



God Hears Her Podcast

Episode 58 - Big, Bold and Beautiful

Eryn Eddy & Elisa Morgan with Kierra Sheard

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Eryn: Yeah.

Kierra: But I had to remember that beauty is in the eye of the beholder.

Eryn: Yeah.

Kierra: And it all determines on who that beholder is, so I say, I...I may not be his or their cup of tea, but I am a cup a tea.

Eryn: Ooo! Love that. Yes!

Kierra: And we all like our cup of tea and coffee a little different.

Elisa: Yeah.

[Music]

Voice: 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 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 Eddy.

Elisa: And I'm Elisa Morgan. How does our culture define the perfect woman? When you picture her, what does she look like? How does she act and the question we all ask ourselves, *How do we measure up?* Today we're talking with Grammy Award nominated gospel singer, fashion designer, and author, Kierra Sheard about what it means to embrace and love yourself as you are—just like she did. She describes her journey in her book *Big, Bold, and Beautiful: Owning the Woman God Created You to Be*.

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Eryn: Yes, we are so excited. We're hoping this conversation teaches us all to embrace ourselves as God made us without letting the world's opinions stop us from seeing the beauty we all bring into the world.

Elisa: Join us in our conversation with Kierra in this episode of *God Hears Her*. Kierra, it's been so fun as we've been just getting to come on mic here, and I'm already impressed with the fact of how you punctuate your sentences with songs. You just kind of like break out into a melody. [Laughing]

Kierra: Thank you! Thank you so much!

Elisa: I love it, and you know I was telling Eryn my husband does not like it when I do that at all, but could you just sing a little welcome for everybody listening right now?

Kierra: Oh! Here on the spot!

Elisa: Just a tiny little bar? Just a little *Hey!*

Kierra: (Singing) Hey y'all.

Eryn: My gosh! I just had chills just shoot up my spine!

Elisa: Me too! Like that.

Eryn: Holy moly. Thank you, Holy Spirit, for that moment right there. [Laughing]

Elisa: Exactly like that. Exactly like that.

Kierra: Thank you.

Eryn: Oh my goodness. We're so excited to have you on and just talk, just do real talk with you, girl. Like I'm just...we are such fans. We are such fans.

Elisa: Mm-hmm. It's really funny.



Kierra: I'm a fan. I...I told you before we started, I am a fan of *God Hears Her*, the devotional we shared with my mentorship program and we're still taking pictures, sharing it with each other, posting it to our story, because, I mean, as your mission is to reach to us as we're in the trenches of life...

Elisa: Yeah.

Kierra: ...we're all being restored through Scriptures, through stories that we can relate to. It...It's...It's special when we can hear it from an adopted aunty from the other side of the earth or an adopted sister from the other side of the earth. So I'm a fan too. Thank you so much for this opportunity.

Elisa: I love that. Thank you, Kierra, and you know I think one of the things and you just hit it right on the nose is we need each other, and we can feel so cut off as if God isn't listening, as if we're all alone, as if we're stuck, and there's something just in that phrase *God hears her*, that woos us. Doesn't it? It woos us forward.

Eryn: Yeah.

Kierra: Absolutely, because we don't say it all the time, but we serve an invisible God. He is a Spirit and so sometimes we can be um...we can feel like the physical is outweighing the spiritual.

Elisa: Mm-hmm.

Kierra: And to have books that are in the physical that says *No, He hears you,...*

Eryn: Yeah.

Kierra: ...that is a reassuring piece and it's um it's so necessary. It's necessary.

Elisa: Thank you.

Eryn: Yeah.

Elisa: You know, speaking of books, Eryn and I, we just kind of want to come right in here. We both have written memoirs, if you will. Mine's a million years ago and hers is like this last year or so, but...

Kierra: Yes.



Elisa: ...what I'm really struck by with the book that you've released is your title, and so I want to ask you to go under the surface and unpack it one word at a time—your title of your book—and let me explain what I mean. Like for instance the title of my memoir is *The Beauty of Broken: My Story, and Likely Yours Too*. And in it I talk about, you know, all the breakage. You know, here I ran this mothering organization for 20 years and guess what? I still come from an imperfect family. And, Eryn, the title of yours unpack it for just as second, because we're setting the...the stage here for Kierra, for your title.

Eryn: Yeah. Yeah.

Elisa: So, Eryn, what's...what's yours?

