



# God Hears Her Podcast Transcript

## When I'm In Pain

### *Season One | Episode Four*

- Eryn Eddy: Hey guys, this is God Hears Her with Elisa Morgan and I'm Eryn Eddy. Today's program will sound a little different than normal. Normally Elisa and I do interviews together, but she happened to run into Margaret Feinberg when I wasn't around and we didn't want to miss out on the opportunity to capture her story. So that's what you'll hear today, a conversation with Elisa Morgan and Margaret Feinberg, mostly about Margaret's new book *Taste and See*, but also it's going to be about Margaret's story mixed in as well. Before we get into the interview, let me introduce you to Margaret. For those of you who may not know her, she has been named one of Christianity Today's 50 Women Shaping Church and Culture. Her books, especially *Fight Back With Joy*, have sold over a million copies. But most importantly she's fun and God continues to meet her at the intersection of joy and real life. So let's get into it. Here's Elisa Morgan and Margaret Feinberg on God Hears Her.
- Elisa Morgan: Margaret, you're here to talk a little bit about *Taste and See*, but before we do, a lot of folks will know you from your other writings, know you from your Joycast Podcast and want to know are you just a foodie or what else is there to you? You know?
- Margaret Feinbe...: I love food. I love gathering around tables. I love having people over. There is something so beautiful and connecting and alive that happens when we gather around the table and eat amazing food. Marginal food works too, but amazing food is so much more fun, don't you think?
- Elisa Morgan: Yeah. I've been a little bit intimidated because as you came to visit with us, I was like, "Well, what kind of food should I get her? Because she wrote this book and I'm like, uh uh (negative). I don't know anything about gourmet food." But it's not gourmet. You're really talking about the Bible and food and the crucial role of food in our relationship with God.
- Margaret Feinbe...: And how he uses it to reveal that I think food in its essence, it's been said, it is God's love made edible and that is we pause-
- Elisa Morgan: Say that again. What?
- Margaret Feinbe...: Food is God's love made edible.
- Elisa Morgan: That sounds dangerous and a little bit naughty. Anyway, go ahead.



- Margaret Feinbe...: Yeah, because it starts to wreck you when you start to recognize that every bite is the good gift of grace from a Creator God who reveals himself as sustainer, as provider, as one who desires not just to have humans who somehow survive just as food as fuel or in a food is commodity, but this living relationship with a living God who is responsible for every raindrop, every spin of the sun in order to have that food provided, who designed us and handcrafted us in such a way that we would need food to survive, that he would not just give us a command that maybe humans could have been made to eat metal or lick rocks, but instead ...
- Elisa Morgan: I love that.
- Margaret Feinbe...: ... creates the garden with this plethora of food in all different colors and shapes and textures and then gives us tens of thousands of taste buds and receptors and this ability to interact with it, to enjoy it, and to literally have the invitation at every table we gather around to taste and see that God is good.
- Elisa Morgan: You talk about some specific biblical foods that are really modern day foods. You talk about meat. You talk about olives. Tell me about one of them and why it's important.
- Margaret Feinbe...: Yeah. I think one of my favorite adventures was going down 410 feet down into a salt mine in Southern Utah and when I went down beginning to understand salt from a perspective not that's our modern salt where there's a blue canister with a yellow umbrella that's been chemically processed and fortified since 1924 with iodine, but real salt, salt that Jesus would have eaten, that the disciples would have eaten and recognizing that in a salt mine I began to see it doesn't look like that fortified salt at all. It actually has these incredible colors of pinks and reds and browns and those are the surrounding minerals.
- Elisa Morgan: Which is really surprising.
- Margaret Feinbe...: It is, right?
- Elisa Morgan: Yeah.
- Margaret Feinbe...: And just how different what we're eating is and chemically it is salt, it is sodium chloride, but the salt that is mined is mined with its surrounding minerals. I think that starts to shift the way that we see the Scripture that when Jesus says, "You are the salt of the earth," he is not looking for you to become some chemically processed fortified iodine. No, he is looking and saying, "You are the salt of the earth but you are hewn. You are made with your natural surroundings. You were because of your personality, your background, your upbringing, your strengths, your weaknesses, all of these things, it's in that that I'm going to use you to be the salt of the earth."



