

God Hears Her Episode 13 - Enjoying and Exploring Scripture Guest – Meghan Good

Intro: *God Hears Hear... God Hears Her... God Hears Her* is brought to you... is brought to you by Our Daily Bread Ministries. Visit godhearsher.org... visit godhearsher.org or find us on social for more information.

(Music)

Meghan: It was this... Jesus' invitation into like companionship, I think, that was the draw for me. Like, what does it mean to have a friend that you can take with you?

Elisa: Oh.

Meghan: ... that is always available, that you can... you know, I remember like just being in conversation throughout the day. Being like, what does it mean to believe that God is so real and so accessible? That like this God could be beside me as I go to math class or as I... I try and get through life as it is. And, I think that for me has always been like that... the pulse of Christianity is that, is the companionship of God.

(music fade out)

(Intro Music being)

Woman: 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: Welcome to God Hears Her. I'm Eryn Eddie.

Elisa: And I'm Elisa Morgan. Burnout. Depression. How to read and study the Bible. And what it means to step into our gifts as women. Today, Meghan Good joins *God Hears Her* to offer some wisdom from her life and experiences in all these areas and more.

Eryn: It sounds like a random list of topics, but Meghan really offered some tangible wisdom in all those areas as our conversation meandered through Meghan's life. A little bit about Meghan Good—she is a passionate storyteller with degrees from Gordon College, Duke Divinity School, and Portland Seminary. She is best known for her book *The Bible Unwrapped* which offers a helpful path to reading and understanding even the difficult parts of Scripture, and as you will hear, she is really wise and we hope that you will enjoy her tangible wisdom as much as Elisa and I did.

Elisa: So let's get to our conversation with Meghan as she describes her growing up years and how God became real to her. This is *God Hears Her*.

Meghan: Well, I feel like I'm one of those people who has, as far back as I can look in my life, like God felt very real and very present for me. But I think there was a real turning point in my life in my early teens. I had some health problems myself and just went into a period of... of, I guess I would say depression, like a real kind of dark period in life. And during that time met Jesus in a really profound way.

Eryn: Wow.

Meghan: Like I started reading Scripture and just felt like it was like I'd been going through this dark tunnel and the light just suddenly came on and kept getting brighter and brighter. And so by the time I was fifteen, I knew whatever I did with the rest of my life, like I wanted to help other people have the experience of...

Eryn: Yeah.

Meghan: ...God and of Scripture that I had had that was so powerful and so liberating. So...

Eryn: What was it about that season where you were going through depression that inspired you to pick up the Bible?

Meghan: In some ways, I... I wish I remembered that more clearly than I do. I mean, I... I think it was partially, it wasn't a turn in the path so much as like a deeper commitment to the path I was on. The... one of the reasons I was in the moment in life I was in was in part that I had already been trying to like, in adolescent ways, but walk out the Jesus way, and that was not appealing to some of the people I had been in relationship with, so in that course of my life, I was also losing some relationship that I had valued, and so it was... it was this... Jesus' invitation into like companionship I think that was the draw for me. Like, what does it mean to have a friend that you can take with you? That is always available? That you can... you know, I remember like just being in conversation throughout the day. Being like, what does it mean to believe that God is so real and so accessible that like this God can be beside me as I go to math class or as I... I try and get through life as it is. And I think that for me has always been like the... the pulse of Christianity, is that... is the companionship of God.



Elisa: So punch pause an... and take us back a little further. What were your growing up years like, you know, in terms of as a child, and then what... what age did the depression begin to hit you and did you know God before...

Meghan: Yeah.

Elisa: ... or how did that play out?

Meghan: Well I grew up in a Christian home, and my father was a pastor until recently. So I was exposed to the Christian story really early and... and really had a deep love early on for God and for the church. But I... I think that almost anyone who has had deep exposure to the church over the long run has some wounds that they carry from it, and certainly people who do ministry and experience ministry from the inside, like, you know a lot. The best and the worst of what the people of God can be together. And so, I think all of that contributed to my story and my sense of, in part, just being able to talk openly and honestly with God when sometimes in the church that feels too vulnerable...