Eryn: It's called *So Worth Loving: How Discovering your True Value Changes Everything*, and I wrote that book out of all of my questions about self-worth because I struggled with it. So my book came from like a space of just a lot of questions, a lot of uncertainty of how God saw me and how He could truly love me and that I had value despite my past mistakes, my relationship status, my career choice. If I was stripped of all of that would I be.... So this is why we're so excited, because we're like we love book titles, but we know that there's something so much deeper besides the marketing part of it, right? And so, we...I want to know like...we both want to know. I know everybody listening...your book, your process, your journey...

Kierra: Mm-hmm.

Eryn: How did you get from where you are now to writing a book and being so just raw and vulnerable in what you've written.

Kierra: Mm-hmm.

Elisa: Because your title is *Big, Bold, and Beautiful*,...

Kierra: Yeah.

Elisa: ...and I'm interested in all three of those words, because likely you came to big out of something else and likely you can to bold out of something else and likely you arrived at beautiful out of something else, so...so can you take us back and let us look through that process, your journey with you there?



Kierra: Absolutely! The cool thing about the God that we talk about and write about and pray to is the book was unintentional. I didn't just write a book. Like it was me journaling. It was me having a therapeutic process, and it was a divine way that the Lord has set this up. Like you said, it wasn't PR, it wasn't management that connected the dots. It was an opportunity that was in an email account that I hadn't been checking. And you know how we say, *Something told me to check my email*. That was the Holy Spirit that redirected me to go check this email that you hadn't been checking for...

Elisa: Oh my.

Kierra: ...not just months, but for years.

Elisa: Oh my!

Kierra: And there was um the book offer there and, of course, they said, "Do you have a book to share?" I ain't going to them *no*. So I say, *yes*. I pull up my journaling together, so literally, Miss Elisa and Eryn, it's me connecting the dots from me being broken and the big is me being overweight and how I had to embrace that. I had to come from allowing society or the world to tell me what is beautiful, and I made that great...I made great...something great out of it.

Elisa: Hmm.

Eryn: Hmm.

Kierra: And then bold is when I said, *You know, what? I'm going to be bold about what y'all say is ugly*. I'm about to show y'all how it really goes down. This is how you own what you said was ugly, but in heaven's eyes it's beautiful.

Elisa: Hmm.

Kierra: Now that's not me being um lazy with accountability...

Elisa: Of course.

Kierra: ...and being unhealthy, but you have to start somewhere in order for you to realize that it is there in order for you to change it. And then beautiful is then when I said, *You know what? I accept the heaven's way of beauty*. Because the world's way of beauty, y'all keep changing. First you said it was the



smaller woman, now you're saying body positivity. Then you're saying, *Well it's the in-between woman*, and it's like well which one? And now you've got all these surgeries that we all are like, you know, thinking about and pondering with, and I'll be honest, I thought about a few of them myself because my butt, if you'll allow me, my tush on the back, it's a little flat. I want a little bit more juice! [Laughing] But that's when I'm like, you know what? Because I'll begin chasing after something that is not attainable...

Eryn: Yes.

Kierra: ...but that is not designed for me to have. So that was longer than what you gave, but that's....that's what's in this book and that's where the...the foundation of it comes.

Elisa: That's what I want to know and I'm hearing that they...there's a progression that as the big grew into the bold grew into the beautiful, you know, so I love that progression, Kierra, and, you know, I...I wonder if you can unpack a little bit more. So many of us, maybe at a...at a season, but often for our whole lives struggle with body image. You know, we look in the mirror and, you know, I grew up in the day...this is going to take some of our listeners way back and others are going to go *huh?*, but, you know, I...I grew up the day with Calvin Klein jeans where you had to have a really flat butt, you know, and I was like winning, because I have no curves at all. I mean if I got up here and showed you, you'd be like *Poor thing, hun. Oh dear*. You know, I mean I use to kind of look down the front of my shirt and go *have I reached puberty yet? No*. [Laughing] You know, so it...it's just sad, you know, but all of us have gone through some kind of whether it's too much or too little or too much in the wrong place or too little or whatever...have gone...

Kierra: Yeah.

Elisa: ...through this. What's your journey on the body image thing been like?

Kierra: My journey is, to be honest, um and I talk about it in the book when I was in a relationship, I kept being cheated on, so I began comparing myself. There's a chapter where I say, "Stop comparing yourself to the other woman," and that revelation or that experience didn't just come from that relationship, but it came from me saying that I was trying to pinpoint something with the other woman that I didn't have and that made me feel less than. And so it began with the weight piece, so I'll be honest, I used to be over 300 pounds. All on my own, I had lost 100 pounds...

