

S10 E04 - Daughter Pt 1: Delight of the Trinity

Sister Miriam James Heidland: Hi, I'm excited to announce to you that this week's sponsor is a group of people that I really enjoy using their products. It is Rooted for Good, and if you were familiar with them last time, you are going to love them again. And if you haven't, this is your chance to meet Rooted for Good. Rooted for Good is an all-natural line of skincare products and a lot of other beautiful things. And we're so happy that they are once again deciding to partner with us, and that you get to experience their wonderful products. A few months ago they sponsored our podcast and it was our best sponsorship ever. And so, we invite you once again to join, to join with them, to enjoy their products, and to become part of a growing online community. They have all-natural premium skincare and therapeutic essential-grade oils. So it's like, I'm showing you some of my stuff that they actually gave me, which I'm really delighted about. So, beyond providing invigorating coffee exfoliators, revitalizing sugar scrubs, foaming face washes, and luxurious bath soaks, Rooted for Good is honored to give 10% of every sale each month to helping a person in need in the developing world. Make Rooted for Good your go-to place for skincare and essential oils, and start and end each day with a routine that is good for you, and good for others as well. So switch to all-natural and experience the difference of handcrafted, quality products that not only feel great, but actually work. Use the ABIDE10 promo code to enjoy 10% off your purchases at rootedforgood.com. That is rootedforgood.com.

Hi, 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 Sister 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.

Hi, and welcome to this week's episode of the Abiding Together podcast. We have two major differences happening right now. Number one, we're actually all in the same time zone. We're all at the same table!

Heather Khym: This might be the first time we've recorded together in person-

Sister Miriam James Heidland: in a long time,

Michelle Benzinger: in a very long time. I think the last time was when we were in Canada.

Sister Miriam James Heidland: Yeah, and the other major development in this episode is you can actually see us if you want to.

Heather Khym: If you want to, that's the clarifying comment.

Sister Miriam James Heidland: You're like no girl, the audio's fine. Let's just-

Michelle Benzinger: Let it be a mystery to what they really look like, and how they are together.

Heather Khym: I know, some people right now are like, what? That's what they look like?

Sister Miriam James Heidland: 'Cause people for a long time have crafted, if they've never seen us, you've crafted what you think we look like, which is always so wonderful to be like, you don't look like I thought you would. Like, is that a compliment? I don't know, like-

Heather Khym: Maybe there's some disappointment right now. Maybe there's some like, wow, you know?

Michelle Benzinger: A couple people said, I thought you'd be blonde. I don't know how to take that, and so I love blondes. Yes, and so.

Sister Miriam James Heidland: So yeah, first we want to say thanks Spirit Juice Studios for hosting us, and building us this great little set, and organizing all the details, and this is very exciting. This is very, very exciting. So, Michelle, do you want to talk a bit about kind of your heart for, 'cause this is really part of your heart of this, I mean, we've been talking about these things for a long time, but just kind of the development of what we're gonna do the next, really, 12 episodes. And then also just kind of how that came about?

Michelle Benzinger: Yeah, so like we mentioned on the previous episode, right before this, that we are gonna take you all on a journey. We really felt, one thing about the podcast is, we all agree on that we don't wanna just be three little talking heads. That we really feel like that we pray about the podcast. We really discern where we feel like the Holy Spirit is leading us, and one of the things we were thinking about the podcast for this year is that we wanna take you on a journey, and kind of culminate what we've done for the past 10 seasons. But for me, like I was thinking about seasons. We talk about seasons a lot on the podcast, but how we have a liturgical season, and it's a cycle. That's almost a circle. That is how we want to journey with you all this year. But we really feel like there's such a need to go

back to basics, but go deeper into basics, and to go into identity. So we are gonna be approaching the four identities of a woman, like we said before. Daughter, and sister, and then mother, and then finish up with bride. So, for season 10, we are doing daughter and sister, and then we'll go into Advent. And then season 11, for the New Year, 2022, if the world's still spinning.

Sister Miriam James Heidland: We'll see. We'll see, I don't know.

Heather Khym: You never know. Don't plan too far ahead.

Michelle Benzinger: Don't plan too far ahead, but we've all do mother and bride. And so we're just excited to be with you. And I think personally for me, I need to go deeper into this personally, just as much as I need to you know share it with you all.

