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Shelby: Welcome to *Daily Grace*. We believe the Bible is true, trustworthy, and timeless, and we want to help women like you know and love God's Word. The Bible shows us who God is, and who He is changes everything. My name is Shelby.

Krystal: I'm Krystal. We want to invite you to come join us as we chat about the truth of God's Word in our everyday lives.

Shelby: Hey everyone and welcome back to the *Daily Grace* podcast. This is Shelby, and I have with me here as always my friend and co-host Krystal. Hey Krystal.

Krystal: Hey Shelby.

Shelby: We also have a special guest with us today. She is a friend of the *Daily Grace* podcast, this is her second time to be here as a guest. We are so glad to have Laura Wifler with us today. Hi Laura.

Laura: Hi there. Thanks for having me.

Shelby: Oh, it's a joy. We're thrilled for this conversation today. If you don't know Laura, she is an author, a podcaster, and the co-founder of Risen Motherhood. If you haven't yet connected with Laura or her work at Risen Motherhood, then we would love to encourage you to do that because she's doing a wonderful job of helping moms who are overwhelmed and overtired find hope in the gospel. That is such important work. We as moms understand the need for what you're doing, Laura, and we're so thankful that you're doing it and we're glad we get to chat with you today as well.

Laura: Oh, thanks. That is the kindest introduction. I appreciate that.

Shelby: Well, today we're going to talk about a topic that is near and dear to your heart, which is how we can grow an understanding towards people with disabilities, but before we jump into that topic, we start every episode by sharing a favorite thing, which is just something that we are using and loving. This week, Laura, we would love to hear from you what is your favorite thing?

Laura: Oh, I'm excited for this question. I have many favorite things. I feel like the list is long that I could start with, but I'm going to zero in on this nail polish strengthener that I've been using. It's called Nail Envy, and it's from OPI. I love to get my nails done as much as the next gal and get gel polish or I don't know. I don't do acrylic, but I have lots of friends that do acrylic and sometimes I wear press-on nails for different things, but I find that my nails are always just destroyed afterwards, and they just need some healing.

This Nail Envy, because I'm a big critic of things that promise that they will make your life a little bit better, but no, I can stand behind this. My nails are so much stronger, they're shiny and they kind of look nice, like it evens out all the weirdness that happens after fake nails and they grow faster, so I am a big advocate. This is why it's

a favorite thing. You have to put it on every other day. It's a little bit of a maintenance thing, but I think it's worth it.

Shelby: I've got to tell you, I literally don't get my nails done because of how bad my nails are afterwards, among other reasons, I also just sometimes struggle to find the time, but--

Laura: I know. I know. [laughs]

Shelby: This is really cool. I've literally never heard of this before.

Laura: You should check it out. They even have it in tinted colors, which I haven't used before. I know some people are very blessed with very strong nails and so they're probably like, "I don't need this at all." Krystal, is that you?

Krystal: No, I wrote down what you said because I need that.

[laughter]

Laura: Well, yes, so for most of us, our nails can be a little bit thin, and after you put polish on or anything like that, it can just feel like your nails, I don't know, they just need a little bit of loving, and so I would say-- I have it on right now. You can't really tell, but they're a little bit shiny. I'm showing the girls in the camera right now. That's just Nail Envy.

Shelby: Oh, man.

Krystal: Cool. Do you get it in Amazon, Target, where do you pick it up at?

Laura: All the places you can get it. It's probably cheaper if you go, like Target or Walmart. I don't know how much it is on Amazon, but I think it's like \$10. It's a little more high for a bottle of polish, but it does incredible things.

Shelby: Love it. That's a great favorite thing, so practical and helpful.

[laughter]

Krystal: We will link that for sure. I need it. I just broke my nail earlier moving a chair, and I was like, "This should not have happened."

Laura: Yes, you need it.

?Speaker: [unintelligible 00:04:13].

[laughter]

Krystal: All right. Well, Laura, why don't you tell us a little bit more about yourself and introduce yourself in case some of our listeners don't know you yet?

Laura: Yes, of course. My name is Laura Wifler, and I have three kiddos. They are nine, eight, and five. I live in Central Iowa. It is snowing beautifully outside right now. I'm married to Mike. Outside of being a mom and running the kids around to school, I

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also work full-time. As you guys noted at the beginning of the show, I'm the co-founder of Risen Motherhood, I'm the executive director there, and the co-host of the podcast.

