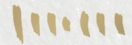


Lysa TerKeurst

#1 NEW YORK TIMES BEST SELLING AUTHOR



YOU'RE
GOING *to*
MAKE *it*



50 MORNING AND EVENING DEVOTIONS
TO UNRUSH YOUR MIND, UNCOMPLICATE YOUR HEART,
AND EXPERIENCE HEALING TODAY

You're Going to Make It

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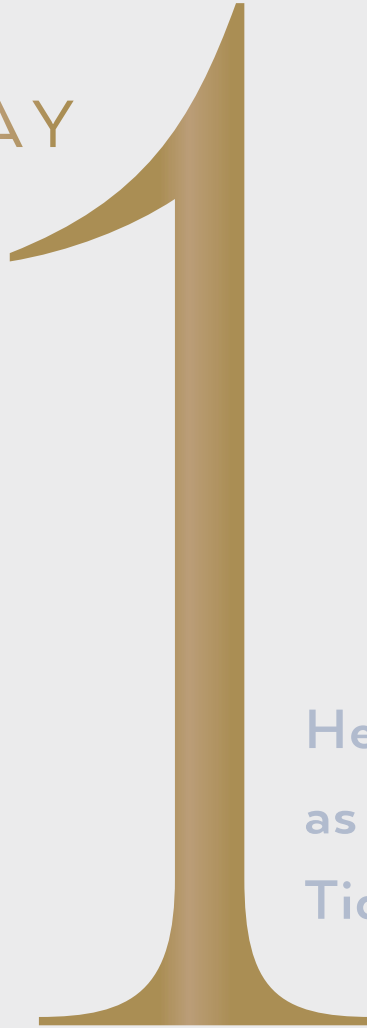
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DAY



Healing Is Not
as Neat and
Tidy as I'd Like

Your word is a lamp for my feet, a light on my path.

PSALM 119:105

MORNING

I love God's Word. And I do trust God.

I must tell you, though, some of the unknowns of my life right now make me tremble with raw nerves and shaky hands. My biggest unknowns are questions still unanswered. *Will I always carry the grief of what's been lost and taken during this last season of my life? How will I know when I'm healed, and how long will healing take?*

Healing is not nearly as neat and tidy as I would like it to be. I want to build on what I learn each day and check off my healing boxes as I would cross things off a to-do list. But that's not the way healing works. It's not linear. It is a journey of both progress and regress. And it's a daily battle not to be afraid in the midst of so many unknowns.

That's one of the myths I believed about healing for a long time. I thought I had to know how my future would play out in order to have the courage to walk out my healing journey. In short, I thought that God's vision for my future had to be aligned with *my* vision.

But now I know I had it backward. I needed to surrender my vision of what I wanted for God's better and more complete vision. That's what Jesus did in the garden of Gethsemane when he prayed: "'Abba, Father,' he said, 'everything is possible for you. Take this cup from me. Yet not what I will, but what you will'" (Mark 14:36).

Knowing what's up ahead is not really what I need most. And it's definitely not a prerequisite for healing. I think that's so important for you to know as we start this journey together in these pages.

Friend, no matter what unknowns or unanswered questions you woke up to today, let's find comfort in what we can absolutely count on from God today:

- God promises to guard your heart and mind (Philippians 4:6–7).
- God promises to give you His peace (John 14:27).
- God promises to comfort you in all your troubles (2 Corinthians 1:3–4).
- God promises to help you and strengthen you (Isaiah 41:10).
- God promises to bless, protect, and be gracious to you (Numbers 6:24–26).
- God promises to give you rest when you're weary and burdened (Matthew 11:28–30).
- God promises to hear and answer your prayers (1 John 5:14–15).
- God promises to supply all your needs (Philippians 4:19).

Jesus, who completely understands our desires for God to change the plans unfolding in front of us, came down to be the merciful and faithful High Priest modeling for us what to do when we face futures we fear. God has equipped us with the reassurance of His promises, His presence, and His perfect plan in the midst of a million imperfect realities. He thought of you when these verses were penned. And that thought of you flooded Him with a love so perfect, so complete, that He was willing to die so that you could truly live. He is the great love and the reassurance that your heart and mine are so desperately seeking.

