



God Hears Her Podcast

Episode 177– Navigating Change with Brittany Hurd Eryn Adkins & Vivian Mabuni with Brittany Hurd

Brittany: Faculties, like sight, smell, that sort of a thing, are part of a functioning human person, and they are goods. And when you do not have that faculty, when it's, what he would say, privated from you; that is a bad thing. No matter how you slice it, it's bad because your eyes were made to see.

Elisa: You're listening to *God Hears Her*, a podcast for women where we explore the stunning truth that God hears you. Join our community of encouraging one another and learning to lean on God through Scripture, story, and conversation at godhearsher.org. God hears her, seek and she will find.

Eryn: So most times we do remote recordings, but then every now and then we get to do it in person.

[inaudible]

Vivian: Which is so much better. I think in person a hundred percent of the time.

Eryn: I know just being able to see somebody in the flesh versus a screen is just so life-giving. And we're in our recording booth here in Grand Rapids, Michigan. And we have an amazing guest I'm really excited about. Before they hit record, I knew it was gonna be a life-changing conversation, also, a fun one, knowing that she has a background in theater, and she's talked about being Italian. And I said, this is gonna be great, Vivian.

Vivian: And fun. Great and fun.

Eryn: So I'm really excited to welcome you, Brittany. Thank you for being here on the *God Hears Her* podcast.

Brittany: Thanks so much for having me.

Vivian: Yes, tell us a little bit of your spiritual journey.



Brittany: Yeah. So my parents grew up Roman Catholic, and they became sort of evangelical Christians, I guess, Protestants, what have you, when they were in high school. They were high school sweethearts. So we were in sort of broadly evangelical churches until I was about 13-14, something like that. We moved kind of into the Reformed Presbyterian-ish sphere of things. We're at a very small Presbyterian church for the rest of my childhood, really. I always tell people that I grew up accidentally a covenant kid, because my parents didn't have that kind of idea of like, you baptize your babies, and they grow up and be Christians and whatever. But they treated us that way anyway. They didn't really have this sort of theology beyond...behind it. And uh, I never really knew a day without the Lord as my Savior, which is really a lovely, lovely thing to say and does come into my whole saga later that we'll talk about.

Vivian: Yes. There's a whole story with your health journey, your sight, vision, all of that. Would you please share with us...

Brittany: Sure.

Vivian: ...some of that journey?

Brittany: Yeah. So this began in about 2019, the like springtime. I started getting what my doctor and I both thought were migraines cause all of my family, the women in my family, have gotten migraines. So I was like, now I'm in my thirties. Okay. I guess I'm getting migraines now. And none of the medications were really touching it, but I just kind of like soldiered on, you know, whatever. Looking back, I can see that my eyesight probably started being affected in April of 2020 and probably was losing it...the peripheral vision first. And my vision would go completely black for five to ten seconds, which is actually a really long time if you think about it.

Eryn: It is a long time.

Vivian: Wow.

Brittany: Um, and it would usually happen when I was kind of turning my neck in some way. And so I chalked it up to, ah, I've been lazy with my yoga, I haven't been running. I haven't been going to the chiropractor. I really need to, you know, kind of get this together. Of course, looking back, that's like crazy.

Eryn: But you never know. You don't know.

Brittany: But in the moment. That's right.



Vivian: In the moment, yeah.

Brittany: That's right. And also towards the end of that summer started getting more lethargic and didn't want to cook, which is super weird for me. I love cooking, because of all of the lethargy and, you know, what I was chalking up to just me being lazy and I just need to get it together again. Of course, this is the middle of COVID and, um, at the time I was working for a theater company. We're all working from home doing completely non-theatrical things, really.

Eryn: Oh.

Brittany: But anyway, since we were working from home, I decided, you know, I'm 60 miles from my parents, it's nothing. I'll just drive home and spend the holidays at my parents' house and have my dad kick my butt in gear and, you know, just kind of get things back on track. Then, Thanksgiving Day, I was laid out flat on my back, just completely unable to move cause of this crazy pain in my neck. So it had been going on the kind of the back of my neck running up, you know, up around the top into my eye, like this whole just searing, searing pain. If you've ever felt nerve pain, that's what it was.

Eryn: Wow.

Vivian: Wow.

Brittany: And I've never had...I've not had children yet. But uh, one of my friends who has and has had difficult labor says, Oh, I would take labor any day over nerve pain because she's also had...had nerve pain.

