

Ep_82 Experiencing_Christmas_Well

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SPEAKERS

Bonny, Pam B.



Pam B. 00:03

Music. Hi. I'm Pam Blizzard from recovered peace, and



Bonny 00:06

I'm Michelle Burkett with hope redefined, 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, two of us are sitting together, virtually slurping down some coffee so we can wake up. Lachelle, unfortunately, woke up with a migraine and won't be joining us. And we miss you, Lachelle, I just thought I'd give you an update. Listeners, I returned home October 15 from spending six weeks overseas. I was in Australia for three weeks speaking, and I was in New Zealand for one week speaking, and it was an amazing call, and it was very humbling, because I saw God's hand in the whole the whole trip as I was speaking in front of audiences, he allowed me to watch light bulbs go off in brains, because you can tell by a person's face when something clicks. So what I witnessed was people starting to understand the connection between trauma and sex addiction and the reality of betrayal trauma and the necessity to partner with Jesus in healing. You can't just pray this stuff away. That another blessing was that I got to spend one on one time with many betrayed women who had just never had community before. They'd never been in the same room with another betrayed wife that they knew of, because shame is really thick down under, and we want to, we want to help eradicate that shame. And finally, I would like to thank my Australian Christian sisters, Narelle and Marissa, and the two Jays of New Zealand, who made that entire trip possible. And as you've heard from the interviews, Pam and Michelle man the fort and spoke with some amazing guests who brought insight and wisdom for your consideration as you heal. And there are a few more interviews in the pipeline that will get published after the first of the year, when I have time to get them edited. But today, our discussion is around experiencing Christmas well, and I want to let you know that this will be the last episode of 2024 as we take our own advice and simplify life for this Christmas season, but we will be back in January. So Pam, what are some things you navigated or things you've heard your clients navigate during Christmas while trying to heal from betrayal.

P

Pam B. 02:45

Oh goodness, we could probably do three to five hours on the subject of Christmas and all the holidays. Yeah. So personally, I just remember feeling this internal and external pressure to be Merry Christmas, Happy New Year, right? This, this pressure to be joyful and light and smile and and I wasn't feeling it. There was no way I even when I tried to force myself. I could not muster it. And so there was this constant cycle of trying and failing and trying and failing and beating myself up and gaslighting myself with the word, should. I should be able to do this. I should do this for my family, I should do this for my child, and the pressure that women have to decorate, to cook, to bake, to rep by presence, wrap presents, accept every invitation, to every event, make memories for my child, it's just so heavy this time of year we see ourselves in the spotlight. And in addition to that, holidays can be very triggering around past betrayals, because, you know you do a life review, when you when you have a betrayal, and you realize that your life isn't what you thought it was, and you start looking back at all the holidays and anniversaries and birthdays and events that you Did experience merry and happy and joy and light, and you question those, and you say, well, that couldn't pass. I couldn't really have been happy, and I'm don't have a happy memory of it now, because I wasn't living in reality. I didn't know my reality. And so holidays, all holidays, especially Christmas, you. It can be so so difficult, unless we have some ways to deal with it, which hopefully we're going to get into today for our listeners, right?

B

Bonny 05:11

Yeah, yeah. What's come up recently with some of my clients is, and this is this very specific thing around Christmas that they've had conflict with their husbands over putting up the Christmas tree. She has not wanted to do it. I mean, for obvious reasons, it's a symbol of happiness, and she's not feeling it right now. And yet he wants it up because it represents different things to him and he, I guess, and that what I would assume this is me assuming he's not really living in any empathy for her yet to have this kind of conflict, which hurts my heart. You know, that kind of It hurts my heart for her. And yes, we are going to get into some practical tips and tools around how to navigate that kind of stuff. That's a specific that I've seen really

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Pam B. 06:05

recently. Yeah, it's a good point about two different individuals approaching a holiday or cultural family event of some import, of vital importance in the past, and being in two different places in their recovery, and having two different opinions that that adds to stress, of her not feeling seen and heard, not feeling understood and cared for or supported. For example, if you want the Christmas tree up, put the Christmas tree up. Husband, feel free. I will not stand in your way.