His truth is the great love letter we get to read today. And tomorrow. And forever.

A statement to remember as I walk into today



God has a perfect plan in the midst of a million imperfect realities.

EVENING

My perspectives are limited.

So very limited.

When I forget this, I'm tempted to forget some of the promises from God that we read this morning.

I need God's perspectives to expand my own. Isaiah 55:9 reminds us, "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

Tonight, I'm making time to slow down and turn my focus to the Lord in prayer. And I'm asking for the humility to say, "God, please keep reminding me to not get attached to my own limited thinking. Give me eyes to see an expanded perspective beyond what I see right now."

Maybe for tonight—even for someone like me who craves certainty and answers—just a sliver is enough (Isaiah 46:10). Maybe for tonight, we can release what we think should happen and leave our hearts and minds open to hear from God.

We can rest tonight knowing He's not only got the whole world in His hands, but He's holding the details of our lives in His faithful hands as well. And everything His hands touch will eventually be redeemed.

Rest well.



SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

A PRAYER TO RECEIVE BEFORE TOMORROW:

God, I am prone to forget Your faithful promises. Thank You for showing them to me in so many different Bible verses today. Thank You for caring about me and what I'm walking through. I trust You with what's heavy on my mind and know You see me as I lay those things down at Your feet tonight. In Jesus' name, amen.

DAY



Living with the
Mystery

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

PHILIPPIANS 4:8

MORNING

i I read an interesting article while researching why my mind is so prone to run into the future and make predictions for my life. I'm also prone to bracing for impact by thinking through worst-case scenarios. I want to think about lovely and praiseworthy things, as Philippians 4:8 instructs, but my natural instincts make this incredibly difficult.

The article stated that our brains are wired for safety: “The brain is looking for ways to conserve energy and one way it does this is by making predictions so that we know what to expect and what the outcome of any given situation might be.”¹ This helped me better understand why I am so resistant to living with unknowns and uncertainties. My brain is constantly searching for the reassurance of predictable safety, but none of us knows what's ahead. We can't clearly see what will happen in the next month, the next day, or even in the next hour.

Though this might be my brain's attempt to conserve energy, it makes my anxiety spiral. I've recently been learning how I can find security for today even as I face uncertainty about tomorrow. Rather than trying to predict the future, I trace God's faithfulness from my past. He was faithful then. He will be faithful now.

And I choose to remember how God gave me the strength to handle other hard circumstances, which reminds me He will most certainly give me what I need to handle this one.

I may not like all the circumstances from my past, but I can see I survived. God was with me. God has used parts of what I walked through for good. God used some of it to protect me. God has certainly used it to teach me lessons and make me more empathetic for others walking through hard things. And God has used some of it to position me for where I needed to be next.

There's still some mystery about some of what I've been through, but I can see God's faithfulness more clearly now than I did back then. I still don't have all the answers for why some of those things happened. But I can say with more certainty that faith helps make the most important fact known: the God who led me to this will surely help me through this. Nothing has ever caught God by surprise. Not in your life or mine. The evils done to us break His heart, but how

we will survive them is not a mystery to God. This insight can help us not feel so panicked with the uncertainties for the future.

So how do we handle the uncertainties of today? We stick close to God. Our job is to be obedient to God. God's job is everything else.

A statement to remember as I walk into today



*I can find security for today even as I
face uncertainty about tomorrow.*

EVENING

Another thing that confuses me and stirs up my anxiety is when things seem to be harder and harder for me, while someone who hurt me appears to be thriving. I feel like I'm trying to be obedient to God, so shouldn't I be the one who is thriving?

How can the one who keeps on sinning seem so happy and without care in the world? God, do You see me at all?

Have you experienced this?

This seems unfair. But remember, we don't know the full story of what's really happening with that other person. Just because something looks good doesn't mean that it is good. The same fire that provides warmth can also severely burn you. The same water that feels refreshing can be a destructive flood. The same sin that brings someone temporary pleasure can be a regret that leaves permanent scars.

