

the  
**PROVERBS 31**  
MINISTRIES  
podcast

Biblical truth for any girl in any season.

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- Meredith Brock: Well, hello friends. Welcome back to the Proverbs 31 Ministries Podcast where we share biblical truth for any girl in any season. I'm your host, Meredith Brock and I am here with my co-host, Kaley Olson.
- Kaley Olson: Hi, Meredith and hey, listeners. We're so excited you joined us this week. We've had a really exciting start to 2019 and it's just getting better, so we've got something up our sleeves we've never done before on the Proverbs 31 Ministries Podcast and we're gonna tell you about it.
- Meredith Brock: That's right. Usually, we release episodes two times per month and we've heard from so many of you that you wish they were daily but honestly, I wish I could sit here and just listen and respond to great Bible teaching every day, too. Wouldn't that be amazing, Kaley?
- Kaley Olson: That would be great. I can think of nothing better that I'd like to do.
- Meredith Brock: It would be awesome.
- Kaley Olson: Forget the other stuff.
- Meredith Brock: So, we're not going quite that far but we are breaking out of our regularly scheduled programming and doing something a little out of the box for us. This week, we're gonna launch a brand-new, 6-week series called *Therapy & Theology: How Do I Get Through This?* Starting this week until the series is over, we're going to release one episode a week which is something we've never done.
- If you're listening and you're not subscribed, I'd encourage you. Hit that subscribe button right now because I promise, you don't wanna miss any of this fresh content.
- Kaley Olson: That's right. This series features our very own president, Lysa TerKeurst, our director of theology, Joel Muddamalle, and Lysa's personal, professional, and licensed counselor, Jim Cress. It was actually Lysa's brilliant idea to introduce

this series because of all the questions she has received on social media and email from women and even some men who are going through just some really hard stuff and are seeking help.

Many of you know Lysa's story from the past three years, so this is her way of bridging that gap and meeting you in the middle of the hurt you might be facing today.

Meredith Brock: Before we transition into the conversation you're about to hear, we do wanna preface with a little warning. This content touches on some really sensitive subjects and may not be suitable for young children. Many of you listen in the car and if you've got youngsters in the back seat, it might be a good idea to pause this and listen at a later time.

Additionally, this content could also serve as a trigger due to circumstances in your past. We ask that you use your own discretion in listening, but more importantly, we pray that this content really helps you process whatever you might be facing. Here's Lysa.

Lysa TerKeurst: I imagine when you hear those words, therapy, theology, those words in and of it itself creates a type of emotional response for people. Either an emotional resistance or an emotional maybe even frustration or it could be apathy. Like, that kind of response. But either way, you don't really say the words therapy or theology without getting some kind of response from people.

When I hear those words, I think progress and that's really what I hope you'll lean into during this episode and the following episodes because we're not here just to fill up some space with podcasting. There's enough information and podcasts out there.

Jim Cress: That's true.

Lysa TerKeurst: But I really think that we're gonna serve a need. Check your response when you hear those words and I think even when we think about making progress using both therapy and theology, I think people have one of four responses.

When I say check your response, I want you to see and be honest, where are you at when you hear the words therapy and theology? Because what we're really trying to do is to help you get through a hurt that you're currently facing or a hurt that has haunted you for a long time.

Okay, here's one response. Arms crossed, like complete resistance. Another response, my arms aren't crossed but my fists are clenched. This might work for some people, but I doubt it would work for me. Another response is your arms aren't crossed, your hands aren't clenched. You're here, ready to receive something-

Jim Cress: I like that.

Lysa TerKeurst: And ready to make progress and hopeful that it will be possible for you and then phase number four is this response where your arms are completely open, your arms are extended, your hands are open, your hands are extended and this is the part where you're not only convinced that is possible to make progress but you're reaching out to help others make progress as well.

As we kick off this series, I wanna say I am probably somewhere between here and here. I believe in both digging into therapy and digging into theology and believing that it will work. I have seen myself make progress, but I'm not all the way here or else I could be the only one on the podcast today.

