



God Hears Her Podcast Transcript

So Worth Loving

Season One | Episode One

- Eryn Eddy: I started to believe a lie. No matter what I did, I would never be accepted or worthy of love.
- Elisa Morgan: Where was that planted in you?
- Eryn Eddy: I think there were multiple seasons of my life that made me feel unworthy of love, but when I went through my divorce and I felt like I lost a lot of my community, a lot of my friends.
- Elisa Morgan: Did they take sides?
- Eryn Eddy: Take sides, judged me. Being somebody of faith and going through divorce, that's already hard. And then the comments and the gossip and the drama, that was probably the most destructive thing for me.
- Speaker 1: You're listening to God Hears Her, a podcast for women, where we explore the stunning truth that God hears you. He sees you and He loves you because you are His. Find out how these realities free you today on God Hears Her.
- Eryn Eddy: Hey guys, welcome to God Hears Her. My name's Eryn Eddy.
- Elisa Morgan: And I'm Elisa Morgan and as we launch season one of this podcast, our team thought it was important for you to hear from us, from Erin and myself, and how we've felt seen and heard and noticed and loved by God ourselves. Because that's really why we're here.
- Eryn Eddy: Yeah, that's why God Hears Her exists because we want to see women free to become all that God has for them to become. And it begins with realizing how much God loves us and for both of us we have stories of how God has met us which will be really fun to share as well I think.
- Elisa Morgan: Sometimes maybe not fun, but important, right? This is actually where we're going to start season one by hearing your story, Erin. Because you and I aren't sitting behind these microphones because of something special that we've done. We're really here because God has met us, you and me, and He's transformed us, shaped us. I mean, you might not be able to tell by looking, but



it's true. And so today, let's start with you Erin. I want to hear some of your story.

Eryn Eddy: Yeah. All right, well let's do that, but before we jump in, just a quick note for our listeners. If you miss anything in today's show or want a reference point for the conversation, the show notes are filled with talking points as well as links to resources mentioned on today's show. We also have a link to a free resource from Our Daily Bread Publishing that you may want to check out, and we will tell you more about that at the end of this episode. And of course, all of the information and more can be found on our website godhearsher.org.

Elisa Morgan: Okay, Erin, so let's get to it. You're the founder of a lifestyle brand called So Worth Loving, which we're going to talk about a lot today. Let's take a few minutes first, tell me a little bit about your upbringing, about your mom, about your dad.

Eryn Eddy: I grew up in such a quirky household, so it's-

Elisa Morgan: Quirky?

Eryn Eddy: Quirky. So it's really fun to talk about them.

Elisa Morgan: Is quirky good or bad?

Eryn Eddy: Wonderful.

Elisa Morgan: Okay, good. All right, go. Tell us about them.

Eryn Eddy: Yes, so my mom's from Indiana and my dad is from Ohio.

Elisa Morgan: Okay. Those are not quirky states. No offense to anybody who's listening. Those sound normal.

Eryn Eddy: No, that's not quirky. That's not quirky.

Elisa Morgan: Okay.

Eryn Eddy: But they went on two dates and then got engaged.

Elisa Morgan: That's quirky.

Eryn Eddy: And they've been together for 42 years.



Elisa Morgan: Wow.

Eryn Eddy: But they moved to North Georgia, so they had two people from the North coming down to the South. And I grew up on 16 acres. We bred Great Danes. We bred Jack Russells. Not together.

Elisa Morgan: You are more the size of a Jack Russel than a Great Dane for anybody who's listening, just so everybody knows. Okay.

Eryn Eddy: That's right. The Great Danes were like horses. So I grew up with just pigs and Great Danes and Jack Russells. We had macaws. I'm one of three girls, so my poor dad, he had four women in the house. The only male we had was another dog that was a male dog named Moses.

Elisa Morgan: Cute.

Eryn Eddy: But they manufactured furniture in North Georgia.

Elisa Morgan: How did your childhood shape you?

Eryn Eddy: I learned resilience with my parents because I think they're entrepreneurs, manufacturing furniture, owning a business. I watched them get hit with adversity and I watched them as a team, face it together and be resilient through it.