- Elisa Morgan: I want all of you to come into this context of my world and that's how I'm going to use you. We so often think we have to change and grow up and be all polished and perfect as women, as Christians, as followers, and you're suggesting no. He takes us in the context of our daily.
- Margaret Feinbe...: Which is so liberating because we no longer have to hide parts of ourselves from him. We no longer have to live in shame. We can actually bring it all into the light with the trust, and even more than trust, with the joy that he is going to use this to help flavor the world. I know one of the interesting things in the salt mine was the chunks of salt. The host was gracious enough to send several of them home with me, but some of them have these dark brown streaks. I think it's from the, either the iron, it's probably the magnesium that's in there and he pointed out that those dark streaks in the salt are actually the ones that the chefs prefer the most because those are the ones that bring out the highest notes in the flavor of the meals that they're preparing.
- Elisa Morgan: Oh, Margaret, and how we wanted to scoop those dark places out of us and say, because they somehow don't meet our expectations or our world standards or whatever of what's cool and popular and trending at the moment. You're saying no, it's really that context of the dark places, the light places, all the different places, the unique places that make us who we are, that God's inviting us to bring forward.
- Margaret Feinbe...: And what's interesting is, I didn't realize this, but once you grind up that salt, it just looks light pink. It looks like Himalayan salt. So you look at all of that from the outside and you go, "What's going to happen?" And it just becomes the most beautiful, delicious, unique tasting salt.
- Elisa Morgan: Unique is the word. You also talk about olives and olive oil. Why those two foods? Maybe just pick one of them.
- Margaret Feinbe...: Yeah. Olives in the olive, if you start to look, it's one of I believe it's one of the promised, is it one of the promised foods of the Promised Land?
- Elisa Morgan: I don't know.
- Margaret Feinbe...: It pops up all the time throughout the Old Testament and the New. I have no understanding of olives. I grew up in America, I just don't know. I just don't know. So my husband and I went on a wild adventure and actually traveled to Hvar, a remote island off the coast of Croatia, to bring in an all of harvest with a family who had no electricity. And so spent several days going out 10 hours into the fields in order to just pick olives by hand, no contraptions, no electronic devices. This is the old school been passed down for generations way and began to understand both the miraculous nature and the beauty and the wonder of the olive. We would pick olives for sometimes 10 hours a day. And by nature



you're going to scrape your hand. You're going to run up against the branches, and as you do, you kind of get these small cuts around your hands.

Margaret Feinbe...: I would come home and my muscles would ache, but at the end of the evening I would look at my hands and in many ways it looks like they'd been at a world class spa, that they had been soaking in the finest ointments and healing agents all day. That's when I realized God provided the olive and it's oil. He embedded them with antibacterial, antioxidant, anti-inflammatory processes. So in the very process of doing the work of picking the olives, I'm actually receiving their healing. Those properties are not just in the olive, they're actually in the bark I believe and also in the leaves themselves. So how beautiful that our God when we are to go to those according to the book of James to ask for healing, that we could be anointed with anything. It could have been water, it could've been mud. I can make biblical arguments for all of that, and instead we go to be anointed with oil and to be prayed for.

Margaret Feinbe...: In Israel that meant the olive oil and to be dripped, to be touched, to have somebody interact with us in a physical, tangible way. Because if we're praying for healing, often our pain is physical. Sometimes it is emotional or spiritual, but they would be so present, so in our inner space anointing us with the very symbol of healing, but also one that is embedded with healing. I think about the wonder of God and his attention to detail, how much he loves and cares for us, how much he desires not just a real, but almost a visceral relationship with us.

Elisa Morgan: So in the salt you see the evidence of God really noticing us and wanting to use us exactly as we are. How he invites the real us into a real world to share our real love of God with others and in the olive oil, that threads and the olive that threads throughout Scripture, you see God's presence and constant healing because bottom line, you're not alone. God is with you.