Elisa: Wow.



Kierra: ...and then when I lost all of the weight, it...that wasn't good enough, because I was still chasing for the other woman, what she had.

Elisa: Mmm.

Kierra: She has that. That ain't for you to have.

Eryn: Yeah.

Kierra: And so I was looking at pictures of myself when I was smaller and I was like I wasn't happy. I wasn't happy and that's why the...the weight gain came back fast for me, because I didn't appreciate what I had and the space that I was in, and as Paul said, "It's okay to be content," and that's where I had to learn that part of that kingdom perspective or kingdom principle. So now I'm a curvy woman and I'm owning it. Like the other day, I'll be honest, a very transparent moment, my husband said, "You need to go out on a...a vacation because you haven't had a break." And so we went to Universal Studios. I couldn't...it was one ride I couldn't get on. Was I embarrassed at first? Yes. But then I said, "But I'm not going to let that stop me from enjoying myself." And so I think that is the adventures through life that we have to see that every seat or every ride is not for you.

Elisa: Hmm.

Eryn: Yeah.

Kierra: But just because that one is not for you, that doesn't mean to stop your adventure.

Elisa: Oh that's good.

Eryn: Mm-hmm.

Elisa: Mm-hmm.

Kierra: And I got on the other rides. I was negotiating with the ride um I don't know what you call them, but, you know, the people who say, "Hey you can get on now. It's your turn. Go to a seat."

Eryn: Uh huh. The conductor. It's like the ride conductor or something like...yeah, yeah, yeah.



Kierra: Yeah, so I'm like talking to them like "Hey, okay, do I get in row four or row three? cause I learned that they a accommodating seats. So to answer your question though, it was the weight journey and it was then me feeling like I wasn't good enough for a man when it came to relationships because I was just connecting everything and putting it all in one...one umbrella...

Eryn: Yeah.

Kierra: ...when it was...it was different compartments to it, but the problem was I was allowing the world to say to me what is beautiful.

Elisa: Mm-hmm.

Eryn: Yeah.

Kierra: But I had to remember that beauty is in the eye of the beholder...

Eryn: Yeah.

Kierra: ...and it all determines on who that beholder is. So I say in the book "I...I may not be his or their cup of tea, but I am a cup of tea.

Eryn: Ooo! Love that.

Kierra: And we all like our cup of tea and coffee a little different.

Elisa: Yeah.

Kierra: You know, but I'm owning it.

Elisa: That's beautiful. Hmm.

Eryn: I love that. I love what you said. You said, "We chase the other...sometimes we chase the other woman."

Elisa: Hmm.

Kierra: Yes.



Eryn: Instead of being content with the woman that we are and...and we disrupt the thought pattern. Like we could go down...I mean no pun intended, but maybe pun intended, but we could go on a rollercoaster of thoughts, you know, where it's like all of a sudden we're on this wild ride of comparing ourselves to the other woman, and I love that you're like I'm learning to stop it.

Kierra: Yes.

Eryn: And I'm going to replace it with truth and let it just fall off like Rainx on a windshield, but move forward.

Elisa: You know what's hitting me, you guys, too is that we might not really identify big in a clear definition the way you have with our body, but I think every single woman has a feeling that she's too big in some way. You know, maybe it's her emotions, maybe it's her personality, maybe it's my depression, maybe it's my needs, you know, I'm...I'm too big, I'm too much, and I...you know, maybe it our body type too. Maybe we are big and need to really embrace it and be bold and beautiful with it, but I love just this freedom that you're suggesting that we get in to that bigness, whatever it is that we have that's big. Inhabit it and...and see it really from God's perspective. This is a part of who we are, and He sees it as you've said as beautiful.

Kierra: Absolutely. And...and you hit the nail on the head. Is that that phrase we say?

Elisa: Yeah. Yeah.

Kierra: Exactly what you said, you're big may not be my big. It may be a big personality that, like you said, too many people can't handle. It may be the big nose. It may be the big feet, but the way I embrace the bold and the beautiful is that I changed my...instead of having a negative thing to it, I changed it and said, "Okay, you know what? I'm going to create something from this big." You know how they say *Oh your misery is your ministry*. Well it's not my misery anymore. It's my ministry, so now I have a clothing line that I've been blessed to do and it's Eleven60 and now I'm catering to curving women. I'm giving them more options. So maybe, you know, you have an insecurity with your big feet. Design a shoe. You never know what resources may come your way. Or the personality like my mom telling me "Kierra, you have the gift of gab, because I believe you're supposed to be doing public speaking."