Elisa Morgan: Were they followers of Christ? Did they know Jesus?

Eryn Eddy: Yeah, they do.

Elisa Morgan: Did you see that?

Eryn Eddy: I did. More than I guess rules and... But more like a relationship with Jesus and learning how to talk to him and have conversations with him and my parents actually rented an apartment an hour and a half away that was close to a church that my dad wanted us to attend. So every weekend we would drive from North Georgia to Atlanta.

Elisa Morgan: That's committed.

Eryn Eddy: Yeah.

Elisa Morgan: Wow.



- Eryn Eddy: And then he would drop me off at school on Monday on his way to the factory.
- Elisa Morgan: Oh goodness. That's a lot. Now you ended up working in the family business, right?
- Eryn Eddy: I did, yeah.
- Elisa Morgan: So you liked this concept of resilience enough to buy in yourself?
- Eryn Eddy: Yes. I got to learn a lot about creativity and then managing people. I got to manage one of their retail stores that they had. They had a few and then they sold wholesale all over the United States. I worked in showrooms. I helped buy for the stores. Retail was already in my blood at a young age, but it was primarily interior design, so furniture, accessories, home decor, things like that.
- Elisa Morgan: And you ended up leaving that business and you were asking, "Now what God?" kind of a thing because you kind of learn by jumping in and doing.
- Eryn Eddy: Yes. Well, so when I graduated high school, I didn't go to college. I didn't know what I wanted to do, but I knew college was not my path. And naturally parents would be like, "Oh no, well then what's she going to do?" And my parents were very like, "Okay, well..." They were open handed to me just exploring what it is that I wanted to do. And when I discovered this organization called Orange Nonprofit near Atlanta, I went to the founder and I basically begged for a job because I didn't have a degree. I didn't have any credentials, I didn't have a resume. All I had were what I did at school and then showed that I worked really hard at my parents' job. Whatever it is that they needed me to do, I would do. So I guess that was the resiliency that I learned.
- Elisa Morgan: I think so. I think what we're hitting on right here in this is something I totally relate to too. So many times, whether it be go to college or not, whether we finished high school or not, whatever, we're always thinking, well, there's one specific door that God's going to open and I'm going to go through it. There's my next.
- Elisa Morgan: I can remember after leaving seminary for me, I was like, "Now what, God?" And somebody kind of nudged me, "Well, why don't you go apply at this college? You know you could be their dean of women." And like, "Shazam," that sounds really fancy, I don't know about me. But I did apply and I ended up being accepted. I didn't go connect the dots. Here's my A plus B equals C kind of a thing and I'm not hearing that in you either. It's like you felt this nudge and you went through the next door and for you it was applying your resilience.



Eryn Eddy: Yes, exactly.

Elisa Morgan: Okay.

Eryn Eddy: Because my parents, I watched them do that. With a business, with the flux of the economy, you kind of had to just be in tuned with the Lord and what He has next for you.

Eryn Eddy: And sometimes you don't know what He has next to you at all. So you just have to be trusting that whatever the circumstances He's going to take you through and He's going to be right there.

Elisa Morgan: And maybe we could even say your next might not be, you're always.

Eryn Eddy: Right.

Elisa Morgan: Or your forever.

Eryn Eddy: So I was at that organization for four and a half years and I was an art director there. I learned all the different things. I learned how to put data cards into spreadsheets, to working at conferences, to then working with graphic designers, and being an art director and leading them and helping. And so it was interesting because in all of that preparation of the four and a half years there, I feel like it prepared me for So Worth Loving. Spreadsheets, to putting yourself out there, to leading a team. And so it's interesting to go back to what you said earlier about, it was like I was just being nudged in my growth with that organization to then recognize it's preparing me for owning. So Worth Loving.

Elisa Morgan: And it sounds like you jumped in and did some things that weren't necessarily things you were skilled to do or things that you loved doing, but they prepared you, they made you again more resilient. So that then when you were able to say, "This is what I want to do with your company," you were clearer. How did you end up starting So Worth Loving?