Vivian: Wow.

Brittany: So just...just to give you, give you and your listeners an idea of just how bad that is. But that was really what I had been struggling with, which I thought was migraines for a long time. I was taking like, double the recommended dose of Excedrin a day, um, just to kind of keep it at bay and be able to do anything. By a very strange provenance, I mentioned something on Twitter and some random lady that I had never had any interaction with, neither of us followed each other, have no idea how she found this tweet. She suggested what it might be and talked to my doctor. We lined up all these things for the next week, these appointments for the next week. And when I went to my doctor's office to read the MRI that was supposed to rule out a tumor, he gave my dad and I, gently, the news that I had a tumor the size of a tennis ball right behind my forehead above my right eye.



Eryn: Wow.

Vivian: Wow, Brittany.

Brittany: Yeah, yeah. It was wild. I was very, very quiet. Apparently, my doctor was really worried about me because of how quiet I was. But my dad, he's a project manager. He was asking all of these like very, in his...in his business voice, he was asking all of these questions. I was like, okay, this is...this is happening.

Eryn: How old were you at this point?

Brittany: Thirty-three, thirty-three, yeah.

Eryn: Thirty-three, okay.

Vivian: Okay.

Brittany: Yeah.

Eryn: Wow.

Vivian: Tennis ball. That is...

Brittany: Tennis ball.

Vivian: ...a huge tumor.

Eryn: That's huge.

Brittany: Yeah. I should have brought the pictures in to show you, but yeah. So, then we had these other appointments lined up for what we thought it was, and he canceled all those appointments and got me a same-day appointment with a neurosurgeon. And my surgery was scheduled for like five days later or something like that. Cause it was right up, you know, the tumor is right there behind my forehead, which is where your frontal lobe is. It's responsibility...responsible for stuff like personality.

Eryn: Wow.



Brittany: ...executive decision-making.

Vivian: Right, right.

Brittany: That sort of thing. And, because it was so big, it was pressing my brain backwards towards the hypothalamus, which, you know.

Eryn: What does that do?

Brittany: Heart rate, respiratory...

Eryn: Okay.

Brittany: ...like all that kind of stuff. It's just kind of...

Vivian: Living.

Brittany: Yeah.

Eryn: Breathing, okay.

Brittany: Yeah, yeah.

Eryn: Wow.

Brittany: Yeah, so it kind of regulates things.

Eryn: Was it a benign tumor?

Brittany: It was a benign tumor.

Eryn: Okay.

Brittany: So my neurosurgeon called it, uh, the...it's not rocket science of neurosurgery, because it was a meningioma on the outside of the meninges, which are that cellophane wrap kind of around your brain.



So he didn't actually have to do the sort of invasive...or it's invasive, obviously. It's brain surgery, but didn't have to go into the brain itself.

Vivian: Right.

Eryn: Okay.

Brittany: Um, yeah, which was wonderful. It still took a long time, but surgery was December 22nd of 2020, so...

Vivian: So this is during COVID.

Brittany: This is just as the first vaccines were being rolled out only for doctors and such.

Vivian: Right.

Brittany: And I remember being worried because they had me take a COVID test. And I was like, oh man, am I not going to be able to get the surgery if it's like a false positive? Cause I knew I wasn't sick.

Vivian: Right, right.

Eryn: Yeah.

Brittany: And that's when I knew just how serious it was because the intake nurse or whatever, who does the interview stuff before you actually have your surgery, she was like, oh...oh no. We have a COVID OR and this is important enough that they would, they would do it.

Vivian: Wow.

Brittany: So, yeah. So I...that was like a three...four-hour surgery. And I woke up in the hospital and things were still pretty, pretty dark eyesight-wise. Because the tumor...the size of the tumor, though it wasn't on the eye center of the brain or anything like that, it was causing extra pressure inside my head, which did damage to my optic nerve.

Vivian: Okay.



Brittany: So the ophthalmologist that I saw said, You know, once the pressure is relieved, your eyesight should come back in three to six months. That did not happen. Spoiler alert. But, uh, it was, I think, largely because of the time in between the first surgery when they removed the tumor and the second surgery when they put a prosthetic skull cap in the, uh, the spot remaining.

Eryn: Wow.

Brittany: And, uh, I think there was just too much pressure still during that time, and it kind of did irre...irreversible damage.