Heather Khym: Yeah. Yeah, it seems like always there's certain things that we have to keep going back to, and it's the most simple, the most basic, and you think at this point, I should know this by now. And you think at this point, I should know this by now, but it's hardest to live in the things that we need to be continually rooted in, and to understand like, what has been attacking the root system at times? Is it circumstances, or lies from the enemy, or whatever it might be. So I think, during this time, it really is like a curriculum of sorts that we're gonna be going through in the next couple seasons, which is exciting to know that things will build upon each other, but it is a time to reflect again on some of the most basic things that, if we're not rooted there, you know, life is gonna be very, very hard to live and to live well.

Sister Miriam James Heidland: And one thing I'm really excited about is that we often say how we could spend a whole year on this topic, but we're really gonna spend four episodes on the reality of being daughters, and then four episodes on the reality of being sisters. So, it really will open up another layer, and it's like pressing into something, which I think, you know, for all of us and our listeners, for us as well, sometimes things are uncomfortable when you press into them. And sometimes we're like, can we just move along? And we're not gonna move along. We're going to just take some time, and press into these places, and we're not really even sure what's gonna happen here. Like we always do, we have ideas, but we're like, let's just see what the Holy Spirit, yeah.

Heather Khym: And I think even for the men, like men, we love you. You listen to our podcast-

Sister Miriam James Heidland: You're most welcome.

Heather Khym: You might think okay, this is not for me, and it may not be like, specifically for you in every single thing that we say, but I think there is something about, for men to understand the heart of a woman. And for us to understand the heart of men. You know, that it's, me reading John Eldredge's "Wild at Heart" was one of the best things I did in understanding Jake, and just what his heart needs and desires as a man. So, I just wanna encourage you to hang in there with us, guys.

Michelle Benzinger: Yeah, and like Sister said before, this is not something, these episodes are not something to consume. This is the latest episode. These are episodes to marinate in, and let them saturate in. See what the Holy Spirit's doing, and it's gonna make you uncomfortable, because the Holy Spirit will bring things to light, because when we were even developing the content, the three of us, I was uncomfortable, you know? And a lot of it comes out of our own thing. Not uncomfortable in a bad way, but uncomfortable 'cause the Father's like, putting his finger on - oh look, I can touch you while we're all on the podcast. You wanna hold my hand? - And, but so the Holy Spirit's putting things on to be revealed, you know? So he's, it's gonna kinda feel like heart surgery in some ways.

Sister Miriam James Heidland: Yeah, and that's okay. So anyway, what we could do is we always talk about our scripture for this episode, so we're going to start with the foundation of Saint Paul's Letter to the Ephesians, 3:14-21. And I've been praying with this for months. I just, this is so lovely. He says this, "For this reason, I kneel before the Father from whom every family in heaven and on Earth derives its name. I pray that out of His glorious riches He may strengthen you with power through His spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love may have power, together with all the Lord's holy people to grasp how wide, and long and high, and deep is the love of Christ. And to know this love that surpasses knowledge, "that you may be filled to the measure "of all the fullness of God. "Now to Him who is able to do immeasurably more "than we all ask or imagine, "according to His power that is at work within us. "To Him be glory in the church, "and in Christ Jesus, throughout all generations, "forever and ever, amen." Amen. Amen. Mic drop. All right. Well, we're done. We're done like this. You could spend the rest of your life on this,

Heather Khym: Yeah, it's so good.

Sister Miriam James Heidland: Yeah, but I think rooted, and there's different terms, but rooted and established, I think this is what we're gonna talk about being daughters, 'cause that's our first received identity. And identities aren't grasped at, they're received, and they always exist in a relationship, so, for the Institute for Priestly Formation, they talk about relationship, identity, and mission. And most of us live it backwards. We live mission, identity, and relationship, and that's why we

get burned out. That's why we, so I think the reality of the relationship that we receive, that every woman receives as daughters, and every man received as a son, that's our first primordial, and most important and foundational identity. So just as we kind of go through that, what do you think, Heather? Like, what comes to your heart as we read Ephesians, and also just the reality of delight of the Father, delight of the Trinity as daughter, of who we are as that received identity.