Remember that sin is always a package deal of both tempting pleasures and eventual consequences. If someone participates in the pleasures, they will absolutely unleash the resulting consequences. You may not see the consequence of another person's sin, but you can know it's there.

Our job isn't to focus on the other person's sin and consequences. We must focus our attention on processing and healing from what hurt us. We must work through what we've walked through. If we don't, we may risk lashing out from our unhealed places.

We must keep trusting God's faithfulness and obeying God's instructions during this healing journey. We may not know what tomorrow holds, but we can be confident in the God who holds all our tomorrows.

SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

A PRAYER TO RECEIVE BEFORE TOMORROW:

Lord, thank You for anchoring me in the middle of the unknowns I am facing. Even when I long for certainty and control, help me remember my job today is to stay focused on what You are asking me to do, and You will take care of the rest. I love You. In Jesus' name, amen.



DAY

3

Embracing
Today's
Grace Even
When I Don't
Feel Grateful

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

MATTHEW 6:34

MORNING

Sometimes being grateful means choosing to see what is instead of being blinded by what isn't.

It's a tough choice in some moments. Brutal, actually. But it's worth fighting through.

Even now, I have days where what is missing in my life feels like a huge, gaping hole. Everywhere I look, it feels like the hole is the center of my vision staring me in the face.

But then I stop, and I shift my focus. I roll up my sleeves, and I roll out some cookie dough with my granddaughters. I direct my gaze off that hole. I intentionally redirect my focus to these little girls' precious faces and this priceless moment right in front of me. And I'm once again reminded that there is so much more to this one incredible life than the sum total of our heartbreak.

We can thank God for the gift of this day. Enjoy the mess out of today. Receive the blessing of this day. Dance it out at least one time today. Fill in the gaps with prayer throughout the day. And make it a goal to go to bed with a smile on your face because of today. Because here's what I know: God gives us "today" grace.

We should carry only what we must on this day. Then tomorrow, we will have tomorrow's grace. And six months from now, the grace for that day will greet us and help us carry the weight of that day.

Where I sometimes get in trouble is trying to carry today's stress with tomorrow's worry and the fear of six months from now all with today's grace. That's when it all feels like too much to bear.

It's not that we don't want to plan for the future and be discerning about how to handle what's next responsibly. That's wise and good.

It's just that we don't want to become so stressed, fearful, and full of anxiety about tomorrow that we miss the grace and goodness of this beautiful day.

So today, receive both the grace and the gifts of this day. Don't miss one minute of its unexpected treasure, and celebrate every bit of its joy.



A statement to remember as I walk into today:



God gives us "today" grace.

EVENING

Choosing gratitude right in the middle of what's hard isn't denial. But it is choosing to do only what can be done today.

For me, choosing gratitude might look like doing what can be done that day—and then going to play in the sand with my amazing grandkids on a warm afternoon that is full of smiles, North Carolina blue skies, and a crazy amount of washed-up seashells.

Maybe gratitude isn't something we have to contain within ourselves. Maybe it's something we experience and express right in the middle of it all.

And that's what makes it sweet (and salty from all the sand I'm currently covered in from being the Gigi who offered to pioneer sandcastle making today).

Before you go to sleep tonight, consider releasing that feeling that what's currently hard or challenging is the sum total of your life right now. Ask God to help you exchange this for a different perspective.

SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

A PRAYER TO RECEIVE BEFORE TOMORROW:

Dear Lord, You made me. You know me. I need Your help where I am weak. Help me see that even the smallest moments really do contain opportunities for gratitude. Give me the courage and the grace to do what pleases You. I want to do Your will and experience more of You in this season. In Jesus' name, amen.

DAY

4

The
Uncomfortable
Quiet

You will keep in perfect peace those whose minds
are steadfast, because they trust in you.

ISAIAH 26:3

MORNING

I had a meeting with my counselor recently where I wanted to process my loneliness. I've never lived alone in all fifty-two years of my life. I grew up with sisters. I went to college and always had roommates. I got married and then had five children.

