

# Ep\_59\_So\_What\_Lord

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## SUMMARY KEYWORDS

redeemed hope retreat, God's presence, emotional needs, attributes of God, financial provider, feeling unwanted, feeling inadequate, feeling misunderstood, feeling alone, feeling used, feeling weak, feeling discouraged, praise party, attunement with God, healing journey

## SPEAKERS

Lyschel, Bonny


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**L** Lyschel 00:03  
Hi. I'm Pam Blizzard from recovered peace, and I'm Michelle Burkett with hope redefined, and

**B** Bonny 00:08  
I'm Bonnie burns of strong wives. We're so glad you're joining us.

**L** Lyschel 00:16  
Welcome to another episode of hope for wives. Today we're going to do something slightly different. But so what I would say personally important today, Bonnie and I are going to take some time and opportunity to talk through something a bit more tangible and real and maybe even applicable for you as you're moving through the various seasons of your betrayal story.

**B** Bonny 00:43  
And if I could just interject really quick, we want you to know that Pam is not with us today, but she'll be back soon. She had another obligation,

 00:52  
yes.

**L** Lyschel 00:55  
So we're actually just coming off the heels of a recent redeemed hope. Retreat that hope

so we're actually just coming on the heels of a recent redeemed hope. Retreat that hope redefine the ministry that I get to be a part of offers twice a year. One of the most powerful things that I know to be true about that retreat experience is allowing women the space to sit in the truth of their story and discover that God is right in the valley with them. And this part of that necessity of the retreat, that experience in the retreat, came from my own story and my own longing to say, God, where are you? I mean consistently when I was stepping into church or services, trying to find the Lord in the middle of my pain, because oftentimes what I felt like I was sitting in all the time was just sermons or teachings that were celebration and high mountain top points, and I wasn't there. And so thankfully, the Lord met me in that longing, and that has instigated this journey with him about using a phrase that I use often with the Lord, which is, anytime I read scripture, I follow it up with, so what? And that is just a challenging statement for me to slow down and go back and really pay attention to what is being said to me, and why does that matter? Bonnie, can you relate to that in any part of your story?

B

Bonny 02:35

Yes, I don't know if I said so. What? Um? But the deep darkness and the longing for him to be there with me absolutely when the next two minutes were black because I couldn't see the future, I desperately needed his presence, and whether that presence was just a presence, it didn't mean he had he I don't even think I expected him to comfort me. I just needed to know that he was there. And I know I've told the story before on the podcast, but this is how he showed me that he was there. Is that when I was processing the hardest piece of information around my story, I was sitting in my closet crying and praying. I had my Bible open to Psalms. I was cry, praying. Cry, praying. I was cry praying through the Bible, and my phone rang, and it was one of the safest, one of the safest friends I had pre discovery, and she kind of knew what was going on, and she was just she said she just popped. She she told me that I just popped in her mind, and she knew she needed to call me. And that was God showing me that he was there. So I think he does show up. We just need to see it. We need to be observant for it. We need to accept that maybe that was God,

L

Lyschel 04:20

yeah, and we use a phrase at the retreat often. There's two things that we talk about. We talk about the word get. We get to anticipate his presence. We know that the comfort is there. We get to and versus a need, like an expectation on us, that we get to do these things and the second would just be that there's the word that we use often is it's an invitation that the Lord is consistently extending, an invitation to us to discover more of Him, to go to deeper places. And so while I realize this might feel like a really different, uh. A episode for some of you, because oftentimes we're talking about a bit more of the nuances of recovery and addiction and betrayal trauma. I personally, Michelle just felt like, after even just getting to be with some of our listeners at the retreat and hearing feedback, I thought, man, we need to just make an entire episode of hope, just a whole entire episode of hope, and so that's, that's, that's the intent or the heart behind this today feel really raw and uncomfortable, but I just encourage you, I invite you to stick with it and see what God has for you in this particular episode, and how he's he will meet you in this in this space. And this may not be one that you're going to listen on two times speed. You might have to back it off a little bit and maybe journal with us. So,

 B

Bonny 05:57

yeah, yeah, you can pause it right now if you're not driving, go grab your journal. That's right.

