



God Hears Her Podcast Transcript

Faith and Feelings

Season One | Episode Eleven

- Eryn Eddy: Welcome to God Hears Her. I'm Eryn Eddy.
- Elisa Morgan: I'm Elisa Morgan. When's the last time you had one of those days, or one of those weeks, or one of those months? Maybe it's been a year, just one thing after another. Maybe a kid got sick, and then another kid, and then you got sick. Or, maybe you've been experiencing pain, or maybe your job is not going well, or a relationship with a friend or your husband is rough at best, or maybe you... Fill in the blank. If you can relate, this show is for you.
- Eryn Eddy: Well, you know I've had some of those days and weeks, Elisa, because I usually end up calling you.
- Elisa Morgan: Yes. Right. Yes.
- Eryn Eddy: Well, today we are going to talk about what to do with these things called feelings or what we will call on the show "indicators," warning lights that something is going on inside of us. Now, there are women who feel deeply and wear their emotions on their sleeves like me. There are others of us like you, Elisa, who are tuned in with their feelings in a slightly different way and are more careful with who we show those feelings to. For both groups, feelings matter. Today we are going to spend some time talking about the importance of feelings and how those emotions matter to God.
- Elisa Morgan: Let's get started. Here's Eryn. She asked a question about those moments in life when we just feel done. This is God Hears Her.
- Eryn Eddy: Have you ever had one of those weeks, Elisa, where you're like, "I'm just done."
- Elisa Morgan: One of those weeks?
- Eryn Eddy: Yes.
- Elisa Morgan: Yes, like right now? I've had a lot of those weeks. Haven't we all?
- Eryn Eddy: When you're just exhausted. You feel like your feelings are just overcoming you.
- Elisa Morgan: I'm not great at leading with my feelings. I'm good at identifying them and compartmentalizing them.
- Eryn Eddy: Got it.



Elisa Morgan: Just saying.

Eryn Eddy: That's so good.

Elisa Morgan: Well, I'm a survivor of an alcoholic home, adult child of an alcoholic. One of the things I learned really quickly was to compartmentalize. I can go from room to room to room in my being or in my world and keep my feelings going. I don't always do the best job of processing them or emoting them.

Eryn Eddy: That makes total sense. That makes sense.

Elisa Morgan: Since, I think.

Eryn Eddy: Since. There you go, since. Sounds like you thought about that.

Elisa Morgan: I've thought about my feelings.

Eryn Eddy: Well, can I share a story with you that happened?

Elisa Morgan: Yes.

Eryn Eddy: It was one of those weeks. I remember it was October 2017. This was a little while ago. It was like an aha moment. It was lots of pressure. I thought I was going to explode, and then I had an aha moment.

Elisa Morgan: Wow.

Eryn Eddy: I know. That's right. I had a brick and mortar store. It was about 2,300 square feet.

Elisa Morgan: Some people don't know what brick and mortar means.

Eryn Eddy: Brick and mortar means... It's a store, a physical building that I rented. I had a landlord. 2,300 square feet... We had retail in the front. Then we did all of our fulfillment, which means shipping out orders, in the back.

Elisa Morgan: What kind of product?

Eryn Eddy: T shirts.

Elisa Morgan: A whole store of T-shirts. Wow, cool.

Eryn Eddy: Yes, T-shirts, so T-shirts and accessories. I had key chains, and bags, and things like that.

Elisa Morgan: This is a part of your brand, your work called So Worth Loving.



Eryn Eddy: So Worth Loving. Yes, exactly. It was our very first building that I ever rented. It was the first big-girl business buildings choice.

Elisa Morgan: Not that big. You're still 11. I get you.

Eryn Eddy: The building was big.

Elisa Morgan: Grownup, grownup.

Eryn Eddy: Yes, exactly. It was just a special season of my life to make that commitment for three years to have this building. It was symbolic to the next adventure of our company. There were a lot of firsts in this building, so it was really special.

Elisa Morgan: Oh yes.

Eryn Eddy: Then I was renting out desks to people in the coworking space. I had a coworking space, which is... Other graphic designers that don't want to work from home, they could come and rent out of our space. It was a little bit of a staple in the community.