In addition, I do a lot of work just on my own platform around disabilities, around writing poetry, writing articles and essays, and all sorts of different things, and so I do that in my other spare time. I have the privilege of being a children's author, which is just incredible. It is a career I never imagined for myself, but I will not give up easily because I love it so much to just see these kids reading the books, and it has become an unexpected joy in my life.

Shelby: I know you already mentioned it and we said too that this is one of the reasons we want to talk to you today. We want to talk about how we can just be more understanding towards people with disabilities. Can you share with us why is this a topic that you're passionate about, Laura?

Laura: Yes, of course. My youngest daughter, the five-year-old, was diagnosed with what's called Rare Chromosome when she was about two months old, so pretty shortly after birth. What Rare Chromo is, is a blanket term for someone who has basically a very unique genetic setup and it causes global developmental delays. She is utterly unique in what she has. There's no one else in the world that has exactly what she has as far as we know.

There's no blanket term like Down syndrome or autism. Even those diagnoses, any parent will tell you the spectrum is very wide and vast and you really don't know what the diagnosis will bring for your child. That's been the story for us. We've really been on a journey to just see Eden unfold, for us to discover what she's going to be like, what she is able to do. It has been of course with many griefs and sorrows, but also with so much joy.

Through that, I've really just discovered how helpful it can be for people to be educated on disabilities and how in many ways there isn't a lot of information out there, at least at this time, about how to understand and engage with people who have disabilities, and so that's just something that I have felt like the Lord has allowed me to be able to engage in just having the personal story of my daughter and then desiring to help other people grow and love the disabled community.

Krystal: I think one of the reasons I'm most excited to have this conversation with you is because Shelby and I are both moms and some of our listeners are moms and I think we've all had an experience where we're out with our kids and our kids see someone maybe in a wheelchair or see someone that just looks different and they are just curious. They want to ask questions, but then as a parent, you don't know how do I engage with this in a way that's appropriate and informative.

You're just worried of saying the wrong thing. I think a lot of what you do on social media in particular I think is helping to equip others to know like, "Hey, it's okay to engage in this and to engage in this is how God has made us." I'm really just thankful for the way that you have even leveraged that platform to just equip us to know how do we love our kids and love others in those conversations.

Laura: Oh, thank you. Yes. I know I have so much compassion for people, whether you have children or not, just how we can often feel very uncomfortable around the topic of disabilities. I think there's a lot of stereotypes, there's a lot of assumptions, but so often I think we all want to come from it from a good place. We want to love someone well, but it can feel really uncomfortable and awkward.

I remember being that person, and that's why I love being able to do the work that I do, is that I'm actually-- it's funny because as I looked back over my life after I had my daughter, I was like, "You know what? God has always put people with disabilities in my path, particularly intellectual disabilities." I had really not put a lot of those pieces together, but I realized like since I was a little girl, I have had a lot of close relationships with people who have intellectual disabilities.

Even within my own extended family, there are four people with very, very significant disabilities. It has I think just allowed me to be able to form and experience a lot of different things but also keep compassion for people who are on this path to learn and don't necessarily feel like they have it all together yet. Just know I'm rooting for everyone to grow in this area, and I'm so thankful so many people are willing to try.

Krystal: I would love to hear just a little bit more about your journey. You mentioned Eden, and again, if you follow Laura on social media, she has got the cutest pink glasses, she's just the sweetest. She's just so cute, and she's fine.

Laura: Oh, yes.

Krystal: Will you just share a little bit about the journey since her diagnosis and what that has meant for your family?

Laura: Of course. I think for many families when they have children with disabilities, for some of them it can be this slow discovery of do they have disabilities or don't they have disabilities. That is its own path. For us, it was really this one moment where I kind of had a gut feeling that something was off and then of course we received a final doctor's appointment that was like, "Hey, yes, this is what you guys have, this is the new path you're on."

It was this moment where I felt like-- I can go back there so quickly. I felt like my world was over. It was so hard as a mother to just grieve that and to walk in that. It's funny because life really went on like normal at many levels, and still to this day, it looks like, many of the listeners, it looks very normal, but it also brought in a very new element to our life where now we go to a lot of therapies, we go to a lot of doctors' appointments, there are significantly more surgeries than I ever expected that we would have in our lives more time in the hospital, and so it's definitely brought an element.