Elisa: Ha, ha, ha.



Kierra: And well now that I'm, you know, I've written a book and now I'm doing more interviews, and it all makes sense. Whereas before, and I still say it to this day, "I'm tired of hearing myself talk," so see what heaven is saying about those things that the world say is ugly and see why heaven is saying it's beautiful. So I agree with you 100 percent.

Elisa: Hmm.

Eryn: Hmm. That's so good.

[Music]

Eryn: And when we come back, Kierra will help us think through when it's time to let a friend go for a season, or when to embrace someone and bring them into our inner circle. That's coming up next on *God Hears Her*.

Elisa: If you're a fan of this podcast, sign up for our *God Hears Her* email newsletter and find even more inspiration and encouragement from women like you. These weekly emails are filled with stories you can relate to and other fun goodies that will brighten your walk with Jesus. Go to godhearsher.org and sign up today. That's godhearsher.org. Now back to the show.

Elisa: I'm also thinking now about how...how do we move from big to bold? What's that about. Can...can you help us see that transition?

Eryn: Yeah. Yeah, because I feel like our head knows and it's like connecting our head to our heart and the heart of the Father and...

Kierra: Yeah.

Eryn: ...and not being ashamed once we know and like...like again, we were talking about like rewiring. How do we go from...from that to bold. Yeah.

Elisa: To bold. Yeah. Yeah.

Kierra: I think we go to the bold with having um people around you. So I often say, the village, and we've heard it before, the village is not just for the child, it's for the adult too. Who is around you, and in the book I talk about self-care and squad goals. Self-care it...it is, you know, having that moment alone and doing



all of that good stuff, but it's not just the...the bathtub with the candles next to it or just a massage. It is you being selective with your squad, with your village. Who is behind you? How are they building you up with words of affirmation? Maybe learning your loved language. Is your love language words of affirmation, so building those relationships upon that knowledge, um but even just downloading and consulting with the Lord. *Okay, Lord, help me to see who you're loving on me through*, and usually those...cause we find ourselves connecting, so I've been telling a lot of friends lately "I'm making a decision to build relationships not off of my weaknesses, but off of my strengths," because we could say, "Oh, you struggle with that? I struggle with that too. Okay, let's be friends." And there's nothing wrong with that, but we get relaxed on the way of accountability so that we're growing away from the struggle if you know what I mean? And so it's really now building relationships off of um assets more than we do liabilities.

Elisa: Ooo!

Kierra: And um...

Elisa: Yeah.

Kierra: ...that is one thing that I've learned. And...and then when you feel that *Oh I've to vibe with my crew*, and they make me, you know, they are pushing me into destiny. They're cheering me on, because it...it's...it's really cool and the Bible even talks about the blessing in covenant and...in friendship, in relationships. God didn't design us to be in the arts to just do it all alone. Though there are some days when we have to, but I would say that is what helped me to become bold. It was listening to, you know, once upon a time, you all know how when we're younger, we don't want to listen to nothing our parents got to say. But when we hit our late 20s and our 30s, we're like *Ah man, it was everything he was saying that was right*. So it...I think that is one thing and then I think really think really just staying at the feet of God. What does that look like? Not thinking that you're crazy when you're, you know, in your car having a full conversation by yourself. I tease my mom because she'll whisper sometimes and I'd be like *Mom, what are you whispering about? It sounds like you're strange. You're talking to yourself*. And she says...

Eryn: Sounds like you're strange...[Laughing]

Kierra: She said, "Child, you crazy if you don't talk to yourself" and it's the moment she said that to me I thought about how David said, "I encour..." I'm getting chills as I talk about it, but David said, "I encourage myself in the Lord." So he was talking to himself to a degree.



Elisa: Yeah. I love that.

Kierra: You know, so I think that's when the boldness come in, because instead of the enemy having room to have a conversation with you or to sit on the side of your bed, it's you interrupting while the Holy Spirit is speaking through you. The answer is as near as the tongue. So it...it gives no room for the enemy or for your flesh to highlight the negative pieces in your life is because now I'm having a conversation with heaven.

Elisa: Mm-hmm.

Eryn: Yeah.

Kierra: And that begins on the inside of me. So that's where the boldness comes from.