My house went from feeling full of noise and other people for decades to being suddenly, shockingly quiet. The kids are now grown. And the marriage I thought would last a lifetime ended after continuous broken trust and betrayal.

I'd spent years focused on raising the kids, working in ministry, and trying to repair and save what eventually proved to be an unsustainable relationship.

When the shocking discoveries were hitting me over and over for years, I begged God for all the chaos to stop. Eventually, it did. But then, the quietness of the aftermath slammed into my life. I imagine it is similar to the quietness after a tornado has ripped through a community. Or to the eerie feeling after a house fire. The damage from the trauma is most apparent after the source of the trauma leaves.

That's when you see the real impact of the loss.

It's a lot to take in, and most of the time it will take years to fully process.

I wasn't lonely at first. There were more immediate emotions to work through in the quiet. I feel like I've cycled through the shock, the sadness, the anger, the disillusionment, and the fear. Now it's the loneliness that seems to be most front and center. It's uncomfortable in some of the better moments but can easily intensify to a panicked uncertainty about the future.

My counselor has encouraged me to learn to sit in the quietness and loneliness and not rush to fill it. Though I don't like this answer, I know he's right. I need to reflect. I need to learn the complicated but exquisite beauty of being honest about what is and what is not acceptable. I need to rediscover who God created me to be and not who someone else's issues demanded I be. I need time to work on my own issues. I need to grow, learn, mature.

Most of all I need to reset what is and is not normal. When you've lived a long time with the dysfunctions of unacceptable behaviors, these can seem more and more normal. I need to establish a new normal for myself.

So in the quiet, I turn toward God and the goodness He intends for my life from here. And I take one more quiet step toward healing.

Here's what I've found. Sometimes "quiet" is the beginning of an anthem song called "resilience."

God is in the quiet. Lonely is His invitation away from distraction.

After several times of sitting with God in the quiet, I stood in front of the mirror and said,

"I will get up."

"I will trust God."

"I will get healthy."

"I will get strong."

"I will get prepared."

"This isn't an ending."

"Every great start begins with a stop."

Oh, friend. Would you make space to sit in the quiet for a moment this morning and just listen? Even in the tension of it all? The questions, the crippling anxieties, the fears. All of it.

Right where you are, open your hands and tell God you're listening.

Because here's what I know: He's listening too. Every single word within every single prayer you've prayed? He's heard you.

Psalm 5:3 says, "In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly."

I love that verse. But notice how there's a few different components. The first part talks about active prayer where we bring our requests to the Lord. Then there are two words at the end that really catch my attention: *wait expectantly*.

That's what I think making room for the quiet invites us to do.

While we sit in the quiet, we wait expectantly. We can listen. Grieve. Learn. Heal. And walk forward knowing that because of God, whatever was meant for harm only served to make us more capable.

Not less.

I think you're resilient. And I know healing is possible today. So don't be afraid of the quiet; God is right there. Make the decision to unrush your mind. Let His still, small voice start to uncomplicate your heart. He will be there to comfort you every step of the way today.

P.S. The song "Quiet" (the stripped-down version) by Elevation Worship has been one of my favorite songs in this season. Give it a listen!

A statement to remember as I walk into today:



Don't be afraid of the quiet; God is right there.

EVENING

Sometimes the quietness of the evening is more complicated and painful than during the day. I think this can be true even if your home is still full of people, but there's a sense of sadness or loss that you're carrying in your heart. I'm learning I have a choice for what to do in the uncomfortable quiet.

I can fill it with thoughts of worst-case scenarios and fears. Or I can use this time to reflect, pray, and lead my alarming thoughts to more peaceful thoughts of gratitude. I can practice self-care, and I can read books that help me learn and grow. I love the reminder we find in Isaiah 30:15: "This is what the Sovereign LORD, the Holy One of Israel, says: 'In repentance and rest is your salvation, in quietness and trust is your strength.'"

I want the outcome of this uncomfortable quiet to be the time in my life where I learned to trust God more than ever—which will make this a season of newfound strength.