I think for disabilities, families with children with disabilities, often it can become like a part-time job. It's a significant amount of time that I think people don't always expect or know on the outside that we're on the phone a lot with insurance agents and with the government programs and with therapists and OT and all of these different people. While much of our days are the same, there is this big element that feels very unique for a family with a child with disabilities.

It's funny, the other day my son said to me, this was maybe a year ago, but he just said, "You know mom, I'm just really glad that Eden has disabilities." I was like, "Oh, why?" He said, "Well, because she wouldn't be who she is without disabilities, and God made her perfect just the way she is." I just about melted on the spot. This is every mother's dream that their child would say something that reflects a little bit of what they've been trying to teach.

It was just a truth that spoke deep to my heart that I think for our family, it has become just a really beautiful part of our story. It was deep grief and there still are griefs with it, but also knowing that there's so much good to be had and so much joy and that even my other children are seeing it.

Shelby: That's precious just to think, and I've obviously not experienced it, but I have heard other mothers who have children with disabilities have feelings similar to yours, where they're like, "Man, now that we have this diagnosis, it feels like things might not be able to be okay," and yet along the way, you find so much joy. I feel like part of this conversation today is even bringing us into some of that joy and helping people from the outside see just the value of people with disabilities and the joy that they can bring to your life.

I know you've mentioned before that one of your greatest desires for your daughter is for her to be accepted into form friendships. How does understanding the Imago Dei, meaning the image of God, help with learning to accept and befriend people who have disabilities?

Laura: I love this question because understanding the Imago Dei will absolutely change everything and the way that you look at not just people with disabilities but at all people. We know the Imago Dei, like you said, is just being made in the image of God. Genesis 3 tells us this that all of us were made in God's image and that he gives us now inherent dignity, value, and worth. Just to anyone listening no matter what your life experience is, when you understand that when that gets under your skin and you start to see that your value is not based on your beauty, your talents, your abilities, your skill sets, your failures, it's not based on any of that.

It is steadfast and steady in the love of God and that it never changes or wavers. That will change everything for you. That will absolutely transform your life. It will not only transform the way that you operate, knowing that you're operating out of a place of being fully loved and fully known and fully accepted. It will change the way that you impact others.

That for me is the deepest prayer for all children and the next generation. It's my prayer for every person on this planet, but as we've talked about children are one of my passion areas, and just seeing them grow in this knowledge to operate out of a place of love to where now they can engage with someone who is different than them. They can see that, "Yes, we might look really different on the outside, but there is an inherent transcendent sameness that we have, and therefore now I can be friends with that person, because it's not really about me and what I feel and if I'm comfortable or if I like this."

It's about loving another person simply because they are valuable, and we know that based on them being made in the image of God. I think that that is incredibly transformative for children of course and adults and just our culture at large. If we could start to embody that mentality, I think there would be a lot of changes in our culture and in our world.

Krystal: Even think about discipling our kids in that and how differently, like if I had known that growing up, just think, man, how differently would I view myself and others?

Laura: Absolutely.

Krystal: As we're talking about children with disabilities, there are millions of kids in the US that have a disability, and so there are going to be moms listening to this that either have a child disability or maybe engage with friends whose kids have disabilities. What encouragement do you have for moms in particular that have children with disabilities?

Laura: Yes, of course. Oh, there's so much I feel like I could say to those parents. We talked a little bit about the griefs and we talked a little bit about the joys. As I began to observe other parents who have children with disabilities, one thing that I've noticed is that when you receive a diagnosis or as you're walking down the path of understanding what a diagnosis means for your family's life, you can kind of go two ways. You can go one way that you become angry and bitter and upset and you don't accept the reality for your family.

You push that away and you deny it in your life. I will tell you that that is an option, but that also looks like a very hard way to live. There is another option that you as a parent have, and that means that you let out all your anger, you let out all your grief, you let out all your disappointment, and you admit that this stinks and this is not what I want as a parent. You be honest about those things before God, you tell Him all of that, you don't hide it, but then from there, you allow your soul to heal and you allow God's plan to take root in your life.

You say, "Lord, this isn't what I wanted, it's not what I would have chosen, but I receive it and I accept it and help me." When you cannot receive it, you pray along with the father of the demonic in Mark 9 and you say, "I believe, help my unbelief." I think that that's for any sorrow or grief we experience, we have those choices. What happens is as we begin to say, "Lord, I want to receive this from your hand, it is so hard, but I will receive it because I know that you are good and you are kind and that you are for me, you are for my child."