Elisa Morgan: Nice. A gathering place.

Eryn Eddy: It was a gathering place, yes. It came to an end.

Elisa Morgan: By your choice or?

Eryn Eddy: By my choice, lease situation.

Elisa Morgan: Or by the rent, the lease where you're now?

Eryn Eddy: Some circumstances within the business, to lease, to my personal stuff that was going on in my divorce. It came to an end. I had to close it and pack everything up. Then I had to also tell everybody, "Hey, we're closing up." That day, packing up my last boxes... It was about 11 o'clock that night. Three hours before I was leaving the office, I found out that a friend passed away.

Elisa Morgan: Ooh.

Eryn Eddy: That happened. It was closing an era, friend passing away. I get in my car to go home, and I run out of gas.

Elisa Morgan: Oh my goodness. Literally, emotionally.

Eryn Eddy: All. Literally and figuratively.

Elisa Morgan: Oh gosh. Every way you can run out of gas, you did it.



Eryn Eddy: I did it. I remember calling a girlfriend. I called her. She sounded sleepy because it was 11:00 at night. She's like, "Hey." I'm like, "Hey. What are you up to?"

Elisa Morgan: Guess she's sleeping at 11:00 at night.

Eryn Eddy: She's like, "I'm just getting ready for bed. What's going on?" I said, "Well, I ran out of gas." No 29- year-old should be running out of gas, just, let's go ahead and preface that, in the middle of downtown Atlanta.

Elisa Morgan: At night, at 11:00 at night.

Eryn Eddy: I'm a big girl. I should know better. I've never run out of gas before. She's like, "Okay. I'll come get you." I said, "Are you sure?" She's like, "Yes." She comes and gets me. We go to the gas station and go... I have never bought gas before. I buy a tiny little one-gallon tank thing, the little container.

Elisa Morgan: Without your car.

Eryn Eddy: Do you know that they have different sizes?

Elisa Morgan: Yes. Without your car, you haven't bought gas before. Here you are. No car. Where you going to put it in? You have to carry it in something. No, I didn't know they had different sizes.

Eryn Eddy: They have different sizes.

Elisa Morgan: Cool.

Eryn Eddy: I don't know how many. I don't know what the sizes are, but they have small, medium, and large.

Elisa Morgan: Oh okay. You got to carry the thing, so it can't be too heavy.

Eryn Eddy: We drive over there. I go into the gas station. I buy the smallest one because I'm like, "I have a small car. It's a Fiat. It's probably a small gallon. I don't know." It's literally what I'm thinking.

Elisa Morgan: Gallons mean different sizes, right?

Eryn Eddy: Exactly. I go in to buy it. I ask them to put \$20 on a gallon tank that I buy.

Elisa Morgan: It's high octane stuff.

Eryn Eddy: High octane stuff. Then I go to the pump. I fill it up and I go, "Oh my gosh, it only fills up \$5. I need to go get \$16 returned or whatever." As I'm going back into



the gas station, my phone flies out of my hands. It falls, and it shatters, and breaks.

Elisa Morgan:

Oh no.

Eryn Eddy:

In the interim of that, I get harassed by some people at the gas station at the pump.

Elisa Morgan:

Oh my goodness.

Eryn Eddy:

Literally, this is the day of just boom, boom.

Elisa Morgan:

Worse and worse.

Eryn Eddy:

Just kept-

Elisa Morgan:

Terrible, awful, horrible, very bad day.

Eryn Eddy:

Just keeps getting worse. I go back in the gas station line to get some money back because I spent way too much money on the tiny gallon. You know what she does?

Elisa Morgan:

Your friend?

Eryn Eddy:

Yes.

Elisa Morgan:

What?

Eryn Eddy:

She just looks at me and she goes, "You're doing a really good job." I didn't even have tears. I didn't have anything by that point of the day. You know how you just sometimes keep taking a beating and you just don't even know how to feel, but you know you got them.

Elisa Morgan:

Right.

Eryn Eddy:

I just said, "I'm trying."

Elisa Morgan:

Yes, you are.

Eryn Eddy:

She goes, "You're doing a really good job trying."

