just like rousing. Jake is like this, like just dying.

Michelle Benzinger: I love this sing song. Was he laughing?

Heather Khym: No, he was dying a thousand deaths. He was mortified that we were doing this.

Sister Miriam James Heidland: Okay, okay, yeah.

Michelle Benzinger: Jake Khym, you need to have a sing song.

Heather Khym: Maybe it was because I don't have a big family. There's five of us.

Sister Miriam James Heidland: It would be like the three of us, just we're going to sing some Christmas songs.

Heather Khym: He's like, "This is so awkward," and I'm like, "Well." This is the first time somebody from the outside came on the inside and was like, "You guys are weird."

Sister Miriam James Heidland: But no, we spoke about traditions. You talked about traditions in our last episode. Was that a tradition in your family?

Heather Khym: Yeah, it was.

Sister Miriam James Heidland: So what is the tradition? You guys would have dinner? When would you guys do that?

Heather Khym: Just in the Christmas season. Well, in the Advent season, that's what we would do and around Christmastime.

Michelle Benzinger: So do you still do the sing song?

Heather Khym: You know, we haven't in a long time, and now that we're talking about it, I feel like I need to bring it back.

Michelle Benzinger: Jake Khym, you need to bring back--

Heather Khym: I'm going to scrounge up those little papers. the sing song.

Sister Miriam James Heidland: You should.

Heather Khym: I'm going to have Jake lead song.

Michelle Benzinger: I think so.

Heather Khym: He's really good at the five golden rings. He's really good at it.

Sister Miriam James Heidland: That's his part. He's waiting for it. It's the only part.
♪ Five golden rings ♪

Heather Khym: I'm so sorry. We are so off track right now. Sorry, Michelle, go ahead.

Michelle Benzinger: Okay, but I love this part of the quote that you read, Heather, and it says, "This reminds the prophet that the soul arises from heavenly harmony." I think there's something when the, you know, and it says, "In thinking about this, he was aware that the soul itself had something in itself of the music," like inside of the music. And for our family, we go oftentimes to our mission church, which is a predominantly black church, and they sing the Our Father, but they sing it as an old spiritual song, like an old black spiritual. And when they sing "For thine is the kingdom and the power and the glory" at the very end, they sing it from the depths of their soul. And I do not think there has been a time where we sing that response at the end of Our Father, where I did not cry because there's something powerful about how they sing it. It is deep within their soul, and it is something beautiful. It's like an anthem and a freedom. It is an anthem of that kingdom is coming. That kingdom is here now. It is upon us, and it is coming, and it is transforming us. But I think everything that has breath praises the Lord, but am I praising the Lord with my breath? Am I praising him? And I think there's something about praise, like you were telling, Heather was just saying, it changes the atmosphere.

Heather Khym: It does.

Michelle Benzinger: It does. It totally changes the atmosphere. And I can even tell the difference when I get into a situation where I'm just like, okay, Lord, thank you. Just start praising out loud, praise you, Jesus. Thank you. It even changes the countenance of myself, but it changes the atmosphere around me. And my children can notice a difference. People can notice a difference, but I just think that's something amazing that we can do to enter in. And what is it that the angels did when Jesus was born in the manger? They were praising.

Sister Miriam James Heidland: They praised, yeah.

Michelle Benzinger: They were praising because, and we become what we praise.

Sister Miriam James Heidland: Amen. We become what we worship.

Michelle Benzinger: Yup, amen. So what are your thoughts, Sister?

Sister Miriam James Heidland: Well, what praise does is it helps us order, it orders us toward eternity. But that's a proper disposition of the human person, and in our philosophy class, we're talking about how things, what everything's becoming, like what is the nature of something and what does it become in our telos, our ending. And that is the end, like in the end of the human person is to worship God, is to become one with God where you're not subsumed into something else. But it's the reality of communion with God. It's the nature toward. So praise is preparation for eternity. It's preparation for eternity. Lamentation is not eternal, but preparation for eternity is. And that reality of, when we talk about Advent, and we talk about the growing of Mary's womb, and I just can imagine just the song she would have sung over Jesus as she prepared maybe at night, just kind of nesting and getting ready for things, maybe preparing things, even though they're going to have to travel, but all these. You can just see her maybe with just a hand on her womb and just working on stuff in her house and just singing, like singing over him, and just the gentleness of her voice that we know, as children in the womb, they hear the mother's voice. They hear the vibrations of her voice. They know the soothing calm and just the hormones that would have flooded Christ's body in the womb of peace and security and rest and praise and glory. And she would have sung her Magnificat, not just once to Elizabeth, but she would have sung it over and over and over again, over again. And all of us have a Magnificat. All of us do, our own personal voice that gives praise to God, that's the truth of who He is and the truth of who we are. And to be able to sing, so to speak, either literally or figuratively, our Magnificat on a regular basis, it reminds us of who God is and who we are.

