

Episode_19_Restoring_Trust_with_God

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SPEAKERS

Pam B., Lyschel, Bonny

00:02

Hi, I'm Pam Blizzard from Recovered Peace

00:05

And I'm Lyschel Burkett with Hope Redefined

00:07

And I'm Bonnie burns of Strong Wives, we're so glad you're joining us. Welcome to another episode of hope for wives. Today, we are finishing our series of discussions around trust. And we're just gonna let let's shell rock and roll right now.

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This is a topic that I feel like is a part of my heartbeat, restoring trust with God, because I think it was such a pivotal part of my journey, realizing how much I needed it in order to move into the other parts of my healing. It was something I had lost in the course of this and come to the understanding of the awareness that I had lost trust with God. And that that was a place I needed to look at, it really did start to change the way I healed. Because I was working really hard to heal, or manage control, monitor police, me and I was doing a lot I was exhausted. A lot of that resulted in a lack of trust that God was going to be my defender. That's where a lot of my behaviors came from. And some of them were for survival. And I'll never shame a woman for her behavior. In my own story. Some of that was sheer survival, it was all I knew to do, all I need to do is to control everything. Because that worked out for me in the past, or at least I thought it did. This was something I was drowning in an unable to control. Even coming to terms with an understanding that I had lost trust with God was the first step. Like that awareness where we talked about that a lot. Like that's the first step for so many of us in

our healing journey is the awareness of something, giving it a name, learning the language, whatever that looks like. That's how you build awareness. And then from there, I got to decide what I was going to do with it.

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I feel so unqualified to talk about this, like I can, I'm only qualified to speak about my own personal experience with trust. I've shared before that I was kind of a cultural Christian, you know, it was a box I ticked at the hospital, I was living under this lie that many of us have heard that. God helps those who help themselves. And I really believed that I shouldn't go and ask God for things. But I should only ask God for support to help me get through this. When I was in those toughest moments, the only thing I could do really was look back on. When were those moments, when this nondescript sort of generic God figure would come into my, into my life into my being, and I would feel a sense of calm, I would feel a sense of peace that somehow some way, everything's gonna be okay. And when I asked for that, I always got it. But then in my betrayal, and things just happen to happen all at the same time where we hooked up with a really good church, a really good pastor who was a really good teacher, I started to dig into Scripture more, and it started to come alive for me, and it spoke to my pain. It spoke to my emptiness. And it spoke to what I really wanted from God was just that sense of, I'm okay, I'm not broken. I'm not crazy. Everything's gonna be okay. Taking a deeper walk with scripture, and helped me develop a deeper walk with the Lord had helped me get to know the Lord. And I've seen this before. I've heard this before to where I felt like, how come God's not talking to me? I'm trying to listen to God, but I don't feel God talking to me. Well, here's, here's a whole book written to you. Here's a whole book of Scripture, where God's talking to you that really helped me develop more of a sense of trust, because it just all started making so much more sense to me. So I think maybe to summarize before, I didn't really trust God at all. I didn't trust God in a big way. I trusted him in a very limited way, in a very careful way. I don't want to be too big for God, I don't want to put too much on. I don't want to be too big of a problem for God. In the end, I bring everything now. I know I'm not too big forgot. I know I don't want too much that God wants everything, every single bit of heartbreak, and even my anger, he can handle it.

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My faith journey has been a little different than what you both have described. So I grew up in a home that was believing not necessarily on the legalistic side, but they were believing. So I grew up with that faith in college, I had a rebellious spirit and I walked away and it wasn't a lack of trust. It was I don't need to follow your rules. And no one's good. Don't tell me what to do. So I walked away for a short time. And during that season, I was empty. And what I was trying to fill it with was everything my husband was trying to fill his life with. And it didn't work. So when I turned back to God, he welcomed me with open arms, and the void was filled. So nothing in this world could fill the empty spot in my heart, it was only God, when I turned back to him. I have struggled with being angry at him. My my story doesn't include a loss of trust, but it includes a lot of anger. And what you said, Pam, that God can take our anger. And so the last D Day happened, I was enraged, but I knew he could handle it. The one thing that kept me going was the 23rd Psalm, where it says, I will be with you through the valley of the shadow of death. I would repeat that over and over in my brain, you know, between the ruminating thoughts of what he had done, that was my other ruminating thought that was my, that was my sanity. God is here with me. God is here with me. And there was a time I couldn't feel him. It was almost like a void. Again, I couldn't feel him. But I just, I just tenaciously held on. So then when it came to my betrayal story, again, I didn't feel God all of the time. And that could

be scary. That could be scary. But going back to what you said, Pam, about thinking in to the past into your history, where has he shown up? And he always showed up? Eventually, I just waited, I prayed and waited. And in Psalm 27, it talks about, I will wait on the Lord. And that's what I was doing. I was waiting on him.

