



God Hears Her

Episode 16 The Uncertainty of Covid

Eryn Eddy and Elisa Morgan

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Elisa: Be kind to yourself and to each other. Everybody’s stressed and you can’t do it all and you’re going to do it all right. You know, we’ve got to become more creative and loving towards each other and...and I...I think also just take a deep breath and say *for today this is the best I can do.*

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 Eddy: Welcome to God Hears Her. I’m Eryn Eddy.

Elisa: And I’m Elisa Morgan. And let’s be real: COVID keeps messing up our lives and seems to just complicate everything.

Eryn Eddy: Absolutely, it does, Elisa. And as women it is impacting our everyday habits and rhythms and very frustrating in particular ways. I’m thinking of the moms. I know who already had a tough time navigating kid’s school schedules and work life. And now kids are taking classes from home or are attending on certain days.

Elisa: Yeah, yeah. A...and many women are tired of watching church online. And they struggle with, kind of, a...a lack of encouragement from not being able to rub shoulders with their pastor or...or their community groups. Or I’m also thinking about the...the women who need to exercise, like, in a pool because of arthritis or some other issue that requires, you know, non-impact exercise and they can’t because the gyms are still closed.



Eryn Eddy: And then there's the very small things that are starting to feel like very big things. Like, when you finally plan to meet up with a girlfriend and then someone she knows has been exposed to COVID or you arrived at a coffee shop to discover different hours or that one of you forgot a mask.

Elisa: It is such a weird time. And it's frustrating. And...just to be honest. And I think all of us could use some hope and encouragement right now. So that's what today's episode of God Hears Her is all about. And so here's a conversation between Eryn and me about the unique challenges of being a woman during COVID time and the hope that brings us peace. This is God Hears Her.

Eryn Eddy: Alright Elisa, I want to talk about something that you and I have been on the phone almost, I don't know, how many times a week discussing, pivoting our circumstances right now. And I think that everybody that's listening has also had to pivot in what they are going through with COVID. I want to talk about the uncertainty of everything.

Elisa: Yeah. Y...you know i...it's like, when COVID first hit we all went into this, kind of, crisis management time. This *new normal* we use that phrase, you know, ad...ad nauseum; we use that phrase all the time and pivoting and, you know, how do we make work work, and how do we make going to the grocery store work, and how do we make getting up in the morning and s...waving to a neighbor work, you know? But it has been months and months and months now. And our...our goodwill and game face, you know, i...is, like, slipping off. And I don't want to...

Eryn Eddy: Yeah

Elisa: ...live this way. I'm just being honest here.

Eryn Eddy: Yeah. It's...I'm worn out. If I'm honest. I'm...I'm worn out on having to think about the future when I don't know what's going on.

Elisa: That...that's what...



Eryn Eddy: I don't know what it's going to look like. I'm just...I feel weary. I mean, have you...have you gone through...I can share, you know, there's so many circumstances, I know we've talked before in the past on uncertainty. But this uncertainty is a little different. Has there been some time in your life where you have gone through that you can, kind of, reflect and see the same emotions that you're having now that you did then? Or do you feel like you're experiencing a whole new level of emotions of uncertainty?

Elisa: I think it's a whole new level. An...and like you said, we've talked about uncertainty especially in waiting, times of waiting. Like, when you're...you're waiting to get pregnant or you're waiting to get married or you're waiting to find the man of your life or, you know, whatever. When you're waiting to...for God's call on your life. But this is a whole different level of uncertainty. It's, like, the things that we've always taken for granted as being there are not necessarily realities anymore. I mean...I mean, stuff like are kids going to go to school?

Eryn Eddy: Right

Elisa: A...and so do you have six hours in your day that you can work uninterrupted? Or...or, you know, friends who are getting married: well, do they have the wedding for two people plus, you know, i...immediate family or do they wait another six months...

Eryn Eddy: Yeah

Elisa: ...or? I mean, there's more daily things that seem more out of control. Is that what you think?

Eryn Eddy: Yeah. I think that we feel completely out of control. But really are we ever in control? I don't know.

Elisa: A...and that's probably the point, Eryn. My pastor whom we've interviewed before and I talk about a lot, Robert Gelinas (Colorado Community Church), he had a line in a sermon not long ago that really grabbed me. He said *this meaning the pandemic is a season that will be remembered for the pandemic, the illness, for social reckoning that we're seeing in our country,*



and for the uncertainty of life. And I think when you put uncertainty on the platform of a pandemic and social reckoning we see it is extreme.