 L

Lyschel 06:07

So the backbone of our conversation today Bonnie is going to come from a devotional that I get from Sylvia Gunter. She is a beautiful woman who's actually recently passed away, started a ministry called the father's business, and her daughter is still actively doing the ministry of the Father's business. So we're going to leak, we'll link the devotional in our show notes today, so you can read the whole thing in its entirety, but Bonnie and I are just going to kind of pick through it a little bit and see and offer hope through parts of it. Alright? So the name of the devotional is the I am for your every need. And it starts off by this. It says, sooner or later, everyone will be beaten up, battered, bruised, and burned out by the dailies of life. Good news, God is the Lord of all your life. And it invites us to start talking about, what are the every needs and emotions that we're feeling, and invites us to to list those out, no matter how small they may seem. And then it talks, it invites you to, after you have acknowledged all your emotions and needs go through the names of God until you find the expression of his character that meets for every need there is a corresponding attribute of God. Affirm that God is still God no matter how you feel. Have a praise party, not a pity party for your loving father is a big God. He is able to do much more than you need or can think or ask. So Bonnie, you and I were talking about this, this devotional before we hit record this morning, and already talked about the needs that we were starting to identify and the ways that we need reminding of how God shows up in this story with us. So what are some of the needs that either you remember early on, or even needs that you have today

 B

Bonny 08:13

early on, I felt powerless. I felt stuck and powerless because and then that led to another need. Early on, I felt stuck, powerless and unprovided for, because I was not the breadwinner. So as I was looking through these, this list of needs, and you'll see it listeners, when you open up, open up the link, it's probably wow, maybe 50, 5050, names of God, 50 attributes of God. And the one that that really came to me in that place of not being the breadwinner is that he is the provider for every financial need. He will show up, and I've seen it happen since then, when just recently, I'm trying to do a small mission trip, and God provided money out of nowhere to help fund this. So he Yeah, so he is the provider.



09:26


What about you, Michelle, what's

 B

Bonny 09:29

some of the emotions my




 Lyschel 09:31

list was, my list was, I had to slow myself down. That's how big the list got.

 09:39


Things I wrote I felt unwanted, rejected, I felt not enough or inadequate, afraid, confused, and

 Lyschel 09:51

there were moments where I felt so misunderstood, especially with my pain, like trying to express pain and say, This isn't okay, and then feel. Being judged for my pain, I just always felt misunderstood. And so what I wrote is I need or I needed. I need a lifeboat, direction. I need a friend.

 10:14

I need comfort. I need a hug, and I need wisdom, and this

 Lyschel 10:24

is just something personal that I've learned in my own journey. When I finally stop pretending that I don't feel anything and I don't need anything, and I get really honest with myself, that's where change happens, because until I can put something a name on it, I don't know what I'm looking for, but I can't tell you how difficult it was for me in certain seasons to acknowledge that I had needs, right? So for those who are still wrestling with that, like I can, I can grit my way through this, and it will not break me. I'm just going to keep reminding us that brokenness is where God shows up.

 11:03

That's where he shows up, is in the brokenness. So anyway,

 Lyschel 11:07

when I started getting honest with myself and saying, I feel really rejected, I feel really rejected, and I desperately want to feel wanted, that's where God started whispering so important to healing from that space of being rejected. And so part of it was, one of the things she has written in this devotional, is he is acceptance when I feel unwanted. He is adequacy for our inadequacies. He is before all things when we're surprised. He is closer than a brother when we are lonely. He is our defender when we are under attack. He is our door opener when it looks like there's no way out.



11:56

He is fullness when we are empty.



Lyschel 12:00

He is God of love when we feel unloved and need a hug.