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I think another interesting question that we should ask is, Is it okay to not trust in God? Because I know a lot of us are going to hear, just have faith, just trust. And that is, you know, like, that's the, that's the magic pill, everything will be fine. But if you don't feel that way, it can feel so frustrating. And so shaming, and it's like, I want to trust but I can't, is there something wrong with me? Or is God mad at me? And I think I think it's perfectly okay to say, You know what, right now, in this moment in the, in this deep, dark pit? I don't, yeah, I don't, I'm reminded of Matthew and the Beatitudes, where Jesus said, Blessed are the poor in spirit, for theirs is the kingdom of heaven. And you almost kind of have to, you have to be in that space. When you've got nothing else. You've got no other friends to call on. You've got no other books to read, no movies to watch, no podcasts, no YouTube videos to inspire you. And you've got nowhere else to go, but to God. And it may not be immediately it may not be today, tomorrow. But when you're in that space long enough, I do believe God shows up.

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And I know when we sit through our betrayal, things can come up like why, why is this happening? Why do bad things happen to good people? And I think that kind of goes along with the trust. Would you think that Pam,

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oh, wow, absolutely. I went through so many periods of my life, every time something would happen, you know, not just my betrayal, but my parents divorce, or other relationships that didn't work or other working situations that really disappointed me. I kept saying, Why me? Why me? Why does this keep happening to me? Is there something inherently wrong with me? Is there something that is lacking in me that God wants me to have? Before I can have fulfillments or purpose? I don't know if I knew it, but I certainly questioned it. He just wants us to show up. Absolutely. And I'm gonna, I'm gonna go back to beatitudes where he said, Blessed are those who mourn, where they will be comforted. Now, I note that he didn't say for they are comforted. They will write they will be comforted. And I was I mean, and this is another thing that we don't know, immediately, but when we hear it, we go, yeah, betrayal is a big part of betrayal is mourning the loss of so many things and being able to take that morning to the Lord and giving him all the ugly cry, and all the anger. So there you know, it says he wants our morning so he wants you wants us to hear I got nothing. That is literally my story too. And my betrayal. You know, I tried everything like many ways When I tried begging and pleading and crying for the response that I was looking for, from my husband, and he was completely lost, I finally just turned to the Lord and said, I've got nothing. I've tried everything I possibly can to help this man to help my marriage. And I don't know what you have for me. But I am just giving it all to you. Because I've got nothing else to do got nowhere else to go. And it looks like this thing's falling apart. I'm just telling you, your will be done.

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Yeah. When you reach that place of surrender, and the end of yourself, and you just wait. And that's all you can do. It's okay.

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I'm gonna go back to beatitudes again. This is interesting. Blessed are the meek, for they will inherit the earth. So if you're not, it's okay. If you don't do anything. It's okay. If you're not the rescuer of your marriage. It's not totally on your shoulders. It's okay. If you're not like Michelle was saying, constantly ticking boxes and running and doing for your own recovery. You know, it's important to take the reins and be active in your own recovery. But sometimes that does include just sitting and not doing anything. And letting all that stuff. Marinate.

11:21

Yeah. And if we don't spend any time sitting in it, how is he ever going to talk to us? Good point. Yeah, it's not No, I have many, many partners, who are running, doing keeping busy. Distraction, distraction, distraction, which which we are not, there's no shame in that, that is a coping mechanism, that's totally fine. But part of this healing is sitting in it, if you can create space, an hour or 15 minutes here and there to sit in it, and just quietly wait for the Lord.

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My perspective is there's a spiritual battle going on, in other realms, that we may not see here in the physical world, but it manifests in the physical world, through people through sin. And through my husband sin, the enemy got to him, God took all that ugliness used it for His purpose for his glory, that I can tell my story, that I can take that story of tragedy tell about the triumph and how we used it to heal generations of dysfunction and addiction and generational sin, but also to help our future generations. It's, you know, the gift is helped our son in communication and how to deal with emotions. And I hope that that ripples out, I always am trying to encourage the women that I talked to, and you know, if you ever want to lead a group, or if you ever want to do coaching, here's here's where you can go and get some really good education. So I tried to plant that seed.