Heather Khym: Yeah, I had underlined those two words, rooted and established as well, which we hadn't talked about. But, they especially jumped out to me because, as you know, we just built that house, and just planted trees, like just before the summer hit. And they were big trees, like they weren't just tiny little ones, like they were pretty big, like 15 feet tall trees. And then the summer hit, and we've had an incredibly hot summer, like very hot, like over 100 degrees. We're not used to that. We're all melting, for sure. But the big question was, how do these trees, like not just survive, but how do their roots become established? And we talked a lot about that, and there was a lot of tending to these trees that we've had to do, we're still doing, all throughout the summer to make sure that when it comes to the fall, and the rains start to come, that they're gonna be able to survive. And some of them, even, have gone into fall colors early, because of the circumstances around it. And so when I think about being rooted and established, it takes time, you know? It takes intentional time and effort to make sure that certain things are rooted. With these trees, we're doing certain things. We're watering them. We have water bags. You know, there's all that stuff, but I'm like, how much time do I take to make sure that I'm rooted in certain things? And I would say often, not a lot, you know? Throughout, if I look at the course of my life, I'm like, there's many, many, many, many years that I, it didn't even cross my mind. I'm just living life, I'm letting things come at me, and it's only been in recent years that I'm really starting to go deep and get slower. To go okay, like I need to sit with this. When you hear something, it's so easy to go, oh yeah, I know, I've heard that. I've heard that 1,000 times, but it's like, have you heard it, or have you really heard it, and then let the roots become established so that you can't rip it out, you know? So that's the initial thoughts I had. How about you?

Michelle Benzinger: Yeah, for me, one of the things that we're even doing this, like usually with every podcast episode, we give you a different scripture. For daughter, we will stay with this Ephesians scripture for four weeks. And our prayer and our hope for you as our listeners is that you, like I said before, you get saturated in this word. That you do lexio with this word. That every day that something pops up to you, that the Holy Spirit reveals something new to you. And I think for us to be, what stood out to me was that you be strengthened, that He may strengthen you with his power through the spirit, and your inner being. And even going back to foundational pieces like daughter, for me, this season that I'm in, the Lord has me in a deep season of healing. But it's not healing like, everything fell apart healing. I

think I've said this before. I think it's the healing of everything coming together. So for me, it's going back to foundational pieces. Being a daughter in childhood. And like, I'm just amazed at what happens. What lies we believe, how when we're young, it really sets the course for your life. It is the foundational pieces, and so that we have to go back to daughter to see where I'm rooted. To see where my root system isn't grounded. Or that needs to be done, and to really realize that the Father, and the Holy Trinity was there, and especially the hard parts of my story. And this isn't, we are not doing these podcasts to be navel gazing and to drudge up things. We're doing this because the Holy Spirit wants to bring freedom in these areas. And I think right now in the world, everything is changing, and it feels like things are topsy turvy. But, one of our prayers to be all this season is that we be rooted in the Trinity, but that we also we be rooted in our identities. Our true identities, because I think right now, it's really easy to pull on false identities, but in who we truly are in Christ.

Sister Miriam James Heidland: Mm-hmm, and that's a continual journey, like we're talking about this is like, it's lifelong and I think we've all had moments in our life where the Lord has revealed something to us. We're like oh, I didn't know that about myself. Or like, I didn't know, you know. I think all of us in our own journey come to a point where we're like oh, I need healing? I didn't know, or I didn't know that I, the way that I lived as a daughter was functionary, or the way that I lived as a daughter was people-pleasing, or the way, you're just like oh, thank you Holy Spirit. I didn't know that about myself, and so that reality of something we don't ever graduate from, and I'm thinking even now, as we talk about this, like these identities will unfold throughout all eternity.

We can't even fathom that. For all eternity, we'll be a daughter, and a sister, and the bride of Christ, right? We're the church, so every single one of us will be the bride of Christ and a mother, for all etern, like, I don't even know how to, how do you fathom that? Just the tremendous beauty of that, and I, when we talk about this reception of this identity, which the Lord gives us, which we realize in real time as we're conceived, and the soul comes when the mom and dad come together, and the spirit, and the matter, and all that. We come together as who we are, and all of our DNA contains, even in the embryo. Just like, it's fascinating just the human person, and then how we grow in our mother's womb, and just the reality of every single one of us came through the womb of a woman. Every single one of us came through the womb of a woman, and when we talk about the building blocks of daughter, some of the, we have some notes here, but we talk about trusting and receiving. And I think maybe we could just start there, of trusting and receiving, because those are really the two hallmark building blocks of daughterhood, because we, to trust somebody is to depend upon them, to rely upon them, and to receive literally means to take into one's self, which are very vulnerable for both. And when we look at our lives as adult women, we see oftentimes we are afraid to

trust, and we're afraid to receive, and there's reasons why those things are. But many times, it has deep roots, which is why we keep talking about the roots.