Elisa Morgan:

That's so sweet.

Eryn Eddy:

It was what I needed. In that moment, it was a season of my life where I feel like God brought and spoke through her because He knew that I needed to be told, "You're doing a good job no matter your circumstances and no matter what you're feeling right now." Have you ever had moments like that where God has



used somebody in your life when you have felt like the feelings are... You don't even know how to process the feelings and then they feel like they're coming to a point?

Elisa Morgan: Yes. Yes. This goes back to me compartmentalizing. I have a good friend who, on the Myers-Briggs, she's an F and I'm a T, okay. She's a feeling-oriented. I'm a thinking-oriented. Gosh, it's been 35, 40 years we've known each other. Early on in our relationship especially, she would cry my feelings. She would cry my tears.

Eryn Eddy: Wow.

Elisa Morgan: It annoyed me the heck at first because I felt like it just felt weird, kind of out of body. The more I got to know her and me, and the more I came to understand who I am and how I'm made, I've become grateful for her ability. She has an easy access to expression of feelings. She doesn't just cry. She'll emote, and be joyous, and wonderful, and all of that, as well. I can definitely do that. She's like me on steroids. When she does that, Eryn, sometimes it helps me see me in a way that I haven't been able to access it. I kind of understand what you're talking about.

Eryn Eddy: By her friendship and you being able to see yourself through her, see yourself-

Elisa Morgan: Yes, yes. See myself through her, exactly.

Eryn Eddy: See yourself through her and the emotions that she's feeling, how does that connect with your relationship with God as He uses another person?

Elisa Morgan: I really think we are windows to God, our souls. I think there's a proverb that says that the eye is the window of the soul. The reality is that when we look into other people's eyes and we see kind of a more clear reflection of ourselves back at us, it helps us know us more. I think it was Ann Voskamp who wrote at some point that feelings are neither right or wrong. Feelings inform us.

Eryn Eddy: They're indicators.

Elisa Morgan: That's a good way to put it, too.

Eryn Eddy: They're like a check engine light.

Elisa Morgan: I like that. I like that.

Eryn Eddy: They're like, "Ding, ding, ding. Pay attention."

Elisa Morgan: When somebody else reflects back to me my feelings or like your friend did to you, "You're doing a really good job..." She could watch, and see, and mirror, if you will, through her presence that this was hard and you were handling it. That



really validates, informs, indicates what we maybe want to look at, what we maybe want to process. What have you learned?

Eryn Eddy: After that day... Actually it was the next day. I remember laying in bed staring at the ceiling. TV wasn't on. I was just blah. At that point, I was very distant from God, but He was there. I was just distant to talk about what I was going through with Him. I just remember putting my hand on my heart and literally saying, "God, this hurts. This week hurts." There was almost this impression to read this verse. "Are you tired? Are you worn out? Are you burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me. Watch how I do it. Learn the unforced rhythms of grace. I won't let anything heavy or ill-fitting on you. Keep company with me. You'll learn how to live freely and lightly."

Elisa Morgan: That's from Matthew, chapter 11, right?

Eryn Eddy: Matthew 11:28.

Elisa Morgan: 28-29 in there.

Eryn Eddy: Yes.

Elisa Morgan: In regular translations like the NIV... I think you're reading from the Message, which is beautiful, that paraphrase by Eugene Peterson. In the NIV, it'll say, "Come to me all you who are weary and burdened."

Eryn Eddy: That's right.

Elisa Morgan: "I'll give you rest. Take my yoke upon you and learn from me. For my yoke is easy and my burden is light." Peterson expresses that as the unforced, what?

Eryn Eddy: Rhythms of grace. I think that's what we want with our feelings, is to know that I can come to Him or I can't. I get to choose that, right? Grace is always there. It's always present. It's not forced upon. It's just there.

Elisa Morgan: You know what's beautiful about that, too, Eryn? I've read this and thought about that passage, as well. In the verses that come just before that, before he says, "Come," he talks about the relationship Jesus has with His father. I think there's a way He's modeling what we can have with Him.

Eryn Eddy: Yes, explain that more to me. What are those ways?