Eryn: Hmm, yeah.

Meghan: ...or too dangerous...

Eryn: Yeah.

Meghan: ...to be possible. And realizing that you... that's never the case with God. And I was thirteen when things kind of shifted for me, and that was because that was the point at which I started having some health problems. And transitioning into middle school and losing some friendships related to that rhythm of faith. So all of those things



kind of coincided like they often do in different ways for people in middle school. But I think for me, there was never a real question where I was going. Or at least the question didn't occur to me until I was way past the point of no return.

(laughter)

Meghan: You know? Like sometimes these days I think, Jesus, what did you get me into?

(laughter)

Eryn: Yes.

Meghan: But it's different to ask that question once you're in.

Eryn: That's so true.

Meghan: Yeah, and it didn't occur to me to ask it...

Elisa: Yeah.

Meghan: ... earlier because what he was offering was something I needed so profoundly at that moment...

Elisa: Yeah.

Meghan: ...in life.



Elisa: Yeah. How did that shape your teen years and then your young-adult years with understanding that Jesus had invited you to be a friend, a companion, a... a constant presence?

Meghan: Yeah. I spent a lot of time in Scripture as a teenager. My mother at one point, she knew I was struggling and she gave me a journal and she said, "Maybe it would help you if you journaled your thoughts." And...

Elisa: Smart lady.

Meghan: I....

Eryn: Yeah, journals... ugh. Love journals.

Meghan: Well, it was interesting because I wrote in it for a few weeks probably, and I had this like feeling of indigestion where you sit too much in your own head and...

Eryn: Yes.

Meghan: ...and you think like all I'm doing is like externalizing this like miserable feeling I'm having inside.

Elisa: Yup.

Meghan: And I thought to myself at one point, like what if I read Scripture and like listened for what God said instead and like wrote down what I thought I was hearing.

Eryn: Oh wow.



Meghan: And that like immediately felt just like a breath of fresh air. Like an input rather than an output, and the thing that I was already stuck in. So I began a practice. I think I was thirteen or fourteen of... of sitting with Scripture and then like writing the questions I had and what I observed and... and usually that would turn into written prayer and I just started having these experiences with Scripture where it was like I was watching it on a movie screen, like it was so vivid to me the story that was unfolding. And... and just so real and so relevant and so present that...

Eryn: Yeah.

Meghan: ... yeah. It just became a big part of just daily life and practice. It was like this thing that's like pulling you forward when not a lot in the rest of the world makes sense...

Eryn: Yeah.

Meghan: ... but something about this story and the... the purpose it offers makes sense.

Eryn: That's such a powerful exercise to get out of your head and open up the Bible and ask God what do you want to show me?

Meghan: Yeah.

Eryn: I... how did you... like did you open up a certain part of the Bible? Like what... you know? Like...

Meghan: Yeah.



Eryn: ...where did...

Elisa: Did you start at the beginning?

Eryn: Yeah, did you just...

Elisa: Yeah.

Eryn: ...start in Revelations?

(laughter)

Meghan: There's a technique...

Elisa: Right.

Meghan: There's a technique; I probably tried it, but...

Eryn: Yeah.

Elisa: Yeah.

Meghan: I think the thing that I remember doing as a teenager that I still do sometimes, because it's hard to read the Bible cover to cover because you c... everybody gets lost in Numbers, right?

Eryn: Yes.



Elisa: Right.

Meghan: You like have...

Eryn: It's true.

Meghan: ... the best of intents and you die out.

Elisa: Right.

Meghan: So actually what I started doing was I wrote all the books of the Bible on slips of paper and stuck them in a box, and I would pray and draw one out.

Elisa: Oh wow.

Meghan: Because I thought that both, it gives me variety, but also it gives the Spirit an opening to steer a little if there's a place I need to be that I'm not.

Eryn: Oh, I love that.

Meghan: So I... I remember doing that. I have a little wooden box that I'm doing right now that I just started again.