That's why I've invited two great friends of mine. First, Jim Cress — and Jim, I just cannot say enough about how much I appreciate you. Jim has been my personal therapist, which it's funny when people hear therapist, they're like oh my gosh! Especially in the Christian world.

Jim Cress: They do.

Lysa TerKeurst: I say it with great enthusiasm. Really, I don't really call you my therapist. I call you my counselor, really. I guess maybe-

Jim Cress: I like that term.

Lysa TerKeurst: Either because that's gentler or more acceptable, I don't know. But anyhow, you've personally counseled me through some of the toughest seasons of my life. We had two counselors that walked us through. Michael Cusick in Colorado being one who did some marriage intensives for myself and for Art.

For those of you who aren't familiar with our story, the past three years have been pretty brutal for us and definitely a season where we had our marriage completely fall apart because of Art's infidelity and other issues that we were facing and then I walked through life threatening surgery with my colon and then breast cancer.

I'm always hesitant when I say those things in a line. It seems void of the depth of emotion that was present with each one of those things, but I reached a place where it wasn't an option one day to go to counseling. It was an emergency room situation. If I didn't get to counseling, I was gonna sink and not be able to get back up.

Jim, you were certainly one of the key tools that I believe God used and then I also have my dear friend Joel Muddamalle with me. Joel and I have been friends, we got to know each other through doing different conferences that you were with Bible Logo Software, and I was always intrigued by your ability to do quick research using the computer.

But not only that, you are this close to having your doctorate in theology. Are we allowed to tell people? If not, I just blew the cover off of that, right?

Joel Muddamalle: Exactly.

Lysa TerKeurst: But, you and I and some other staff members spend hours together because now you're on staff with Proverbs 31 Ministries. You are one of our resident theologians and my greatest days at the office are the days that we get to dig into Scripture and study together.

Certainly, as I walked through these past three years, you and I not only did study for the purposes of work but there were times where I hit real pits in my journey and I had the blessing of having you in my sphere of influence where I could say, "Joel, we gotta dig into some things in Scripture and really see what God's Word says."

Joel Muddamalle: Yeah.

Lysa TerKeurst: I had unique access to both a tremendous counselor and an incredible theologian. I very much recognize that not everybody has access to that.

Jim Cress: It's true.

Lysa TerKeurst: That's where the idea for this podcast came from is I saw how much it helped me and I want it to help you. I wanna help you find healing past the hurt that you're currently facing or the hurt that is haunting you from something that you've walked through in your life.

Certainly we can't heal all of the hurts in specific ways, but we can certainly help people move forward. That's the purpose of this therapy and theology podcast series.

Let's jump right in here. I love when I get to talk to people who are going through situations and I can use the hurt that I faced. I don't love the fact that I have hurt, I don't love the fact that they have hurt. But I do love the fact that God can take the hurt that I've walked through and help me connect with people on a completely different level than I probably would have before I walked through the past three years.

I always say people can be divided on issues, but we're quite united with our tears.

Joel Muddamalle: Yeah.

Jim Cress: That's true.

Lysa TerKeurst: But, the common way that I'll get into these conversations is people will say, "Lysa, how do I get over the hurt?" I understand that question because Jim, I think I sat in your office early on and said, "Look, I want to fast track this healing. I want you to give me the step by step plan so that I can get over this hurt."

I remember you saying something very profound to me. You said, "Lysa, your goal really shouldn't be to get over the hurt because that's unrealistic." That's like jumping a great chasm with the propensity to not make it to the other side because if my goal was to get over the hurt, that was too big of a leap to make all in one hurried, failed counseling session, right?

Jim Cress: That's right.

Lysa TerKeurst: But our goal really should be to get through it.

Jim Cress: Mm-hmm (affirmative).

Lysa TerKeurst: Let's start there. I have a hurt and it's very deep. I'm listening to this podcast either with my arms crossed or my fists clenched or my hands open. There's some way that I'm approaching this and I am saying, "Lysa, I resonate more with the first question that you ask. How do I get over it? 'Cause I'm tired and I'm skeptical and I don't really want to sit in a counseling office and have somebody just make me cry and leave emotionally exhausted, feeling very-"

Jim Cress: Who would want that?