B

Bonny 06:49

Personally, you know, I was trying to think back, yes, you know, right after discover, the last discovery, I did go through the life review, I did question every thing we ever did. I mean, seriously. did even love me. that kind of thinas. those kind of thinas. But I don't remember.

yeah, I don't remember Christmas being tainted for me as much. And I realize that's a blessing. I realized that I, you know, everyone's different, and that's what it was for me and I did not have we lived so far away from family, I didn't have to navigate that at the time. Yes,

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Pam B. 07:36

thank you for bringing that up.

B

Bonny 07:42

Yeah, so anyways, so that's kind of where I land with it. It wasn't as catastrophic for me personally, but yes, I can speak into what I'm hearing and seeing

P

Pam B. 07:55

yeah and yeah. That's a normal reaction too, you know, if you're listening to this and hearing everything that I struggled with and you didn't struggle with that, that's okay. This doesn't mean you're not fully experiencing your your your situation, right? In many ways, for some people, it provides a welcome distraction and reason to focus on other more positive things, and to zoom out from perception to perspective and focus on other things. And so I would encourage anyone with any of the stuff that I mentioned, if it gives you joy to decorate, decorate, but if it feels heavy and like a burden, an evergreen or pumpkin spiced camp candle is a decoration. And if it gives you joy to bake and cook, do that definitely. And if it feels like a burden, your local deli, or, you know, grocery store has fully cooked turkeys and mashed potatoes that taste pretty good.

B

Bonny 09:10

Oh, absolutely, yeah, right, yeah. Simplify it. I will say, I will say, in my season of betrayal and Christmas, I did not want to do public things. I was fine at home, and I like to decorate. That decorating is creative outlet for me, so that felt therapeutic, and cleaning is very therapeutic for me. I love to clean, and when I am at my worst, when I when anxiety is peaking, for me, I'm going through my closet, and I'm purging and I'm organizing. That's how I deal with my anxiety. Isn't that strange? Yeah, structure, structure. Because everything else is out of control, I make sure my closets it precise,

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Pam B. 09:56

yeah. It's that we need safety and stability that in. That kind of thing provides us with stability and structure, right? Absolutely,

B

Bonny 10:03

but, but it was public where things weren't as predictable that I didn't want to expose myself to

and and as we get into our practical ideas, I'll tell you what I did. Yeah, any anything else like an experience?

P

Pam B. 10:19

Oh, well, definitely, you brought up family of origin. And we did live close to family of origin and their idea of Christmas and their culture, their family culture, was very, very different than the Christmas I grew up with. I grew up in a very middle class family with very simple Christmas mornings. And my husband's dad was a prominent physician, and so they were people of means, and it was just very, very focused on the material gifts. There were, when I say mountains, I'm not that's not hyperbole. There were mountains of wrapped presents that were put in front of each person to open. And every we had to watch every single person open the presents, and it was just too much. And being, you know, addiction is a generational disease. Sin is generational, and for many of us, our partners, dysfunction started in the family of origin, and so sometimes you're slapped in the face with the dysfunction that you have to observe and where, you know, it used to be like, before discovery, I kind of like blow it off and say, after discovery and learning about the roots of this, it was just magnified. So hanging around these folks was incredibly painful and frustrating, and I had resentment, I admit it, I had resentment, and I couldn't just smile and grin and bear it. I could not find that that energy within me to fake it till I make it so it was it was painful to be around his family and pretend like everything was hunky dory, peachy keen. It wasn't. It was horrible.

B

Bonny 12:29

Yes, when you realize what authenticity is and what masks do, yeah, it's like, it's like the the scales fall off of your eyes. Yeah, you're seeing things in a new perspective. Yeah, I mentioned,

P

Pam B. 12:47

you know, having to make memories for the kids I felt responsible for programming my son's memories into, into his old age that I had to quote make Christmas, that I had to make sure that every I was dotted and every T was crossed, and that everything was merry and light and bright and colorful and joyful for him. And I had to admit I just didn't know how to do that. I didn't know how to control that situation, to control that narrative for him.

B

Bonny 13:30

Yeah, so your, your last D day he was what a middle schooler, the

P

Pam B. 13:36


very last, when he was in high school, he was 15. Okay,

B


Bonny 13:41

 **Bonny** 13:41


first D Day, they were in middle school. Second one, second one, they were out of the house. So really, I only had one with all the kids in the house, so that that's a different place to be when you do have kids at home. That's, did

 **Pam B.** 13:57


it feel more lonely that the kids were not there

 **Bonny** 14:03


with the D days? Yeah, no, I was glad they weren't there. You were glad? Yeah, and I could process, I could process, there was no one there to witness. I didn't have to go hide in the bathroom, you know, that kind of thing. So yeah, and they didn't have to, they didn't have to witness my pain or and we didn't have to go in the other room to have an argument.

