

the  
**PROVERBS 31**  
MINISTRIES  
podcast

Biblical truth for any girl in any season.

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Meredith: Well, hello everyone. Thanks for tuning in to the *Proverbs 31 Ministries Podcast*, where we share biblical Truth for any girl in any season. My name is Meredith Brock, and I am here with my cohost, Kaley Olson.

Kaley: Well, hi, Meredith! We're back again with the third installment of "Therapy & Theology" based on Lysa's new book, *Forgiving What You Can't Forget*. In this series, Lysa TerKeurst — along with our Director of Theological Research Joel Muddamalle and Lysa's licensed professional counselor Jim Cress — talk through the hard realities of life through the lens of therapy and theology. Today's episode is on when forgiveness feels impossible.

Meredith: Now, before we jump into their conversation, we want to let you know that today's episode might serve as a trigger due to circumstances in your past, specifically with tragic loss of life. While the content in this episode is incredibly hopeful and helpful, we are aiming toward helping you make progress on your healing journey. We want to be extra sensitive to those of you who might need to take this episode a little slower. If now's not the right time to listen this episode, we'll be here for you waiting when you are ready. All right, friends, here's Lysa, Jim and Joel.

Lysa: Welcome to "Therapy and Theology." I'm Lysa TerKeurst, here today with, of course, if you've ever watched before, you'll know the two guests, they're not guests. I don't even know why I say that. Joel Muddamalle, he is the resident expert, if you will, on theology, and Director of Theological Research at Proverbs 31 Ministries, and Jim Cress, my personal counselor, but also a counselor to many, many people. And so thank you for the work that both of you do.

Today we are continuing our series of forgiveness, but I want to tackle something today that I think will lend itself to all of the sharing personally — from stories of great loss and impact where someone else's choices have changed something that can't ever be changed back. And so the title of today's session is "When the Unchangeable Feels Unforgivable." And as I even say those words, I think it's not ... This isn't just a episode for people who've gone through the hard and horrific, because certainly you have probably had words spoken to you that can never be unspoken.

And sometimes it's even just a small phrase that maybe even the person that said it didn't put as much thought into it as they should have. And that phrase for whatever

reason, went out, landed on your heart and has redirected so much of your life because of that one thing that was spoken over you that hurt deeply. But then there are also situations of great loss, traumatic instances that we've been through that create life dynamics where truly life will never be the same.

And I've walked through that for sure. But Joel, let's start with you. I want to hear a little about — just peek behind the scenes — because normally we just see Joel, the theological expert, but I know today we're going to experience Joel, the man with a heart that's been broken because of walking through something very unchangeable that could have led you to believe that this is unforgivable.

Joel: Yeah. Sometimes when you have to recall something, you don't even have — know how to start it. That's how painful it can be, even though I've rehearsed, I've thought, okay, this is how we're going to start this. But my cousin last year was murdered on her campus on UIC, walking home from an event where she was mentoring high school students that wanted to do the same major that she wanted to do. And I remember getting the phone call from my mom that said, "Ruthie was found dead in her car, in the parking garage," and as the news started to come out.

Then I remember when I saw the face of the person who had murdered her, and I thought, "There is no way possible that I could ever forgive a person who could do something so evil and so horrific to an innocent, beautiful girl." And just a couple of months ago, or just less than a month ago, it would have been Ruthie's birthday, and her mom had not been on Facebook in a while. She had decided the days leading up to Ruthie's birthday that she would post pictures of some of her favorite memories of Ruthie. In that moment, even though I thought that I had started to make some progress in this area of forgiveness, I came to the realization: I don't know that I can do this. I don't know that it is possible, and so that is just a reality that I've stunned the deep study, I've done the theology. I know what the theology says I'm supposed to do, and yet my reality begs me to do something totally different.