Heather Khym: And mysteriously, in a unique way, God is dwelling within us. That's the promise, right? I mean, so think about praising God, as you were saying, like Mary, just putting her hands on her womb, and for us, too, to just know that Jesus is dwelling here with us in this humble place, that God is here, too. And I think, yeah, like the breathing, the breath that God gave us to breathe, to worship Him, there's something that is so, so key to this, the way that David praised. This isn't just a charismatic thing. It's like, oh, that's not for me.

Sister Miriam James Heidland: No, oh, no, no, no, no.

Heather Khym: No, it's for everybody. This is how our hearts were made, and He's worthy of our praise. It's not because He has a complex, and He's like, "Come on, give me some affirmations" and stuff like that. This is what our hearts were made for because He is the one that we're longing for. So I think even just to pray the name of Jesus, like when we're feeling the darkness around us. We're talking about the atmosphere, the atmosphere of darkness, which is at times palpable, I think, for many of us in our lives, to be able to just praise the name of Jesus if we don't know what else to say, or to put music on that's worship music where we aren't even the ones saying it, but somebody else is praying it for us, and we're just in agreement with it because sometimes it's too hard. But yeah, I think that's where we need to go more often than not. I think it's easier to go to complaining or it's easier to go into despairing, rather than to go, I am going to put my foot down, just like our lady did, to crush the serpent's head. I'm going to put my foot down, and I'm going to just put my eyes on Jesus again.

Michelle Benzinger: And I think there is even, one of the things I love about Hildegard is just how she even viewed the world, like nature and creation, and she was such a holistic person, really prophetic before her time and prolific before her time, like where she was, and like someone, like a Renaissance woman. She was medicine. She was art. She was a scholar. She was a preacher. She was all of these different things. And I love this quote, and it says, "The fire has its flame and praises God. The wind blows the flame and praises God. In the voice, we hear the word, which praises God, and the word, which when heard, praises God." So all of creation is a song of praise to God. And I love that, and I think there's something about this season that I've taken a step back to a lot of different external things. So I've noticed a lot of things in my ordinary, like where they are. And if you go with me, I probably walk every day, and I usually do a certain route, and it's towards the water and everything. But we have geese, we have birds, like Sister can attest to, all these different things. And I love listening to the geese, and every time we walk in the morning--

Heather Khym: They're Canadian geese?

Michelle Benzinger: They're Canadian geese! They came to see me--

Heather Khym: See.

Michelle Benzinger: They can actually get to me.

Sister Miriam James Heidland: Can we mention how much we love Canadian geese?

Michelle Benzinger: Oh, yes. They can actually get to me, and so I'm missing them. They can come.

Heather Khym: I'm going to send little messages on their feet next time.

Michelle Benzinger: Seriously, you should. You have carrier pigeons and Canadian geese. And so, but I laugh every time because they'll be doing their little thing in the, and I always think, everything that has breath praises the Lord, like this is their view to the creator, everything that has breath. And it was so funny. My husband and I were walking right before Hurricane Ida hit, and then we were walking, and all of a sudden I stopped. I'm like, "I cannot hear the birds. Where are the birds?" Chris is like, "Okay, Disney character." Like, "Where's the bird?" He's like, "Honey, they left because they can smell." But it was so, I just think there's something so amazing about nature. I think there's something about, and that we are all ordered, all creation is ordered to praise the creator.

Sister Miriam James Heidland: Amen.

Michelle Benzinger: Everything, and so do we take notice of how the creator is inviting us into a song of praise? And I love it. It is in, what is it in, Zephaniah, Zechariah? Zephaniah, He sings a song over us—

Heather Khym: No, Zephaniah.

Michelle Benzinger: Zephaniah, the Lord is always singing a song over us. So what is the Lord singing a song over us right now during Advent? There's a certain song that he's singing to us, over us. And then what is our response to Him?

Sister Miriam James Heidland: Which builds our faith.