Heather Khym: Yeah, yeah, I think the deepest root goes back to Adam and Eve in the garden. You know, and we've talked about this before, but honestly, I think about this regularly throughout my week. About what happened in the garden, and my story, this is a part of all of our story. We are not just planted here like, you know, just randomly. We have a story, we have a salvation history individually, but also the bigger story that's at play. So the wounds in the garden, where Adam and Eve didn't trust the heart of God, those are planted deep within us, you know? It's like generationally handed down in our hearts that we as human beings tend to say God, I don't know if you're gonna come through, or I don't know if what you're giving me is enough. Or, if it's gonna satisfy me, or if you are really good, or if I can trust you. And so then we start to do life on our own, you know? We start to just, yeah, like we've all talked about, self-reliance and all of those dynamics that come up. But I think to just acknowledge that that root goes way back, way back to the garden. That as human beings, there is this distrust in the heart of God that has wreaked havoc on us from the very beginning, you know? And so to just know that that's at play there, it's not specific to you, as far as just that initial wound. It comes from a deeper place. How it plays out, and how we respond to that is more specific to us, so I think as I've acknowledged that, and acknowledged wow, that, those same questions echo around in my heart, and in my mind, and what do I do with that? And do I even notice that those questions are there? That subconsciously, at different points, I'm responding out of, I don't know if God's gonna come through, so I better figure it out, and I better provide for myself and make sure that I have enough. And there's a real fear that comes with, I don't know how to receive from God, or if He's actually gonna give me good things. What if he gives me bad things, you know? And so then, how do we do that? And there's different messaging in there that I think we've heard, like oh, God wants to teach you a lesson, and almost like this harshness that's sort of embedded in some of those comments that, oh God smacked me upside the head, or God, you know.

Sister Miriam James Heidland: Hit me with a two by four, or something like that.

Heather Khym: And you know, it's kinda playful, it's kinda funny, but those things actually aren't speaking to the heart of God. They're not speaking to who He really is, and His deep care and concern for us. So, for me, thinking about trust I'm like, I have to go back to the beginning, but in my own story, you know, what has happened to me from the very, very beginning of my life? Things that maybe happened that weren't anybody's fault. It just happened. It was just life that was happening, and how did that affect me, and how do I need to come before God for the things that I didn't get that I desperately need? Because He is the good Father who wants to provide, and meet us in our deepest need, and he can. You know, he's

capable of doing that. So I think to open our heart, and be receptive, especially as women, when we've experienced hurt, which we all have in various relationships. We tend to close up, and we tend to protect. And so, I think it's important to acknowledge the places in our story where we've been wounded, and we've closed our hearts. That maybe that is where we've closed our heart to God as well, you know?