Lysa TerKeurst: "Vulnerable and exposed. I just want you to give me the three-part fix it plan. How do I get over this?"

Jim Cress: Well, and we're talking about the whole gap in the connection of theology and therapy and a lot of people have, and Joel and I even talked about this once, about what's often been called a recipe theology. Outside the counseling office, give me a linear three steps and I'll get out of that. We already had 10 steps once called The Ten Commandments and they didn't work too well.

They're good for what they're good for. When you say or if someone says to me, "I want to be able to three steps or however many steps, get over something." As a therapist, or I like the term counselor better, I can't walk with you if you're gonna pole vault over the chasm.

If you go through it, it gives me an opportunity to walk with you as a faithful witness to your story, as a counselor, and I just don't believe it works to pole vault over it. Since we're talking about theology as well, so many through preposition metaphors in the Bible, when you go through the waters, through the fire, I will be with thee.

That whole idea that it seems the Bible is so much, you've got Daniel and the lions' den, the fiery furnace, there's places where God says, "I will join you there in it" and I know God never wastes a wound. Yeah, I don't fault anybody coming in, especially in our western American world we live in, to say, "Just give me three points and I'm out." It's like a Dr. Phil episode or something.

Lysa TerKeurst: I feel like if we have the ability to have drive-thru therapy, that would be much more in keeping with our culture today. Pull up to the speaker box, here's the issue I'm having. Maybe there's two speaker boxes. The first one, I need my three point fix it plan from therapy today.

Jim Cress: That's right.

Lysa TerKeurst: My next speaker box is I need my three points from theology today.

Joel Muddamalle: Right.

Lysa TerKeurst: I'll just put those together and let me be on my way.

Joel Muddamalle: It's a magic recipe.

Lysa TerKeurst: Let me get through the therapy and theology drive-thru very, very quickly.

Jim Cress: And I'll be I'm gonna be in that drive-thru again and again and again and again and again because those three points aren't going to take me deep enough to last. Drive-thrus do work, but I also get, maybe you all don't, but I get impatient in drive-thrus. I've said often the lady at a fast food drive-thru might be slow, but she's not as slow as God is sometimes.

I had this whole thing and Jeremiah 2:13 talks about it. God says, if you run into a core problem, especially if you want a speedy fix, my people have committed two sins. That's pretty easy, there's two things. They have forsaken me, the fountain of living water. They say, "God, you are not enough and I don't trust you." Then, they get a shovel and dig out a broken cistern in ground that's sloppy, nasty water, [inaudible 00:14:19].

If I give three points, the next time three points, three points, that usually will run out of gas and some therapists or coaches or others can say they just give people all these points but I find people keep circling back like it didn't work 'cause it doesn't go deep enough.

There is a place by the way for some practical three points and some steps. Put all that in there. But I'm gonna keep returning to that drive-thru again and again.

Lysa TerKeurst: I love that in Jeremiah where it quotes God as having said that the word there is actually God is the source of the living water. Isn't it interesting that when Jesus

spoke those words, when we turn from Jeremiah all the way over to the Gospels and we find the record of Jesus speaking those words, Jesus doesn't call Himself the living water.

He's actually bringing the living water and He is sitting beside Jacob's well, talking to a woman who is quite broken and who feels outcast in society and He offers her this living water. The offer of the living water then, in that conversation with Jesus, it transforms her from being an outcast avoiding society to running back to her village and becoming one of the first recorded evangelists.

Come and hear this man who told me everything I ever did and obviously, Jesus was okay with her doing that because then He stayed for days with her.

Jim Cress: And think about this, I know you both know this, it's so fascinating. I have this little statue, marble statue in my office right next to my couch where people sit and it's Jesus talking with the woman at the well. She keeps wanting, and God bless her for doing it, wanting to talk about three points. She wants to talk about theology. Jacob's well, this is the history theologically. She keeps going there and not getting it.

Joel Muddamalle: There's racial tension between Jews and Samaritans.

Jim Cress: So much of a context isn't there, Joel? It's like, He just says, He's talking about thirst and that's what a good counselor would do. Counseling should never be devoid or disconnected from theology because I don't know of counseling modality out there that does not have a theology to it.