Lysa: Joel, let me ask you a couple of questions, and I know we're having to encapsulate a much bigger story into just the basic facts, but there's so much emotion, and I just don't want to ignore that. There is trauma around this story, not just in your life, but in the life of your entire family, and Ruthie was not a fact to you. She was a living, breathing important person that you did life with for many, many years; she had a vibrant personality and was beautiful. And I think what is complicated, especially in a situation like with Ruthie, is that Ruthie was going about everyday life, and she wasn't doing anything that would have led anybody to believe that she was putting herself in harm's way. It was a very normal activity. She was walking after participating in a school activity, a school activity where she was doing something good.

And even if she would have been doing something that put herself in harm's way, what happened was so shocking that this person just out of the blue came upon Ruthie and made the horrendous decision to harm her. And it cost her her life. And I think, just comment a little bit when you realize the gravity that Ruthie will never be brought back to life and the person who took Ruthie's life will never suffer in the same way that Ruthie did and that now your family is doing. And that is part of what complicates this

whole thing. And it can feel like now you've been emotionally traumatized. Your family's been emotionally traumatized, and now you're the one that has to do the heavy lifting of forgiving, and I think that's what complicates this, right?

Joel: Yeah. And I think for me, it's so multifaceted because I think my cousin just got accepted into ... another cousin just got accepted, graduated as seniors. She's going to go to pre-med at Xavier University, and now I have this trauma of, is she going to be safe? She's going to be on campus, and she's going to be doing an everyday activity, and she's going to be walking around, and we've got these feelings that this one reality created a chain reaction of events that are so uncontrollable.

Like there's nothing that I can do to control any of these situations, and when I think about this individual, and I think about this act, Ruthie was walking and she passed by a bus stop, and the person saw her and thought "she's pretty" and started to speak at her. And she would do what I think anybody would do. You just kind of put your head down, ignore it and just walk on. And this person, based off of his statement, took it as a slight, got upset, and followed after her and followed her into the parking garage.

I just think with that, how's that possible? How can a person respond and react like that? And then I think: Where was the justice? Where is the justice in this? I don't even have words to describe the pain for her sisters that have to live every day with the absence right next to their seat where they would sit in the car, and Ruthie would always have this spot in the car. And now that spot sits empty for them. It was right before Thanksgiving, every Thanksgiving is going to hold the shadows, the marks, the depth and darkness of this reality. And you think: Where is the justice for this individual that had the audacity to think that they could make that type of decision to take the life of another person?

Lysa: I think it's important to verbalize all of that as much as you want to. There's nothing that you could pour out that God is going to say, "Oh, too much, Joel." I think quite the opposite. I think God welcomes — pour it all out, get it all out, because this is part of the process. Jim, I know you too have a story where the unchangeable hit your family and could have felt so very unforgivable. Tell us a little bit about your experience.

Jim: Thanks, Lysa. To kind of tie in a little bit to yours in that trauma, especially the unchangeable, and mine will come to the journey I had to deal with forgiving God, which maybe a weird concept, but still at least God Himself does not need to be forgiven by the [inaudible] God. I have to make sense of this. And why would you let this happen? June 4, 2001, my sister — who had lost so many children through miscarriages — and in her late 40s, was finally able to adopt two twins. And of course, two twins. There were two young girls, and the delight of our family. And finally my sister and her husband got to have children when the rest of us were having children quite easily. So my older sister, and so they were driving, they'd gone up to a family vacation, to attend the graduation.

We're just driving back in a rainstorm, and a young person came across the median near Dayton, Ohio Highway 75, hydroplaned, went down to the ditch. Now there's this concrete barrier they put in, but across the interstate, and hit them head on. And my

brother-in-law, who was driving [inaudible] shattered his hip and was not in the best of shape, but he was able to live — with my sister and the two twin girls in the back, they were killed instantly. And I was literally — and this happened when my dad died. And if you're going to have a 35-year broadcasting career, there's a chance it's going to happen. I'm live on the radio on [inaudible] a talk show. And the studio line I had, which was also a home line out of my house. The lion lit up, it was dad. And he said, "Son, I've got some bad news."