Michelle Benzinger: And I think, what you're even saying is, even giving our permission to go into the story. Each of our own stories, and even picture ourselves in the garden. Like in the story, and for me I'm like, okay. I still treat it as a task, or a job. I need to dig in the dirt, and figure out, what is the foundational piece that's not working? Why am I responding the way I am? Why do I do the things that I do? Why do, instead, I almost feel like I love taking the approach of holy curiosity. What if it's not digging in the dirt, but what if it's playing in the dirt with the Father? What if it's not digging, or thinking of all these things are if I fix myself, I'll be better. What if it's just opening our hands in surrender, and allow the Lord to reveal His story and take us back? What if it is like not even seeing myself through these areas where I have failed, or you know, just trying to grit myself through things, but what if it's seeing like, oh, this is why I was created, you know? And this was His original design for me. I think for me, you know, I'll probably tear up probably 100 times when we're doing this, but for me, it started even with the questions like, why can't I rest well? You know, why can't I play well? These things should not be hard for people, you know? But I realized, because I don't allow, basically like the Trinity to delight in me fully, I realized you delight when you're at rest. When you're basically in psychological terms, not in fight or flight. You're not trying to figure it out. So I had to go to deeper parts of my story, which is when I was a young girl and realize, why didn't I rest well? Why don't I play well? And for me, it was because my family environment, not to the fault of parents. Not blaming parents, just because their stories, and what they had dealt with, you know? My family life was very chaotic. And so, there wasn't, and I was the oldest child, so I was very hyper-vigilant. Like, not on my watch, and I was just waiting for the other shoe to fall, you know? And my whole, like the majority of my childhood, and I thought I was crazy, because I'm like, is no one else waiting for the other shoe to fall? Does no one else see this chaos? So, realizing this hyper-vigilance and my controlling ways, but how it's played out now. How I'm hyper-vigilant with my own children. How I'm controlling, like I have to be this watchman and it's not freedom, and I can't rest, and I can't delight. And it was just like a powerful moment, and was with you. I was crying one day after I had a counseling appointment, and I was like, what is it in me that, you know, can't play, or rest, or delight? And you said because it's intimacy, you know? To have someone really, truly delight, it has to be intimacy. And it just opened up something deeper with the Father, you know? But this is an invitation to go deeper, and walk with Him in the cool of the evening. And for Him to point out these things, for freedom, like

He says, freedom in our inner man, not to be shamed about them, or not to realize them, but just that He wants freedom for us.

Sister Miriam James Heidland: Gosh, isn't it so interesting how it's hard for us as adults to be delighted in? For somebody to delight in you. And it's like, you love it, but it's like push pull, or like okay, that's enough. And there's nothing inappropriate. We're talking like, when somebody really loves you and you can see it in their eyes, there's something that's so captivating, but it's also like, okay that's enough, you know? And I just think of the, when you delight in babies, especially the two of you having your own children, and just looking at your child and just delighting in them. And your baby's not saying no, don't look at me, I'm fat, you know? They're just, they're just, you're building the joy center of their brain, and you're just connecting with them, and all the mirror neurons that are firing, and you're speaking words to them without speaking words to them, 'cause they are receiving that from them, and just thinking of how the Father, like even as we sit at this table, and all of our stories, and all of the areas we bear beauty and sorrow, but He just delights in us. It's hard to, and it's not just a nice saying that you put on a sign at Hobby Lobby. It's like, that reality of oh, God delights in me like I, wow. There's such a different way of relating to ourselves, and relating to the world, and relating to God. And I think so often, even Heather when you were saying, you were talking about just the fear, like why don't I trust it? And you're sharing something so beautiful about your own story, I feel like so often in our life, we live life as, remember those old airline, like those old airline safety videos where they would have you brace for impact? They would like, you'd bend over and they were like, brace for impact! And I feel like we spend most of our life bracing for impact. And you can just feel your body like, protect itself. You can just feel your heart racing. You can just feel your muscles tighten up, and you're constantly bracing for impact, constantly bracing for rejection, constantly bracing for whatever awful thing is next, and that's such a far departure from in the garden before the fall. It's just, I don't know, those are deep things, you know?

Heather Khym: Yeah, totally. And I think if we don't have that at the forefront of our mind, where we've come from, that we are beloved children of God. Like, oh my goodness. Can you imagine walking through every day of your life knowing, deep in the core of your being like, I am a beloved child of God? Now In the good times, I can say that. God, you're a good Father. I'm your beloved daughter, you know, nah nah nah. And then, times get hard, and then you're like, what are you doing? You know, and then it switches, and that's where we really know where we are in our relationship, not just to God, but to that truth of like, what does that mean? And have we taken time to ponder what does that mean to be a beloved child of God? That he has adopted us into his family? That he sees us as he sees Jesus, as one of his own, the same. I'm like, okay, wait, what? When I started to tread into those

waters, I'm like, Father, when you look at me, you look at me the same way you look at your son Jesus, like?

Sister Miriam James Heidland: Yeah, it's like you can't even fathom.