Elisa: That's cool. It's almost like opening up to the table of contents, closing your eyes, and pointing. You know...



Elisa: ...you're letting your finger fall in a certain place. But you know, God can work through those.

Eryn: Yeah.

Elisa: You just really wanted to know Him. It sounds like...

Meghan: Yeah.

Elisa: ... you actually developed by doing that, by writing out your feelings, and then reading Scripture and listening. It sounds like a conversation.

Eryn: Yeah.

Meghan: Yeah. Well and I think I never meant it to open into prayer and it was a surprise to me that that's what ended up happening. Is like every time I would reflect, like it just... it became prayer.

Elisa: Yeah.

Meghan: Because to me the line of like thinking in the presence of God and then the conversation is not far.

Elisa: Yeah.



Meghan: And it just kind of tips over and I keep that practice even today. In part because I think... for me, without... without that like fresh direction from Scripture, I pray in ruts. You know, I just go round and round the same like 'I want this, I want this, I want this.'

Elisa: Yeah. Yeah.

Meghan: Or like, these are the three things that I'm always thankful for. And Scripture sends me off in new paths rather than just reinforcing the one that I'm stuck on.

Eryn: Oh, that's good.

Elisa: You have a really powerful way that you unpack the story of Scripture. I've read your book *The Bible Unwrapped*. I love it. I love it, I love it, love it, love it. And... and can you share how you learned that? I mean, you're very schooled and you've been... you've learned a lot and stuff, but how did you get this approach where you look at Scripture uniquely?

Meghan: You know, it's... it's funny because I feel like I'm over educated in some ways at this point in Scripture, but so much of the [see] of what... what I think makes the Bible live was already there for me long before I studied the Bible and...

Eryn: Yeah.

Meghan: ...higher education. Because for me, the heart of it is... is understanding the Bible as story. And that, like, it's not... it's not mechanical. That what we're hearing is a narrative of God's engagement with people, and you know, God reaching for people, people reaching for God...



Eryn: Yeah.

Meghan: ...sometimes meeting, sometimes missing...

Eryn: Yeah.

Meghan: And...

Elisa: Huh.

Meghan: ...I think the battle sometimes is like letting so much information sweep you away from the story and the... the Bible is... is most alive when it is engaged with that kind of imaginative stance.

Eryn: Yeah.

Meghan: To say like... like I could be this character. This could be my story. This is my story...

Eryn: Yeah.

Meghan: ...how do I enter it? So for me, it... it often started with just telling myself the story. Like filling in the details, picturing the scene. Like making it... making it vivid enough that I was beginning to enter it and it was always amazing to me how often I would begin that process deliberately in getting to know the story and... and that it just happens. And... and once you're in it, you look around and you see the whole landscape filling itself in and...



Eryn: Oh wow.

Meghan: ...details find their place that once you see the scene you... like, oh, that's what that meant!

Eryn: Yeah.

Meghan: Like that's what that had to do with.

Elisa: I think most people get intimidated.

Eryn: Oh absolutely. It reminds me of something that my mom did for me when I... for Christmas one year. My mom is an incredible cook. Like she is just an incredible chef. And what... she never really dabbled in like cooking as much when I was younger, but as I got older and all the kids were leaving, she was like trying to find a fun hobby to do or fill her time or find something to fall in love with and cooking was one of them. So one Christmas, she bought me this beautiful cookbook, and I'm not a chef nor am I really great at cooking with... I... I ho... I hope one day that I can do it as well as my mom, but she gives me this beautiful cookbook. And mind you, it also... I like tried one evening to use one of the recipes, but you have to like prepare like a week in advance, so it's not one of those like...

Elisa: Oh snap.

Eryn: ...Pinterest ones.

Elisa: Yeah.



Eryn: It's like roast this for forever. So it's like, not making this tonight!

Elisa: Yeah, take the seeds out.

Eryn: Right. Exactly.

Elisa: Yeah, no.