12:05

He is God who is there when we feel alone or abandon. He is our healer for woundedness, rejection, sickness. This one, he is the plumb line to stand against the world's situational ethics,



Lyschel 12:23

right? So in other words, he's the plumb line, he's the true north, he's the center, the straight. When I'm trying to make sense of a friend saying to me, why are you so upset? It's just porn, right? Why are you so mad about this. It's just porn. So that was really important. Another one, he is the restorer of our souls when we're bruised and beaten down. And finally, the one, the last one I circled, was he has wisdom for our hard choices.



Bonny 12:57

And we have a lot of hard choices we do okay.



Lyschel 13:02

So I'm going to ask you my, my sassy question. Bonnie, oh, sassy pants,



13:06

so what? So what?



Lyschel 13:15


He is acceptance when we feel unwanted.



Bonny 13:20

And it takes, it takes slowing down to understand that, embody that, doesn't it? Yeah, for me, I kept myself so busy. There's a there's a coffee mug somewhere that says, Don't fly faster than your guardian angel can. And, yeah, I had to let myself slow down. I had to allow myself.


Sometimes I had to make myself and that's what you were talking about, getting vulnerable so and so in the so what I think part of that is, if we don't make space to listen for God, we won't be able to hear him. He can. He can hit us on the head, and he does that occasionally, but I think he is that still small voice, and so we have to slow down, take some things off that plate. Another for me, another thing that a need or a feeling I had that came up was feeling used and taken advantage of, and this says he is broken and spilled out for us when we've been used. So the so what for that is what comes to mind the So, what for that is, there's a part, there's a place in the retreat where we're asked, what more could Jesus have done for your husband's sin? That's. What comes up for me when I read that he is broken and spilled out for us when we've been used, so if we've been used, yeah? So what more? What more could our husband or the advantage taker have done to make it right? Yeah? So what's a so? What for you? Lachelle, I think it came back

 Lyschel 15:19

in order for me to effectively answer the question of, so what it comes back to my surrender and my true understanding and longing to love God with it was about elevating him back to the place of being the king. Because I wrestle with that often, of being like, Well, I mean, you have to like me God, because you made me. But what do I do about Blah? Blah, you know, fill in the blank on the person who's accusing me of being too much or not enough, or accept. Fill in the, you know, whatever that is. So

 15:56


when I had to sit with truths like he has acceptance when I feel unwanted,

 Lyschel 16:03


there is a lot of truth in there that I had to dissect. And the first was, is that I do feel unwanted,

 16:10

and he knows it, and he knew that would happen for me,

 Lyschel 16:16

and that's why he wanted to make sure that he was really clear in his word, in His kingdom, and treasured and more valuable than rubies, because he knew that there would be days that I wrestled with that truth.

 Bonny 16:32

So how did you embody that? Because I get the question so often, and of course, I wrestled with it for many years as well. How do you get that head knowledge into your heart and really

feel it in your body?

**L** Lyschel 16:47

That's a okay. How do you get how do you get it from the head to the heart? Isn't there a book called The 18 inch journey?

**L** Lyschel 17:02

Yeah, and it like talks about that, like shifting things from head knowledge to heart. It's about awakening the relationship, um, above just having the I think it, I think the way that that happened was asking the Lord to engage my heart, and it was coming from a place of anticipation. It was coming from a place of can you show me that you're real right now, like you're not just something from history, you're still moving and happening and doing and breathing, and you see my tears like, I can't tell you the number of times someone would quote the Scripture, he captures all your tears in a jar and stores them up. And I was just like, Look why that doesn't feel real. Like, right? I mean, let's get real. Nobody's walking around with bottles of tears in real life, except for, I think I saw a teacher who Professor one time that had a jar on his desk, and it said, students tears in the jar, and that was hysterical. But anyway, I digress. Um, those aren't phrases that makes like those metaphors don't make sense in the here and now. And so there were things that I had to just be honest with God and say, Man, I really want to have a really deep relationship with you. So can you just keep teaching me. Can you just keep teaching me what it means to see that you love me so much, that you love me so much, that you would stop the world and stop everything you're doing to capture one single tear on my face. And that takes permission. It takes it takes, it takes permission for me to be vulnerable with God, and it takes permission or sorry, and it also takes what you said before, Bonnie, about time slowing down long enough to actually let him show up. And it's not that he's not like, Oh, you gotta sit around for 10 minutes. I'm probably my worst, you know, hurdle. And really what it is, is the busyness is a lack of boundaries. I just don't have. I won't, either I won't or I can't, is what I say, create that space, which is what I'm saying is there's something important to me, but I'm not creating a boundary to protect it, to make sure that it happens,