Elisa Morgan: Well, Jesus doesn't do life alone. Jesus is in tandem/trinitium with the Godhead. The Holy Spirit, the father, and Jesus are one. The only time they were ever separated was on the cross at His death. They are united. There is one. They were united. There is one. There's a modeling of community, almost this beautiful reflection of who they are to each other all the time that makes them



who they are. There's a way in which, as His image is in each of us, we remind ourselves who we are, but also whose image we're made in. We hold up a mirror and it's like, "Tough day, Eryn. You're doing a really good job." It's not just your friend telling you. There's a way in which your friend's voice gives you encouragement that God sees you.

Eryn Eddy: That's right.

Elisa Morgan: God is pleased with you even though you dropped your phone, even though you ran out of gas, even though it's hard.

Eryn Eddy: Right. Have you ever felt like your feelings were too heavy to bring to Him?

Elisa Morgan: Yes. I can't pick them up sometimes. I can't carry them sometimes. I have a neck issue. I've noticed sometimes that if I get really stressed out or anxious, I have a hard time functioning. There've been times-

Eryn Eddy: Really?

Elisa Morgan: Yes. There have been times when I've been praying. If you think about at different places in your body where you feel pain, or tension, or whatever, I was doing that. I went straight to my neck. I sensed God actually putting His hand on my shoulder and just physically lifting that stuff I was trying to carry. It's like He was inviting me, "Come to me. Come to me." Sometimes I can't identify it or I can't lift it to bring it. I think He's willing to come to us and lift it.

Eryn Eddy: Do you ever feel like there's a circumstance that He wouldn't do that for you?

Elisa Morgan: Do you?

Eryn Eddy: No.

Elisa Morgan: No.

Eryn Eddy: I think that I get wrapped up in lies in thinking that.

Elisa Morgan: That's true.

Eryn Eddy: I think that I sometimes struggle with feeling like I have to be put together in order to come to Him. For me, that moment, I was so distant. Now I always had a relationship, and conversation, and prayer life with Him to some level, but it was a really shallow level at that point of my life that I felt like I've found myself. I mean, there were so many circumstances that were honestly out of my control. I think sometimes we find ourselves in circumstances we could control, and we chose to make decisions that were unhealthy for us. That pain, that shame, those feelings of regret are so heavy that we feel like we can't bring them because we were a part of making them.



Elisa Morgan: That we listened to the lies. I think that the real thing that happens there, too, is that we're the ones pushing Him away. I think He's there. I think He wants to be there in those embarrassing, shameful feelings, but I think we push Him away.

Eryn Eddy: We push him away.

Elisa Morgan: Do you?

Eryn Eddy: Absolutely. I mean, I think whether your feelings are a result to something you've chosen to do or maybe your feelings have felt too heavy, God is still there. He can handle either one.

Elisa Morgan: Okay. Just a question. Are there any that are really hard for you to identify?

Eryn Eddy: Oh, for sure.

Elisa Morgan: Like what? Which ones can you quickly identify which ones take longer for you to go, "Oh, that's what this is?"

Eryn Eddy: Things that are my fault.

Elisa Morgan: There you go. I figured. I figured. That was good.

Eryn Eddy: My pride, maybe. There you go. I identified it. When we come back, we will get into some tangible ways to both identify our feelings, identify the lies that hitchhike on our feelings, and discover a way forward to using even our emotions to draw near to God. That's coming up right here on God Hears Her.

Elisa Morgan: Hey guys, if you're enjoying this show today, please take a moment to write a quick review and rate us on iTunes and on whatever podcast platform you listen. Reviews and ratings help us reach more people because iTunes and other podcast platforms push highly-rated shows in front of more people. If you could take a moment to write a quick review and rate us, that would be super helpful in helping us to reach more women with a message that God hears her.

Eryn Eddy: We are back. This is God Hears Her. I'm Eryn Eddy.