Eryn Eddy: Yeah

Elisa: It's different.

Eryn Eddy: Yeah

Elisa: It's something we haven't experienced before. And it's probably, Eryn, just as you've said, not because we...it's not been there, but we haven't recognized it...

Eryn Eddy: Yeah

Elisa: ...because we think we are in control...

Eryn Eddy: Yeah

Elisa: ...of some of life. Most of life. All of life.

Eryn Eddy: Yeah

Elisa: And we're not.

Eryn Eddy: Yeah. Yeah. It's...it's magnifying it. It's pointing it out. I love that quote that he says. And that's so true. I think...I think about a story that just recently happened with my family. So my dad has, you know, he's been going through a lot of pain. He got so bad that the ho...the doctor was like, *you need to come in. You need to come into the hospital.* So my dad...my mom drives him there. He goes into the hospital, he grabs his bag, and...

Elisa: Yeah



Eryn Eddy: ...he tells my mom *hey I'll be right back. I'm going to check in, come back out here and I'll let you know what you need to do, sweetie. Don't worry.* Goes in, then this woman comes out and she has a full gear on and she's like *ma'am are you with that older gentleman?* And she said *yes I am.* And she said *y...you're not allowed to go i...in. You're just going to have to wait in the parking lot.*

Elisa: Man...

Eryn Eddy: And my mom's like *what?* She's like...I...I think she knew, right? But s...she was like...

Elisa: Yeah

Eryn Eddy: ...*wait, what?* And she was like *you're going to have to sit out here.* She's like *well how...for how long?* And she goes *we're not sure. We have to check him in and we have to see if there's beds and...and then we'll go from there and he can call you on his cell phone.* So she parks and then he ends up, you know, getting settled in and everything. But that first emotion of, like, I have no control, like, I think that's what she was faced with is what we're, kind of, talking about. The...the no...the no control in this uncertain time.

Elisa: Yeah. Well, y...your dad's situation is like an emergency, crisis situation.

Eryn Eddy: Yeah

Elisa: When we're already in a season of uncertainty and then an emergency crisis situation comes, you know, there's this added layer. But if you, kind of, flip it and say you're in a mer...an emergency crisis situation and then you add this, kind of, malaise of uncertainty on top of it...

Eryn Eddy: Yes.

Elisa: ...that's also happening. I...I'm thinking about just the everyday things that we have counted on to look forward to. A birthday, a...a kid's graduation... These are...these are things from the last months that have been happening. Weddings as we said.



Eryn Eddy: Yeah

Elisa: But for me right now I...I live in Colorado. And, you know, usually in the mornings I...I wake up and I look out at the day and I see the mountains and I, you know, talk to Jesus and, kind of, get myself going. Well, for the last two to three weeks when I look out my window I do not see mountains. I see this white haze because of the fires in Colorado and further west. And it's...to me that's, kind of, symbolic of what we're talking about here. Is the very things we look at for our day to, kind of, orient ourselves: "I...I life my eyes to the hills..."

Eryn Eddy: Yeah

Elisa: "...from whence does my help come? My help comes from the maker of heaven and earth, the Lord my God." There's no hills there. There's no mountains there.

Eryn Eddy: Yeah

Elisa: There's grey haze there.

Eryn Eddy: Yeah

Elisa: Day after day after week after week. And thank God! I...I mean, I...I pray for my...my beloved friends and people I don't even know who are losing their homes and their structures and the devastation that's...that crisis...

Eryn Eddy: Yeah

Elisa: ...we're talking about. But then there's this malaise, this uncertainty of the very things we've always looked at are gone. It's like they've vanished.

Eryn Eddy: Yeah

Elisa: And it's...it's disorienting isn't it?



Eryn Eddy: Yes. It is.

Elisa: Disorienting.

Eryn Eddy: Yes. It absolutely is. So what do you do when you feel like the mountain tops are foggy and fuzzy?

Elisa: Kind of, want to crawl in bed and pull the covers up don't you?

Eryn Eddy: Yes!

Elisa: I mean...

Eryn Eddy: You do!

Elisa: Seems like *I'm done*.

Eryn Eddy: Yeah

Elisa: *I'm done for a good long while. I got nothing.* You know, and...and honestly then to even come and have a conversation where I know everybody's feeling like I am and...