Joel Muddamalle: Yeah.

Jim Cress: That's a deeper issue for us. There's always gonna be an understanding or lack thereof of God. She's wanting to talk about three points and what about this and He's not the therapist also, if I'm gonna use that term there, from the Greek word therapios; Jesus is a healer.

He's not also there, interestingly, saying, "Look, I am Jesus. I know all things. Let's cut to the chase. You have been married several times now. You're just living with a dude." He lets it play out organically. It's one of the greatest counseling training sections you'll ever find in the Bible.

Lets it play out and He says, "Tell me about your husband." You can sit back and go, You're God, You're Jesus. Why would you ask a question you know the answer to? She goes back in and then even toward the end, she says, "I perceive that thou art a prophet."

Joel Muddamalle: Yes.

Jim Cress: She's still wanting to and who could blame her? That piece there as Jesus, I think it's a great modern paradigm of people wanting to come in, they've read books, we have the internet now, right? I've read this and surveys show and all that and they're wanting, and who could blame them, to stay up here. But it's often when we go down deeper into their heart and soul where the thirst is. It's scary for people. Again, who can blame them for wanting three steps?

Joel Muddamalle: That's so good. Jim, I love being around therapists who are really theologians. You, my friend, are a theologian. You just used the great [inaudible 00:17:40] appeal. What's interesting about that word is the range of that, the meaning of the word is healing but it also means to be made whole.

Jim Cress: Love that.

Joel Muddamalle: To restore. In the New Testament, I was doing a little bit of study in the New Testament. This word is used around 43 times, most often in the Gospel of Matthew around 16 times or some kind of derivative of the word. It's always talking about the restoration that takes place with Jesus and humanity.

I just think it's really important. One time, the subject is therapon, talks about a servant and it refers all the way back to Exodus and in the book of Hebrews, it talks about Moses, the servant who brought healing. [inaudible 00:18:23] maybe you would take a step back and consider this whole theology and therapy thing, I think one thing that's on my heart is that ancient Scriptures have pointed to this thought that therapy and theology were always together.

There was always this idea of restoration and being made whole again. That's the story of Scripture from Genesis all the way to the anticipation that we have in the book of Revelation when we will finally return to the Garden of Eden and have a fullness of restoration.

I think that those are things that are helpful for us as we navigate these words like therapy and theology. The word theology comes from theos which is the Greek word for God and -ology, study. Again, another thing, sometimes people can feel like, "Well, the theologians are the guys that have the degrees or the girls that have the degrees and have done their in-depth study and the therapists are the people that have gone through licensing and have done their thing."

Jim Cress: And near the [inaudible 00:19:16] shall meet, right?

Joel Muddamalle: Yeah, exactly. Exactly. But what we find in Scripture is particularly, we should all be students of God's Word. As we're students of God's Word, we're going to see how we can be reconciled and restored into the image of Christ. I think it's important that we see ...



We talked about John chapter four, the duality that's taking place. It's not a physical and a spiritual that are demarcated or separated. These two things go hand in hand and Jesus intimately cares about that.

Lysa TerKeurst: So, why the resistance? Because I feel like honestly-

Jim Cress: Question of the ages.

Lysa TerKeurst: People come up to me at speaking engagements and they will literally thank me for talking about going to counseling from the stage. It's almost like they're shocked that I would admit it but they're thankful that I've almost given people permission to consider it. But I'm thinking, where does this resistance come from? Why would someone need permission as a Christian to go to counseling? Do you guys have any thoughts on why the resistance, why the hesitancy?

Jim Cress: I have ... There's probably too many thoughts to get into and where do you begin? One would be it's kind of a joke but people are gonna say, "We know when you go into counseling, you're gonna eventually talk about your mom and your dad." I have this little phrase I made up called naming, not blaming. Just tell your story, we're not here to parent bash.

Brené Brown says it this way, "If you don't walk in your story, warts and all, really get inside and walk in your life story, then you'll spend your life walking outside of your story and do what? You'll be hustling for your worthiness." I think people, quite frankly, are afraid and you've alluded to it with the hand positions.