Isn't it the loveliest thought that God might be waiting for there to be some silence in our lives to share some of His best secrets with us?

The Enemy wants us to believe that times of silence are a curse of loneliness. A burden of shame. A reminder of the remains of what once was but is no longer. But God wants us to know that times of silence are really pathways to closeness with Him.

I know the quiet can sometimes be deafeningly loud. But as you go to sleep tonight, I want you to think about what an invitation this sacred silence could be and what could be possible because of it.

Release the lies keeping you from leaning into what God may have for you here, in the quiet. Sweet dreams, friend.

SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

A PRAYER TO RECEIVE BEFORE TOMORROW:

Lord, when I start to feel anxious during the quiet, I invite You into those moments. I pray that You would speak to me in the still moments and that I would learn to listen to Your voice. Thank You for helping me heal and keep pressing into You during this journey. In Jesus' name, amen.





DAY

5

Becoming the
Woman You're
Called to Be

Whoever walks in integrity walks securely.

PROVERBS 10:9

MORNING

One night recently, my kids came over and we spent hours looking at and laughing over hundreds of pictures in our family scrapbooks.

Decades of memories.

I was surprised I didn't get triggered. But I didn't. And I think it's because I've been working hard not to let what is heartbreaking right now steal the memories from years past that are so precious to me.

I felt empowered to own what was all so true to me. I was authentically present, loving these memory-making moments with my kids.

Everything wasn't picture-perfect. Some of the most hilarious moments were because of imperfections, bad attitudes, and vacation details gone bad. But it was delightful to laugh



through our shared experiences. There was a sense of belonging because we knew our inside jokes, quirks, and stories.

I loved it. And it made me strengthen my commitment to walk into this next season of life being a woman my kids can count on and be proud of.

I think about what I want the most sacred and precious moments of my life to look like, and I must continue to make decisions today that stay in line with that. I must model the character I've taught my kids to have.

I'm sure I'll make mistakes; we all do. But I can choose to make the patterns of my life line up with God's truth by doing what the Bible instructs, prioritizing emotional health, and being someone my people can trust.

I want to sleep well at night knowing I never traded my integrity for shortsighted pleasure. The Bible tells us in Proverbs 10:9, "Whoever walks in integrity walks securely." I don't know about you, but I love that word *securely*. When you're in the middle of something hard or even trying to heal and move forward, the process is messy and uncertain. The road ahead feels long and unpredictable. But in the middle of that, we get to choose to walk in integrity, which brings about the security we desperately want.

Wow.

I may not know how every detail of my story will play out. But here's what I do know: when the sun is setting on my last day here, I want to be surrounded by my people recalling all our best moments together. That's joy. That's purpose. That's a life well lived. That's what it's all about.

Won't you join me, friend? What is a choice you could make with integrity today?

No matter where you've been or what has happened to you, today is a great day to start becoming the woman you know you're called to be. Come on, friend. Let's do this. Let's do this right. I believe in you. Today is the best day to start.

A statement to remember as I walk into today:



*We get to choose to walk in integrity, which brings
about the security we desperately want.*

EVENING

Some people say time heals all wounds. But I don't agree.

We need to release the thought that things will naturally get better on their own. We need to seek God. We need to get the appropriate help and support. And we need to humbly receive truth every day.

I think it's what we plant in the soil of that time that determines what we yield.

Oh, friend. I see who you're becoming. You're planting wisely. I mean, look at what you're choosing to spend your time doing right now. You are positioning your heart in the direction of truth because you want godly wisdom.

You're leaning in.

You're processing.

You're praying.

You're grieving.

You're worshiping.

You're healing.

You're planting wisely.

I know it can be hard to figure out this whole healing thing. I understand. I agree.

But I just wanted to remind you tonight that you're not alone.

You're going to make it.

Actually, and even better, we're going to make it *together*.

SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

A PRAYER TO RECEIVE BEFORE TOMORROW:

Jesus, I want to be a woman full of integrity. I want to be someone my family is proud of and—more important—someone You are proud of. Help me continue to plant wisely during this healing journey. Thank You for sustaining me on the days I feel like I can't keep going. I love You, Lord. In Jesus' name, amen.