Eryn: But she bought it for me. And in the front cover of the recipe book, she wrote this note, and it's so sweet. She says, "May you read recipes like I read a novel." Cuz she reads recipes like a novel.

Meghan: Yeah.

Eryn: But we can view recipes as like this and this and this and this. Like more logistically.

Elisa: Yeah.

Meghan: Yeah.

Eryn: Or like...

Elisa: Yeah.

Eryn: ...intimidating.



Elisa: Yeah.

Meghan: Yeah.

Eryn: And it sounds like... like what you just said, Elisa. You can get intimidated to...

Elisa: I love that.

Eryn: ...open up the Bible.

Meghan: Yeah.

Eryn: And dig in and to actually fall in love and be romanced by what Jesus wants to teach you in it.

Meghan: Yeah. Well and I... I think it's interesting you mention that because I was like a huge reader as a kid. Like, read a book a day at least. And...

Elisa: Wow.

Meghan: ...and I... I think that is part of the posture that made this possible for me is just like...

Eryn: Yeah.

Meghan: ...understanding that the same principals of imagination that apply in fiction apply with stories of ancient times. Like th... you're casting yourself into the mind of someone else. But it's not... we don't have so much to fear, you know, like we....



Eryn: Yeah.

Meghan: ...don't have to be afraid when we go in because even if... even if we're wrong about something in... in what we're interpreting, like, God can still open... the story can serve like a window that... that opens something in us to God speaking...

Eryn: Yeah.

Meghan: ... not just about the story but through it to something else.

Elisa: I love that.

Eryn: Why do you...

Elisa: I love that.

Eryn: Why do you think people fear opening up the Bible and reading it?

Meghan: I mean, I... I think... I find people have a lot of fear of getting it wrong.

Eryn: Yeah.

Meghan: And this feels like a high-stakes thing to get wrong. Like what if I get God wrong.

Meghan: What if I get God's desires wrong?

Elisa: Like I'm gonna ruin His reputation or...

Meghan: (laugh) Yeah.

Elisa: ...screw it up with everybody.

Eryn: (laugh) Right, right, yeah.

Elisa: Yeah.

Meghan: Some of it I just think people... I talk to a lot of people who just like I'm not smart enough. Like... like this book is confusing and I don't know what it means. And that's where, I mean, I like what I get to do now is help people just have a few tools to...to be like no, if... if you understand the cliff notes of the story, like then you can begin this exercise of imagining yourself in different chapters of it. Like it... it doesn't take a doctorate, it doesn't take expertise, it just takes a basic plotline.

Eryn: Yeah.

Meghan: And... and you're in.

Elisa: And the plotline of the overarching story of the Bible is?

Meghan: Oh man.

Elisa: To really simplify it.



Eryn: Can you do that in just a few minutes?

(laughter)

Elisa: She can, she can.

(laughter)

Elisa: I... I've hear her do it.

Eryn: I actually believe it.

Elisa: It's powerful. Yeah.

Meghan: I mean, God is remaking the world and bringing all broken things back together. Like for me, I think, the... the whole plotline is the story of healing. Like how do you... how do you go from the brokenness of the world as we've made it in ourselves and everything else and back into wholeness and restoration. And that's the project, at least, that God has engaged in. So the rest is the details in how we get from here to there.

Eryn: [Oh wow]

Elisa: You have a... a metaphor about the woods and a cabin.

Meghan: Yeah.



Elisa: And a window. And just pretend like I didn't say any of that.

Meghan: Okay.

Elisa: Tell me that story right here.

Meghan: Yeah, this story is so important to me or this metaphor because it... it really was the point where I begin to understand my relationship with Scripture different. Like I... I think the way that we can think of ourselves in relationship with the Bible is sort of like being in a cabin in the middle of the woods. And the cabin is the world that we know, and outside the woods, that is like the whole cosmos. Like everything that... that God is. Everything that is truth. And the question is like how do we look outside of the only world we know to that bigger picture. And some people think of the Bible as if it's the thing, you know. It's the end goal. But that's sort of like looking at the Bible like a painting hanging on the wall. It's static, it doesn't move, it's an end in itself. And some people get frustrated with the Bible and they think, no, I'm just gonna like imagine what's... what's out there myself. And what they end up doing is basically like looking in a mirror, and the only thing they see is a reflection of themselves and what's already in the cabin.