Michelle Benzinger: Which builds our faith. It's a song of thanksgiving. It's a song of praise. But it's a mutual love song back and forth to one another, and that's what the faith journey is. It's a mutual dance. It's a mutual love song between us and our creator. And when we look through it in that lens, there's something about that. You see life through a different lens of a response to love.

Heather Khym: Yeah, and what you're talking about, some people might be like, "What are you talking about?" I think you're talking about a love that's matured. Where intimacy has grown. And you have to start somewhere. It usually doesn't start out that way, of a deep intimacy. So for some people, if they're like, "Oh, I'm not there yet. This is way too much for me," to just know that it's in the little things, like to get to know the Lord for who He is. He's a person. He has a heart. He has love

that He wants to pour out for us. So it's like, who is He, and what does He want to say to you? And to just begin there, and like you said, it's mutual. He wants to talk to us, but we also need to talk to Him, too. And I think that's where it begins. And for those of us who have been journeying with the Lord for awhile, it's like that love needs to mature. And we need to go deeper, and we need to open our hearts wider. We need to become more vulnerable, expose ourselves more to His love that purifies and heals and restores and sets us free.

Sister Miriam James Heidland: Well, just thinking about that, one of the lovely ladies on our set today loves the song Do You Hear What I Hear, the Christmas song, and sometimes it's hard to hear what God hears because we can't hear. And I have a friend who's mentoring these two younger women, and the two younger women are roommates, and they decided to do a media fast. And so she was telling me that their adventures that they're telling her now that they're doing a media fast, and they went out—

Michelle Benzinger: What they can hear?

Sister Miriam James Heidland: Yeah, they went out for a long walk, and they came back, and they were telling her like, "Did you hear the birds today? They were amazing."

Michelle Benzinger: Yes, that's what I'm talking about!

Sister Miriam James Heidland: Yes, and my friend was laughing. She's like, "Y'all would have never heard that if you had been on your phones the whole time." So the young people are just noticing just a simple media fast of what they were missing, what they weren't hearing. And I think that's a special invitation for us at Advent in this penitential season, in this time of quiet, to ask the Lord, "Tell me what I'm not hearing. Help me open my heart, so I can hear the silence, not only just auditorily, but in my heart." How many things is God saying to me about Him and about myself and about life that I just can't even hear because I have something else that's overshadowing His voice, that's too much chatter or this distraction. And what is the Lord trying to say to me that I just can't hear it because it's too noisy. It's just too noisy. And then my response is not one of praise. It's something totally different because I can't hear Him.

Heather Khym: Yeah, yeah, yeah. That's great. That's such a good reflection. Yeah, so I'm always wondering, what are the ways that we do this in our own lives? What do you find are easy ways for you to enter into praise of God, Michelle?

Michelle Benzinger: I think for me, of looking for different titles of the Lord, looking for different titles, like Jehovah Jireh. It is the God that provides. You can look at it. You could even google titles of God, titles of Jesus. For me, where do I need Jesus to be right now? For me, Jehovah Jireh, I need a God that's going to provide right now, so please be that. Or for at certain times for Jesus, I need You to be Emmanuel. I need You to be close with me. Or prince of peace, I need peace in my life. To look for the titles, there's something when you call someone certain names, like when I call you a nickname, like I always call Sister Miriam Rose of Sharon. There's something about, but it's endearing when you call someone, so I almost feel the same way when I call Jesus Emmanuel, like, "Come closer." It's almost like that little call sign, "Come closer. I need you to come closer." Like what you would do almost to a spouse. "Come here, honey, closer." So one for me is the titles of God and Jesus, just to say out loud. What about you, Sister?

Sister Miriam James Heidland: For me, it really is a lot of just utter silence and interior contemplation, where I just, in my own heart, just close my eyes, and then I just close my heart to everything outside and just go within with the Lord. And I'm just captivated by His beauty. And it just comes out of my heart, like, "You're so beautiful. You're so lovely. You're so beautiful, and I love you so much." And it's just, it's not, I mean, it's something that I do in the morning, but it happens to me throughout the day where it's this inner interior contemplation of His immense loveliness and just His immense goodness. And I can't help but praise Him. I just can't, and so it's in the inner room. It's in the secret garden that I really find Him there, yeah. What about for you, Heather? Is it music --

Heather Khym: Yeah, music is, and I would say secondarily, I really have tried to cultivate some space in my day to savor and to allow myself to be struck by beauty, to just have like one eye, one ear kind of open to beauty and to being struck by the goodness of God because it is in those moments that I can't help it. You're like, "Oh Lord, thank You." And it just does the same for me. It just comes out of my mouth, like when I look outside at the mountains. We have this gorgeous view of the mountains, and I'm like, "Oh, Lord, You've just outdone yourself." Just so good. But yeah, to allow those things to soak in, to not let them pass me by. I think for a long time I would let them pass me by, or I had my head down, or I wasn't looking for it, but you can learn the discipline of allowing yourself to be struck by it. So, yeah, that's another one for me.