And for some reason I was ready to crack a joke and go, "Yeah, dad really, really." And he said, "There's been a terrible head-on crash." Two weeks before I'd spent vacation with my sister and the twin daughters and to be at the beach and said, "Your brother-in-law is in critical condition." So I thought, surely the bad news was first. And he said that jolden moment that "your sister and the 2-year-old twin girls were killed instantly."

No category for that and just literally, and you could hear me, it's on tape, which I had, where I had to close out the radio show. Co-hosting with my friend, June Hunt. And we were taping that show in the day. And you can hear my voice as I'm trying to announce and sign off the air. I remember as I got off, Mike walked up hollering for my wife. And I said, "This is just unfair. This is just unfair. This doesn't make sense."

And so for me, she was a nurse in Atlanta, was a woman who, she laid her life down, working for veterans. And then the anger — why wouldn't you take someone who was almost not living their life in a good, healthy way? I mean, I've found that the anger, if not the murder in my own heart and trying to make sense of it. And that was when you're not going to get a do-over on, right? There was nothing I could do to get her or those girls back. And I've just felt the injustice of it all. That's not where I stayed. I worked my process to work through that, but that's one. And when you have a sibling like your cousin, but when you have that sibling death, you have some of your own story. It hits with that survivor guilt, that sibling guilt; like, I expect my parents to die. You don't expect a child to die, your child. But you don't really expect a sibling to die like that. So it messed with me, and me being a therapist was not going to help me in that moment, right? So that's my story.

Lysa: Well, thank you both so much for sharing your story, and I'm sure that if we pass the microphone over to you and pulled up a chair and had you seated at the table, you would have your own story of when the unchangeable feels unforgivable. Jim, I very much relate to you about when you said it was almost like I had to forgive God. And I thought that concept that I've wrestled through as well was so important. I included a chapter in the book, not only on when the unchangeable feels unforgivable, but also on forgiving God.

And I think what's so complicated, and I think it's important to acknowledge it, is that when we know our God is perfectly capable of everything, we know that God is a rescuer and a redeemer. We know that God sees all things before they happen, and we know that God is standing there in the midst of when it happens. And it's so hard to wrap our minds around the fact that in that moment, we hear about other moments where God miraculously rescued someone, but in that moment, Ruthie was not rescued. And your sister and those beautiful girls ... the car accident wasn't prevented.

And in my story with Art and the unfaithfulness in our marriage, I really had to wrestle through that. Just saying, "God, I was praying to you for protection over our family. You saw what was happening. You knew it would completely crush, not only my heart, but my kids' hearts, and yet it's still happened." And I think the wrestling of that and the tension of that is something that you just have to sit in for a little bit, and it's not bad to wrestle through it. I almost think the wrestling through it is part of the process.

Jim: Yeah. Absolutely.

Lysa: I think it's also for me to say, if no one else in the world has ever given you that moment where they say to you, "I want to bear witness to your pain." And if no one else in the world has ever said to you, "I'm so sorry for what happened." I want to pause right now and just say, "I'll bear witness to your pain." Joel, I'll bear witness to the loss of Ruthie, and Jim, I'll bear witness to the loss of your sister and your two beautiful nieces that were only 2 years old, that you prayed and prayed and prayed for. I'll bear witness to that. And I think such a gift that we can give to one another, just in recognition of, if you are going to be a human, you are going to walk through things that hurt.

And sometimes people's inability to continue in the process is because no one has ever had that dignified moment where they've said, "I believe you. Your pain matters. Your pain and your suffering was not for nothing. I will bear witness to the fact that this hurt you and cost you a lot." And if no one else has said that they are so sorry for what you've walked through, I will do that for you. And I think that's part of the provision of God inside a community of people where we can do that for one another. But back to the topic of forgiving God through my process, I really wrestled through and finally got to the place where I recognize God doesn't need to be forgiven because God didn't cause the evil. He didn't. He didn't enact the unthinkable, and so He doesn't need to be forgiven because He didn't cause it. So what does God need to be? And Joel, you and I wrestled through this. Do you have any thoughts you want add, or Jim, you too?