Eryn: Oh. It's so good.

Meghan: And what the Bible is, is actually a window. It's a means, not an end. We look through Scripture, and we're invited through looking through it into this like wide world of God—the forest. And...

Eryn: Wow.



Meghan: ...I mean, in some ways, I guess you could say even a doorway that... in which we step into that world and live with God. But I think we're in trouble if we either... if we turn to the mirror, we're doomed. And if we treat it like a painting, we're missing the point.

Eryn: Wow.

Meghan: The beauty is... is... it is a means to Christ. It's a means to life with God. That's why it was given as gift. Is... is for us to walk in the woods and share that companionship with God.

(intro music)

Elisa: And when we come back, Meghan Good will speak to those women who are pretty certain God has gifted them with certain gifts, but they're having a hard time believing God wants them to use those gifts. That's coming up on *God Hears Her*.

(music)

Eryn: Hey, friends! If you're enjoying today's episode, go ahead and hit that subscribe button so you never miss a new episode of the *God Hears Her* podcast. When you subscribe, new episodes are delivered straight to your device or computer. So hit subscribe and remember that God sees you, He hears you, He loves you because you are His.

(intro music)

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



Eryn: And I'm Eryn Eddy. And in just a moment, we will hear Meghan Good speak from her own experience of beginning to recognize the gifts God has given her. That struggling to believe that God really [use] her and her gifts to influence others, but before we do, just a quick reminder that if you miss anything in today's show, the show notes are available in the podcast description or on our website at godhearsher.org.

Elisa: The show notes not only contain the talking points for today's episode, but you'll also find a link to a free eBooklet titled *The Greatest Story Ever Told*. This free eBooklet tells the overarching story of the Bible in a way that will help you think through even some of the most difficult parts of Scripture. Just click on the link in the podcast description or on our website at godhearsher.org. That's godhearsher.org.

Eryn: Now back to the show. Here is Meghan Good as she describes how her shyness as a child led her to doubt God's call on her life. This is *God Hears Her.*

Meghan: I was a pretty shy kid. Like, I did not... I was not the first to talk in class or eager to get up. And that left me with kind of a dilemma after I started falling in love with the Bible because I felt like I was burning with such passion to do something with it but I... I didn't think God would want me. Like, I didn't...

Eryn: Oooh.

Meghan: Like there was no version in my head in which like... for a variety of reasons. Like...



Meghan: ...personality and gender and experience and all of that and... it was this constant kind of dialogue, I think, between me and God over a lot of years of like feeling this... this burning need to share what was in me and just feeling like if God had to pick anybody, like clearly, God wouldn't pick me.

Eryn: Yeah.

Meghan: Clearly God has better options. And I spent so many years asking this question and in college I used to go to church on Sunday nights at this church I was attending. They would have Sunday night just open worship. And people sometimes would stand on the edges and pray and... and come and talk to you if... if they felt like God was saying something. And I... I went to this worship service for probably two years and every time I went, I would ask the same question. Like God, do You see me? Do You see me?

Elisa: Wow.

Meghan: Because I felt like everyone else was having some experience that I didn't know how to have and...

Eryn: Yeah.

Elisa: Mmhmm.

Meghan: One night, this young woman comes up to me and she says, "I don't know if this makes any sense to you, but I was standing over here and I felt like God wanted me to tell you that He sees you and He knows that you're here."



Eryn: Wow.

Meghan: And like, of course, I immediately burst into tears.

Elisa: Yeah.

Meghan: But I think I... I just think back to that moment often and especially after I... I later had a call experience and ended up in ministry, but the... like even in all of those years of doubting...

Eryn: Yeah.