 **Pam B.** 14:27


I get that. And I get waiting, just waiting, holding off until I dropped my son off at school so I could just fall apart or go come home and yell and scream because I was the only one in the house. Yeah,

 **Bonny** 14:40

I get Yeah. I get that, yeah, so, so that. But that first day, when they were in the house, I didn't know the full scope there wasn't help back then, you know, I just, I just got over my stuff, you know, told myself I was overreacting. Got over it. Did get. Did some I gaslit myself. I did do some control. I you know, safety seeking behaviors, but I would say after about six months, we just got back to status quo. And yeah, so Christmases. After that, D Day, Christmases weren't really affected, because I thought my reality was fine. Is it? What would you change? Looking back, you know, having health now, what would you change?

 **Pam B.** 15:34

Oh, to have the luxury of hindsight, I

 **Bonny** 15:36

know. Let's see what our next question is too that probably goes along. Yeah, so what would you change and or what are some ways you and your clients have navigated Christmas and found peace?

 **Pam B.** 15:40

P Pam B. 15:40

Well, this is the love letter I would write to myself. If I could send a letter back in time, I would say, give yourself permission to sit this one out. Really, do pay attention to the reality of what you're feeling in your emotions, what thoughts you're having, what you're feeling and sensations you're having in your body, and let your self care be a priority over these other things that are high priorities. They're important things, but your mental health, your emotional health, has to take top priority, because you cannot, you cannot drink from an empty cup, and you can't fill other people's cups from an empty cup, it's okay to skip decorations, it's okay to skip the baking. It's okay to turn down invitations. And I would even argue that in many ways, betrayal, trauma. Recovery is like recovering from a major surgery. And if you call in sick to or even work, or if you call in sick to a family event, you're not lying. You're not well. You're not feeling well, it's okay, you know, if you were just if you were recovering from a major surgery, nobody would expect you to wrap your bandages, get up and show up at the Christmas eve party and or do all these other things. Give yourself permission to take care of yourself in that way and relieve yourself, unburden yourself with a thought that it's up to you to make certain memories for your children. It's more important for your children to see you doing self care. It's more important that your children remember mom took care of herself. There were times mom said, No, it's okay to model that behavior that that's probably, I'm not even gonna say no, forget, probably it is more important for kids to learn that from you than to learn image management than to learn showing up when you're sick and not doing self care. Please relieve yourself of that thought that it's up to you, like I did, like, you know, to impress these memories on your kids.

B Bonny 18:29

Yeah, and what you what comes up for me is you're saying those things is, would you want your child to to show up after they've had a traumatic experience, right? You know, my, my last D Day we it was July 4, and we had a July 4 party, big, huge, not. We didn't host it. We went to it. Big, huge, July 4 party. And I should not have gone. And would I want my children to to expose themselves to that mask, that mask was so heavy and painful and everyone saw right through it at the party. Yes, so but, but what I want my child to do that would I want my child to over function just for material things, no

P Pam B. 19:25

and, and what we know now about trauma and nervous systems and connection and secure attachment parenting is that our children experience our nervous systems and and it's okay if we're not it's okay to not be okay. That's the other thing I would tell myself, it is okay to not be okay, and it's okay to say to your kids, Mom's not okay, but I'm taking care of myself, and I'm doing self care, and I'm going outside of myself to get help and. So we normalize it being okay to not be okay all 365, days of the year, and maybe even especially at the holidays, when the pressure is higher and, you know, just say no to ope other people's expectations. Just say no, it's okay. Yeah, you

B Bonny 20:20

know, you said something earlier, perspective versus perception. Was that it or yeah, yes, perspective is that higher view? I always explain. I describe it as getting in a helicopter and

going up a, you know, 1000 feet so you can see the bigger picture. The bigger picture of Christmas isn't the material stuff. It's about a baby that came so that we could have a relationship that reconciled relationship, that repaired relationship with Father God.

P

Pam B. 21:03

It's the beginning of the most beautiful love story ever written. Yeah, the love story of our father for us and wanting to bring us back to the garden.