Eryn Eddy: Yeah.

Elisa: ...do I have any answers? Well I don't know. Not...not so much...

Eryn Eddy: Yeah

Elisa: ...but...but I am thinking of a couple of hand holds. And I really hope that as...as our...our friends listen to our conversation that they respond with their hand holds. Cause you know what, Eryn, we need each other.



Eryn Eddy: Yeah.

Elisa: We need each other a lot. But I think about...I think about a passage from James...from James chapter 4. And I've read it a million times but I've been thinking about it lately. I...I'm just going to read it, okay?

Eryn Eddy: Yeah.

Elisa: It says "Now listen, you who say, 'Today or tomorrow we're going to go to this city or that city, and spend a year there, and carry on business and make money.'" Yeah. Okay making my plans, right? "Why, y...you don't even know what will happen tomorrow. What is your life? You're a mist that appears for a little while and then vanishes. Instead, you ought to say, 'If it's the Lord's will, we will live and do this or that.' As it is, you boast in your arrogant schemes. And all such boasting is evil. If anyone, then, knows the good they ought to do and doesn't do it, that could be a sin for them." A...and I think that passage has always, kind of, wonked me out at the end part, you know? Of like, "If you know the good you ought to do and you don't," you know, *you're really blowing it*. Like, go do that...do thing. Go help your neighbor, you know, go reach out to the poor. But I don't think that's what James is talking about. I think what he's saying is *what is your life? It's vapor*. You know, it...it's here and then it's gone. And the only thing that really gives our lives i...the...the concrete permanence is a relationship with God.

Eryn Eddy: Yeah

Elisa: And that's why he's saying *instead you ought to say 'am I connected to God? Is this God's direction for me that I'll do this or do that? That I'll look out and see mountains or I look to the maker of the mountains who I can't see either'* you know? Th...th...that I will trust in that moment when my dad goes beyond the veil into the ER where I can't reach him and he doesn't have phone charger.

Eryn Eddy: Right

Elisa: How am I going to handle this in that given moment. And that's really where the...the grist...the...the...they reality of our faith comes down to being real or not.



Eryn Eddy: Yeah.

Elisa: You know, when I can't see, when I can't count on it, when the...the earth is slipping beneath my feet...

Eryn Eddy: Yeah

Elisa: ...do I really trust that He's still there and I hold on to that?

Eryn Eddy: Yeah? Oh...

Elisa: How does that hit you?

Eryn Eddy: I love that, Elisa. The last few years I feel like I've been in this continual of, like, tight, tight fists and then release. It's like a circumstance happens, it's like, *okay here you go*, tight fists and then release. So I feel like while this is a different type of uncertainty in my life I'm learning again how to release more and more and surrender more and more. When I hear wh...what you're expressing in Scripture this time right now has revealed to me how important and precious quiet time is in my mornings. I mean, I...I have to be disciplined in it because I have to be disciplined in my thoughts. Because my thoughts can go haywire right now. I think that in the suffering—that might be a dramatic term, I don't know. To some it does feel suffering, right? I...

Elisa: Yeah. I think it's a good term, yup.

Eryn Eddy: In this suffering I think we can develop endurance and...

Elisa: Yeah

Eryn Eddy: ...and we're enduring right now. I think that develops character, I think that develops depth in our relationship with God if we...if we do look towards Him and we have



these conversations with Him on *I don't even know how I'm going to pay my bills cause I got let go because my job wen...or my company w...the company went under.* You know? Or...

Elisa: Yeah

Eryn Eddy: ...there's a lot...

Elisa: Yeah

Eryn Eddy: ...of people right now that don't even know what their purpose is anymore. They feel purposeless because their job has been impacted so much by this...

Elisa: That's right.

Eryn Eddy: ...you know?

Elisa: I can only watch so much Netflix and what am I supposed to do with my life?

Eryn Eddy: Right

Elisa: Yeah

Eryn Eddy: Right. Right!

Elisa: Exactly.

Eryn Eddy: And so some practical things. I'd love to hear, like, what are some practical things that you've done. Some practical things that I've done has been my quiet time, has been my journaling and just reading Scripture specifically, like, pertaining to endurance and suffering and trusting that this is going to develop a...a character in me. And I'm going to come on the other side being closer to the Lord and have these...I guess having, like, this toolbox that I didn't have before, maybe?