Meghan: ...that I was seen or that I... God would want me, that God was seeing all of it, you know? Like the prayer and wrestling with Scripture and questions and tears, like, all of the stuff that made up my journey, I was never alone in. Like even when sometimes, like nobody feels like... I don't think any of us have that feeling all the time that God is hear. Like...

Eryn: Yeah.

Elisa: No.

Meghan: ...sometimes we have it, but sometimes we don't. But like God sees all of it.

Eryn: Yeah. Sometimes we feel like we have to be a certain way or act a certain way or look a certain way in order to be used by God.

Meghan: Yeah.



Eryn: And His continually pursuit for our heart shows us that we don't have to be anything but just who we are. It sounds like you...

Meghan: Yeah.

Eryn: ...kind of experienced that.

Meghan: Well, and I think the... the faith for me that God answers hunger.

Eryn: Hmm.

Meghan: You know, that like, the desire to be used by God is of God.

Eryn: Wow.

Meghan: You know, like that doesn't come from us. Like our... our love toward God, anything we offer toward God is an echo. Like the originating sound is coming from somewhere else.

Elisa: That's beautiful.

Meghan: And I think it took me a really long time to believe that. Like, I felt like I was chasing God. And it took me a really long time to understand like that's a response, not an initiation. Like, God is chasing me. And like that hunger I'm feeling is... is the echo back of that pursuit rather than the other way. And it still worked for me to like flip that image. Because I constantly slide...



Eryn: Yes.

Meghan: ...back into like... like I'm seeking, I'm searching, I'm reaching.

Elisa: Yeah.

Meghan: I don't know where you are.

Eryn: Yeah.

Meghan: And to be like, no. No, He's here. Like...

Eryn: Yeah.

Meghan: ... I'm just trying to get myself postured right so I see it and know it.

Elisa: I think Henry Nouwen wrote something about that that really echoes what you're saying. Is that we think God's greatest desire, the way we love Him, is to seek Him and know Him and look for Him when the opposite is true. That He longs for us to be known.

Meghan: Right.

Elisa: Be seen and allow Him to find us. That's beautiful the way you put that.

Meghan: Well, and part of what helped me see that was realizing what a rare and amazing thing it is when somebody leans in and they're like, I really want to learn. Like I really want to hear what you want to say. And you're like, really?



Eryn: Yes.

Meghan: And that... how this must be a part of the character. Like, God is so desiring that from us and most of the time, like, we don't even show up to it.

Elisa: Yeah.

Meghan: We...

Elisa: Yeah.

Meghan: Like that God is thrilled when that happens.

Eryn: He's probably just like, oh!

(laughter)

Eryn: Yes!

Meghan: Where have you been?

Elisa: Finally!

Eryn: I mean, I get....

Meghan: I'm so happy!

Eryn: Yeah, exactly.



Elisa: Finally.

Eryn: Yeah.

Elisa: I've talked to so many women who are just so devastated because they feel like no one's ever invited them into leadership or invited them into participation or invited them into even discovering their giftings and... and when they... they realize they've always been invited.

Meghan: Yeah.

Elisa: The invitation's been extended forever.

Eryn: Yeah.

Meghan: Yeah.

Elisa: and it's just up to us to say yes to it. It's...

Meghan: Right.

Elisa: ...already been extended.

Meghan: Yes. That's right.

Eryn: So how would you encourage somebody that is consumed maybe in their thoughts with anxiety and self-doubt, their busy-crazy schedules to posture themselves



in that way that you were expressing? To not feel like they have to do more work for a relationship with the Lord but to walk into what He's been waiting for.

Meghan: I mean, I... I think for me it always starts with the biblical story because in part, like, these emotions we have are being fed by narratives that we're telling ourselves and that other people are telling us and we're repeating over and over in our heads.

Eryn: (quietly) We are.

Meghan: And like to break one narrative, you have to have another narrative. And so, I mean, find your anchor point in the biblical story. Like a story that, you know, for me, it's the Syrophoenician woman that Jesus interacts with, like, somewhere within the story that like...

Eryn: Yeah.

Elisa: Yeah.

Meghan: ... this is a new narrative and I can... I can repeat this to myself and live into it deeply.