Vivian: Wow.

Brittany: Yeah, yeah, it was April 20th, 2021, my parents' anniversary when I found out that, yeah, this is permanent. I immediately got back in the car. My dad was very quiet, which is good because he knew I needed to kind of process it. And I immediately looked on my phone on YouTube for my good friends in Pensacola, Florida, Pastor Yuri Brito, big, booming Brazilian voice. They recorded just kind of a...a really ad hoc version of, uh, Psalm 103, "My Soul Now Bless Thy Maker." And it...it's not the greatest recording, you know how some of these things are. But I was like, I know the song, I need the song. This Psalm needs to be in my head over and over again. And so I think the whole 20...25-minute drive home, my poor dad, I listened to that on repeat.

Eryn: Oh, just to provide comfort.

Brittany: Yeah, yeah.

Eryn: And amidst you processing that your life is forever changed in the way that you see and experience life.

Brittany: And that was very hard. I mean, obviously, because eyesight is the first faculty that we rely on. Like you walk into a room, and you immediately perceive, you know, how big the room is, how many people are in it. Where are the obstacles that I might run into? You know, but you don't even consciously think of this. It's just your brain just maps it all out for you. And so it's a whole new, new way of doing things.

Vivian: Were you blind from your first surgery all the way since then, or how did that work?



Brittany: Yeah, yeah, I was sort of getting blinder as I approached my first surgery. And I think It's kind of hard to tell, but I think I had less eyesight at that point than I do now.

Vivian: Okay.

Brittany: Though sometimes it's hard to tell because you get used to the amount that you...

Vivian: Sure.

Brittany: ...have slash don't have and are still able to do things. But yeah, so it's...it's a little hard to determine. But at that point, it was just sort of a pinpoint kind of eyesight, just like absolutely no peripheral vision, just a tiny little dot in the center of my vision. But then after the time elapsed between the two surgeries about a week or two before my second surgery developed what they call visual snow. So it's just kind of like TV static over your vision. So it's not blurry or whatever. It's just that there's like something in the way.

Eryn: Yeah.

Vivian: Okay.

Eryn: So do you still see like snow or are you on...

Brittany: Yeah, yeah.

Eryn: ...or is it black and darkness that you see?

Brittany: It's like...it's snow. So I can see kind of a vague, the vagueness of you two across from me, but it's also dappled, if you will, by that visual snow. So I think TV static is black and white. This is like black and the vision in front of me would be the white, right?

Eryn: Oh, got it. Okay.

Brittany: Yeah, yeah

Vivian: Wow.



Eryn: Amidst all of that, you're married, right?

Brittany: I just got married.

Eryn: Oh, you just got married.

Brittany: Yes

Eryn: So, how did you meet your husband amidst all of this, cause this was only four years ago...

Vivian: Just recently.

Brittany: Yeah, yeah.

Eryn: ...that you went through surgery.

Brittany: Yeah, so I was already 33 when all of this was going down. And so, you know, at some point, especially when you grow up in conservative Christian circles, you're like, oh my goodness, I am so old now. Cause all of your friends got married at 21 or...or younger.

Eryn: So true. It's a geriatric wedding.

Brittany: And...that's right.

Eryn: Just kidding.

Vivian: [inaudible]

Brittany: And all that to say, I was somewhat despair...I had already been somewhat despairing, you know, over...over finding someone. And I remember, crying at my friend's table, uh, kitchen table after church one Sunday, being like, yeah, I feel like this is, like the nail in that coffin, you know? But uh, I had been kind of doing the Caring Bridge updates and that sort of a thing during the whole ordeal. And I found out not too long ago, actually, after we were married, that my husband had somehow been reading those.

Eryn: Oh!



Vivian: I love this.

Brittany: Yeah. And so he...we've...we've always kind of been in the same sort of circles.

Eryn: Okay.

Brittany: Had a lot of mutual friends, but never met one another. And primarily through the Davenant Institute, which is Christian resourcement they do. And my husband teaches at their Master's program called Davenant Hall. So we had a lot of these friends in common, and he was sort of watching my ordeal and my response to...to it all, through friends and over the Internet and all this kind of a thing. And was...was quite interested in me for longer than I knew that he existed.

Eryn: Wow, wow.

Vivian: He's getting to know your heart.

Brittany: Yeah, I guess so.

Vivian: Cause, you know.