Eryn: Hmm. What are some words that you would say to yourself that would encourage you in times of woop! that came up again. Like that lie, that thought, that chasing after the other woman, the...what are some...

Elisa: Like David to the way you're describing that, yeah?

Eryn: Yeah, what are some words?

Elisa: That's a good question, Eryn.

Eryn: Or even thoughts or even prayers; maybe they're prayers, verses that you'd speak over to disrupt it.

Kierra: Some words that I would say to myself, um...

Eryn: Okay.

Kierra: ...*Transform my mind and remove any lies that have carried the weight of self-sabotaging ideas. Help me to genuinely celebrate others*, because this is me now trying to have that cancel out element to where it's changing comparison to me celebrating them, and then I say *Help me to genuinely celebrate others, be inspired, and be unintimidated by what you're doing through and for them*. So my prayer changes to *Help me to be inspired* than it is reversing it back on me and seeing what I don't have.



Elisa: Hmm. That's so practical. Yeah, I love that.

Kierra: So those are the conversations that I have and then I also say *Dismantle that way of thinking*, so now it's me giving God that responsibility to really superimpose His way of living onto me so that I take on a new way of confidence, and then I say *Give me the security and certainty of who I am in you, in your kingdom, and on earth*. So now I have a different understanding, a different perspective.

Eryn: Yeah.

Kierra: I understand that the...the days that I see or the imagery that I'm concerned with it's not of the essence when it comes to the bigger picture. We get so far away from the idea of *there's a life after this one that I'm supposed to live* and I'll hear "Well done, my good and faithful servant," if I complete the assignments that I am called to fulfill in this life. So actually some of that stuff that I'm worried about doesn't even matter, and that came with me saying those kinds of things to myself and in prayer.

Eryn: That's beautiful.

Elisa: You're talking about the process of transformation, I think. That word is so powerful. You know, where we were...

Kierra: Yes, ma'am.

Elisa: ...one thing and God doesn't always like make the old go away, He transforms who we have been into who we already are in Him.

Kierra: Yeah. Yeah.

Elisa: And I guess that's Paul's talking about in Romans 12, "Be transformed by the renewal of your mind."

Kierra: Yes.

Elisa: You know you said one other thing, Kierra, that I wanted you to go a little bit deeper in. When you were talking about your squad, you know, we move from big to bold as we...



Kierra: Yeah.

Elisa: ...build a squad around us, as we lean into that squad, and we can have kind of [] members of our squad if we're not careful, you know, but we've gotta really seek God. I mean, Eryn and I are a squad together in a way, you know. We're different generations, we're from different parts of the country, etc., you know, but we have learned how beautiful our differences are and also how God's given us much in common too across those things. Can you talk about how we can find a squad. How we can intentionally build a squad that can move us from big into bold and beautiful?

Kierra: I love that. I talk about my grandmother and my mother and how they are about their kitchens, and the idea of the kids having the kids' table when it comes time for holiday meals and the adults sat at the adult table and I had to remember because I was wondering *Why doesn't my mom and my grandmother want me in their kitchen when they're cooking?* and it was because I was in the way, so they began to identify who is here and they kept the children in their place and I learned that they began compartmentalizing their relationships. And I talk about it where I say *Nana would tell the kids to get out of the kitchen because there was fine china or there were knives and things like that that they couldn't handle.* That doesn't mean that we do away with them, because, you know, we're in a cancel culture now. Everybody like get rid of everybody and just everything is toxic and it's no way of *Well how do we grow in love the wrong out of people?*

Eryn: Right.

Kierra: But...

Eryn: Right.

Kierra: ...when we think of the children during holiday dinners, we don't get rid of them, we just say *This part is not for you.*

Elisa: Okay.

Kierra: Um and so those are somethings I noticed the...and I say it in a prayer. I say, *Lord, help me to see those with childlike tendencies* because what I don't want to do is have so many people in my boat to where it's beginning to sink and...and I'm not being effective. I want to weed...I ain't going to say throw them out, but before we make our departure, you know, let's just get them out and...and we'll have them in the next go-round. So to answer your question, I even use the Scripture in the prayer there. It's Judges



7:4 when Gideon sought the Lord about, you know, how he can identify who's supposed to be in his tribe, so those are some things and I really try and ask the Lord to help me with my level of discernment, so that I'm not ignoring the red flags, cause you know we'll see red flags and we're like *Oh that's just a little something and I'll try to work around it*, but to answer your question in short, it is...it is...if you see the truth acknowledge and accept the truth.