13:00

How is it how as coaches do we hear women describe that they have lost trust,

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I don't know if women would actually use the word Trust, potentially use the language of I'm struggling to be okay with God right now, or my faith is struggling, a part of it is probably coming from just their education, their faith, community, whatever, of unnecessary shame, wrestling with trusting God. But as really what we're doing, I don't, I haven't trusted you to take care of me. Or I did trust you to take care of me. And now you've betrayed me because I'm hurting. I feel set up by God. I

remember one woman talking about, I feel like the sacrificial lamb. She was I think part of the narrative she was handed when the betrayal was exposed was biblical counselor, they were working with said, God has purpose and your husband's faith journey. And that's why he exposed this was to bring your husband to a greater relationship with God, which is probably true. However, they completely neglected her pain in that right, it was like he was I know that person was probably trying to cast some sense of hope and purpose. But she said, I just felt really forgotten. Like I have to be slaughtered in order for my husband to be in good, you know, to have a deeper relationship with God. So I hear things like that really often. I'm pretty sure that God expected us to wrestle, or he wouldn't have spent all this time downloading this book with other people. He also stuffed it full of story after story after story of people wrestling to trust him. So if we think that we're an anomaly, we've misunderstood a lot of what he gave us, right? Gideon was hiding in a wine press like an even to the day that they went into battle. He was still asking questions. And I wouldn't say all the time that asking questions is struggling with Trust, sometimes it's just curiosity or I need help understanding. Sometimes it is struggling to trust like Where were you? Why don't you show up for me? I don't trust you. I think that that's the gift that we have is recognizing we're not alone in this struggle to trust God. And I also don't think that we surprised him.

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And that struggle, that wrestle can take a long while I've had a friend with me for quite a while and she's still wrestling. She wrestles every week. Every time we talk, she's wrestling and it's okay.

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I think wrestling is is great, because the alternative is just giving up. saying, You know what, there is no God. Right? Or, or God is there and just God just doesn't care. And I'm just I'm walking away.

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Even the ones who ran, he still met them. Oh, yeah, he went and was with Jonah in the belly of the whale. Like, that's the that's just just blows my mind. Like, I think I had such a distorted understanding of God, as a not very active Christian. not reading the Word of God. It was like it was a much like what Pam was describing, it felt very transactional. I had to show up tidy, clean, no mess, I guess earn my way into heaven. As I have grown in my story. In my relationship with God, I've realized this really doesn't have anything to do with my work.

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It has nothing to do with your work and everything to do with your heart.

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Everything to do with your heart, then he's happy to let you work with or for him. He's like, okay, okay, sit, put the put the clipboard away. Let's shell. We're not worried about your checklist right? Now. Let's let's talk about the heart first. And then if you have something really important on that

clipboard, it's about your heart will go back to that. But you're absolutely right. It's a it is a wrestle. So yesterday, I got to have lunch with a friend. And we were talking about what kind of friend is Jesus. And I said, you know, it's funny, because I think for such a long time, I looked at him as the friend that I would literally would have needed to scrub my entire house down and make sure it was really tidy. And they're coming over for appetizers, and I will have good appetizers and everything will be in its place. Right? That was the way that I looked at him as a friend, like, let shell get your crap together. And I said and what I've come to understand, he's the friend that shows up post C section, or four days post surgery, when you stink really bad and you need a shower. And you're like, I haven't touched my toilets in a month. And I can't do any more and there and he's like, Can I come in and fold laundry and just laugh with you? And you're like, wait, what? Because it's about being with you. It's like him delighting to be with you above anything else. And so if you think about a woman walking through betrayal, if she would allow herself to see him that way. I think that safety would come back a lot faster. But for so many of us we've been handed this narrative about what he how he is but through the lens of others or through the lens of others expectations. But I'm telling you, I when I study the book of Gideon, and story of Gideon, and I keep watching the way that God's character is revealed in God's Word, He literally let Gideon ask a bazillion into questions. And when I say let because I'm saying he responded Gideons like fleece dry ground wet, right? Because he's still trying to be convinced that God is who He says He is. And God's like, got it. I can do that. There's no pride. They're like gods like I am who I am. I don't have to. There's nothing I'm fighting for here. So he does it. He shows up for Gideon in that way. And then when getting ready to take on the assignment of going to battle, getting asks a bazillion and two more questions. And he's like, Well, what about this or what about that? And there's one particular place in the story that I absolutely love is that Gideon was asking about the enemy. And God says in the story, he says, you can go to the camp and go, you can go spy out. You can go be a spy. You can send spies, I think and go look at the enemy if you want to. And so that night he sent spies down and the spies are sitting there listening on the side of the camp and there are two people from the army, the enemy's army and they're talking back and forth, about how nervous they are about Gideons army. Okay, so luckily some practice foresight, do you understand the intentionality that God just did there? He's like, I'm gonna place these two men right here. So these other guys over here that come conversation to allow them to take this information back to Gideon. And the whole time he's like, like, he never once went Gideon, stop asking all the dumb questions and just go do what I said to do. And so I wrote this in my Bible, what God was doing in that story is he nurtured him into courage. He nurtured him into courage. And I think about that with our own stories, I've had to do a lot of things with courage as I've tried to heal. And that's what we get to do with God is like he's not done. That's just an example of one time that he's done that with someone.