Brittany: So our friends, Alistair and Susanna, got married a little over a year before we did. And they were just so stoked to be married and were like, marriage is the best. Who else can we get married? And...

Vivian: And Brittany's like hey.

Brittany: ...and at the same time, my husband texts Alistair. And he's like, brother, how did you do it? How did you find a wife?

Eryn: Oh.

Brittany: And so between their machinations and our desires, we started emailing August 1st of what year is it? 2022. And got married on August 5th of 2023.



Vivian: Wow. So you two have been married. Walk us back a little bit with how your diagnosis and then the final learning that your sight wasn't going to come back. How did that affect your relationship with the Lord? How did you respond? How did you deal with the grief, the disappointment, potentially anger?

Brittany: I remember when it was still unclear whether my eyesight would come back. I've known quite a few blind people in my life before I lost my eyesight, which is apparently uncommon. Like I think something like five or six blind people being 1 percent of the population. That's pretty, pretty impressive or pretty unusual, I guess. A commonality that I noticed was a simmering anger and frustration. And I was like, Lord, I cannot be blind. I struggle enough with anger as it is. This is no good. You can't... You can't do this to me. And it was almost as if He said, I know. We're going to work on that, because it's a struggle. You have to regularly talk to yourself and be like, this is going to be hard, and you're going to have to do it joyfully. Yeah, just have to take it one day at a time. The Lord promises strength for the day. He tells us to ask for our daily bread, not for tomorrow's bread, not for next week's bread...

Vivian: Right.

Brittany: ...today's. And not to hoard yesterday's bread either, because it gets all stale and gross. It did change my devotional life, for lack of a better phrase. When I was working in a theater for the five or so years, before I lost my eyesight, I had kind of fallen into the rhythms of the theater and the company over the rhythms of the church and my family and that sort of a thing. So not, not anything sort of directly vicious or something like that, but just...

Eryn: Right, the nature of life kind of just...

Brittany: ...yeah, just the nature of life, yeah.

Eryn: ...got ahead of you.

Brittany: The recovery and the inability to do other things for a long time brought me back to some of my other loves, like of reading works of theology proper, um, more of philosophy, Greek philosophy and that sort of a thing. One very difficult thing, with the National Federation of the Blind, they major on this vocational rehab. And they're very much insistent that a blind person can do anything. It might be slower or whatever, but blindness, if you have the right training, it can be just a nuisance and nothing more...

Vivian: Wow.



Eryn: Wow.

Brittany: ...which is ridiculous, I say.

Eryn: So you disagree.

Vivian: [inaudible]

Eryn: You disagree, right?

Brittany: Because what usually happens is, and what I saw happen, I should say, while I was there, is that it ends up that people have like a chip on their shoulder about...they don't say it's about their blindness, but how other people are treating them or, um, these various other things or, you know, frustrated about how the world is built this way, that way, or the other way. Or they go the other direction, and they say, oh, blindness is actually a good thing. It's a part of my identity and etcetera, etcetera. But when you look at how, um, Thomas following Aristotle talks about the human person, faculties like sight, smell, that sort of a thing, are part of a functioning human person, and they are goods. And when you do not have that faculty, when it's, what he would say, privated from you, that is a bad thing. No matter how you slice it, it's bad because your eyes were made to see, and it's bad that they can't. The thing that Ryan and I have both been trying to, sort of the needle we've been trying to thread, is like acknowledging that this bad thing is occasioning difficulties and occasioning struggles for both of us. Cause it's very difficult to be married to a blind person as well, that as my husband always says to me, God made you blind in order to make you good. And he gave me a blind wife in order to make me good.

Eryn: Oh.

Vivian: Wow.

Brittany: And so, and...and not only in order to, but because he knew that we both needed that in order to be good. And um, it's very...a very comforting fact to know that despite what is truly a bad thing, the Lord brings an even better thing out of it.

Vivian: I think when I'm hearing you describe your scenario. You're not a victim. Your blindness does not define who you are. And you're also not sugarcoating the challenges. And in that, it's an embracing and a trusting of the sovereignty of God for purposes that we may not fully understand this side of heaven, that we still can trust Him in the midst of grievous circumstances.



Eryn: And it's so beautiful that God brought you a helpmate to be a part of those conversations and just be that emotional and intellectual support.

Brittany: Yeah.

Eryn: You said it's hard to be married to a blind person. How has that journey been in being married, living now, sharing a space with somebody else?