B

Bonny 21:14

Yes, yes, yes. God's design was not for all of this pain, but he gave us free will and free choice. So but the perspective having a higher perspective, I think, is how I gave myself permission to not worry about the material stuff so much, I will say that to to make things easier for me, and this wasn't necessarily because of betrayal trauma, but in just in general, we started gifting our family with vacations instead of presents, so that we experience experiences and so for a season before all our kids started having their own families, because that makes it more complicated, but for a season, we would go on a trip, either at Christmas time or in the spring. But that was our that was our gift. So I didn't do a lot of shopping. You know? It was, it was we all prepared our own end of it as because they were more adults too, but it was wonderful they were high school, early college, that that stuff that age.

P

Pam B. 22:35

But I would think I would also say that even if your children are younger, get them used to that. Yeah, yeah, get them used to that. Christmas isn't about the material present that you open up with the bow. It's, it's fun, but, you know, once you rip the paper open, right? It's not a pretty gift to open anymore. That lasts about what, three seconds. Yeah.

B

Bonny 22:56

I mean, yeah, thinking back. Pam, are there gifts you remember?

P

Pam B. 23:02

Yeah, but not because of the actual gift, but because of how they just magically appeared under the tree while we were eating dinner. And everybody was, that's my memory. And I, you know, I'm a young just a child's memory of sitting at the dining table eating dinner, and then all of a sudden, you know, Christmas Eve dinner, then all of a sudden, there were gifts under the tree, and I didn't know how they got there to the experience,

B

Bonny 23:29

yeah, I will say I do remember a few gifts, but I don't remember, I don't remember them all. You

know, the few ones. I got a Mickey Mouse watch one year, and it was acrylic, and see through, it was so cool. And, and I, you know, I don't even know where that is now, I lost it. And then Barbie, Barbie Dream House. I mean, the whole house, the whole house, it was awesome. But those are what I remember more is the family gatherings, because as a young person, we lived closer to family, and I remember just the feeling of being with family and laughing and playing games. That's what I remember most about Christmas, is the feelings, not the stuff.

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Pam B. 24:20

Yeah, yeah,

B

Bonny 24:23

but I am kind of a foodie, so I really loved Christmas food. I did remember that, but yeah, and, you know, triggers can happen during Christmas. We have an episode on triggers that I'll put in the show notes so that you can listen to that. And it makes sense that triggers would happen. Yeah, other and self care, yes, yes. Yes,

P

Pam B. 24:55

communicate. Oh, yeah. This is this. Is huge. This is, I wish I would have known. This is, this would be part of that love letter to myself, say to my husband, I'm not feeling it. I'm tired. I'm exhausted. I don't have the energy to do this. Would you consider putting up the tree yourself, if or not having the tree right? I would negotiate those things. And my husband tells me, I know my husband, you know, we talk about 1.0 versus 2.0, in 2.0, we do this. He said, I used to play whack a mole, trying to figure out what you were thinking and what you needed, and rushing in to fix and it was often the wrong thing, versus me just saying, I just can't do this. Would you consider doing this? And I know there's going to be some women who are hearing hearing this and saying, Well, I know if I ask for that, my husband won't XYZ. It's more important for you to say it anyway. It's more important for your brain to hear you being authentic with yourself and about yourself and saying, I just I don't want to go to your mom's for Christmas Eve. I want to stay home. I'm going to stay home. Would you consider going without me, would you consider telling them I don't feel well because I don't feel well, and whatever you know there might be, there might be, yeah, sure. I mean, hopefully, right? And there might be pushback, but I'm encouraging you to make a statement, to make it a proclamation, I'm not going to your mom's for Christmas Eve and let people think what they want to think. And don't do image management. Don't, don't put the mask on, don't try to make sure other people think highly of you, right?

B

Bonny 26:55

That's what, what? Yeah, that's what was going through my brain, as you were saying, that is, I can hear some of my clients say, but she'll think I'm a horrible person. She already doesn't like me, and she'll already, you know, it's like, it's okay if she if you aren't going to change her mind about you, yeah, it's okay, yeah.

P

Pam B. 27:18

And it's okay if she talks about you, because what other people think about you or say about you, let me put it this way, what other people think about me or say about me is none of my business. What I think about me and what I say about me is my business. It's my responsibility. Yeah, and no matter, no matter how you try, how perfect you try to be, somebody will always project their own stuff. Oh, yeah.