Eryn Eddy: Margaret and Elisa are right. We are never alone. God is with us and even the food that we eat can remind us of our God who notices us and accepts us and heals us even if it's not the exact type of healing that we are looking for. When we come back, Margaret and Elisa will continue their conversation about food, but in a slightly different way as Elisa asks Margaret to comment on the deepest desires of a woman's heart, the things we are starving for. That's coming up right after today's sponsorship moment here on God Hears Her.

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



- Eryn Eddy: Welcome back to God Hears Her. I'm Eryn Eddy, and before we jump back into Elisa Morgan's interview with Margaret Feinberg, I want to let you know that if you miss anything and today's show, check out today's talking points included in the show notes. You'll also find a link to Margaret's book and a link to a free resource titled Open Hearts, Open Homes by Amy Peterson. This resource is all about using things like food to being open to meeting people where they are and it's available to you for free. Again, check out the show notes. All right, let's jump back into today's episode as Elisa and Margaret explore some of the deepest needs and desires of a woman's heart. You're listening to God Hears Her.
- Elisa Morgan: What do you think women are starving for from God?
- Margaret Feinbe...: I think that women are starving to know and to be known, to love and to be loved, to find those sacred spaces that we can enter in just as we are, all of the brokenness, all of the beauty, all of the brutafal all enmeshed in one. And in that place of vulnerability, it is just safe and it is love and it is encouragement and it is acceptance. It's also enough love at times to say you got more in you than that or you can't quit now [crosstalk 00:12:53].
- Elisa Morgan: So an invitation to bring more. Not just to taste and see but to devour and discover, just to go deeper than that. So to know and be known, to love and be loved, what I love too about what you're saying is there's an interactivity. There is a connectivity. It's not a one way. It's not just that I get to know. It's also that I'm known.
- Margaret Feinbe...: Absolutely. I think some people would answer that question and say, "Women need more time. Women need less to do. Women need more resources." And maybe all those things are true, but once you get the more time, the more resources, the less things to do, then what? And so I think we've got to get to that deeper level of saying no, what we really ache for is to know and to be known and to love and be loved, and to enter a place where we can be vulnerable and any sense of shame just scurries away.
- Elisa Morgan: When have you yourself known that you were truly seen by God?
- Margaret Feinbe...: Sometimes it does happen in community. Like little mirrors that reflect around. When we made this move from Colorado to Utah about three and a half years ago, I left Colorado kicking and screaming. I did not want to move. I love Colorado. I grew up in Steamboat Springs. These are my people.
- Elisa Morgan: What's not to love? Really.
- Margaret Feinbe...: It's just amazing.



- Elisa Morgan: Yeah, it is.
- Margaret Feinbe...: So we moved ...
- Elisa Morgan: She says because she lives there. Go ahead.
- Margaret Feinbe...: Just a little bias. Just a little. So moved to Utah, husband Leif is planting a church campus outside of Salt Lake City. Obviously moving, don't really have friends, don't know where we're going to live, struggling to be able to buy a house, all of those things. I woke up probably a year and a half after that move and since then I wake up everyday pinching myself that we get to live there. And part of it was the people who we met there who were the reflections of God saying, "I see you." And that in many ways the community that we had tried to build in Denver for eight years, we had in about six months.
- Elisa Morgan: Instant. Interesting.
- Margaret Feinbe...: It was wild and part of it is just the culture of Utah. In that culture the people who are followers of Jesus and intentional about that are highly intentional. So when you see somebody, they'll say, "Oh, it's great to see you. Do you want to get together for lunch?" Well, that happens in other places and you may or may not ever get to lunch with them. In Utah if you say, "I can't do lunch," they'll say, "How about dinner?" You say, "No," and they say, "How about breakfast the next morning? How about snack?"
- Elisa Morgan: Wow.
- Margaret Feinbe...: That kind of intentionality because the Christian world is not a majority culture, it's a very minority.
- Elisa Morgan: So it's harder to hide. If you want to be seen and if you want to know that God's seeing you, it's maybe harder to hide in that culture and community.
- Margaret Feinbe...: Yeah.
- Elisa Morgan: You know that God's seeing you differently.
- Margaret Feinbe...: Yeah. And so in that community, that's the places where I sense that sense of God sees me is when others see me. I think that we can have mental ascertainment that God sees me, but it has to be experienced. It's in community that I think so much of this is lived out. There are times that I need through prayer and through Scripture to hear God's love for me, but there are other times that for that to really take root, I need to hear it through other humans who are reflecting his image, his glory, his presence in my life.