Elisa: Hmm.

Eryn: Hmm.

Kierra: Don't try and make it work for your good. I hope that answers the question.

Elisa: Hmm. That's really helpful. So pray for a tribe and then look at the tribe you've been given and be kind of intentional about how they are or aren't included in a given moment. You don't have to, you know, shuttle them all out of your life, but you can move them into healthier spots in your life, right?

Kierra: Absolutely.

Elisa: Okay.

Kierra: And I say *Give me the grace to accept who's supposed to be in my space, but give me the strength to kindly release people who aren't sent by you. Sharpen my discernment and my line of communication with you, so that I can identify who's an answer and who's a trap, and help me to identify counterfeits so that I'm saying "yes" to the right people "yes" to the right doors. And I can attest to a truth and that is that I've said "yes" to counterfeits, but the Word says in Isaiah, "Behold," which I interpret as Hold up, I'm doing something new here.*

Elisa: Hold up!

Kierra: Yeah. He said, "Behold, I am doing a new thing. Do you not perceive it?" And that rhetorical question to me indicates that you were saying *I don't think you really seeing what I'm doing, so let me ask the question and have you just stand by and see that I'm doing a new thing*, and I think that sometimes we think new relationships, new resources, and new opportunities are coming by a way that we expect them when God is doing it new. It's coming to you in a...

Elisa: That's good.



Kierra: ...new way.

Elisa: So be open to that.

Kierra: Mm-hmm. That's it. Yeah.

Eryn: That is so good.

Elisa: We love to really focus in on...on women who are listening because they're always together with them who are not feeling seen or heard or loved by God, and, you know, your book really wants to...to go toward seeing and hearing that woman. Would you just share a few words about what your prayer is in terms of this message for the women who are listening right now?

Kierra: Yeah, I definitely would say it's time to embrace what makes you you, and as long as you try and act like you aren't there, it...it's going to be miserable. It's going to be a misery. And so I would definitely say what the world see as a negative, God turned it into a positive and you are that. I would also say don't allow your insecurities to push you off into a corner and have you to not live your life, because just as we make an introduction, this is the moment we've all been waiting for. You are that moment that so many of us may be waiting for, so please don't rob us of that moment. Live your life and have us to get in contact with heaven, which is you, because you're a part of heaven. You're a part of the kingdom. And so we need your voice and just find out how the Lord is saying *I'm ready to deliver you or heal you from the past experiences because people will hold you hostage of your past.*

Elisa: Woo!

Kierra: But we say...we say and sing these songs, but I serve a God of mercy, I serve a God of grace. Well do you? And...and sometimes we'll say *Oh, you know, God won't put more on me than we can bear,* and sometimes we're putting more on ourselves than we can bear.

Elisa: Mm-hmm.

Kierra: And so I just hope that you will really accept who God is and the Father that He is in our lives and absolutely a song that I recently released with my mom, Tasha Cobbs, and I redid it with Red Rocks Worship and it says something has to break. There are some things, so ideologies, some traumas, um some hurts, and some patterns that we've accepted and we've taken on, but it has to break.



Eryn: Yeah.

Kierra: And maybe there are somethings that you're like *Okay, God, I need a break*. Maybe it's something you've been praying about. Something has to break. I've been making the declaration. That's all it is.

Eryn: Hmm. So good.

[Music]

Eryn: I just love Kierra's voice. We are so blessed to have her help us embrace our own beauty. We are all made so beautifully in the image of God, even if it takes us a long time to understand that.

Elisa: It can definitely be a struggle for each and every single one of us, but Kierra's prayer and advice for us serves as a reminder that we are not alone in struggling with our body image. We are all big, bold, and beautiful in such unique ways.

Eryn: Well before we close today's show, just a quick reminder that the show notes are available in the podcast description. The show notes not only contain the talking points for today's episode, but you will also find a link to connect with Elisa and me on social. We'd love to connect with you, so check out the show notes in the links to our socials in the podcast description or on our website godhearsher.org.

Elisa: Thanks for joining us and don't forget God hears you and He sees you and He loves you because you are His.

[Music]

Eryn: Today's episode was engineered by Anne Stevens and produced by Daniel Ryan Day, Mary Jo Clark, and Jade Gustafson. Today we also want to recognize Alisha and Rochelle for their help in creating and promoting the *God Hears Her* podcast. Thanks friends.

[Music]

Elisa: *God Hears Her* is a production of Our Daily Bread Ministries.