Michelle Benzinger: But I think there's something when you were saying, Sister, about, and I think we touched upon it in Lent. I think Claire did a great job with the book *This Present Paradise* about this inner dwelling place for the Trinity in your soul. And I think there's something about when you allow yourself to really enter into silence in that inner place, you almost crave it, if you do not have it. We've been on a crazy schedule recording. I can feel my soul because I haven't had that

quietness that I usually have. It's like, really fill me up, or to just have peace within my own self. I can feel the difference when I've had it within the day because I crave it. But I realize it doesn't have to be a perfect place anymore. I can do it anywhere, but there's something about it when it's cultivated over and over. I yearn for it when I haven't had it because it's His presence expanding in our souls. And that's what He's trying to do this Advent season is by our allowing him in our, come into His presence in our soul, our soul expands. And then we long for him even more.

Sister Miriam James Heidland: Yes, yes, and amen. There are so many good nuggets there that I want to continue to ponder as we conclude our episode today and dive into the second week of Advent of faith and the praise that builds our faith and the revelation of who God is. So Michelle, what is your one thing for the week?

Michelle Benzinger: My one thing is that I love the song, and we've talked about it before, but it's going with breath and going with Christmas songs, but Breath of Heaven by Amy Grant. I just love that song. Breath of heaven, hold me together. Yeah, so it's just everything about that and just the whole journey of Mary in that song. Amy Grant Christmas, that's a good little Christmas album. And so that is my one thing.

Heather Khym: My one thing, I know it has been one of our one things in the past, but it's a good one that I'm using quite a bit. And I think maybe if people have forgotten or don't have it, it's Deliverance Prayers: For Use by the Laity. It's a book

Sister Miriam James Heidland: It's a good one. Y'all, my copy is weathered.

Heather Khym: By Father Chad Ripperger, and you can get it on Amazon or probably at your Catholic local bookstore or something like that. So that's a good one, and I really like it. If you feel like you need to do some spiritual warfare, this is a throw down. These prayers are really, really heavy duty.

Sister Miriam James Heidland: I was actually in the Houston airport with my copy on Kindle, praying those prayers the other day. I was like, I need to throw some stuff down. So I was looking through the table of contents. I just heard, just standing, I'm like, who knew, right? I'm just standing there, like to the pillar, praying deliverance prayers because it's powerful.

Michelle Benzinger: I love that book.

Heather Khym: And I've prayed them for people, like in intercession for people.

Michelle Benzinger: Mm hmm. It's so good.

Heather Khym: And it's really good. Anyway, Sister, how about you?

Sister Miriam James Heidland: So I wanted to just share with, my one thing is something that I came across, but this was given to Michelle from Given, and it's by a woman named, is it Micole Amalu?

Michelle Benzinger: Mm hmm.

Sister Miriam James Heidland: And I'm sorry, I probably, I'm sorry, Micole, if you're listening, I'm sorry. I probably butchered your name. I'm sorry, I apologize. But I love this litany of self-love and the litany of allowing Christ to speak over the truth of who we are and allowing any wounds to come to the surface and then choosing to trust in Jesus. So if it's okay with you guys, could I just pray this for us?

Michelle Benzinger: I think it's beautiful.

Sister Miriam James Heidland: And so there are just two responses, and the first is deliver me, Jesus, and then the next are, deliver me, Jesus. There's three. Deliver me, Jesus, be with me, Jesus, and Jesus, I trust in you. And I will guide you through that. So the first response is deliver me, Jesus. So let's just go ahead and do that. In the name of the Father and of the Son and of the Holy Spirit. So Lord, we ask You to be with us today. We ask you to bring our hearts to be open towards You, that You would speak Your love into these places that You would elicit a beautiful song of praise and our own Magnificat, and just allow our hearts to be free to praise You and the truth of who You are and who we are. So the response is deliver me, Jesus. From the pain of self-hatred.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From a negative view of my body and self.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From disbelief in Your love for me.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From doubting that I was created good.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From believing that I am a burden.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From the desire to be completely self-reliant.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From negative self-talk and internal dialogue.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From the demands of perfectionism.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From my own unattainable expectations.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From the pull to neglect my bodily needs.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From excessive aesthetic practices that you are not asking of me.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From the denial of comforts that would draw me closer to You.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From the temptation to harm myself bodily, emotionally, or spiritually.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: From the temptation to work without rest.