Heather Khym: It's what you talked about. Then I'm like no, no, no, no, no. Just, I want it, and then I don't want it. I'm like wait, no, 'cause I'm not that good. I'm not as good as Jesus. I don't, you know, like all the things I'm like, you can't possibly. And, I think it's like, we have to trust that even though our human minds and hearts can't fathom the immensity of God's love for us, it doesn't mean it's not true. You know, we don't have, we don't have on Earth that kind of experience to rest on, you know? Because people will fail us. I love my kids with all my heart. I would do anything for them, but I know that I fail them, and I know that I've hurt them. Not meaning to, but I know that that's happened, but that isn't who God is. You know, as much as I'm gonna be a reflection of who He is to them, that isn't who He is. He's perfect in every way. He gives gifts to us. He's the God of life. He's not the author of death, he's the author of life, so he's not weaving death into our story and horrible things to teach us a lesson, you know? And pound us down, or discipline us in that kind of way. Yes, of course God disciplines His children. That's in scripture, but there's not a harshness.

Sister Miriam James Heidland: Yes, it's not ordered toward separation or isolation.

Heather Khym: Exactly, yes, it's for our good. Yeah, it's for our good. He's like, this is gonna be the best thing for you that I do this for you. That I allow you to experience this, because I want you to come to know me, and because who I am is everything that you desire. So I think if we can just acknowledge, at the very beginning, we need to be, our identity needs to be rooted in that truth. That we are daughters of God, children of God, and we are beloved. And if that doesn't ring really, really deep, you know, like that's a signal to us, like how do we know how to live? How can we live the fullness of life that Jesus says we're called to, you know? I've come that you might have life, and have it to the fullest. If we're wondering, why am I stressed, why am I exhausted, why am I so depleted, why am I struggling in my relationships with spouse, or coworkers, or friends, or whatever it is. This is probably at play, with other things, but it's probably, almost always, at play there.

Michelle Benzinger: And it's so interesting. We had a baptism at our church a couple of weeks ago, and our bishop was actually there to do the baptism, and it was beautiful, and I love baptism. You know, yes, it's like the welcome home. It's a sacrament, you know, of initiation, but I just love it. And you know, when he's pouring it over, and even like, what do you name this child? The power of naming something. The power of your name, and what the Lord has chosen you. But you know, and it says, like when Jesus, and I was thinking to myself, when Jesus was

baptized and the voice from heaven came, "This is my beloved son with who I am well-pleased." And I was thinking about that. He had not done anything yet. He had not performed any miracle. He had not done, He just was who He was. He had already had some life, you know, and that the Lord was looking at me and saying, you know, you're my beloved daughter with who I am well-pleased. That you don't have to do anything. And I think it has gotten me even thinking like, even the Lord, how He created us back in the garden. Like we say, women, they're the crown of Creation, you know? And you can do different ministry things where I have a beautiful crown, and all that, which is all fine and good. But when we say that, really what does it mean that we are the crown of creation, that I was created for goodness. And that I was created out of love, and for love. And we say all these things. They're in our catechism, they're in our church teaching, they're in scripture, but what does it look like for us to live it? Especially in the last couple years, where I've been really on this journey of really healing my body, and my mind, and the Lord's bringing me deeper. Realizing that I didn't trust how He created me. I was like, the warranty pretty much stinks. You know, in some areas you're like, huh. I would return this to you. I would return this part of myself to you. I would return, and I think it's an embracing of your littleness. It's an embracing of your humanity. And the parts that you don't care for, but the parts that are there because He designed them there. And it's almost like I have to go back to the owner manual with the Father and say, why did you create this part of me? Why does this part react the way it does? Why haven't I not steward this body well, or why have I not stewarded this well? But why haven't I treated myself as a crown of creation? You know, if our body is our temple of the Holy Spirit, if we are a crown of creation, am I treating myself accordingly so? In a lot of ways, no. But in a lot of ways, if I haven't, then ask the deeper questions why. And going back to the Father, and trusting how He created me, and what He created me for.

Sister Miriam James Heidland: Which is why I particularly appreciate Saint Paul speaking about that in the very first verse 14 of our reading is that he says "For this reason I bow my knees before the Father. Before whom every family in heaven and Earth is named" and the ordering of the receiving of identity. Like, that we don't, we're not the author of ourselves, thank God. Oh thank God. The Lord reveals, and He, and bowing our knees is not a servile fear. We talk about the fear of the Lord is a gift of the Holy Spirit. It's the recognition of this very thing that we have a God who loves us very much. And that we're not self-authoring. We don't have to decide what's right and wrong, and the Lord reveals these truths and they're literally imprinted into our bodies. There's a natural order to the human person, and when we live in the natural order, the natural telos of where we're going, the end of where we're going, and also the beauty that pours forth. We know the instinctive difference when I'm living in the order that I'm called to, and when I'm not. We know that, because the Lord has embedded it within us, and so that reality of the continual unfolding of the truth of, the truth of who we are. And I think even now, as