Elisa Morgan: It's like this old story by the little girl who went to her father in the middle of the night and said, "I'm scared. I had a bad dream." And he goes, "Oh, Jesus is with you, sweet pea. Just go back and go to sleep." And she goes, "No, I need somebody with skin on." That's the reality. We need people to show us. So you're saying that you feel seen by God in community and specifically in a new community where people are less inclined to hide and more inclined to be honest and bring themselves forward.

Margaret Feinbe...: And then be intentional about the time together because we know how precious it is.

Elisa Morgan: Here's another, to go back to Taste and See and think about this. If we've been given all of this amazing symbolism and tangible wisdom in Scripture about the very thing that keeps us alive, sustenance, food, our relationship with God and women deeply, deeply are starving for being seen, for being known and then having that be reciprocal, be able to see others and be known and be loved, why do we starve ourselves in such a way that all of this is available to us and we take tiny little sips?

Margaret Feinbe...: I think part of it is our modern culture, the pace of life, the speed of life, the to do's of life. I think it's an increasing nature in our culture that we are living in a more impersonal world. If you go on a social media side of Facebook and Instagram and you see that thing or somebody says that one thing in a little typed in message, it provides a little bit of a serotonin boost. So we're like, "Wow, this feels good." Until it doesn't feel good. Suddenly we see this person who has a better image of their life with their better vacation or their ... So it's a dangerous game, just to be honest. There are many wonderful things. But we sometimes start to think that maybe that typed in phrase is those words are life, but I will argue you to the floor that those words are not quite the same life as if I am sitting across a table from you and I speak those words and look in your eyes and allow the words just to penetrate your soul.

Margaret Feinbe...: So you can kind of go back and look at a screen and interact with maybe those same words of life, that same encouragement, that same hope, but face-to-face, there is no substitute. So I think in this shifting culture which is changing so rapidly, we as women have got to become more intentional. And here's the number one problem. Leif and I figured this out many years ago and our marriage. We had moved to a community, we've moved all around, but we lived in Juneau, Alaska and we came to this church and we thought, wow, we are outsiders. There is a donut is the imagery that I had and in the center is all these people were just on the outside and we're just not breaking in. After being there a few months, what we realized is there was nothing in the center of the donut.

Margaret Feinbe...: In other words, if you want to have that community where you are part of and you are in it and it really exists, you have to build the center of the donut often



out of nothing. That is hard. I'm just going to say it, but that means being the ones instead of saying, "Well, I'm not part of, I don't fit in. I don't have those people," being the one who says, "You know what? I'm going to help create that."

Elisa Morgan: This is so core because honestly we who want to be known and loved and seen and heard and noticed, it's a kind of a passive stance the way we typically come at it. I wish God saw me. I wish God knew me. I wish God noticed to me. But you're saying that that happens and we pull back from that. But it happens in community and now you're saying that we need to be brave enough and bold enough to initiate.

Margaret Feinbe...: Yeah, we have to. If we want to be seen, perhaps we need to see and open our eyes, right who's before us. If we want to be heard, we have to become people who are really good listeners. That that goes both ways. That is both in our relationship with others and that has been our relationship with God. So at times we say, well, God doesn't see me and God doesn't notice me. Well, are you looking for and noticing God because my hunch is he is at work and he is shining and glimmering and sparkling all over the place. If we have that intention of moving more, be more out of that passive, well, this is what should happen for me into I'm going to do this for first of all other people and become that person, but also I'm going to become that passionate pursuer of God who is going to lean in, who's going to yield when it's time to yield.