Jim: I want to hear yours. It's a big one.

Joel: I think God's character is true. God is holy; He's righteous; He's justice. There's not an ounce of evil or wickedness inside of Him and how He acts with humanity. And yet, yet there is an allowance that takes place. And this is the mystery, that tension that you and I live in, that God does. He could have stepped in, and the fact that He didn't step in places us in a position to consider — what is that perspective? What is God's perspective in this? Why is this thing happening or not? And I think for me, personally, when I think about Ruthie's situation, and I think about what I have walked through, and as I try to question and I felt like, do I need to forgive God in this? I've come to the conclusion that it's not so much about me having to forgive God as it is me trusting every aspect of what I knew to be true about God's character.

If I can trust every aspect of God's character, I can then know that even this horrific act of evil, that the outcome will not be meaningless. That Ruthie's life was not in vain, that the good can still come out of that. And so what I'm trying to do personally is shift from accusing God as if He is somebody to be accused — to seeing no, God is our Father. He loves us. That's that Matthew 6 passage, our Father in heaven, and He cares for us

deeply. And so it's not so much about God needing to be forgiven as it is about recognizing that He is up to something, and yet He's always going to be treated as character and goodness.

Lysa: I think that's really important, Joel. And sometimes I have to challenge myself not to place an assumption on God that's limited to human capacity. So, and what I mean by that is I can't, in my limited understanding of the fullness of the situation, I can't place on God, why didn't you rescue her? When in reality, when we get to heaven, we may see, "Oh, this was a rescue." And "Oh, this was part of a plan that God" — it was almost like in our estimation, all we can see is the murder, but we don't know how merciful God was.

Even in those moments before whatever was happening in the horrific situation with Ruthie or in the situation with your sister and your nieces, we have to believe God is a rescuer. God is a redeemer. God is a loving Father. And so we can't fill in the gaps of the unknown with our limited human perspective, we have to leave room for the mystery of God and the goodness of God. And we have to know God is consistently good. God is not evil. Therefore, the gaps that are there, we've got to just leave room for the mystery of God and trust that God's gracious nature, that His goodness, that He will fill in gaps. And we just don't know. There's so much we don't know.

Jim: You're a mind-reader. For me, that's word for word — that's what I did. I had kind of three JS here for me. I went from justice. "This is not fair." And I literally said the words out loud to them and many others; I noticed did even around my sister's funeral and the girl's funeral, is from justice. This is not fair to basically justification. Well, there must be a reason someone will become a Christian or be saved, and that's all good if that happens, but I jumped over the middle part of it. And that is the mystery. And that's where I landed and was at [inaudible] peace with God, the justification part and the "least they're in heaven" and all that. And I went in the middle of it from justice to justification, to just be, to be with it, and to trust Jesus and another J, in the middle of it, and say, "I'm not going to try to figure it out from despair over here," to try to know that there's some reason that I could figure out — such a Western epistemological mindset that I can figure it out or some linear thing.

And I thought to come back and just be in the middle of it and say, I did have thoughts. I got to be honest. If I could only imagine they're in heaven. I could only imagine. I had those thoughts, but in the middle of saying, "God, I don't have to figure it out." And the last thing on this was, this came to me not long after this happened classic line. When I get to heaven, the first thing I'm going to ask God is, "Why did You take them in that car wreck? And it was about a millisecond away that, that car would've missed — just a millisecond. Just why?"

And then I know more said than I thought when I get to heaven, the last thing I'm going to do is say, "Well, I'm going to be partying, man. I'm home. It's Heaven." I thought "I'm not going to ask God." And I thought, "No, I'm not going to ask Him why would You take them?" I'm just going to be glad to be finally home. But that was part of my journey I had to go through. Of course, God didn't need to be forgiven, but I need to come to peace. I needed to reconcile with God on that.