our listeners might be listening to us, and for some of our listeners, this is very familiar. And for some, it's not. We were talking about that last night, and but for all of us, as we listen, you know the Holy Spirit is speaking to each one of us. And, sometimes we come to a point where we just think, I don't know what to do next. I don't, I don't know what to do. I don't know if I believe God is good. I don't know if, well my earthly father wasn't good, or my earthly mother wasn't good, and I don't wanna be a daughter. I wanna be independent. And those things are all understandable in light of our story. And I think just coming to a place of a simple prayer saying Father, open my heart. Just open my heart to see the truth. Speak the truth to me about myself, 'cause I don't know the fullness of it. I'm very small, and that's okay. But open the truth and your kindness to me so I can love myself as you love me, and see the truth of who you are.

Heather Khym: Yeah. I was speaking to some young women last week about identity, about this very thing. And, at the end of the talk, I had, you know, just picked out all these scriptures that were about identity, and God's call for us, like you know, Isaiah 43 when he's like, "I'll give up nations for you." "because you are precious in my eyes, and I love you," and just going through "adopted sons and daughters who cry out our Father." And reading through, and by the end I was like, in tears, personally, and it caught me off guard. Totally caught me off guard, and I was like, this is the power of scripture. This is the truth of God, His own words, that He wants to speak to us. And it was like, it's a simple, Sister, like you're saying. As simple as listening to the voice of God, you can do that, but also just google it. Google like, you know, daughter of God, or children of God, and see the scripture that come up, and write them down, and start reading them. You know? And I would even say read them out loud. Just go into your room to pray, and read those out loud, because there's something about declaring the truth that God has spoken, and declaring it over ourselves into the places where we don't believe it, or we distrust. It changes things. It's powerful, it changes the atmosphere. So, that's a really powerful, practical tool that I've used for myself, like in various areas. But I think specific to this one, it's important that we don't overlook it. That we don't gloss this over, like oh yeah, daughter of God. It's like no, we all struggle here. Whether you realize it or not, we all struggle here. You know?

Michelle Benzinger: Oh, I agree. And, I think, just like you said, I think there's something important. This is heavy material. And you're like, where do I start, where do I begin? And I would say it over and over again, get into adoration, you know? Get into adoration if you are able to, and have the, and just sit there and pray. Say Lord, tell me what you see when you look at me. And that's what I, and just keep it simple. Tell me how you delight in me. Tell me what you see when you look at me, you know? And when you can really understand that He looks at us through these deep, intense eyes of love and delight. And just joy. I think one of the things that I'm discovering more is like, especially the Father has a kick butt sense of humor. I

mean, just joy, and delight, and this is how I delight in you. And I think what I've said, I think I've said it before on the podcast, things that I find quirky, He finds endearing about myself. You know? And just to see that, but get in His gaze, and just see, how do you see me? And it just, yeah. It really just solidifies something in your heart, you know?

Heather Khym: Yeah, to see Him as capable. Like, what you were saying earlier, Michelle, really, it's still on my mind, what you were saying about sometimes you feel like there's all these messy places, and what does God see when He looks at us? And I thought yeah, often I wanna look at God, like we're talking about the warranty and everything, and I wanna just go, I've made a mess. I've made a mess of everything. I've made a mess of myself. I've made a mess of, you know, these various things in my life, and you know, when my little kids have come to me when they've made a mess, that's not too much for me. It's way too much for them. They don't know what to do when they've got marker all over their face, and it's permanent, and all over my walls. They did not know what to do, but I knew what to do. And I think to just, like that's where we talk about, again, the trust, and the receptivity to God. To be able to say I'm little. I think I've made a huge mess here, or someone else has made a mess, and I don't know how to fix this. And to just ask Him to come into those areas. It's so vitally important that we allow ourselves to be little.