Why do I wanna come in to a person I don't know, a) pay money and then open up my story? It's very scary to open up the story especially thinking this could go deep, not here's three Bible verses and call me in the morning. I think they're afraid of it; it's been stigmatized sometimes from the pulpit. It's been stigmatized, as I say, people are just down on what they're not up on.

People are saying you don't need to go to that, you just need to pray more, do more and I think people have said that may mean well. There's a sense of why do I wanna go out and do that? I think it's also a fear of just one more thing 'cause there are many, I think there's a fear of what happens? Especially if someone's in a marriage, especially if there's been infidelity.

If I go in and really discover the truth and as I talk about fact and impact and what it did to me, I might say my eyes are now so much opened to go, what am I gonna do? Because you can't get the toothpaste back in the tube. You open up in counseling or therapy, it's very hard to unlearn and go back to sleep. I think we're afraid of what we're gonna find.

Lysa TerKeurst: Okay, let me talk specifically about what I found in therapy because there was one particular exercise that you had me do and I'll admit, when you said we

were gonna do this, I mean, I would never have been so rude as to roll my eyes at Jim.

Jim Cress: You were actually a very kind person. You really are. You really are. That would've surprised me.

Lysa TerKeurst: Inside my head, I'm thinking, you want me to do what? You said, "Lysa, I think it's time that we work on your trauma egg." He instructed me to go get a piece of poster board. He had really good instructions. There were some things I was supposed to write on each corner. The role that I played in my family and I don't remember, what was then the other corner?

Jim Cress: Rules of my family, spoken or unspoken.

Lysa TerKeurst: Rules of my family, spoken or unspoken.

Jim Cress: Descriptive terms of mom, descriptive terms of dad, unedited, just describe, especially the growing up years.

Lysa TerKeurst: And then you literally draw a shape, a big shape on the poster board in the shape of an egg and then you divide your egg up into little segments and each little space that you've divided the egg up into, you draw a stick figure drawing or at least that's what I did-

Jim Cress: That's right.

Lysa TerKeurst: 'Cause that's the limitations of my artistic ability. I would draw a stick figure drawing of things, circumstances that I've walked through that were deeply impactful. You could probably describe it a little bit better.

Jim Cress: That's right. Things that were sexual, things that were impactful. I tell people they usually don't come into counseling for the good stuff, so it's things that impacted me negatively.

Lysa TerKeurst: That were hurtful. Hurts that I still carry.

Jim Cress: Anything you could tell me, you could show me a picture.

Lysa TerKeurst: Right.

Jim Cress: Show me a picture of what it looks like. It usually brings up more emotion than just telling the story.

Lysa TerKeurst: It went back to my earliest memory. This was my earliest memory and then the next segment was another memory and to whatever extent you can, go chronologically. You have all these little pieces and you work all the way up until your egg is full of these little vignettes if you will.

What was so fascinating is in our next session, I brought my egg, my trauma egg and I went through and told Jim the stories. First of all, it was much easier for me to do that, tell about these individual components of my life rather than Jim just saying, "Tell me your life story." That's overwhelming, right?

Jim Cress: It is.

Lysa TerKeurst: But if I could invite him into certain vignettes of memories or experiences that I've had that were hurtful or some of them even abusive, I was able to sort of invite him in and here's what he was doing. He was listening for this thread to emerge of a theme or a deep belief that I have about myself that emerged and was confirmed through all these seemingly isolated events.

However, I remember at the very end, even I was able to recognize the theme.

Jim Cress: Isn't that great?

Lysa TerKeurst: For me, that experience helped emerge some lies, deep rooted lies that I have believed. One of which was Lysa, you're an inconvenience. I remember that was a big one. When you have that as a filter in your mind based on all of these experiences and they were experiences that weren't just around my caregivers.

My mom is one of the most encouraging, positive people that you can imagine so it wasn't pointing the finger at anything any caregiver did. It was just my interpretation, what I took away from various experiences that I had that led me to this false belief.

I wrote in one of my books, I think it was in *Uninvited* where I said, here's what happens. We hear this line and that line becomes a lie we believe.