Eryn Eddy: So I was a musician.

Elisa Morgan: Oh my gosh, we are just nudged through the doors. Now the next door, now the next door.

Eryn Eddy: I know. So while I was working at this organization, I was also a singer by night and all my music was uplifting and encouraging. And so I thought, all right, well I want to love on my fans, but I hate the word fans. They're like family members,



but I don't have any money to buy inventory. So I'll do the scrappy thing and I'll just put my home address on my blog and I'll say, "Mail me your personal shirt and I'll spray paint that you're worthy of love and I'll mail it back to you for free." And in the middle of doing that, it just kind of started evolving. And I felt this responsibility that I needed to show up and remind people they're worthy of love. Because when I started encouraging people to believe that and wear it, I saw how much of a deficit there is in it.

Elisa Morgan: Tell me what's So Worth Loving is?

Eryn Eddy: Oh, it's the love of my life.

Elisa Morgan: Why?

Eryn Eddy: So Worth Loving is an organization that bridges the gap between not talking about the struggles of self worth and talking about it. And we use many different mediums to bring that conversation about.

Elisa Morgan: So, So Worth Loving is really applying to you and me, to us, to God's humans on this planet. And to helping them embrace their worth? We're so worth loving. Is that what it's about?

Eryn Eddy: That's right, yeah. That we're worthy of love, no matter our past mistakes, relationship status, career choice, the history that we came from. That we are infinitely worthy of love. And our goal is to, to be the mirror and to remind people that they are worthy of love and for them to see themselves the way that God sees them.

Elisa Morgan: How did this message get formed in you in such a way that it's your life's work?

Eryn Eddy: Yeah. One of my friends said something to me, they said, "When you started So Worth Loving you didn't know what it would pan out to be." They said, I think that So Worth Loving was your refuge because I don't think you understood what it meant to know that you were worthy of love through God's eyes.

Elisa Morgan: Is it almost like God nudged you through a door where he would become your teacher on a topic you needed to know and then, "Oh, by the way, the rest of the universe can know about this."

Eryn Eddy: Exactly. And what's so interesting is that I watched other people and was present for other people's stories before I started to be really, truly transparent and present about mine.



Elisa Morgan: I think like a zillion percent of people, women especially, feel this way today. Dove, you know the beauty bar folks, did a survey and worldwide discovered that 96% of women would never use the word beautiful to describe themselves. It's powerful. And that's even those of us who know God and are called to Him and who He has declared beauty over. We don't see it, and so this concept of unworthiness I think is very similar for that. Why do you think it's so hard for us to experience worthiness? Our worth?

Eryn Eddy: I heard somebody say this and I thought it was so profound. They said that, "The enemy watches and studies what we struggle with and then he sets out to confirm it and uses good and bad people to do it."

Elisa Morgan: Throws up mirrors around us, "Here's your really wonky day, Elisa. Now look in this mirror and it's going to reflect that right back to you."

Eryn Eddy: It's going to confirm that lie that you believe about yourself. He sets out to confirm it. I think for me, He had planted something in me at 15 years old that was a slow drip to bring me to almost a place of rock-bottom. But what's so beautiful about that whole thing is that God always brings beauty back in and He always uses whatever the enemy wants to use for bad, He always brings for good.

Elisa Morgan: I hate to ask you this, but can you punch pause just for a second? But I want you to pick up right there when we come back, because you're right. The enemy can fill us with so many wrong ideas that confuse us and lead us away from the truth that God is for us and I don't want to lose that idea. So let's come back and begin again right there. This is God Hears Her and we'll be back in just a moment.

Eryn Eddy: Hey guys, if you're enjoying the show today, would you please take a minute and write a quick review and rate us on iTunes and really on whatever podcast platform you listen to? Reviews and ratings help us reach more people because iTunes and other podcast platforms push highly rated shows in front of more people. So if you could take a minute, write a quick review and rate us. That would be so helpful in reaching more women with the message that God hears her.

Elisa Morgan: Welcome back to God Hears Her. I'm Elisa Morgan.