 19:22

right? So,

**L** Lyschel 19:24

yeah, and we've had several episodes about boundaries and the value and importance of those.

**B** Bonny 19:31

I think what another word that came up for me when you were talking about making space to just let God connect with you, is attunement. Yes, trying to attune with God, to get in sync with him, which takes vulnerability, because you have to allow him to first of all, you have to allow

him, which takes vulnerability, because you have to allow him to first of all, you have to allow yourself to. To believe he can do it, he can show up and then and then to remember how he's shown up for you in the past, and then allow yourself to attune to that, which means to emotionally connect with how God feels, and that's a talk about a hurdle. So if you've lived with an angry father for 18 years who punched holes in the walls and called mom horrible names, a tuning with a loving father takes intention, and I think you can really probably speak to that, and then you've mentioned that before on a podcast. So what would how would you address that? Michelle,

L

Lyschel 20:51

yeah, no, I remember that. I remember, uh, finally admitting that I was struggling to call him father or dad. I had a friend in my circle that would call him daddy or dad, and I was like, Yeah, that's really hard. I don't and I just had to say that that's really hard. That doesn't fit for me right now. And so then, after I realized that doesn't fit for me right now, I asked the Lord to show me a different name that I could call him. And so I did. And then that was actually when I learned the the name Abba. And so I would pray often to Abba. Well, then that kind of felt a little foreign, because I don't use Abba in my everyday language, and I really wanted this to feel relational. So what I came to understand, and I feel like the clarity that he gave me was I needed to I needed to be give myself time and space to untangle labels with people. I needed time and space to be able to pull that apart and say, Okay, there's an earthly father, fathers and there's a heavenly Father. And so there are two different people, but that was oftentimes, that was my hurdle, right? I kept putting character and earthly, sinful individuals, human beings. I was putting their character on my heavenly Father, and that wasn't his character. And so it set me on this crazy, wild journey of looking for God's character in every story I could find and read about in the Old Testament. I wanted to see God's character like, how did you show up here? How did you show up here? And it was like, so consistent of discovering his character. And then, of course, you know, we've already talked about some of this today, like a name above all names, like there's power in the name. So it was like, then it started me into the journey of identifying and looking for what does what are the names that he calls himself? What are the names that others call him because, see, I was struggling with the name father, and I needed other names, and so for a long time, I just called him best friend, dear. But, you know, hey, best friend like and I would just pray to best friend. And I know that probably sounds crazy to listeners, but I know, as you can tell, I've had to do a lot of work on giving myself permission.

i

23:26

I get to have permission to not have it all figured out. I get to have permission to

L

Lyschel 23:34

question and wrestle with God. I get permission to say, so what like it doesn't. I know that some would probably be like, Oh, that's so offensive. And I'm like, is it it's kind of like, prove it or help me get a deeper understanding of that. And I feel like, with God being a teacher, and he's so committed to me and so committed to my freedom and the depth of relationship I can have with them, I don't think the question of, so what challenge I think, honestly, when I feel like when I say it, he kind of chuckles a little bit like you just did, Bonnie, like, Oh, this one, you know. So what are some of the phrases that you circled that spoke to your needs and feelings?