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What it also shows me is the, the tiny details. And if you can stop, I know when when you're in the midst of it, and everything is fresh, you just found out two weeks ago, all the horrible stuff. But if you can stop, like, take your shoes off, go into your front yard, walk around in the grass, and start asking God to show you how he showed up for you before what small little thing how God showed up for me in the midst of it when it was the worst. I had the one of the worst pieces of my, my story. I was sitting in my closet screaming to God and my phone rang. And it was my best friend, the only one who knew everything that was going on and still loved Dave in spite of it. I didn't want somebody who was going to rail at him. Even though I could no one else could. But she called me right in the middle of that. And I told her God just sent you. And she goes, I know. She really did. No, I Yeah. And that was God. And I will never forget that moment. Because it was jaw dropping for me. That was so small, such a small level thing. But that was him walking with me through the valley of the shadow of death in the detail.

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Yeah, just for its for the sake of reference, the story of getting as in Judges six, seven and eight. So if anyone is like, where's that that's where that judges six, seven and eight.

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It's not Gideon Bible over in the motel eight.

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That's a different Gideon is a different one, but close enough. Okay.

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Well, when you ask the question, how do I hear women describe it. This is such a common thing of people who grew up in the culture of the church and purity culture. And I hear it across different denominations. I hear I did all the right things. I went to church every Sunday, I served. I worked in the soup kitchens, I prayed. And when I met my husband, I prayed for a godly husband. When I met, my husband looked really great. And I asked the Lord, give me a sign. Give me a sign that this is the man I'm supposed to marry, and they got their sign. And so they feel like they've made a contract with God. They've had this transactional relationship, that if I do X, Y, and Z, kind of like we were talking about before how you show up, but I did all the right things in this happened. Anyway. It's interesting to observe. And again, I really, you know, all we can do is observe. i It's not my job to move them along on their on their faith journey. But I think that's what I want to point out is that sometimes we approach faith without really thinking about it, that it's binary. We either have faith and trust or we don't. But what I've observed in myself and in others is that really is a journey. It's a growth and even Dr. Sherry Khafre talks about in her book, intimate deception. She says I felt abandoned by God, somewhere between Sunday school lessons, flannel graphs and fairy tales. I believed if I trusted God and did the right things, I would be protected from harm. And she goes on to talk later really great book, I recommend it to everyone. She goes on to talk about how her faith matured into understanding that, that it isn't a transactional relationship that the God is in the darkness as well as in the light. And so I think that's that's what I've seen in other women then I'll be I'll be totally surprised when a woman shows up for her for her session with me and is talking about she's turned the corner we've seen is that the wonderful part of being a coach, when you see somebody turn a corner, and all of a sudden all that all belief is just gone. She's not even talking about it anymore. And she's talking about our conversation. is with the Lord. And she's talking about her faith. And she seems to be filled with something different. So it does happen. It's a journey. It might be a journey of a mile, it might be a journey of 100 miles. But it's not binary. It's not either on or off. It grows. It deepens into a different understanding.

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Pam, I love what you had, the word you use was maturity. And we come to a place of maturity when we realize it's about intimacy, right connection over anything else, that's a place of maturity. And the

we realize it's about intimacy, right connection over anything else, that's a place of maturity. And the same is true in our relationship with our husbands.

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Yes, you know what, when you just said that, I thought, for better for worse. We do that in marriage with our husbands. It's got to be the same with God.

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And I thought of the intimacy pyramid?