B

Bonny 27:48

So it's ultimately what's happening. They're projecting their own stuff onto you,

P

Pam B. 27:53

yeah. So it's a game you can't win anyway. So it's better to stand in your own authenticity for yourself and stand in your own integrity for yourself.

B

Bonny 28:06

Yeah, and the most important thing is, what does God say about you? Exactly? What does God say? Yeah, what God says doesn't change. What your mother in law says about you may change. What God says about you is permanent. Exactly, change,

P

Pam B. 28:22

right? There's no part in scripture that says, and the two shall become one and spend all the holidays each other's families.

B

Bonny 28:31

No, it actually says, and a man shall leave his or a man shall leave his mother and father and cleave to his wife, right? Yeah, and two and two, I will say that goes for her too. She needs to leave mother and father and cleave to her husband too, yeah,

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Pam B. 28:48

yeah. And that's secure. Functioning a safe relationship is where the relationship comes first, and everything else is thirds. Any other competing priority is tertiary to the relationship,

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Bonny 29:04

absolutely and so things that are extra, are all those, all those functions that don't include your nuclear family, these these things you have permission to say no. And

your nuclear family, those those things you have permission to say no. And

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Pam B. 29:18

here's the thing, we're not encouraging you to do this forever and ever and ever. You know maybe by next year, you'll feel differently and have more energy, and you'll be in a different place, and you'll look forward to all these things. So just for today, it's okay to not be okay, and to put yourself first, and to ask your husband to put the relationship first. It's

B

Bonny 29:47

okay. Yeah, I love communicate. I love what you've said about communicate. I think you're right. We need to hear it in our own brain, and if you have a hard time communicating like a free form. From communicating. Write it out. If you have something important to say to him, especially around Christmas, write it out and read it to him. You can even give it to him so he can think about it and then reread it. But it's really important that he knows how you're feeling. It's up to him how he receives it. But I will say, until my husband knew my true feelings about certain things, about especially around faithfulness, because of the lies he was telling himself, but until he knew my feelings about things, he was living by his own narrative in his own head, right? And which was not healthy, right?

P

Pam B. 30:48

And the converse of that is, is I used to think, Well, my husband should just read my mind. And I didn't put it that way. But you know, well, shouldn't he just know if he How about this phrase, if he loved me, he would know, ladies, eliminate that from your vocabulary. Yeah. No, that's not how it works at all. We are individuals with individual brains and souls and spirits. Is it as unique as our fingerprints and

B

Bonny 31:20

yeah, yeah. I think, I think what it gets down to is he should have learned my patterns if he were paying attention. But he can't mind read. And if he's so wrapped up in his own addiction, he's not paying attention to patterns, well,

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Pam B. 31:39

she's not a dangerous word,

B

Bonny 31:42

yeah, but there's Yeah, but he's not paying attention to patterns. We would hope that he would, but that's not what happens well, and I might

P Pam B. 31:50

have a different take on that, because I might have a pattern of always wanting Topaz for my birthday, because my birthday is in November for 30 years, but on the 31st year, I might, I might want sapphires, and it's better for me to go, you know what? I so appreciate all the Topaz you've gotten me for my birthday this year. I would really love a sapphire, and my husband appreciates that so much because he wants to please me. He wants to see my face when I open up that present. And though I appreciate if he would have still got me a, you know, a topaz, I'd be like, Okay, well, okay, but had I said what I wanted instead, when I gave up the idea that my husband should be, should be able to read my mind. Is it was very freeing. It freed me from resentment.

B Bonny 32:49

Okay, for me, observing patterns would mean I'm being pursued.

P Pam B. 32:54

I can see that, and I can also see where, over the years, as my husband grew.

 33:04

He has

P Pam B. 33:05

observed my patterns in smaller ways, but it's interesting how those little things are more meaningful versus the big things, like holidays, yes, yes. This, this might be too personal, but he started, we like to sleep with the with the window open, so it's really cold, because colder now here in Tennessee, and I come into the room and I go over, it's so cold, and I jump under the covers. Well, he surprised me by getting the heating pad out and putting the heating pad under the blanket at night.

 33:41

That's it. That's and then.

P Pam B. 33:46

And then, when he saw me, get so excited about that, and go, Oh, you really care about me. I wear certain socks to bed, started putting my socks on the heating pad.