Michelle Benzinger/Heather Khym: Deliver me, Jesus.

Sister Miriam James Heidland: And now the response is be with me, Jesus. When I doubt Your love for me.

Michelle Benzinger/Heather Khym: Be with me, Jesus.

Sister Miriam James Heidland: When I want to hide from Your love.

Michelle Benzinger/Heather Khym: Be with me, Jesus.

Sister Miriam James Heidland: When I doubt that You want my good.

Michelle Benzinger/Heather Khym: Be with me, Jesus.

Sister Miriam James Heidland: When I despise myself.

Michelle Benzinger/Heather Khym: Be with me, Jesus.

Sister Miriam James Heidland: When I engage in intentional self-harm.

Michelle Benzinger/Heather Khym: Be with me, Jesus.

Sister Miriam James Heidland: When I cannot escape my own self-criticism.

Michelle Benzinger/Heather Khym: Be with me, Jesus.

Sister Miriam James Heidland: When I get disconnected from my own self and lost in dissociation.

Michelle Benzinger/Heather Khym: Be with me, Jesus.

Sister Miriam James Heidland: When I numb my pain in unhealthy ways.

Michelle Benzinger/Heather Khym: Be with me, Jesus.

Sister Miriam James Heidland: When I avoid healthy self-care.

Michelle Benzinger/Heather Khym: Be with me, Jesus.

Sister Miriam James Heidland: When I neglect my own needs.

Michelle Benzinger/Heather Khym: Be with me, Jesus.

Sister Miriam James Heidland: And now the response is Jesus, I trust in you. That I am your beloved daughter or son.

Michelle Benzinger/Heather Khym: Jesus, I trust in you.

Sister Miriam James Heidland: That I was created in your image and likeness.

Michelle Benzinger/Heather Khym: Jesus, I trust in you.

Sister Miriam James Heidland: That you are wildly in love with me.

Michelle Benzinger/Heather Khym: Jesus, I trust in you.

Sister Miriam James Heidland: That you desire my good.

Michelle Benzinger/Heather Khym: Jesus, I trust in you.

Sister Miriam James Heidland: That you will fulfill my good desires.

Michelle Benzinger/Heather Khym: Jesus, I trust in you.

Sister Miriam James Heidland: That I am worthy of care and attention.

Michelle Benzinger/Heather Khym: Jesus, I trust in you.

Sister Miriam James Heidland: That I am worthy of rest.

Michelle Benzinger/Heather Khym: Jesus, I trust in you.

Sister Miriam James Heidland: That I am worthy of food and nourishment.

Michelle Benzinger/Heather Khym: Jesus, I trust in you.

Sister Miriam James Heidland: That I am worthy of the care and love that I extend to others.

Michelle Benzinger/Heather Khym: Jesus, I trust in you.

Sister Miriam James Heidland: That you want me to will my own good.

Michelle Benzinger/Heather Khym: Jesus, I trust in you.

Sister Miriam James Heidland: Jesus, we thank you for your love for us, and we ask that you would heal us and bless us. Reveal to us who you truly are and who we are in you. We thank you for being the light that never, never is extinguished, that the darkness cannot overcome. Lord, and with you and in you and through you, we can do all things. And we thank you and we praise you, Jesus, in your holy name.

Michelle Benzinger/Heather Khym: Amen.

Sister Miriam James Heidland: Thank you for joining us, dear friends. We will continue our series on Advent next week. So until then, we'll be abiding together. God bless you, and have a great 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 the 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 reflections everyday. You're also welcome to join our private Facebook group and dive deeper into discussions with our fellow listeners. If the podcast has blessed you, 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. 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 for you. If you donate \$15 or more per month on our Patreon page, you become a tribe, a member, and you will receive bonus content every month, such as short videos, recipes, playlist, downloadable prints and more. You can find all the information about Patreon at patreon.com/AbidingTogetherPodcast. Thank you. And God bless you.