Elisa: No. Yeah and I think the...the hardest part of this uncertainty is that that's what's being shaped in us.

Eryn Eddy: Yeah

Elisa: You know? We don't have all those tools [quite] now. I mean, we've never been...our generation, your generation, the current generation, there's still some World War II survivors on our planet. But, you know, in our country and in...in our daily we haven't been through this kind of challenge together. And so we...we're learning. I...the old muscle memories...our toolboxes, you know, we need to reshape and figure out what else we could do. I want to come back to something you said that is about this letting go. What does that look like? This release, this yielding. And I've got...I've got a story I want to tell you too because I...I learned it in a very graphic way with a magenta...a magenta dyed little chicken. You're not going to believe this story. Okay? So h...let's pick up where we are right now when we come back on God Hears Her.

(cut)

Eryn Eddy: 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.

(cut)

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

Eryn Eddy: And I'm Eryn Eddy. And before we jump back into the show, just a quick reminder that if you miss anything in today's episode, the show notes are available in the podcast description or on our website at GodHearsHer.org.

Elisa: You're going to also find links to the verses that we've been talking about as well as a link to a free resource entitled *Overcoming Worry: Turning Fear into Faith*. So just click on the



link in the podcast description or visit our website at GodHearsHer.org. That's GodHearsHer.org.

Eryn Eddy: Now back to the show. As we revisit, Elisa, this story that you're going to tell me about the chicken on God Hears Her.

Elisa: Okay, so you were talking about letting go. And I really think that's probably the biggest principle in our conversation on uncertainty. You know, this dealing with this reality of we think we're in control, but we somehow are learning that we're not. And so here's my story. Okay. When I was, like, seven years old my birthday fell very near Easter. Okay, now, I'm a...a child of the 50s so it was, like, way back, you know, maybe 1960...I'm not going to go too detailed. You'll know how old I am. Anyway. Way back there. And...and my mom...my mom wanted to make it this really special birthday. So back in the day they did wonky things like dye baby chicks in bright colors, like, colored them as you would your hair. It's horrible, okay. But...

Eryn Eddy: Oh that's so cute.

Elisa: I know. So darling to see these little bright lime green and bright orange and magenta was the color I got. A little magenta chicken.

Eryn Eddy: Oh my goodness.

Elisa: And I remember I was so excited about this chicken and my mom put it in my hands. And I was just...it was so downy and soft and I just petted it. And I **kissing noises** kissed it, I loved it, and I just...I just held it up to my cheek and I just squeezed it so hard and I just loved that little chicken. And I opened up my hands and that little chicken was not a happy little being anymore because I squeeze it so much. This is an awful illustration.

Eryn Eddy: **grasp**

Elisa: But do you get the point? It's like, when we hold our lives so tightly and love them so hard the way they are we can end up almost destroying them. And...and God I...had me looking



back on that years later an...and it was just, like, I hold things so tightly, y...you know? Another way to describe it is that I can hold them so tightly that if He wasn't to rearrange them I can get, like, rope burn. You know, on my...on my hands because I'm holding so tightly.

Eryn Eddy: Yeah

Elisa: And for me in this season of uncertainty I think the word is to hold things more loosely.

Eryn Eddy: Yeah

Elisa: To open our hands. And you were doing that gesture as you were talking about spending time with God.

Eryn Eddy: Yeah

Elisa: And...and releasing, you know, the things that, you know, as you spend time with Him, as you journal, you know, maybe He wants you to...to open your hand a little bit so He can rearrange or...

Eryn Eddy: Yeah

Elisa: ...put something new in your hand even...

Eryn Eddy: Yeah

Elisa: ...to cope with the times of uncertainty.

Eryn Eddy: Gosh I love that. I...I didn't know where you were going to go with the chicken story.

Elisa: Yeah



Eryn Eddy: And that just moved me. I mean, but isn't that true that we can hold so tightly our life that...then also rob ourselves of the intimacy that can be developed by squeezing to death the very thing that we want Him to be involved in?

Elisa: We only have a...a certain kind of a pattern for how we understand life can be lived.

Eryn Eddy: Yeah

Elisa: And it's very linear. You know, we get up in the morning and we go off to work and we raise our kids and, you know, if we're married and we have that relationship. We have grandkids and we're going to be healthy and maybe if we're not healthy then we'll drop people at the hospital and go in and be with them.