DAY



But They
Seem to
Get Away
with Everything

“In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold. . . . Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

EPHESIANS 4:26–27, 31

MORNING

i I was sitting in the sand watching the salty water inch closer and closer. The tide was coming in, and I knew if I didn't move, the water would soon wash over me and my stuff. The beauty of the ocean comes with the reality of the tide.

Many things in life come as a package deal like this. When we choose to participate with part of it, we participate with all of it. Relationships are this way. Jobs are this way. Owning a home is this way. Even vacations are this way.

All these things are package deals—they come with fun parts and hard parts. And sin is no different. Like we talked about the other day—whatever seems enticing about the sin will always come with the consequences of that sin.

When other people sin against us, intentionally wrong us, and blatantly hurt us but never seem to have consequences for any of it, this apparent lack of fairness is what stirs up feelings of bitterness, unforgiveness, and even retaliation. But it's crucial that we don't let these feelings that come at us get inside of us.

The truth that helps me manage the “unfairness” of hurtful situations is remembering that when people sin against us, they unleash into their lives the consequences of that sin. We may never see it. In fact, it may look like they just got away with everything. But today we can be reminded that eventually “they will eat the fruit of their ways and be filled with the fruit of their schemes” (Proverbs 1:31).

The best thing we can do is trust God with their consequences while making sure we don't get lured into sinful choices resulting from our own bitterness and unforgiveness.

Friend, your heart is much too beautiful of a place to be tainted by hurt, haunted by resentment, or held back by bitterness. It's time to stop suffering because of what another person has done to you. And maybe holding firmly to this perspective is just one of the many ways God wants to help us heal today.

A statement to remember as I walk into today:



Your heart is much too beautiful of a place to be tainted by hurt, haunted by resentment, or held back by bitterness.

EVENING

Many times throughout the Bible where there is a warning about unforgiveness, there is also a warning about the schemes and temptations of the Enemy. In 2 Corinthians 2:10–11, the apostle Paul stated, “I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes.” Then in Ephesians 4:26–27, Paul wrote, “In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” Paul continued this thought in verse 31 with his instructions to “get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.”

When we feel bitterness, we must call it what it really is. It’s not something that protects us from not getting hurt again. It’s not something that hurts the person who hurt us. It is the very place where the Enemy can lure us into his schemes and where we can be so very tempted to sin.

Oh, friend. Never forget your position of strength isn’t anger, bitterness, or retaliation. It’s humility.

When we are humble, it doesn’t mean we are bowing down in defeat. It means we are rising up to declare that no one has the power to make us betray who we really are in Christ. We can stand up for what is right, have hard conversations, and even confront things that need to be addressed in equal measures of grace and truth—and we can do all this without losing the best of who we are in the process.

Tonight, let’s release those feelings of anger by acknowledging to God that when we feel hurt, it doesn’t mean we have to live lives that perpetuate that hurt. We may need to work through those feelings, but we do not need to let our lives be hijacked by those feelings.

SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

A PRAYER TO RECEIVE BEFORE TOMORROW:

Father God, today I bring my difficult relationship situations to You. I know You see me struggle and have not left me to figure this out on my own. When unforgiveness, bitterness, resentment, and judgment rise up in my heart, please help me process those feelings in a healthy way. In Jesus' name, amen.



DAY



When It May Be
Time to Draw a
Healthy Boundary

Like a city whose walls are broken through is a person who lacks self-control.

PROVERBS 25:28

MORNING

I'll never forget asking my counselor to help me process how I finally got to the place where I said, "No more. No more devastation. No more betrayal. No more being lied to. No more."

I wondered if that was the moment I became broken. But he replied, "No, Lysa, that was the moment you declared you were healing."

Sometimes "no more" means implementing good boundaries that will help hold each person accountable to healthier relational patterns. Sometimes "no more" means acknowledging a heartbreaking reality that wise counsel has helped you see is no longer sustainable.