Jim Cress: Yes.

Lysa TerKeurst: The lie we believe then turns into a label we put on ourselves and that label turns into a liability in all our future relationships.

Jim Cress: That's good.

Lysa TerKeurst: If I am believing literally every experience that I have now, if I'm believing I'm an inconvenience, then I'm very resistant to people and I don't even know why I'm resistant to them.

Joel Muddamalle: So good.

Lysa TerKeurst: I'm even, at times, resistant to someone who's trying to help me both from a therapy standpoint and a theology standpoint and maybe even a God standpoint and certainly my most important relationships. That becomes a

barrier or to continue what I just said, a liability in all my future relationships. I could not get to that on my own.

Joel Muddamalle: So good.

Lysa TerKeurst: It had to be inside the safe incubator of counseling sessions. It wasn't like you identified that in me. I'm the one that verbalized it.

Jim Cress: Which is the way it should be.

Lysa TerKeurst: Yeah. I just found it-

Jim Cress: You realize it yourself.

Lysa TerKeurst: To be amazing. That's one of those specific examples that I feel like then, I could take that knowledge and it doesn't have to be a liability if it creates awareness in me that I can then bring into my theology and my study of God and His Word and untangle some of that.

For me, that's how these two things worked so beautifully together. I remember there's this verse and Joel, you may wanna make a comment 'cause you know me, I'm just gonna pluck it right out of Scripture. Forgive me if I say something wrong here, but-

Joel Muddamalle: No, you're good.

Lysa TerKeurst: I love Zephaniah chapter three, verse 17.

Joel Muddamalle: Yeah.

Lysa TerKeurst: "The Lord, your God, is with you. The mighty warrior who saves. He will take great delight in you. In his love, he will no longer rebuke you but he will rejoice over you with singing."

Jim Cress: Yes.

Lysa TerKeurst: I love that thought because the Lord sees me in my Genesis chapter two very last verse, "naked and unashamed," right? The reason that Adam and Eve could stand there naked and unashamed in Genesis 2 is because they have no other opinion to contend with but the pure love of God Himself.

Jim Cress: Wow, that's powerful.

Joel Muddamalle: Yeah.

Lysa TerKeurst: I wanna hear what you're gonna say, Joel, but I was just gonna finish by saying I need to return back to that garden thinking and part of what has helped me get

back to that naked and unashamed version of myself, though living in a sin soaked world, I'll never be able to do it perfectly.

However, I can do it much more authentically and closer to the way God sees me using the tools that I've gained in therapy and certainly the deep study of theology and choosing to believe it.

Joel Muddamalle: That's so good. I just wanted to pause and to make a connection that while you're talking an exercise of therapy that took place, right? But Jim and I were just talking about this before we even started this, that there's really nothing new underneath the sun. In fact, so much of what we do is based off of Scripture and often, Lysa, you and I have talked about this.

We talk about a theology of remembrance. For you to go through your trauma is one, yes, why do people not want to pursue and see this gap? I think one, it's a fear of hurt. Having to re-traumatize ourselves in a sense of going through it and not knowing what's on the other side, but the theology of remembrance is something that God initiated with the Israelites from the very beginning.

He's telling to Joshua through Moses, remember the law, remember the commandments. The Psalms are stories of God's redeeming work throughout the story of Israel. The Proverbs are ancient wisdom passed on. This entire narrative of this remembrance. What we know about the Israelite people and which is true about us before we point fingers and say, "Look at them" is they were quick to forget.

They were a forgetful people. They were stiff necked. They were stubborn. One of the things I loved about what you just said and what you did with Jim was you practiced a theology of remembrance to consider where was I? Where did I come? There's this story in 2 Kings of Elijah.

It's just this unique little sentence there where it just talks about Elijah having to go through the wilderness and then God tells him not only do you have to go through the wilderness, but on your way back, I want you to come back through the wilderness. I can't imagine what Elijah must have felt, having to not only experience the wilderness one time but then to experience it again on the way back. For the Israelites to wander in the wilderness for 40 years.

Jim Cress: There's the through preposition again.