Eryn Eddy: Yeah

Elisa: In fact, to your illustration. An...and when our lives are now shaped according to a different pattern it's very unsettling. A...and I...I think uncertainty creates a...a kind of a anxiety or worry, you know, as...as we've been talking about. And I think of another passage in...in Matthew chapter 6 where Jesus preaches, teaches, on worry. And He says *don't be worried*. You know? *About anything and...and everything*, you know? A...and H...He basically...the word that He uses for worry means to be mentally strangled. Okay? If you think about this poor chick.

Eryn Eddy: Yeah

Elisa: You know? We...we...to be mentally sqozed...squeezed, whatever, so tight...

Eryn Eddy: Yeah

Elisa: ...that our brains don't work.

Eryn Eddy: Yeah



Elisa: That our hearts don't work. To be strangled in such a way that...the...the blood, if you will, of the Holy Spirit flowing through us is cut off.

Eryn Eddy: Yeah

Elisa: You know? It...i...T...to be strangled in such a way that...that we can't receive what God's trying to do. And these are days when we need to settle that down.

Eryn Eddy: Yeah

Elisa: An...and understand that our life is but a vapor. It's a puff, you know? An...and every second of it we've got to release, let go, and start living as this different way of not being in charge and understanding more of what we always thought we were in charge of that we're not.

Eryn Eddy: Yeah, yeah. How do you connect the head and heart piece to that? Cause I feel like the uncertainty's all in our head, right? Our heart longs to be just I...loved on and then receive the love from God. But how do we connect those pieces in this time practically?

Elisa: Yeah. You've been talking about journaling and you've been talking about praying. I...I think...I think you sh...shared this with me, Eryn, e...a...a breath prayer, even, of...of breathing in. Tell me about how do that?

Eryn Eddy: Yeah. I have breath prayers...

Elisa: Yeah

Eryn Eddy: ...and I put them on my phone as reminders throughout the day. And I'll set...sometimes depending... I don't have, like, a full on system. But I...I wi...I will write out specific prayers pertaining to my circumstances for the week. And then I do schedule them in my reminders and they'll just pop up and they're small prayers to just remind me...that they're almost like a, kind of, going back to our statement, muscle memory. It's like a muscle for me to just exercise to be natural in praying for...



Elisa: Super practical. A...and I think another way that head and heart connect the way you're saying i...is to hold our hands really tight, you know, and...and picture what is that thing that's so important to me right now? I...is it my...my daughter's wedding? Is it the school schedule? I...is it my job? I...is it my sick relative? Is it just wanting to go to the swimming pool?

Eryn Eddy: Yeah

Elisa: You know? And we didn't get to do that this summer. Holding that really tight...tight, tight, tight...I mean, squeeze your hands as tight as you can before Jesus. And express that...that feeling and that wanting to control and that wanting to be able to predict and understand. And then physically open your fist. Open your hand and even lift those wide open hands up to Him and release that very element that's become so important to you. I don't think we sometimes, Eryn, even realize how we're almost clench-fisted demanding at God until we focus in our hands, in on our fists, and go *woah! I am acting as if this is what I'm going to go and do tomorrow. And this is what I'm going to go into the city and make money on when my life is a vapor and I...I need to...to relinquish.* And I think when we relinquish that way, that anxiety, y...you know, between the head and heart, that's lessoned, that's lifted...

Eryn Eddy: Yeah

Elisa: ...in a way?

Eryn Eddy: Yeah. One thing that I've done and the language I...I noticed the language in how I talk about God in this time. I say it's a *we*. So I'm like, I know that God's not surprised by this or...or, like, shocked or He's like *oh my gosh really?* Like, you know? *That happened to your dad?* You know? *Or, my goodness...*

Elisa: Shazam

Eryn Eddy: ...*that happened with your business?*

Elisa: Yeah



Eryn Eddy: Or...I know...yeah. I...I know He's not surprised by it. So instead of it being this separation of, like, God where are you? I'm like, Lord alright. We are doing this. We are doing this and you know...you know and I trust you. And if this is a we, we, we. I always talk about my relationship with Him as being a we.

Elisa: I...

Eryn Eddy: ...A we team.

Elisa: ...love that. You know, Eryn, that...that is super helpful because I think when we're stuck in this uncertainty some of the heaviest element of this stuck-ness in uncertainty is feeling like we're alone...