Eryn Eddy: And I'm Eryn Eddy. And before we jump back into our conversation, we want to let you know that if you miss anything in today's show, check out today's talking points included in the show notes. You will also find a link to a free resource



titled *When Violence Comes Home* by Tim Jackson. Spousal abuse is a growing problem in our culture and it takes on many forms. This e-booklet offers some insight into this problem as well as help for both victims and the offenders. So click on the link in the show notes or visit godhearsher.org to get your free copy of *When Violence Comes Home* by Tim Jackson. That's godhearsher.org.

- Elisa Morgan: Okay Erin, so before the break we were talking a little bit about how the enemy throws up these warped mirrors, these false pictures of who you are. What has God developed in you to help you recognize when this is happening? So you can see yourself the way He sees you?
- Eryn Eddy: I had so many masks on that I had to be completely stripped of anything I found my identity in that was apart from him.
- Elisa Morgan: What stripped you?
- Eryn Eddy: A divorce.
- Elisa Morgan: Okay.
- Eryn Eddy: A divorce.
- Elisa Morgan: At what age were you married?
- Eryn Eddy: I was 21 when I got married.
- Elisa Morgan: So young. And so that was a tool, a divorce that broke you in some hard ways.
- Eryn Eddy: It did. I had shared that my heart had to be shattered in some ways in order to see the holes that God wanted to fill all along. But I had resistance to even accept or believe that He could love me so recklessly and so beautifully.
- Elisa Morgan: How do we get stripped to the place where we're vulnerable and God can reach us?
- Eryn Eddy: Yeah. I think we struggle sometimes with being vulnerable because either one, somebody has used it against us so we shame ourselves and we live in that shame and that kind of secrecy of how we truly feel. And living in secrecy, it's isolation and separation.
- Elisa Morgan: You sound like you've experienced this. Has somebody used your vulnerability against you?



- Eryn Eddy: Yeah. And it goes back to that relationship. If I was my truest self, that self wasn't good enough. So somebody used who I truly was and said it was wrong and it's not lovable and so we start to believe that. So he kind of put on again like a mask or like a deflect.
- Elisa Morgan: We hide.
- Eryn Eddy: We hide.
- Elisa Morgan: Yeah, we go undergrounds. I used to call it the periscope. Down, down, down. I'm like, "I'm out of here." And I'll leave a little wake up at the top of the water because I'm not safe here. Does that mean we should never expose ourselves? How do we make choices, smart choices, wise choices to stop the hiding? It starts out with intimacy really with God. With allowing Him to be. And then gradually, slowly revealing that to others and letting them reflect it back. But we got to stay plugged into Him because we're going to keep getting hurt. Right?
- Eryn Eddy: It's so true. And I had heard and there's a worship song of that too, like "I am who you say I am." And I had always prayed like, "God, I want to see myself the way you see me." But I didn't pray that prayer until I actually acknowledged how I saw myself. And that sounds again so trite or so like, "That's sweet." That's such a fluffy thing that we've heard. "See yourself the way God sees you." Unfortunately, we're used to hearing that, but I don't think we really acknowledged the weight of what that means. And maybe it's because we're scared to be vulnerable with how we see ourselves.
- Elisa Morgan: You just said something kind of powerful. We're afraid to see and hear ourselves. What is that about Erin? What do you think we're afraid of?
- Eryn Eddy: I think that if you've never had somebody model genuine, authentic love, like earthly love, how could an abstract love of God even exist? For me, that was a hard thing for me. How could it, if I bared all to Him and showed Him all my mess that He already sees and knows. He already knows it. But if I was honest about it and brought it to Him that He would still say that I'm lovable. I think that's really hard to swallow. I think that's hard to accept. I think that we're skeptical of it.
- Elisa Morgan: Absolutely. And it's because maybe we know ourselves. Maybe we compartmentalize. Maybe we say, "Here's the Elisa in front of people and you see what you see and here's the other Elisa in private that I only see." I had a friend, okay it's my therapist, telling me that there is a private self who we are in private and then there is a public self that's kind of a shell outside of that private



self. So there's somebody inside that I know about and there's somebody outside that everybody else sees. And the distance between the private self and the public self is the degree to which we have integrity.