Joel Muddamalle: There's the through-

Jim Cress: Not pole vault over. I took you through it once and a good God wouldn't take you back through it again. Through.

Joel Muddamalle: Imagine the emotions and the feeling of Elijah as he goes back through the ... The remembrance that's taking place there.

Jim Cress: That's good.

Joel Muddamalle: And to know the healing that comes from just rightly understanding our story in the context of God's story.

Lysa TerKeurst: For me, I think as I've gone through the hurts, certainly examining past hurts have been important but there's also this great principle of understanding therapy and theology in the present and how this plays out for me is oftentimes in the present, I will get triggered and it's tied to a past hurt.

But that I have to know what to do in those moments where I get triggered and I know suddenly now I'm having a response that's really out of proportion to the offense at hand. That's where I wanna end this episode today and we may carry over into the next episode.

But, let's talk about that for just a second. We've gone through different hurts from the past and now, something in our present is triggering the pain and bringing ... It's almost like my brain has the ability to go back and locate the hurt from the past, bring it into the present. It multiplies the emotional response I'm having right now.

This person who has just offended me, they think what in the world, this response she's having is really not in keeping with the size of the offense. First of all, Jim, and I want you to address this too, Joel, how do we start to move forward in the midst of present trigger from a past hurt?

Jim Cress: Let me front load that just as quickly as I can. That to me points to you doing the trauma egg or life impact egg that you did because if I can go in and understand, collect the dots before I connect the dots, and understand my story and have categories to think in of that's why this person is triggering something in me.

We have the fancy term post-traumatic stress and that's really what it is. If I can go, I know what button that's hit in me. Classic, if there's been infidelity, I feel like I'm doing well, pastor preaches on adultery, really, in church? Here comes on a news story, a politician or yet another minister falls and suddenly time collapses and I'm feeling like I'm all back there.

I can stop for a moment, get a breath and say, I know what this is. I know what this is. Because it will take you in your brain, the brain research proves it, again to collapse time and it'll feel like I'm right back there and no, you're really not. I'll be back in Genesis 3 there naked and ashamed and wanting to hide and all like that.

If I have the awareness of I know what that's hitting in me, it's a real simple concept. That's one of the great reasons to go somewhere and walk through your story in the moment then the idea of literally taking a breath and learning

how to, easier said than done, respond instead of reaction. Literally, if it takes you to say, five, four, three, two, one.

Take a breath, try to say where am I, what's going on. I find people that have done a significant amount of counseling go, "I know what button that's hitting in me" and I like 2 Corinthians 10:5. I think it's such a practical thing that yeah, I know the verse and all that but we first demolish these certain strongholds that are there before.

In verse five is we take every thought captive and make it obedient to Christ. However you do that is to say, I'll say I refuse that thought. That was then, this is now. I'm okay. Jesus, you are with me. I'm not back five years ago. Speaking truth to myself in that moment versus what do I do, what do I do.

Call out to Christ. Take the thought captive and if you take 100 thoughts in a day, fine. But just say I know what's going on. Jesus, this is not real. Our brains are ready to get calmed down, so are our bodies, to go I'm in the now, I'm okay, this is where I am. Just speaking that kind of truth to it.

Lysa TerKeurst: Back to the trauma egg, you helped me identify some of those common themes in my life-

Jim Cress: Sure.

Lysa TerKeurst: That are lines that had been spoken over me or lines that turned into lies or just lies that I believed based on my own interpretation of the event. I will often say to myself, "Lysa, do not dance with the devil's lies."

Jim Cress: I like it.

Lysa TerKeurst: Because what happens when I get triggered and it's like this anxiety welling up in me and I feel like suddenly everything's out of control. My brain goes to worst case scenarios. It's like a small offense but now everything's out of control, life is falling apart, and I go from zero to ten in a matter of seconds.

Jim Cress: It's a personal 9/11 relived. It's that quick.

Lysa TerKeurst: It is and it's all happening internally, so for me, I'm not an external, expressive person which is almost worse because the people around me have no idea what's happening but inside my brain, it's like an atomic bomb has gone off.