B

Bonny 24:17

Oh, yeah, so I'll start from the bottom and go up. He is our strength when we're weak. I mean, I think you might have said that too, because of inadequacy. So so much in the early days of our marriage, I couldn't measure up and now I know where this came from, two places from my own childhood of always needing to be perfect, but then also having a partner who expected perfection as well, because he had the same experience. So I often felt very weak and powerless and inadequate. But God is our strength when we're weak? And how this showed up for me? Yeah. Was that when I had, I mean, Dave and I had three children within four years, because we had a set of twins, and I had been raised an only child, and didn't know what to do with multiple children, and especially in those very early years of babies, I was exhausted. I barely had a brain cell that worked. I was just on rote, you know, go to the grocery feed, clothe, wash clothes. Go to the grocery feed, clothe, wash clothes. So I felt so inadequate, and so I don't know, just barely getting by that God, I had a continual conversation with him every day for all of those tiny years. But what that started was a habit of talking to him all the time, and he did become my strength, because all I had to say was help, and he'd show up somehow that supernatural help would it strengthen me with either thoughts that wisdom and discernment that helped me go through the next step, or just physical strength to make it through the day. So he showed up. But I think for me, and I know I mentioned this earlier, it was just having eyes to see him. It was wanting to see him, and not rejecting that this is of God, not Oh, this is a coincidence. No, it was God showing up. So the strength when we're weak speaks volumes to me, even now, even now. I mean, I asked Lachelle at the retreat, did I do that? Okay, you know I'm I'm always this. I need affirmation. I'm not I wasn't walking in confidence. So he is my strength. He is your strength when you're not feeling confident. Yeah, the restorer of our souls when we're bruised and beaten down. There was so many times when, and not just within our marriage, but life. Life is bruising and battering, and people are unkind and but being able to sit wherever you feel closest to him, I think I think about Psalm 23 when it comes to this restorer of our souls, that he'll take you to a green meadow and still waters and whatever those are, symbolically to you, it doesn't have to literally be a green meadow. Maybe it's on the soccer field watching your kids, but he'll restore your soul. He'll fill your tank. If you let him, you get you get to let him. All right. Michelle, yeah, get to let him. Those are two real biggies for me as I read the list. So what's a praise party look like?

L

Lyschel 28:26

What's a praise party look like?



28:32

You know what? My praise parties have a lot of variety.

L

Lyschel 28:37

Sometimes the praise party is standing in my kitchen and we turn on the Alexa and we just ask, you know, and just have her plan, like fun, upbeat worship music, and I'm dancing with my kids, and they may or may not know why we're praising. I'm just, you know, doing it, but I need

it, right? And so it's fun to have them join in with me. I think that praise parties can look like sending a text message to a group of friends and just bragging on what God just did and having them celebrate with me. I think praise parties look like I think Sunday mornings are beautiful. I'm not knocking those at all, but sometimes they do feel a little disconnected, because you're not necessarily sitting with people they always know, like if you go to a bigger church or whatever, but probably when you get to worship next to people and you know their stories intimately, it changes everything. When you can look over at a friend, another woman, and you know, you know the level of brokenness that she has walked through because you've beared witness with her, and you see her face lifted to heaven, and she is just lit up and so joyful for what God has done. It changes the way you praise, right? It's contagious. And sometimes my praise party is journaling and just. Praise Him and praise Him and praise Him, and even praising him and things that have yet to come, like you know, and being able to say this is what's happening, but I praise you for and go ahead and appraise him ahead of time. Mm, hmm, in an effort to keep our eyes on Him, yeah,

B

Bonny 30:19

which is also gratefulness.



30:23

Yes, it is gratefulness.

B

Bonny 30:26

And that's what you've just described, the joy he is joy when we're depressed. It's hard to tap into that sometimes, though, I think for me, it would have been more real to say he is less depressed than I am now, can't I can't really grab a hold of joy, but I can say I have a little hope because of him.

L

Lyschel 30:59

All right, so listeners, as we usually close out all of our episodes, we talk about what hope we can leave for you and so Bonnie, I would love for each of us, you and I, to talk through this particular phrase. And it says, He is hope when we are discouraged and want to quit.