Brittany: Yeah. It has been an adjustment. I think it's almost like he is coming behind me in following the same steps that I had of starting to deal with this and realizing, you know, it's a lot of daily deaths. You think, okay, I'm blind. Can't see now. This is gonna be bad. I'm gonna have a bunch of bad things, you know, that I have to get used to or whatever. But then your first autumn rolls around. And like, oh, I can't see the trees anymore...

Vivian: Oh.

Eryn: Oh, yeah.

Brittany: ...you know, or you know, there's lots of those little things. So I've already kind of hit a lot of those things, obviously not all of them, but then also know that that's coming for him and for both of us. We're...we're hitting more of those, you know. Both of us were raised in loving, wonderful Christian homes that, you know, um, instilled virtues in us and made us love good things and gave us lovely pictures of what a home could and even should be, but that's got to look different for us oftentimes. Mom will drive the kids to all of their doctor's appointments.

Eryn: Yeah.

Brittany: And he was driving me to a doctor's appointment one day and said aloud, I'm gonna have to drive our kids to the doctor all the time. It's like, oh wow, that's true. Okay, and I think we've realized that we actually have to sit down and draw a picture, a new picture of what that's actually going to look like. Cause you know, you...you sort of imbibe all these things while you're growing up and whatnot, and think, oh yeah, when I have a house, I'm going to decorate this way and the other way. And I'll make all of this kinds of food, and I'll bring meals to the moms who just had babies and have people over for coffee or, you know, I don't know, whatever, all of the various little things that you almost don't even notice your mom did or that you also want to do. And then it comes to it and you're like, oh, I want to run out to the store and get a hanging for this wall. Oh, I don't know what color I want. I don't even know if I could see it.



I don't know if I could describe it to somebody, you know. And...and it becomes the cascading effects of the blindness is really what it is. And so, you know, we definitely haven't figured that out yet. But we're...we're working on figuring out how that will have to look.

Vivian: I'm curious. Did you go through premarital counseling, and how was that for you? Was that helpful? Were they able to help you identify some of these things beforehand, or is this kind of like it's your lived moment by moment and you're just...you're making it up as you go because neither of you have ever been here before?

Brittany: A little bit more of the latter. It was very, very helpful. But there's just so many small things. It's always difficult for newly married couple. There's all of these things that are new, and you have to work your way through them together. And thankfully there are pastors and pastoral counseling, and you know, your parents or his parents or whatever that can help you out with this, that and the other thing...the well-worn paths that are trustworthy and that one should walk along if one possibly can. But I think in our situation in particular and probably when there are these factors, these particularly complicating factors of...of blindness, there's only so much that you can help beforehand...

Eryn: Yeah.

Brittany: ...until you're kind of in the middle of it and like, okay, I guess we're riding this wave.

Eryn: They call that exposure therapy.

Brittany: Is that, yeah.

Eryn: You learn what to do when you're faced with it.

Brittany: Yeah, yeah.

Eryn: And I would imagine the resources and the conversations might be limited.

Brittany: Shockingly limited.

Eryn: Yeah, which is why I'm so grateful that you're so open and honest to talk about.

Brittany: We kind of have to be, because if you're not like nobody knows what's going on.



Vivian: Right, I imagine it takes so much communication. And that you are older, I think there's some advantage of the sense that you have lived independently and know who you are. So as you bring your life together with another person. Some of that stuff has been worked out already, which kind of lends to a maturity.

Brittany: Yeah, I think largely the fact that we're older has helped us to be so communicative. I have a rule that I developed after seeing people be dumb on Twitter. Nobody who's been married for less than a year or probably less than 10 years should give anybody advice on being married.

Vivian: That's a good rule.

Eryn: That's a good rule.

Vivian: I...I...I co-sign on that one.

Eryn: Yeah, I appreciate that rule.

Brittany: But I will say that what has been very helpful was something that Ryan implemented pretty much immediately, which we call our weekly review preview. And so we review what was bad and might need, um, fixing and what was good and needs praise on the week before, and then look forward to the week ahead, what we're planning to do, anything on the calendar, that sort of a thing. And then any issues that have come up in the week that you kind of want to bring forward, or, you know, didn't have time because there wasn't a good chunk to really talk about something. Um, and so that is a way that we keep up the communication really well.

Vivian: That's a great one.

Eryn: That's a really great one.