Lysa: I think if you were to have a conversation with your sister today, your sister will say, "Jim, I'm sorry that you've had to suffer, but don't grieve for me and the kids, because we have had these years with Jesus in this beautiful place." And your sister would probably have said, "If we were given a choice, we would stay here with Jesus," and that beautiful reality that death does not have the final say, that death is a passageway through which we go from the sin-soaked world into perfection of eternity. And it's those of us that are left behind that grieve and wrestle and sit with the loss of all of this. And I think loss is maddening. Loss is hard for us to process.

Jim: Trying to make sense of it when there's no sense from a human standpoint to make out of it.

Lysa: Right? And I think in my situation, the loss was different. It was the loss of what I thought would be. It was the loss of trust. It was the loss of that security. I used to have the script in my mind that I would say, "Well, I know this, this, and this is happening, but at least I know that Art will never step outside of our marriage." You know? And so when that did happen for me, it was almost the loss of that security that I had turned to and be it right or wrong. It just was a script that I had used for a long time to manage my life, and manage my fears, and manage just other hard things happening to me. And I think as I look back on it now, healing and trauma and the unchangeable realities of any kind of loss that we go through, it is a messy process, and it's okay for it to be a messy process.

But at the end of the day, where I've landed with all of this is as much as I've tried to figure it out, making sense of what will probably never make sense. It just doesn't help me in my process because I can try and try and try. And even if I were told the reason, I may not agree with it.

Jim: That's so true. Mm-hmm (affirmative).

Lysa: And so having the answer to the "why" question is it's not bad to wrestle through the why, but landing on the other side, I don't know that even if we have all of the reasons why this happened, that it would make as much of a difference as we assumed that it would make.

Jim: That also helped me at least just real quick. And this is in Job, where Job had all this patience and all that, then finds, maybe not so much wanted to hold God into court and God holds him into several chapters of stand up like a man; I need an adult here. I need to talk to a man. And at the end of that, my ears, I realized had only heard about you, but now my eyes have seen you. What I realized in my situation with my sister and the nieces' deaths — I would ask God why in the end, as He did with Job. God just showed him who, He did not show him why He showed him who in reveal. And I realized, C.S. Lewis said, "I want to go further up and further in."

And in that, yet coming out of that, God deepened me. I know God never wastes a wound. Now, would I want that prescriptive? No, that's descriptive. It's prescriptive that that happened with my sister and the nieces. And out of that, God deepened me in a

way, He took me to a place or allowed me to go to a place of dark. Like, what do I even know here? But out of that, I realized heaven sounds sweeter, more real to me. And I realize you're God, and I'm not. And not in a bad way or an angry way. Like, you're God and I'm just a peon. But I realized it deepened me because I allowed it to, and I wouldn't turn the clock back. I can't, anyhow, I can't rewind the tape or get the toothpaste back to the tube. And if I could, I wouldn't. Somehow it's not what happened to me was not the point. It was what God did in me. That was the point for me.

Lysa: That's beautiful. Thank you, Jim. Well, I'd like to wrap up today and one by one, just be honest, where we are in our process of forgiveness. So I'll go first. And that way I won't put either of you on the spot.

Jim: That's so kind of you.

Lysa: Thank you. So here's where I'm at in my process. I have very much recognized that in the loss that I experienced with Art, and even though we did reconcile and we are back together, there are things about our relationship that will never be the same. I have to verbalize those. I have to recognize that, but that doesn't mean that we can't pursue a good life, a happy life. And even for me, a big part was I hated for a long time, I felt like the purity of our relationship had been violated. And now I've gotten to the place where I recognize we can discover a new kind of purity, and it is possible to move on from here.