Eryn Eddy: Yeah

Elisa: ...in it. That nobody else understands, that everybody else has, you know, a partner or something else or...

Eryn Eddy: Yeah

Elisa: ...you know, everybody else has an answer. And when we we ourselves up with God that's super comforting.

Eryn Eddy: Yeah. Wh...what advice would you give...cause I know you being a mom your daughter being a mom, I feel like you have some insight on what...what to do, where to find hope, is there hope, when you are on a zoom call and your two year old runs butt-naked behind you on the zoom call?

Elisa: Oh gosh.

Eryn Eddy: What would you say to that? To the working mom that is just wanting to pull her hair out right now?



Elisa: You know, I...I...I ...my heart goes out. You know, and I'm grateful I'm not in that season but my goodness, so many are in that season. And you're right, my daughter...our little grandson who's five is supposed to start kindergarten and it's all online. And just tell me how is a five-year-old supposed to sit in front of a computer for six hours a day? A...are you kidding me? I mean, he'll face-time with me for maybe, oh, 15 minutes as long as he's got his little action figures there and I play with him...with him. But...

Eryn Eddy: Yeah

Elisa: ...my agenda? No. So my heart goes out and I...I think a couple of things are what I would say to the...the preschool mom in me: One, be kind to yourself and to each other. Everybody's stressed and you can't do it all and you're not going to do it all right. You know? Just be kind to yourself. The second thing, and I've learned this in therapy, and we always go back to that don't we Eryn? This is his normal. This is your kid's normal. A five-year-old who sits down in front of an online teacher for six hours a day doesn't know what it's like to be with a regular teacher in class. Or if they're a second grader or a fifth grader this is where their new normal is coming from. And...and trust and pray as we've been doing all of this relinquishment that God can use this. He can use even this in their lives and in your life for good. I mean, tha...those are, like, the big overarching d... to be kind to ourselves and to trust that this is part of our stories. H...how He's shaping me, how He's shaping my children, how he's shaping my friends. A...and then I think in a practical sense ask for help. You know, I've seen a lot of parents who are doing online pods or, you know, their...their coming together in small, small groups to enlarge their quarantine circles so that everything's not falling on them. Ask your...if you have extended family who can step in, you know, see if there's a way to rearrange your work. You know, we've got to become more creative...

Eryn Eddy: Yeah

Elisa:and loving towards each other. And...and I...I think also just take a deep breath and say *for today this is the best I could do. And I'm...just am focused on today.* Does any of that stuff help...

Eryn Eddy: Yes



Elisa: ...Eryn, do you think?

Eryn Eddy: That's so good. Absolutely. A...one of my girlfriends she...she got a group of women together that are all working moms and they have a Facebook group and they just share tips and tricks on what has worked and what hasn't and just even being able to express in a safe space the frustrations... Cause I think as a mom you want to be attentive and you want to be present. And when you're being pulled in a...in your home, back and forth, there's some shame, I think, that you can carry...

Elisa: Yeah

Eryn Eddy: ...a little bit. And s...

Elisa: Mom guilt.

Eryn Eddy: Mom guilt.

Elisa: Yeah

Eryn Eddy: Yeah. And...and...

Elisa: Yeah. There's online groups. You know, MOPS has online meet-ups. Momma...Momma Meet-Ups or something, you know? You go to MOPS.org and...yeah. You don't have to do this alone there still are some new helps being developed which are super encouraging.

Eryn Eddy: Now for anyone who was in the middle of doing something else and feels like they might have missed something during the show, the show notes are available on our website at GodHearsHer.org. That's GodHearsHer.org. The show notes not only contain the talking points for today's episode but they include a link to a free e-booklet titled *Overcoming Worry: Turning Fear into Faith*.



Elisa: COVID continues to cause so much worry and anxiety in a lot of us, including me. And even if we aren't worried about whether or not we get the virus, many of us are overwhelmed by the constant changes that COVID's causing. And so this e-booklet offers just some helpful perspective on how to deal with any worry including the stresses associated with COVID. So just click on the link in the podcast description or visit our website at GodHearsHer.org. That's GodHearsHer.org.

Eryn Eddy: Thank you for listening. And join us next time for our conversation with Gary Thomas about when to walk away from toxic people. Remember, friends, God sees you, He hears you, He loves you because you are His.

Elisa: We're so thankful for our *God Hears Her* team. Today we want to say a special than you Londa, Will, and Matt. Thank you for all of your help.