Elisa Morgan: Okay. Margaret, you are an amazing woman and I've known you for a good while. You sound like you got this down. You sound like I know how to do this. You sound like almost like it comes easy for you. There's such wisdom that it's now it feels very bottom shelf, but I go, wait. Have you ever struggled with being seen, heard, known, noticed by God? And in that moment, if you can come up with a situation like that and maybe share it with us today, what's made a difference? What's changed it?

Margaret Feinbe...: Yeah. Just a few months ago I had just slipped into what I would just call a spiritual black hole, just blackout. I was in such a depression and in such discouragement about everything. The negativity in my head was just so rampant and I don't know quite when it started or what that looked like, but just to get oxygen in my lungs every day was an enormous accomplishment and agreed to wake up the next day was an enormous accomplishment. In that darkness I would pray. I would still read the Scripture. I would do these spiritual disciplines and it didn't feel like it made any difference at all.

Margaret Feinbe...: I remember it was after several months of this that I had a friend who sat me down and just said, "You know what?" My friend Chris said, "Margaret, somewhere along the way you have made agreements with the universe that are not true." That phrase, however that hits you or strikes you, what he was really saying, how I interpret it is you have made agreements with, with





whatever is around us that is simply not true to God and who he is and who he says he is. But I came home and I just said, "God, I'm sorry. Somewhere along the way, I've been doing all the Christian stuff, but it's not ... Something's off. I'm not connecting. I have agreed with things that are not true, that I don't have a hope that I don't have a future that my writing is over, that what I'm doing doesn't matter, that ..." Just those negativity points and just said, "Lord forgive me. I'm sorry I've been believing these and confessing these."

Margaret Feinbe...: I started to go through the Scripture and look up truths. You know the fact that just all of us with Christ, we are called and we are equipped and we are chosen and making those declarations every day. And again, a spiritual discipline. It doesn't always work like this, but pretty soon after my husband looked at me and he said, "There is something different about you. The darkness has lifted off."

Elisa Morgan: So what did you do? The way you heard God, the way you saw God with you in that darkness was again through a person, suggesting that maybe you believed untruths ...

Margaret Feinbe...: Yes.

Elisa Morgan: ... about yourself, about how our world functions. What did you do in that dark place in order to rearrange those truths? How'd you get out of it?

Margaret Feinbe...: Yeah. I started literally going through the Bible and saying, "God, what is the truth? What do you say about my identity and who I am in Christ?" Because at the end of the day I need to clean the slate. The slate has gotten so murky and so dark and so let's clean all that out. Let's just go to back to the basics. Oh wait, I am loved. What? I have a God who has a hope and a future for me? What? Wait, you have appointed good works so that I'm going to do since the beginning of time? Whoa. Starting to go, "Okay." By focusing on those truths, all of a sudden the darkness started to lift.

Elisa Morgan: I'm thinking of a verse. I think it's 2 Corinthians 10 about taking captive every thought unto the Lordship of Christ, which sounds really weird until you put it in this kind of a context where the darkness is all about you or nothing. You have done too bad of things, you will never be used. You have nothing to offer, these dark thoughts and taking them captive. Where have I believed all of those things? I'm a mom at home alone. I'm a woman who's not loved well in my marriage. I am a daughter of messed up parents who are now beyond me and I can't even talk to them anymore. They're gone.

Margaret Feinbe...: I'll never be married. I'll never have children. I will never get a job. I will never get rid of this sickness. I will never, I will never, I will never.