Vivian: I think I want to...

Brittany: You can take that with you.

Vivian: I will.

Eryn: So I would love to know, what does your career look like right now?



Brittany: Yeah, so after I lost my eyesight, same friend Alistair, who helped get us together, he had started a daily podcast where he would read the lectionary readings for the day in the Anglican *Book of Common Prayer*. And he also, because he's a theologian, would do a commentary on them. I was like, I'm going to do the same thing, but I'm going to do it with chanting the Psalms; because there's also daily Psalms in the BCP. I thought that maybe I would do that as my COVID project, but of course I was also working full time during COVID. So that doesn't really work. So I picked up that idea again, after I lost my eyesight. I've always been a singer. The thing about Psalm chant is it tends to be either this sort of ethereal, very lovely choral chant that you might find at a King's College Choir of Cambridge, something like that. Or it's like the eat your vegetables kind of thing in an Anglican church, and everybody just kind of thumping along with it. And so what I wanted to do was to bring the sort of action of the text out clearly in the Psalm chant. So I developed a YouTube channel called *Canticlear*, which comes from the Latin *cantare*, I believe, to sing and then clear because, clear. Anyway, so I am working on going through the whole Psalter that way. Most people would be familiar with metrical psalms, which is what we tend to sing in churches. So where a psalm chant takes the whole literal text of whichever translation you want, honestly. And instead of the words following the music, the music follows the words. So it's a very short few phrases of music, two to four phrases. It helps to be able to memorize the psalms, to be very familiar with them, even if...even if you're not memorizing them. And in the Anglican tradition, if you're doing the daily office, morning and evening prayer, you end up reading some four to eight psalms a day because you're reading through the entire Psalter in a month. And so my goal is that people can eventually use those for the daily office or just throw it on...throw them on a playlist for daily meditation.

Vivian: Wow, that is fascinating.

Eryn: That's amazing. I would love it maybe if you could maybe share a prayer or give tips on practical ways of how to pray for the woman that may be listening that she got a diagnosis or she's in the waiting season of a surgery or somebody that has a loved one that got a diagnosis.

Brittany: When I was in the middle of things, I think the most helpful thing was like, just cry out to the Lord. I distinctly remember being in the ICU after my second surgery. I was just so sick of it. And my mom had went downstairs to get us dinner. And I remembered the words of, I think it was Romans 8, maybe the Spirit will pray with groanings too deep for words. And I just remember being there in the bed, just kind of like, moaning to the Lord, literally just moaning. And I want to say maybe just after my mom came back, the doctor came in and discharged me. There are all different kinds of prayers. You don't have to do the big kind of showy pastoral prayer...

Eryn: Right.



Brittany: ...where all the words are just right and whatever.

Eryn: And He'll finally hear you.

Brittany: Just speak to the Lord. I mean read the Psalms. The psalmists are very frank.

Eryn: Yeah.

Vivian: Yeah, raw.

Brittany: They do not mince words.

Vivian: Yeah, raw and real.

Brittany: And, uh, they just take it all straight to the Lord. He turns it to some resolution. He always turns it to some resolution.

Eryn: Is there one you'd want to share?

Brittany: Well Psalm 103 is...is my favorite.

Vivian: Yeah, I was thinking that too, yeah.

Brittany: Yeah, "Praise the LORD, O my soul. All that is within me, praise His holy name. Praise the LORD, O my soul, and forget not all His benefits. Who forgives all your sins and heals all your infirmities. Who saves your life from the pit and renews your strength like the eagle."

[music]

Vivian: Brittany has a peace about her that has truly come from taking things day by day with the Lord. It's been so inspiring to hear how she's navigating life's changes.

Eryn: I agree, Vivian. Well, before we go, be sure to check out our show notes for a link to Brittany's YouTube channel and Patreon to listen to those Psalm chants. You can find that and more at godhearsheer.org. That's godhearsheer.org.



Vivian: And if you'd like this episode, or you've been listening to the show for a bit, please leave us a rating and review wherever you listen to your podcasts. Be sure to share your favorite episodes on social or with a friend.

Eryn: Thank you for joining us and don't forget, God hears you, He sees you, and He loves you because you are His.

[music]

Vivian: Today's episode was engineered by Anne Stevens and produced by Jade Gustman and Mary Jo Clark. We want to thank our listeners in Australia for all of their help and support. Thanks, everyone.

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