When we begin to accept that reality in our lives, then slowly over time, it's not that your soul removes the grief, the grief doesn't exist. It's not that at all, it's actually that your soul ends up expanding. It says, "Okay, I have known the dark throat of the night, but now I actually have more of an appreciation for understanding the light and the beauty." Our souls don't erase that grief, we just learn to grow to survive with it, to live with it, and not just survive but to thrive. We actually have a greater appreciation for the beauty of this world.

I think then it's a really weird place to be to the world when we have suffering and griefs and sorrows, and we say, "Yes but I still have joy. I can still be happy," and the world will look at that, and they will think, "That is bizarre, how can that be?" You will ask yourself, "Is it true? Do I really have joy?" As you ask yourself that, you can wholeheartedly be able to say, "Yes, Lord, I do." Over time, it will come, and I promise you this, parents, I promise you, it may take years, but it will come. God is faithful, and He will absolutely answer the calls of His people.

Shelby: Yes. That's such great wisdom, and I feel like that could apply, like you said, to a variety of sufferings and griefs, because we all whether or not our experience is similar to yours, Laura, we all have things in our life that we wish it wasn't the way that it was. That's some really wise words to help us walk through those things. Let me ask just one more question. Fortunately, people are much more understanding and sensitive and loving towards individuals with developmental disabilities than they once were. We also know that there's plenty of room to grow still. Do you have thoughts on how the church in the culture can continue to improve in this area?

Laura: I love this question so much because you guys are right. It has really changed. I am consistently thankful that I've had my daughter in the years that I've had her and not 20 years prior. Just like in the '90s, the ADA was finalized. I feel like some of your listeners are going to be like, "I'm a '90s baby, and I'm going to be-- a very old feeling right now," but I still remember the ADA getting signed into law. I think it was 1994, and that is recent history for us as Americans.

Prior to that, people with disabilities were blocked out of many spaces, and there was not good laws and rules and regulations around our treatment of the disabled community. Now, those things have come into play, and I am so thankful that we have seen regulations change, but just like you said, now I think there is a lot of heart work to be done in culture and in society. Let's start to dedicate a little bit of time to saying, "How can we engage with someone who's autistic? How can we engage with someone who's stemming right now? How can we engage with someone who is eloping?" That's a term for running away.

They don't understand to stay near their parents like children typically do. "How can I help that? How can I support them?" It's just a little encouragement, that I would say not to shame anyone for not doing that, but it's a challenge to say, "Maybe we should change a little bit of the way that we operate and think and encourage just the ability to say, no, I want to understand, and I want to learn and grow in this area because I understand that I'm the more privileged person in this situation and I can help change this."

Shelby: That's really helpful. Another just practical question for you. Let's say we have an individual in our lives that has disabilities. Just like some really practical tips, what could it look like to befriend them? I'm thinking of individuals in my church, like in my sphere of influence, we know who these people are, [crosstalk] we have them in our lives, so how can we begin to befriend them?

Laura: This is a great question, and I love that this is a heart of yours and hopefully a heart of many listeners. Like you said, I think we all see these people, and when we take a second, we can usually think of a few people that are in our circles that

perhaps we've never said hello to. The first thing I would just encourage you to do is to go up and say hello. I think one of the scary things that a lot of us have with people with disabilities is we don't know how they're going to respond. We don't know if they are going to ignore us, if they're going to run away. I'm talking about people particularly with intellectual disabilities, not necessarily just only physical disabilities, so we don't know how they're going to totally respond.

I think for us in that moment, if we're really honest, what we're thinking about is like, "Oh, will I look foolish? Will I look a little bit silly if I try to extend a hand, and it's rejected," but **[unintelligible 00:20:49]** really comes into play in this moment. We can say, "Doesn't really matter if I'm rejected. My call as a Christian is to move towards those who are different than me." This is truly modeling Jesus. If we look at who he spent time with, it's significant proportion of them had disabilities, significant. There's something to that, where so many of us don't spend time with people with disabilities at all.

I would just encourage you to go towards that person, move towards them, say hello, and be okay if it doesn't go in what you might call a positive way. From there, just ask them, just ask them about their day, "How are you doing? How did you get here to church? What are you going to do after church?" Lots of those interpersonal skills, and again, don't concern yourself with as much as to how that person responds. You are in charge of your response. That's the biggest thing, I think, to be taken care of.