Elisa Morgan: I'm Elisa Morgan. In just a moment, we're going to jump back into our conversation about faith and feelings. Before we do, just a quick note. In this next part of the conversation, we're going to list out some things that help us identify feelings and then what to do with them. For those of you who are in the middle of something else as you listen, I want to let you know that we've compiled all these ideas and verses together so you can keep working at your desk, or folding the laundry, or running on the treadmill, or doing whatever it is you're doing. You'll find all the talking points in today's show in the show notes, which can be found in the podcast description or on our website at



godhearsher.org. That's God Hears Her dot O-R-G. All right, Eryn. You're the one who gets this next part started by discussing what you do to process your feelings. This is God Hears Her.

- Eryn Eddy: I write them down. By doing that, I can understand what's a lie and maybe something that I was a part of choosing, what is maybe true, but I might be amplifying it more than it actually deserves. Writing it down, I get to actually look at the full picture.
- Elisa Morgan: That's interesting.
- Eryn Eddy: I write down my feelings. Just writing them down. No shame, no guilt, nothing, just write, what am I feeling?
- Elisa Morgan: On a journal.
- Eryn Eddy: On a journal.
- Elisa Morgan: On a whiteboard.
- Eryn Eddy: On a whiteboard. Whatever is your-
- Elisa Morgan: On Facebook.
- Eryn Eddy: Whatever is your thing, right? Not on Facebook.
- Elisa Morgan: Not on Instagram.
- Eryn Eddy: Try not to make it an Instagram caption.
- Elisa Morgan: Not yet.
- Eryn Eddy: I think-
- Elisa Morgan: Process it first.
- Eryn Eddy: Make it a sacred moment. Then I admit and I accept that that's where I'm at. Then I surrender them to God. Accept and admit. I love what it says in Psalm 116. It says, "He protects the unwary, the simplehearted. He protects His simplehearted." I looked up the definition of simplehearted, and that's to be honest and straightforward.
- Elisa Morgan: Wow. I like that.
- Eryn Eddy: I think that I need to be honest and straightforward with my feelings and my thoughts.



Elisa Morgan: There's a protection that comes when we are, and that's very counterintuitive. We think that we're risking, and revealing, and putting ourselves in danger, and yet when we're honest and straightforward is when, in confession, whether it's something we did or something we simply feel, it's when God can actually meet our need because we've actually stated it.

Eryn Eddy: Yes, exactly because he already knows. He sees it all.

Elisa Morgan: Yes, He does.

Eryn Eddy: You know? It's like, "Well, if you see it all, I need to see it all."

Elisa Morgan: That's good.

Eryn Eddy: Right? I admit and I accept. I know that God is going to be my protector in my simpleheartedness. Me, being straightforward and honest, He's going to still love me. It's not conditional.

Elisa Morgan: So good.

Eryn Eddy: I'm not going to be punished. Then I evaluate my life choices after I admit and I accept.

Elisa Morgan: Around these feelings?

Eryn Eddy: Around these feelings.

Elisa Morgan: What these feelings have led you to choose?

Eryn Eddy: Exactly. Are these choices in my life making things better or worse? Are these choices bringing me closer in intimacy with him or further away? I identify them. I admit and I accept them. I'm honest with them. Then I evaluate, what are my life choices that are being attached right now to some of these feelings that I have? Then I set reminders on my phone that bring me closer because to start to understand that God is for me, and He loves me even in the midst of my feelings, I have to be reminded that He's for me.

Elisa Morgan: Right.

Eryn Eddy: I think that's the biggest thing with feelings and faith, is that sometimes we feel like they can't be in tandem, right?

Elisa Morgan: Right, right.

Eryn Eddy: They can't live together.