And it's my choice. I can draw that line in the sand, and I can move on. I made the decision to forgive earlier in the process than probably what I thought at first was reasonable, but I made that decision to forgive because I wanted to start my journey of healing, and I had to separate myself from the bitterness and the resentment I could feel creeping in in such an enormous way. And so to sever that suffering, I made the decision to forgive. So that decision was secure, and it's there. At the same time, when I forgave for the facts of what happened, I had no idea the emotional cost that would continue to need to be worked through because you've got the fact of what happened to you, and then you've got the impact of what happened. The impact is the emotional, personal costs that this had on me, and I couldn't have possibly at that moment of deciding to forgive, have known all of the emotional cost of this.

So I've been patient in the process, patient with myself to recognize when those feelings get stirred up, feelings of fear, feelings of uncertainty, feelings of distrust, feelings of even revisiting why in the world did this happen? All of the things. I've had to be very patient in the process with myself and recognize that doesn't take away from my decision to forgive. It just indicates there's another layer here that I've been made aware of. So now I forgive for the fact. Now I have to forgive that impact and that's where I'm at in the process. I'm still going through the process. And I think that not only is that okay, I think it's healthy. Jim, where are you at in your process?

Jim: Yeah. Thank you, Lysa. I am with a story with my sister and the nieces and that's pushing us 19 years ago. I feel as peaceful as I can imagine and reconciled with God over it and almost my face wants to smile of saying I've made peace with that. So even that aspect of forgiving God, I really feel like I'm good at. What I need help with, it was in the

previous podcast, is in — from the Lord's model prayer is — there's a lot of dailies for me forgiving. So where I am in the process is looking forward with great anticipation to reading my friend, Lysa TerKeurst's new *New York Times*' bestselling book on forgiveness, seriously, because that's where I need it. It's like that big epic event. I've made peace with that and work through, it's the daily ongoing, and I'm going to have to practice a lot more forgiveness by the way, including forgiving myself, a whole 'nother program.

But that's what I need is so that your book is to be able to practice that daily forgiving because people are stepping on my toes a lot and I'm just a human. So that's where I got to practice that. The epic event, I'm good. It's the daily.

Lysa: Joel, where are you?

Joel: I think one of the things that I've been thinking deeply about is what are the consequences of unforgiveness, and one of the things that I've found in that season is that the longer unforgiveness was rooted in my heart, the more that it was deteriorating my humanity. And I think that's the consequence of unforgiveness, and that is not what the Lord desires from us. He doesn't want a deteriorated humanity. He wants us to experience the new humanity in the person of Jesus.

And so I think where I am in my forgiveness is I wish I could say I've got the peace that you just described. Honestly, I don't think I'm there. I don't think I can say I've got peace about this, but I do have trust and I rest in that trust. I think our scenario is a little bit different in the sense that I think Lysa you walk through a dailiness of of everyday life routines.

Jim, there has not been time.

Jim: [inaudible].

Joel: And for me, there are these moments that are almost like a fire has been settled down, but all it takes is for one tree limb to fall on top of that fire and that thing explodes. And if you asked me this two months ago, I think I may have said I have peace and I'm further along, but those Facebook posts, and so I think I'm still in process. I'm dealing with that impact, and I'm just trusting that the Lord is going to walk me through it.

Lysa: I said in the book, grieving is dreaming in reverse.

Joel: In reverse.

Jim: That's so good.

Lysa: And what I mean by that is before the hard and horrific incidents of Ruthie's murder, your dreaming was looking forward to this event and that event and this accomplishment and that accomplishment. But when you lose somebody, especially in the way that both of you have lost family members, your grieving then suddenly makes

you dream in reverse because you revisit the last time you saw her, the last time you laughed with her, the last conversation you had, and you know you can't get back to that moment, but you dream in reverse because it's like you go back to those moments that you had, that you can never get back. And that's what grieving does. It becomes a dreaming in reverse process for you, and I do think Joel, it will take time and that is the one thing that you will have is time.

And time, sometimes people say time heals all wounds. I don't think that I agree with that. I think time will grow whatever you plant in it.

Jim: There you go.

Joel: That's good.