Eryn: Will you share what that story is?

Meghan: Yeah, there's this woman in Jesus' ministry that comes to Him and asks for healing for her daughter and the disciples refuse to acknowledge her. They want Jesus to send her away, and the first thing that Jesus says to her is... is like it's not right to take the children's bread and throw it to the dogs. And she pushes back and says even



the dogs get the crumbs from the table. And what always gets to me about that story is Jesus honors her. Like, she... from every rule, the people of Jesus' time understood, she was outside the story. She's a woman. She's a foreigner. Like, she's nothing to them, and yet, Jesus calls out her faith and says, look at this, this is what I'm talking about. Like, there's... the next thing Jesus does is multiply loaves of bread. Like, there's so much bread in this story, there's no need to be stingy.

Elisa: Yeah.

Eryn: Yeah.

Meghan: Nobody needs to be outside...

Elisa: Oh, that's so good.

Meghan: ... this because there's so much here. And like, coming to grips with that for me is like, this is the base character of Jesus. Like there is so much abundance, there's no reason anyone should be outside it. Like, you are not the exception to that. Like, if you come to Him as this woman does, He will respond to you just like He did to her.

Eryn: Oh, that was so good.

Elisa: When you were sharing about the pain of really longing for God to see you and let you know that, and He did answer you. I could feel that pain, and I know a lot of us can feel that pain. And I know...



Elisa: ...Eryn, you've experienced it, I've experienced it, I know our listeners have experienced it. Can I ask you just to maybe step into that authenticity for a second in your present day, where is it painful for you right now that you're longing for God to notice? Longing for God to hear? And how would you encourage the woman who's right there? You know, what are you going through, Meghan? You know, what's your... your deal? What's your need right now? And maybe speak to us, you know, about how we can...

Eryn: Yeah.

Elisa: ...invite God into that too?

Meghan: I think that it f... it feels to me so far like that's a dilemma in every stage in life.

Elisa: Yeah!

Meghan: It just hits you in a different way.

Elisa: Yeah.

Eryn: Yeah.

Meghan: Um...

Eryn: That's true.

Meghan: And that one time in college was not the only time I've been... been through that. And it's... it's been interesting how God has answered it differently. When I started



eleven years ago, you know, I was... I was twenty-five and single and I just moved across country alone and I just felt super overwhelmed by like what have you done to me, God. Like, how did you put me in this? And I was praying about it one day, and I was really angry and I said, "God, you can't... you can't do this to me. You can't leave me alone in this." And the next day I went to my office and there was this older man sitting outside my office who I had never seen before, and I let him in the office, and he told me that he was a retired pastor from the east coast who was in town on vacation and that that morning he'd been praying and God told him that he should show up at church and encourage me.

(laughter)

Meghan: You know...

Elisa: I love it.

Meghan: I was like, alright!

Eryn: Can't get more clear than that!

Elisa: Alrighty now.

(laughter)

Meghan: This... I say... sometimes... sometimes it feels like... I... I feel like a mama bird that's like eating the Word of God and then spitting it back up into the baby's mouths.



Elisa: Oh wow, yup, yup.

Meghan: Like...

Elisa: And nothing for you.

Eryn: Yeah.

Meghan: All the nutrition...

Eryn: Yeah.

Meghan: ... is going out and nothing's going in. So like figuring out like what does it mean to swallow? Like how do I... how do I get this nutrition deep inside me because I'm just convinced there's no faking it.

Eryn: Yeah.

Meghan: Like either you're working out of fullness and out... out of the depth of like none of us are completely healed.

Eryn: Yeah.

Meghan: But how did the depth of the... the healing work that's going on in your life or like things begin to fracture...



Meghan: ...on the surface and it's too easy to neglect that in the name of performing, and I think I've been...

Eryn: Yeah.

Meghan: ...guilty of that a lot...

Eryn: Yeah.

Meghan: ...of like focusing on the performance rather than saying what... what is the underlining wholeness that's needed.

Eryn: Yeah.