Elisa Morgan: And that's so challenged me because I can experience that gap between private Elisa and public Elisa. I can experience it and I know it. So for me, almost daily it's a matter of measuring between private Elisa and public Elisa and am I seeing and hearing myself? Can I bring that to God and let Him see and hear and let Him show me what He sees and hears? And I might correct some things, I might ask Him to help me correct some things. But then maybe I can have the guts to see and hear somebody else and let them see and hear me. What do you still hide from? Even though God's wooed you up to his lap and holds you close to his heart, what do you still hold back in a fist behind your back going, "Not this one, God."

Eryn Eddy: Yeah. I think that I've bared all now. There's no hiding anymore. There is no hiding anymore because that kind of love I've craved, but it was always there.

Elisa Morgan: Do you still hide from other people?

Eryn Eddy: I wouldn't say that I hide from other people. I think that I'm a little bit more, what's the word? Timid. In showing all of myself.

Elisa Morgan: You've been burned a bit.

Eryn Eddy: Yeah, I tiptoe.

Elisa Morgan: And maybe it's not smart to throw out everything, right? All caution.

Eryn Eddy: Right.

Elisa Morgan: That's probably not smart, right? I'm thinking about 1 John 4 where John writes "There's no fear in love, but perfect love casts out fear." That's a really hard thing to do, but there is something that God gives us when He loves us, that shields us anew in such a way that we can take a risk maybe and continue forward.

Elisa Morgan: Okay, if our listeners hear nothing else in this podcast and what do you hope they remember? If you just talk straight up to a listener right now, probably a woman could be a man. But whoever's listening, they struggle with experiencing being seen and heard by God, by other people. What would you say to them right now?



Eryn Eddy: I would encourage them to do an exercise that I did that helped me. And first I had to admit the lies that I was starting to live in. And so I took a dry erase marker and I wrote every lie on my mirror. Every single thing. And that was hard. I mean, I was not crying and I'm like-

Elisa Morgan: Ugly cry.

Eryn Eddy: That's how I feel. I'm writing it all over my mirror. I wrote it all there and I grabbed my Bible and I read scripture and truth over to release myself from it. So if anybody that's struggling with wanting to know how to be seen and heard by God, they already are, but facing the things that may be blocking them from accepting His love that's already been there.

Elisa Morgan: Here's one of my favorite helps as well. When Jesus dipped down in the Jordan River and was baptized by John the Baptist and He was raised right back up, a voice from heaven with a dove said, "This is my beloved Son in whom I'm well pleased." My beloved Son in whom I'm well pleased. And I like to remember that, Erin, that God sees me through Jesus. He sees all of us through Jesus as His beloved ones and that's where your dry erase in your mirror, He takes an eraser and wipes it out and sees and hears the truth of who you are and how much He adores each one of us.

Eryn Eddy: Yeah.

Speaker 1: This was so good, Erin. Thank you for being willing to open up and share your story.

Eryn Eddy: This is going to be a really great podcast season. We have some great guests with great stories like Margaret Feinberg, Vivian Mabuni, Philip Yancey, Gary Thomas. All of these women and men have stories of how God has radically shown up in their lives and how He has heard them and how He has seen them. And of course, we will hear your story as well. I'm really excited about that one too.

Speaker 1: For those of you listening, don't forget to check out the show notes to see not only the talking points of today's episode, but also we have a link to a free resource titled When Violence Comes Home by Tim Jackson. There's some really good stuff there that you can find it all in the show notes. And of course, there's more information about what's coming up on season one. It's available on our website godhearsher.org. That's godhearsher.org and so check it out. We hope you'll come back for our next episode.



Eryn Eddy: And don't forget, God sees you. He hears you, He loves you because you are His.

Elisa Morgan: It takes a team to create a podcast, and today we want to thank Bobby, Daniel, and Kim for all your help in creating and sharing the God Hears Her podcast. You are awesome. Thank you all.