31:19

He is hope when we are discouraged and want to quit.

L


Lyschel 31:24

What this particular statement says to me is he is hope when we are discouraged and want to quit. Discouragement comes from unmet expectations. Discouragement happens when there's

fear. Discouragement happens when there's an unknown of the future. And so when all of those things are piling up in front of me, I do want to quit. Like my behavior is I'm going to quit like this is just too much, right? And so when I look at this and I recognize that he is in the future, he knows the future, the thing I'm facing off with right now has not shocked him or surprised him.

 32:04


He is He is aware of the fear, and yet he still whispers, don't be afraid,

 Lyschel 32:13

right? He knows that I'm afraid, but he'll still try to encourage me and still say, Don't be afraid.

 32:19


I know it's coming.

 Lyschel 32:23

I know how you're feeling. I know where you're at and you're not going to stay here forever.

 32:32


That's where hope comes from.

 B Bonny 32:36


What comes up for me is the the TV show The chosen, and how Jesus interacts with the women, and I know we've talked about that before here too, and and how he interacts with the men as well. But his the the attitude he has of no worry. He is not worried. He is confidence and he he knows the ending. But it's that, it's that attitude of not worry that I want to embody that's the hope for me, because being discouraged is for for me, I think what comes up is feeling stuck like, am I ever going to move out of this? And you can spin and spin and spin and worry and worry and worry. I'm not healing. I'm not healing,


 33:40


but God's not worried.


 B Bonny 33:43


He's not worried. He knows. He knows what he can do in your heart, if you'll let him, and so that hope is that you get to let him work in your heart, the supernatural things we can't even understand on the spiritual level, how he binds those wounds and heals those wounds. He doesn't just bind them. I mean, he can heal them. So that's the hope. He will help you be unstuck, even if unstuck is just a baby step, one inch forward, it's still progress. Yeah, there was a season where I didn't know if my heart was, if my heart if the pain, if the literal pain in my chest, which I had for about six months, if the literal pain in my chest would ever go away. And he kept whispering, just wait, just wait. And I hated that weight. I hated living in that space. And I did compartmentalize. Sometimes I would just put it all in the closet of my brain and shut the door and keep going on. But that's not where healing. Happened, as Lachelle said earlier, healing happens in the mess, in the grief and the brokenness. And when I sat in my grief with him,


 35:08  
and

 **Bonny** 35:10  
I got to hope with him a little bit, I moved through that grief.


 **Lyschel** 35:19  
All right. Well, we're going to wrap up for today. If you have found our conversation helpful, please consider contributing to the cost of the publication, and also feel free to share with a friend. There is a donation button on our website and in our show notes, and we are so grateful for those who have already contributed. So until next time, please make self care a priority

 35:46  
and press in for more. Yeah, and

 **Bonny** 35:50  
let's just mention the next redeemed hope, intensive healing retreat is in November of 2024, I'm not sure if registration is open yet, but I think you can get on the hope redefine newsletter. Subscribe to the newsletter and you'll be informed when registration does open.

 **Lyschel** 36:13  
Oh, thanks. Bonnie, yes, that is correct. Registration will open in July. Yay.


 ~ ~ ~ ~

 Bonny 36:20


And I would also like to add a personal for me is that in September, I'll be traveling to Australia to talk with church leaders and seminaries and women's groups about the harm sexual addiction, a sexual addiction can have on the partner and what betrayal trauma is. So if you're a listener that's in Australia and would like to connect in September, I would love to hear from you. My email is Bonnie, b o, n, n, y@strongwives.com and we can go from there. I'd love to talk with you.

 37:07


How cool, so cool.

 Lyschel 37:11

I know we're doing big things. We're adult.

 Bonny 37:16

I finally grew up.

 Lyschel 37:21

All right. Well For now, we bless you. We are praying over you and hope that you found this, this episode encouraging. We'll see you soon. Bye, bye.