Both dynamics require that we pursue healing. We need solid truth from God's Word to help guide and direct us. Sometimes we may need a godly professional counselor who is trained to educate, comfort, and challenge us.

I know what it feels like to be paralyzed by another person's choices and not know what to do about it. In the past, I've been hesitant to draw boundaries because it felt uncaring and because I didn't have the confidence to know how to implement and communicate healthy parameters.

Now I've discovered a better way to view boundaries. I don't draw boundaries hoping to force another person to change in ways they may be unwilling or incapable of changing. Instead, I place boundaries on myself to help me exercise self-control over what I will and will not tolerate. Self-control is crucial so that I regulate my reactions and direct my efforts toward keeping myself in a healthy place.

Good boundaries are the only fighting chance we have for navigating relational challenges in a productive and healthy way.

If you're in a "no more" kind of place, consider these questions about boundaries and how you might be able to apply this in your own life beginning today.

- What kind of person do I want to be, not just in this relationship but consistently in all of my relationships?
- What do I need to do in this relationship to stay consistent in my character, conduct, and communication?
- What are some areas of my life in which I have the most limited capacity? (Example: at my job, in parenting, during the holidays, and so forth.)

- Based on my realistic assessment of capacity, how does this relationship threaten to hyperextend what I can realistically and even generously give?
- Do I feel the freedom in this relationship to communicate what I can and cannot give without the fear of being punished or pushed away?
- What are some realistic restrictions I can place on myself to reduce the access this person has to my most limited emotional or physical resources?
- In what ways is this person's unpredictable behavior negatively impacting my trust in my other relationships?
- How am I suffering the consequences of their choices more than they are?
- What are this person's most realistic and most unrealistic expectations of me? What are my most realistic and most unrealistic expectations of this person?
- What boundaries do I need to put in place?

As you consider these questions, you may find it helpful to process them with a trusted godly mentor or Christian counselor. These questions to consider aren't to complicate our relational dynamics further; they are meant to help identify where we are dancing with dysfunction. Toxic realities in relationships will not tame themselves. We cannot ignore them into health. And we can't badger them into a better place. We must get honest about the hardships that are complicating and probably preventing the kind of health we not only want but *need* for some of our relationships to survive.

I've learned we can't just "get over" our hurts. And boundaries are a great way to start experiencing health in your own life today.

A statement to remember as I walk into today:



Good boundaries are the only fighting chance we have for navigating relational challenges in a productive and healthy way.

EVENING

As I've processed how to draw some necessary boundaries in my own life, something my counselor has reminded me over and over again is, "We train people how to treat us." Now, please

don't hear that harshly. If you're in an abusive situation, this isn't meant to make you think you've brought this on yourself. And if you've suffered emotional trauma in a relationship, this doesn't mean you could have done something to prevent it. But it is important for us all to know, moving forward, that we get to verbalize what is and is not acceptable in the context of relationships. Please see page 209 for information on resources that might help you.

I'm challenging myself with all this. Friend, let's remember that what we allow is what we will live. I don't want us living anything that's not biblical or possible to endure. Maybe it's time to retrain some people in our lives with clearly stated, gracefully implemented, and consistently kept boundaries.

It's for the sake of your sanity that you draw necessary boundaries. It's for the sake of stability that you stay consistent with those boundaries.

Setting healthy boundaries is absolutely necessary for true freedom, growth, and healing to take place. Boundaries aren't meant to shove the other person away; they're to keep yourself together. And boundaries enable you to continue to love that person and treat them with respect without losing the best of who you are.

I've seen progress in some of my most challenging relationships because of boundaries. And I want this for you, too, friend.

SOMETHING TO RELEASE BACK TO GOD FROM TODAY:

A PRAYER TO RECEIVE BEFORE TOMORROW:

God, I need Your help to consider areas in my life where I may need to implement healthy boundaries. Help me to process these decisions thoroughly, through the lens of wisdom and with godly counsel. I long to see health in all my relationships, so help me see where boundaries could make this possible. I want to honor You in my relationships. In Jesus' name, amen.