- Elisa Morgan: I mean, the reality is here. You're a feeling person. The reality is I'm a thinking person. You have thoughts, and I have feelings. That connects to faith. Faith is in all of those. I'm kind of thinking back to applying what you've just suggested. I told you I compartmentalize. I know what I'm feeling. I've done some work to pay attention. I don't stuff. There's a difference between compartmentalizing and denying.
- Eryn Eddy: Right. Right. That's a good point.
- Elisa Morgan: I know I'm walking from this room of feelings into this room of feelings when I do it. What you've just suggested in terms of a tool, and I'm going to ask you to repeat it again, is that I could take those steps or principles into each compartment as a thinking-oriented person and let myself look at my feelings and let them indicate to me or inform me what's going on with me-
- Eryn Eddy: Exactly.
- Elisa Morgan: As I welcome Jesus into each of those compartments. I picture, right now, a beehive.
- Eryn Eddy: Yes, that's so good.
- Elisa Morgan: With all those little cells. I live in all those little cells. I kind of run between compartments, but they're all a part of me. What are the ideas you've come up with to help yourself again? To admit them.
- Eryn Eddy: Identify them.
- Elisa Morgan: There you go.
- Eryn Eddy: I admit and accept. I evaluate my life choices. I set reminders on my phone to help me live in the truth of how God sees me, how He loves me, what He thinks about me, how He feels about me, that I'm seen by Him, I'm heard by Him because I think that our feelings can overcome the truth of how He sees, and feels, and thinks because that's always there. Can I share a few of my little reminders that I did?
- Elisa Morgan: Please. Yes, yes.
- Eryn Eddy: Because if you're kind of like, "Okay, I set reminders," what does that even mean?
- Elisa Morgan: It's like an alarm going off.
- Eryn Eddy: Yes, it is. You can see here. They can't-



Elisa Morgan: Let me get my glasses.

Eryn Eddy: Somebody listening can't see it, but they can-

Elisa Morgan: Should I read one of them?

Eryn Eddy: Yes. Read the first one.

Elisa Morgan: Okay. This is on your phone.

Eryn Eddy: Oh here. Let's see.

Elisa Morgan: A little reminder... It comes up.

Eryn Eddy: It's a reminder so you can set different times.

Elisa Morgan: You might have to have in the show notes: how to set reminders on your cell phone. Okay. Okay. All right.

Eryn Eddy: You could call them "breath prayers," things that you want to say under your breath quickly when you feel just like you're trying to reprogram the way your mind is going, the way you're feeling about yourself.

Elisa Morgan: Lord, guide me to the wise path that protects my heart for the purpose you have for me. Use me to honor what you want us all to know that we are loved, need work, but are called to a greater purpose you have for us, that we're not to be scared of our messy but know what it is and give it over to you. I love you, Jesus. Amen. Would you send that to me every day?

Eryn Eddy: Yes, I would.

Elisa Morgan: A little text message. I think it'd be awesome.

Eryn Eddy: Okay, sounds good. I'll be your reminder. Sometimes we actually do need to do that for our friends that are in seasons of life or they've had a bad week, to just send them a reminder, a prayer. Anytime I get a girlfriend that will... She'll text me and she'll say, "It's just been one." That's all she needs to say, right?

Elisa Morgan: Oh, that's it.

Eryn Eddy: Immediately prayer because I think that depending on where we are in our feelings... If they're negative, they're not doing us any good. Telling somebody about it is so important because we can lean in on their faith when our faith isn't there.



- Elisa Morgan: As I listened to the last part of that show, I was thinking, we mentioned sending notes to our friends who are having a rough week. Maybe we should send encouragements like the breath prayer you just read all the time, whether those we care about are having a good week or a bad week, even if we don't know what type of week they're having.
- Eryn Eddy: Absolutely. Let's focus on asking God each day to bring people to our minds who need encouragement. There's something so powerful about receiving a timely text message or a note with encouragement at just the right time that lets that person know they are on God's mind and our mind, too.
- Elisa Morgan: Again, for those of you who are in the middle of doing something else, or if you feel like you missed something during the show, the show notes are available in the podcast description or on our website at godhearsher.org. That's God Hears Her dot O-R-G. The show notes include the talking points, verses mentioned, and even a few breath prayers you could program into your phone to remind you of God's love. That information, again, is in the show notes or on our website, godhearsher.org.
- Eryn Eddy: If you've enjoyed the show or enjoy God Hears Her in general, would you can take a few moments to rate us and write a review? Ratings and reviews help us reach more women. We're so thankful for your help in spreading the word for this podcast.
- Elisa Morgan: Thanks for listening and joining us today. Don't forget, God sees you. He hears you. He loves you because you are His.
- Eryn Eddy: Before we end today's show, I just want to take a moment and thank Neil, Steve, and Sharon for their help in creating and sharing the God Hears Her podcast. Thanks, guys.