What I will have to say in my brain is, remember that list, Lysa, of these lies? You are so tempted to dance with the devil's lies, Lysa, and if what you're experiencing is one of these lies, one of which is you are an inconvenience to everyone, another one of my lies is you're not safe, you're not safe and nobody is gonna protect you.

All of these lies, if I get triggered, I can usually identify one of those lies and once I attach it to the lie and preach to myself, don't dance with the devil's lies, to me, I can all of the sudden remind myself this is a trigger from the past and yes, there may be a present issue that needs to be dealt with but I cannot compound the present issue with the past hurt or things just won't go well.

Because it kicks me into that, I think you call it the frontal lobe-

Jim Cress: It's the limbic, lower part of the brain but this is offline and people say, "What were you thinking?" I'm not. I'm into this lower part and there's not much good that's gonna go on.

Lysa TerKeurst: Yeah.

Jim Cress: 'Till I can get this back online.

Lysa TerKeurst: That's the part where we flee or we freak out or flight or whatever. But, I think if we can connect some of those triggers with dancing with the devil's lies, refusing that, taking those thoughts captive. But if we've never identified what are those default lies that we often go back to based on our past hurts, it's hard for us to move forward. That's why I love this. Joel, any thoughts you wanna say as we wrap up today?

Joel Muddamalle: Yeah, I just think about we celebrated my middle son's birthday the other day, Levi, and one of our traditions is to sit on the table and we've got friends and family with us and we speak truths about who you are and we just wanna pray those things over them. The baby, it's Lucas' turn, and he goes, "Well, Levi, you're a great brother but you started taking my toys."

He started going right into all the negative things and I'm just like, wait a minute, this is not going the way that we had thought and I had to do a little bit of teaching for my son about no, son, this is ... But I just thought, isn't that our natural tendency even as a child?

After the Fall, the brokenness of us tends to go to that negativity. I just think about how do we create a rhythm or a pattern that exercises and just rehearses God's faithfulness in our lives?

Jim Cress: I love that.

Joel Muddamalle: Yes, there's trauma. Yes, this is recalling negative things. Yes, let's acknowledge those things. But let's intentionally replace those things with the story of God's faithfulness in our past 'cause I think if we can remember God's faithfulness in our past, we can be sure of His faithfulness in our present and we can have hope for how He's gonna continually be faithful in our future.

Lysa TerKeurst: That's really good.



Jim Cress: Amen.

Lysa TerKeurst: Thank you. Great place to stop today. Thanks so much for joining us and let's continue this conversation next week and let's continue to help people move forward, not getting over this but getting through it. How do we practically heal from the hurts?

Meredith Brock: Thanks for listening to this episode of the *Therapy & Theology: How Do I Get Through This?* podcast series. Before we let you go, we wanted to point you to a few resources that could be helpful if you wanna dig deeper into this subject.

Kaley Olson: The first resource is Lysa TerKeurst's latest book *It's Not Supposed to Be This Way*. Y'all, this book has been on the *New York Times'* bestselling list for weeks and for a very good reason. Lysa is so real and raw with her struggle over the past three years and helps you learn to wrestle well between your faith and your feelings in whatever circumstance you're going through. You can purchase your copy today at [p31bookstore.com](http://p31bookstore.com).

Meredith Brock: Before we let you go, we wanna tell you about two other resources that we think might be helpful after listening to this episode. The first is the American Association of Christian Counselors. You can go to [aacc.net](http://aacc.net) if you're considering engaging with a counselor and we really highly recommend it if you're wrestling through some of these really, really hard subjects.

As you heard today, really, it's a fantastic resource to have a counselor walk alongside you so we would really encourage you to do that. The second is our Prayer Wall at [proverbs31.org](http://proverbs31.org). We'd love to encourage you to go there, scroll to the bottom of the page of [proverbs31.org](http://proverbs31.org) and you'll see Prayer Requests.

You can click that, you can add in your prayer request there and we really would, our staff really does pray for you on a daily basis. Go there, we would be honored to pray for you.

Thanks again for listening to today's episode. We pray it helps you know the truth of God's Word and live that truth out because I promise that when you do, it really will change everything. We'll see you next week.