Sister Miriam James Heidland: Yes, which is the key to being a daughter. And who of us can ever say, I trusted too much, or I received too much from the Lord. Like, what? That's forever, you know- I was at mass recently, and the priest was giving a beautiful homily and then, I really feel like it was the movement of the Holy Spirit. He just launched into this, kind of a second homily in the homily on contemplative prayer. And he just said, "Maybe our prayer today, "my dear parishioners," he said, "Maybe our prayer today is Jesus, "may I behold you, and allow you to hold me," you know? May I behold you, and allow you to hold me. And he's like, that's it. We'll just sit with the Lord, and we're just gonna ask the Lord that, so maybe for our listeners today, that's just something that, okay Lord, you know, may I behold you, and just allow you to behold me, to hold me. And that might feel uncomfortable, and just to acknowledge that uncomfortableness, and just to acknowledge the places where we're like ugh, you know? Or we fear being delighted in, or we still ache to be delighted. All those places, like they're such good, and lovely, and wonderful places, and the Lord is present in every single one of them.

Heather Khym: Yeah, and to maybe just ask the questions like, if you're not sure, if you're like no, I think I'm pretty good in the area of daughter, whatever. Then to maybe ask yourself the questions, like do I find myself seeking approval from other people? Do I find myself seeking attention? Do I find myself, you know, those are

the questions to just ask, because it is that curiosity and discovery of our own story, which is so vitally important.

Michelle Benzinger: When have I experienced the Trinity delighting in me, and what does that look like? When have I experienced the Father delighting in me, and what has that looked like? Like, the Lord wants practicals. The Lord wants intentional. The Lord wants to be, He's a hands on kinda guy. He's a Montessori guy. He wants to get in there with us, you know? So, what does it look like for Him, you know?

Sister Miriam James Heidland: This is exciting friends. Here we go. Here we go. We go on and on a fantastic voyage. All right. So we're just going to let everybody kind of marinate in that and let's talk about, uh, one things for, for the week. Heather, you wanna bless our audience with your one thing for the week?

Heather Khym: Yeah, so last night we had the pleasure of going out to dinner with some, just beautiful people, one of which was Father Burke Masters, and I was like, you are amazing. You know, just sitting in his presence I was like, he was so calm it just, what a beautiful heart that guy has. So, anyway, he was telling us about his ministry that's called Be Formed. And he was just saying he started this thing, it's online, and it's just ongoing adult catechesis. And I was like, what? This is such a need that a lot of people have, and so anyway, it's available to anyone who wants to do it. It's free. You can go online, so it's the Diocese of Joliet, is that right? And it's called Be Formed. So if you just google even Father Burke Masters Be Formed, it'll come up, and you can register and be a part of that.

Sister Miriam James Heidland: And you can join small groups.

Heather Khym: You can join small groups, I know. Yeah, and it's all online, so you don't have to live here, so I just love that, and loved him, and I thought, what a gift he's offering to people. So, yeah. What's your one thing?

Michelle Benzinger: And we'll have it in our show notes so people can look up, and see all the details. My one thing is the crew at Spirit Juice. We are recording with Spirit Juice. They did all that. I have to tell you, they didn't arrange it this way. Victoria was telling me, but we have an all woman crew, too.

Sister Miriam James Heidland: That's never happened ever, in all the video shoots I've done over the years, it's never happened.

Michelle Benzinger: They didn't purposely do it that way, but we do, so we have some amazing women with us on set, and Rob and the whole gang at Spirit Juice,

we're really thankful for your creative vision. And y'all, their offices are like Pixar. It is so cool in here. I'm like, the creative part of me is just loving being here, and we had a really just, yes, thank you for your vision. So, what about you?

Sister Miriam James Heidland: Well, my one thing is actually something that our sponsor is offering this week, it's Rooted for Good. So that's no pun intended, but it's really, literally Rooted for Good. At the very beginning, I love that I, yes. I love all of their natural skincare products, and we all try to do as much organic stuff as we can, and that's something that every time I put it on in the morning, it's just simple face moisturizer, but I really like it. I like all their products, so I just wanna give a shout out to them, and just to encourage our listeners to check out their website and see what fits for them.

Michelle Benzinger: And if people didn't know, they're a Catholic missionary couple. And so it's really good that they give a lot of stuff back, so yeah.

Sister Miriam James Heidland: Yeah. All right. Well, friends, welcome to the journey and we are glad that you're here with us. And so, um, until next time we'll be Abiding Together. God bless you. See you next 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.