- Elisa Morgan: I will always eat too much. I will always get stuck in this one particular rut of my habit.
- Margaret Feinbe...: I will always have this bad relationship with my sister or my sister-in-law.
- Elisa Morgan: I will never have a close friend who understands me. I will never have what Mark is talking about in a relationship with somebody who wants to be with me and really wants to give me feedback. Everybody wants to take from me. Nobody wants to give to me.
- Margaret Feinbe...: Isn't it interesting that passage you highlighted, Elisa, is that we would take every thought captive? The irony being we take the thoughts captive because they are actually holding us hostage.
- Elisa Morgan: And we allow them to. There is this amazing dance. There's this amazing partnership in what you're describing about how we feel seen, heard, noticed, known by God, how we know God is with us. It is opening to what he wants to bring into our world, a deliberate one and then a noticing of what he does bring to us. If you were going to leave a thought just regarding the importance of the greatest urge and starving desire in a woman's heart and how she can have that met, what would you say?
- Margaret Feinbe...: I would say the deepest hungers of your heart are uniquely designed first and foremost to be met by God. That person of Jesus, he really is the one who can speak the syllables that you most need to hear, that if any human said them to you, you could never receive them in the same way as when you encounter them through Christ, through Scripture. For the person who has the deep heart hunger, there's an acknowledgement that somewhere your needs are not being met and we need to give voice to that and ask the question and this is hard. Kind of like the question that my friend asked me. What changes need to be made in your life so that some of those needs can be met? That may be doing a little bit less so that you can be with people more.
- Margaret Feinbe...: It may be trimming back on a schedule. It may be being more intentional about the people that you do spend time with, the conversations that you have. It may be recognizing that one single person is not going to meet all of your needs, whether that is a spouse, whether that is one best friend, that it is a community that Christ created us for. But to begin reaching out and to not reach out that the person you're going to spend time with is going to meet your needs, but that you're going to go and try to meet their needs. And as you love on them and you bring joy to them, my hunch is some of your needs are going to get met too.
- Elisa Morgan: It's a little bit like you take a bite and you get hungry for more kind of a thing because bottom line, you're not alone. God is with you.



- Margaret Feinbe...: He is and he is sending other people into your life sometimes in different seasons of my life. And let me be very clear, this move to Utah where we found such fast community, this is the only move in 40-some years on this earth that has ever happened. I moved around as a kid, probably moved eight to 10 times by eighth grade and with so many different moves, the process of finding friends, connecting, it is just hard and it takes time. That is the reality. So in those seasons still saying, "Okay, I'm not going to fall into the something's wrong with me, I'm isolated. No one wants to be my friend. I'm going to turn around and I'm going to become that to other people. I am going to become a friend. I'm going to reach out and love." And is it hard? Is it difficult? Yes. Choose good people also. Let's choose life-giving, Jesus-loving makes you laugh till tears run down your cheeks and other places kinds of people. Find those people.
- Elisa Morgan: I love it.
- Margaret Feinbe...: And spend time. Be intentional and recognizing that sometimes it's not going to work out. Sometimes it's going to hurt. But other times you're going to find friends that are going to just transform your life and help you feel seen and help you feel heard in the ways you need it most.
- Elisa Morgan: Thanks, Margaret.
- Eryn Eddy: I love that. God has made us to share in community with him and with others and sometimes that means we have to become the community that we want to find. For those of you who are in the middle of doing something else or if you think that you might've missed anything during today's show, as always, the show notes are available in the podcast description or at [GodhearsHer.org](http://GodhearsHer.org). Again, that's [GodhearsHer.O-R-G](http://GodhearsHer.O-R-G). In the show notes you will also find links to Margaret's book, *Taste and See* and a spot to order your copy of *God Sees Her*, a new 365 day devotional for women from Our Daily Bread Publishing. And one more thing. I've also included a link to a free resource that goes to today's show.
- Eryn Eddy: It's a discovery series, e-booklet titled *Open Hearts, Open Homes* by Amy Peterson. This is a great 30 minute read about hospitality and using our food to truly connect with other people. So check out the show notes or visit [GodhearsHer.org](http://GodhearsHer.org) to get your free copy of *Open Hearts, Open Homes* by Amy Peterson. Thank you so much for joining us today, and don't forget, God sees you. He hears you. He loves you because you are his.
- Elisa Morgan: *God Hears Her* would not exist without the help of Kathy and Candace and Mary Jo. Thank you so much for your help, friends.