Meghan: So I'm trying to make more space in the rhythms of my life to attend to that which is hard because everything feels urgent.

Eryn: Yeah.

Meghan: But... but I just know, like, if I let it... if I keep spinning out in that direction, like eventually, you have nothing to give.

Eryn: Yeah.

Meghan: Like, you're drawing out of a dry cup.



Meghan: And I think that is a common struggle for women in particular is to like give to the bottom and you don't know you're running out, and then you're just out.

Eryn: Yes.

Meghan: And... and there has to be a way to like attend to it earlier and catch it earlier and figure out what needs to come in.

Eryn: What would be your encouragement on how to catch it early?

Meghan: I think all of us have signals of unhealth...

Eryn: Yeah.

Meghan: ... in ourselves that we just don't attend to and it takes some more... even like practices of like the daily examine, if you're familiar with that, where every day at the end of the day, you sit down and you say what is the thing that brought me life and what is the thing that took life today? And d... I did that practice for a couple years pretty recently and... and you begin to see the patterns emerge.

Eryn: Yeah.

Meghan: Like... like there are things that I am doing or...

Elisa: That's helpful.

Meghan: ...ways that I am engaging that are continually drawing life out of me in ways that are not fruitful for the kingdom or for me.



Eryn: Yeah.

Meghan: And like that is now a sign that there's something that needs to be addressed or there are questions to ask. And I'm... I'm starting to learn more of what the triggers are.

Eryn: Yeah.

Meghan: Like when I feel like I flinch when somebody knocks on the door of my office, like...

Elisa: There's a signal.

Meghan: Yeah.

Eryn: Yeah... yeah.

(laughter)

Meghan: I mean, that's fairly far along.

Elisa: Ew, people!

Meghan: Yeah.

Elisa: Ew! Yeah.



Meghan: Like, a line has been crossed.

Eryn: Yeah.

Meghan: It is now time to walk backwards.

Eryn: Yes, that's so good.

Elisa: We used to use the illustration of moms are like juice boxes with a, you know, straw stuck in it, except they have like fifty-nine straws stuck in and everybody comes and just *slurp noise* you know, all day long. And so, little signal is you're sucked dry...

Meghan: Right?

Elisa: ...pay attention.

Meghan: Yeah.

Eryn: Yeah.

Elisa: Yeah.

Meghan: Yeah. Well, especially when we understand, and this is what I have to keep telling myself cuz I get so worried about selfishness, and I know this is a tripwire for a lot of women, like it feels selfish, but just that the Christian life is not about being right or being good, it's about being love. And in being love, takes a whole 'nother set of resources. Like it... it takes a whole different holistic human posture because you can't



act love out of the surface of who you are. Like, it only comes from the depths and easier said than done.

(fade out)

(music)

Eryn: Meghan is not the only who can slip into performance mode. We all forget that as followers of Jesus, our default needs to be dependence mode. Dependence on Jesus to lead us and guide us and give us the strength we need to do all that He has for us to do.

Elisa: Dependence mode. I like that. We talked about several different topics today, and for anyone who wants to look through the talking points of today's show, the show notes are available in the podcast description. We've also including verses that we mentioned. And we've included a link to Meghan's book *The Bible Unwrapped*. We also have a link to a free eBooklet titled *The Greatest Story Ever Told* which describes the overarching story of the Bible in a way that will help you think through even some of the most difficult parts of Scripture. It's yours free; just click on the link in the podcast description or visit our website godhearsher.org. That's godhearsher.org.

Elisa: And if you enjoyed today's show, or if you enjoy *God Hears Her* in general, could you please take a quick moment to write a review and rate us on whatever podcast platform on which you listen, ratings and reviews help us reach more women with the message that God hears her.

Eryn: Thank you so much for joining us today. Don't forget; God sees you, He hears you, He loves you because you are His.



(music)

Eryn: Before we end today's show, I just want to take a moment and thank Jim, John, and Laura for their help creating and sharing the *God Hears Her* podcast. Thanks, guys.

(end music)