33:58

Gosh, oh, that's okay. That



Pam B. 34:02

is that growth from my John Wayne, former marine or Tool Time guy. That's a lot of growth that that's a beautiful present right there, yeah, yeah. But



Bonny 34:15

it's always good to communicate. It's always good to have curiosity, yeah, but I just know that some of my women want to be pursued so desperately and mind reading isn't pursuit.



Pam B. 34:30

I would, I would pause it too, though, as long as we're going down this rabbit



34:34

hole, yeah, sure,



Pam B. 34:36

let's do it. That pursuit for one person might have a different narrative and connotation imagination than in another person. I can't walk into your house and tell your husband, this is this is what Bonnie likes. This is what would make Bonnie go, Oh, that's so sweet, right? It might be very different. And. So my husband appreciated when I got very specific about this is, this is how I feel accepted, like I belong and chosen and pursued. These are the little things. And he appreciated that because he did not see that growing up. He saw a very disconnected partnership in his parents, very unromantic, very unemotional, very not a lot of emotional intimacy. So my husband appreciated being given a little bit of a treasure map.



35:40

Yeah, but he listened,



Pam B. 35:43

he did. He listened, he did. And I think most men want to, but don't know how we went down a rabbit hole there. What's that got to do with Christmas? Well, I mean, if

B

Bonny 35:58

he can show up really well around Christmas, it will help her with burden, with with the wood of shit is with the guilt, the mom guilt, I'm not doing enough to create these memories he can show up and kind of think about past Christmases where, you know, where can I show up here. Where can I pitch in here? Hey, I can buy all my family, you know, all my family's gifts.



36:28

Um, so

B

Bonny 36:29

I can observe it,

P

Pam B. 36:31

yeah. Or I can sign the Christmas cards. I'll do the Christmas cards this

B

Bonny 36:36

year. I will say, that's one thing that went out the wayside for me. Oh, yeah, yeah. But I used to, I used to love it. I'd sit down, I'll tell you why they went out the wayside, because I would sit and write a beautiful letter. Oh, it's fantastic. This year, so and so got a scholarship, and so and so got you know this and that my my letter would have a whole lot of different information in it. Now,

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Pam B. 37:08

I can see where I used to do that too, and I'll be honest, it was part of my image management is I want to tell everybody how great my life is and how great our family is doing, and all the good stuff, and I maybe even thought I was encouraging other people.

B

Bonny 37:26

Yeah, Pam, image management resonates with me too, so I was probably doing a bit of that as well. Well friends. Thanks for being patient with us as we go off on tangents and rabbit trails and we hear from our listeners, and we know that you keep up with our conversations. But in summary, to experience Christmas, well, I totally agree with Pam that a big portion of finding peace, building resilience in your life is letting go of other people's expectations, especially around the holidays, and if letting go of other people's expectations is hard for you, I would journal around that. What about surrendering other people's opinions on your life and what you do is hard? What's hard about it and what's under that? What? Where do you think that obstacle is coming from? And then the second thing is to communicate, well, with your

husband, with the your family, and with other safe, close people in your life. Communicate, well, openly, honestly, gently. This is what I need. It might be different this year. I don't know what next year is going to look like, but this year, I need some space. I need some margin. You know that word margin was kind of new to me a few years ago, but now I understand it. It's just building time into your schedule, for for for for nothing or for things that you need to get done around the house, but margin is the white space, and it doesn't have an activity written in it on the calendar. So as you let go of other people's expectations and you build some margin, I just hope that your Christmas season this year can hold meaning for you in spite of this hard season of betrayal trauma. So Pam, in the spirit of Christmas and the spirit of hope for wives. Podcast, what hope would you like to leave our listeners today,

P

Pam B. 39:39

one day at a time, because we all grow and change and heal, whether we try to or not, believe it or not, and we're never really stuck. It may those may be the thoughts that you're having, I'm stuck and I can't get to the Christmas place, the Christmas mindset. That, that if this year you can't get there, it's okay to not be okay, and that it's gonna change. It will change. And you get to decide. You get to decide what traditions serve you, nurture you, and heal you, and you don't have to do what other people expect, other people's expectations. Ope,



40:33

that I

P

Pam B. 40:35

want to encourage you too, that if you're struggling in your faith right now, because we may have some who are early in and struggling there, that God understands God is sad, too. God feels betrayed, too. God understands your anger and your heartbreak with and even blaming him, even though he's not to blame that if you can show up for yourself first, that's how you're going to show up for everybody else. Yeah.