Lysa: And if you continue to do the work of forgiveness, you'll have moments of unforgiveness and that's okay. But if you plant those seeds of forgiveness and do the work of letting go of the bitterness and the heart and just the grit and the grime of suffering and grieving, time will grow whatever you plant in it. And there's one thing I know about you, Joel, you'll plant good things. So I feel like your time will reap the peace that Jim has described today.

Well, thank you so much for joining us today. How I wish that you had a chair right here at the table and that we weren't having to have this discussion through the computer screen, because we would welcome you. We would tell you your pain is safe here, and there's no processing that would be too messy. We would welcome it all. The greatest suffering that any human could go through is not just walking through pain. It's when we start to believe that the pain is pointless and that the suffering will never end. And I pray that you've caught glimpses of hope in this session that we've done today. We're all at different points in our process. Thank you both for your honesty and your vulnerability. Thank you for bringing the raw reality of what you've walked through to the table. And I pray that as they cast out their honesty, as I cast out my authentic reality, that you've caught glimpses of hope because it's that hope that your pain is not for nothing. And it's a glimpse of hope that the suffering will not be forever.

Yes, some of your circumstances on this side of eternity are unchangeable, but that doesn't make them unforgivable. God is good. God is good to you and to me, and God is good at being God. He sees a bigger picture here that, if you could see all that He sees, you would probably sigh with relief and say, "Wow! God, I couldn't have even thought of this good that you somehow worked all this toward, but I'm so grateful I just trusted you because that good was good."

And I don't say that to try to say your circumstance is good, because I would imagine your circumstance doesn't feel good and may not seem good at all right now, but I'm saying we've room for the mystery of God to fill in the gaps that our human mind cannot possibly fill in. And I pray that as you joined with us today, that there was something that we said, or that you heard, that'll just help you lean in toward believing and trusting God with this whole situation. And maybe even got you thinking that you have suffered

enough over what happened and now it's time to sever the suffering with the first step of healing, which is forgiveness. God bless you. Thank you for joining us.

Meredith: I love that this episode ended with such hope, Kaley. When Lysa pointed us to the truth, that God is always in control, even in the moments that feel so unfair. We know that everyone listening is walking through their own set of painful circumstances, and we pray that today's episode initiated healing and sparked hope because that's the gospel at its core.

Kaley: Yeah. Absolutely.

Meredith: Jesus is our hope. He is our redeemer, and even when things might not ever be right on this side of heaven, one day, they really will be right.

Kaley: Yeah, absolutely. And we know that if you're listening to these episodes right now, especially this one today, you might want to come back to it again and take it a little bit slow and listen over the course of a few days and really kind of process through what the Lord is teaching you in this. And so we've got some resources that we want to point you to, that will help you as you process.

First, Lysa's book, *Forgiving What You Can't Forget: Discover How to Move On, Make Peace with Painful Memories, and Create a Life That's Beautiful Again*, is available right now. In this book, Lysa shares a lot of her personal journey with forgiveness, and we believe that, like we said earlier, it's going to be a powerful tool for you as you walk through your own forgiveness journey.

Second, the companion to the book called *The Forgiveness Journal*, is a journal that includes short prayers and key scriptures related to each topic of Lysa's book with beautiful pictures as we've mentioned before, as well as journaling prompts for personal processing. You can get these resources at [p31bookstore.com](http://p31bookstore.com).

Meredith: And lastly, as you guys have heard us say before at Proverbs 31, we're big fans of counseling and processing what you're going through with a trusted guide. If you'd like to get connected to a counselor, we recommend the American Association of Christian Counselors, and you can find more on their website at [aacc.org](http://aacc.org).

Now we will be back next week with another episode of "Therapy and Theology." So be sure you're subscribed to get the episodes as soon as they release. We want to you to be a part of this.

Kaley: Yes.

Meredith: Because here at Proverbs 31, we believe when you know the Truth of God's Word and live out that Truth, it really will change everything.

(singing)