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I did well, I always

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because trust is the third rung. So you have to have true, you know, truth and honesty on the bottom. Well, we've got that in the Bible,

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and safety and safety. Yeah, well, and I will say, I use that a lot in conversations with women, when they asked me, What does it look like to rebuild trust with God? The reality is, is that he is trustworthy, because he is who he is, it's about us making a conscious choice or decision to take a step and repair towards moving back towards him. And so when I got a hold of that intimacy pyramid and started unpacking it, it clicked for me, because just what you were just getting ready to say, Barney is that that the bottom of that pyramid is the bottom two sections is truth and safety. And so if I am struggling to trust my maker, right, I have to figure out why he doesn't feel safe anymore. Well, he doesn't feel safe anymore, because I feel set up. Or I feel like he betrayed me. Like, why is he not safe? Why is God not safe anymore? And if I can, then if I'm like, I don't know why he's not safe, or I can't figure out if he is safe, then the invitation is to go back to the truth, which is the word of God and look for his character. Right? What is true about him? Oh, Psalm 139, says that he knows everything about me, you know, consistently tells me he's never gonna leave me or forsake me, tells me that I don't have to be afraid because he is my defender. Like that is truth, right? That's going back to the truth. And then eventually, that truth will lead to safety, again, and you will begin to step back into trusting him. And after trust on that pyramid is vulnerability, which is what and him in the house after you just had surgery four days ago, and you smell really bad, right? vulnerability, and intimacy. Just spending time connecting, this is who he is. And this is our relationship. Boom, boom, mic drop it is. And that's the other so sorry, I'm popping over here. Cuz I was listening. But finally, you talked about your friend who's still wrestling in her faith, or wrestling, right? Is that what you said? Yeah, she's

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wrestling.

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So my question would be, What does God have to do? Or what does he need to do for You for Him to be safe again? And all of a sudden, we tell ourselves the answer the question, and we're like, oh, wait, he's already doing it. Oh, cry. Right now. You just you don't realize that part of it is the self awareness. You've just gotten stuck in that place of he's not safe. He's not safe. And it's like, well, what do you need from him to be safe? I'm asking the same question to her about her husband. What do you need from him to feel safe?

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So let's recap. We've talked about our own stories and our own journeys, wrestling, maybe never having trust before finding our faith, working through it. Getting mad at God talked about all those things. So what hope can we offer our listeners, if they are deep in this mess of wrestling?

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My personal testimony is that God is constant. God is unchanging. God doesn't step away from us. We may misunderstand who he is, it may be hard to figure out who he is. But I would encourage you to listen to other people's stories. And if you don't hear yourself in their story, that's okay. So that's not for me. But keep listening to other people's stories. And you may hear yourself or see parts of yourself in other people's stories. And be patient with yourself and give yourself grace for not being there yet. As I think you've heard today, there There's lots of stories of just not having that faith, not having that trust. It's okay. It's okay to be where you are today.

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So I've been having a kind of an overwhelming week. And today I do just flip open, I do play Bible roulette, I will just confess, I open my Bible and I say, just wherever it lands, I'll let God talk to me that way. I never answer questions that way, though. No, you know, like, what should I do with my life? God, you know, I don't do that. It's just for him to talk to me in a tender way. And this is what it open to. Deuteronomy two, seven, the Lord your God has blessed you and all the work of your hands and get this. He has watched over your journey through this vast wilderness these 40 years, the Lord your God has been with you. And you have not lacked anything. And I cried, I do cry. Because it spoke right to my heart. I was having such a hard morning of just feeling overwhelmed. And really, I have not, I have not taken time today to connect with God. I do try to do that in the morning. And it just didn't happen. But it just, it was a tender cry. It was, you see me God. So that's what I do. He sees you. He sees you whether you trust him or not, he sees you.

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There's purpose even in the struggle to trust, right? He's got something for you in that too. Even if

you don't want it, that's okay. I just I don't believe that this is wasted. And I think the other hope I want to give them is you're not alone. I know that that was a lot for me is like I'm not showing up. I'm comparing myself to what I perceive how others are doing their faith walk, right? I'm just perceiving it. And I granted I might have been around a lot of people who put on a good front. You know, and here I was wrestling and I'm in so much pain and feeling so isolated and lost, even if even I mean, I remember saying that to a friend. I've never felt so alone sitting in a room full of people. Right, going to Sunday school and not a soul knowing what was going on in my story and feeling completely alone. That's my encouragement. You're not alone. Even if that's the perception that others may around you may be giving you but again, that's why I'm always advocating for community and good, safe community to find your people to help you walk through this and to say it's alright. This is It's okay. It's not it's not abnormal for you to struggle with trust. We hope to be a bright spot on your recovery journey. If you'd like to leave us a question, please go through the contact button on our website. Also help a friend by leaving a five star review on iTunes so that others can find this. We'll talk to you again in two weeks.