B

Bonny 41:19

Think the hope I want to leave this morning, I was listening to a podcast. It was about Advent, and the one the women made it a wonderful point that hope isn't something we muster up that hope is actually a gift from God. Part of God's character is hope. I mean, the person of Jesus is hope. So I want to read Romans 15:13, which says, May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. So that Hope's coming from Yahweh, and that Hope's coming from the Holy Spirit, and all you have to do is turn around and have the smallest desire to receive it. It's there. It's there for you. And you don't have to muster it up. You don't have to white knuckle hope.

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Pam B. 42:29

Oh, I love that, I love that. Yeah.

Oh, I love that. I love that. Yeah,

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Bonny 42:32

hope. And, you know, it talks about joy here, and the women in that podcast said, Jesus, joy sounds so huge, but it doesn't have to be. I mean joy in Christmas right after your D Day, maybe watching the birds at your bird feeder. That's what I did. It may be going to Costco and buying those Christmas flowers and arranging them and smelling the roses and but joy, joy doesn't have to be huge. Joy doesn't have to be what culture says it should be like receiving a five carat diamond ring or or, you know, the trip of a lifetime, even though I talked about trips in this episode. But joy doesn't have to be that. Joy can be just the most simple of things. We just have to open our eyes to see it as joy. So that's that's my gift to you. Is that hope? I'll say it again. You don't have to white knuckle hope. And you know, I'm not talking about hope for your marriage. I'm talking about hope for you personally, the hope that's just between you and God, the hope between you and Jesus, that hope can be whatever you need, the hope of healing, the hope of clarity, the hope of better sleep, the hope of peace, the hope of understanding how cherished and beloved you are by Yahweh and Yeshua. So that hope I'm talking about isn't necessarily for your marriage, because you can heal separate and apart from him, amen, if Yeah, but if you are struggling with him, that's okay, too. His his character doesn't change, right? And he doesn't get pinged into fight or flight. If we're angry, he stays regulated. We have a God of regulation.



44:39

That's a new one.

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Pam B. 44:41

It's true, he made us, but God made us in a way that we can heal. And even though it feels slow, he gave us something called neuroplasticity. And I love that you mentioned that all you need is the desire, just the smallest flicker of desire, right? And. And in Matthew 12:20 says he will not crush the weakest, read or put out a flickering candle. So if you have that small flicker, that small Flame of Desire, that's all you need to invite the Holy Spirit in

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Bonny 45:18

do you have anything coming up in 2025 you'd like our friends to know about I

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Pam B. 45:23

do? I do? I have my four week boundaries courses. It's very in depth, and it is specifically to aimed at women who are in a relationship that have been betrayed. So there are boundaries for recovery from betrayal and boundaries, for relationship safety and creating a new relationship with your husband that is safe and benefits you both. And I also have sort of a splinter of that. I've took all the most, all the best, foundational pieces of that course, and

condensed it down into a two hour workshop so that if you don't have four weeks to spend with me, I'll cry. But if you can come spend two hours with me, I give you some pre work so you can work on things like values and feelings and needs and even just script on how to say it in a way that no therapist can criticize, I might add. So I have that going on, and you can go to recoveredpeace.com and find more information about that.

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Bonny 46:36

And I'm sure Lachelle has something as well. So go to hope.redefine.org to check out what she has, and then I have a sexual clarity class for Christian women that will begin in January. It'll be on Tuesday after Tuesday, late afternoon. So you can go to my website and check that out too, but I only have a limited number of seats, so if you're very interested, encourage you to go look now. Good stuff. Yeah, all around. Good stuff. Well, I'll just, I'll just reread the blessing over you listeners. And it's Romans, 15:13, may the God of hope, fill you. Put your name in there. So if your name's Patty, I'm going to say this, may the God of hope fill you patty with all joy and peace as Patty trusts in God, so that Patty may overflow with hope by the power of the Holy Spirit. So I'd encourage you to go to that verse and put your own name in there and really soak it up. We pray that your Christmas is meaningful and peaceful, and we'll talk with you again in 2025

P

Pam B. 47:52

See you next year.