The other thing I would encourage you to do is-- I think that I even get caught up in this. I found myself last fall getting caught up in this, where I have a friend who has disabilities, intellectual disabilities, and he gets a ride to church every Sunday, and his glasses were just so dirty. I was like, "I don't even know how he can see out of those things." I have kids that wear glasses, and so I feel I do a lot of glasses care in my life. I said to my husband, "All I want to do was just clean his glasses. I just want to clean his glasses." He's an adult, he is my age. I realized when I had that come out of my mouth, what I wanted was for him to make me more comfortable.

I wanted him to be socially acceptable in that moment. It wasn't because he needed his glasses cleaned. He didn't care. He was operating just fine with dirty glasses. This is where it kind of goes back to what we were talking about, of just letting them be who God made them to be and not conforming them into what I believe someone needs to be to be socially acceptable. I think that's a big thing that we can take into these relationships, is to really ask ourselves, "Hey, is this something that I really believe would serve this person, that would make their life better? Or am I just sitting here thinking, no, that's what I think would make their life better. I think that they would be well served."

That's sometimes hard to figure out, but I think we have to be really cautious that we're really thinking through, "Hey, they probably just need relationship. They don't need you to fix them. They have plenty of other people in their life more than likely trying to help them do those things." What they really need is someone who's going to laugh with them, someone who's not going to run away from them, someone who will play ball with them or go shopping with them. That's what they need, not for you to fix them.

Shelby: Yes, that's really helpful. I think maybe just one more question on that. I know that we probably all have friends who are mothers of children with disabilities, and how can we encourage or come alongside-- not even just the mom but also the dad, just these parents, these people who are walking this path, how can we encourage them in a way that's helpful and not hurtful?

Laura: I love that. The first thing I would encourage anyone out there listening to do is to treat it like we would any other grief. I think often with disabilities, it kind of gets put in this other category of like, "Oh, that's hard but no big deal," but it's a really heavy, significant thing that is ongoing for a long time. Make a meal train like you might if somebody had a baby or had a death in the family, that's what you would do.

I think with disabilities we can do that same thing. Other things that you might do for anyone going through grief, pray for them, ask them how they're doing. I know this is a big one. I'm going to pause here because people are always like, "How do I ask how they're doing? I don't want to sound insensitive." I always give people three questions that you can ask particularly because disabilities is such a long-term thing. It's going to last that person's probably their entire life. Some good go-to questions that are safe for a person to ask are, one is, "What are you guys working on in therapy?"

Just asking a parent what their child is working on, I think that can really help give you a sense of how they're feeling emotionally, and they can answer that in a really short sentence or they can go into lengthy paragraphs about it. A second is, "Do you have any doctors appointments coming up? I'd love to pray for them." That's another one where you can really find out about the health of the child, and a parent has options for how they want to share.

The last one just is, "How are you feeling about disabilities today?" This is an advice people give in all types of grief, any type of major grief, people say, "Ask about how they are today, not just the big in general how are you?" Because no one who is grieving knows how to answer that. I don't think any of us know how to answer that on any day. Containing it a little bit for a parent where they can say, "Today is a really hard day" or "Yes, today I'm doing fine."

I think that is the way it is with disabilities a lot, where out of nowhere the grief will hit you because-- I don't know, you're at a fifth birthday party, and all of a sudden you're realizing that your child isn't like all the other children, and all of a sudden you're crying, but you didn't expect that. Then there's other moments where you're at a party, and it doesn't seem to affect you.

I don't know, grief is weird like that, but opening that up to just say, "How are you doing today?" I think can really serve anyone who's going through grief. Those are some practical things. Then, like I said, just to wrap it up, I think doing any of those other typical things you would do for someone who is grieving will really serve a parent who has a child with disabilities. If you invite them over or want to spend time with them, that is huge and such a gift, one question you can ask as well is to say, "How can I make our time together successful?"

That opens the door for that parent to be able to say, "I really need a fence. We can't just meet at a park because my kid will run. Do you have a fence in your backyard" just to confirm, or "Hey, actually, I can't go to a place where there are 20 other kids, that just doesn't work for my child. It's too stimulating. Would you mind just coming to my house and meeting in my living room? I'd love to talk with you."

I think when we don't have children with disabilities, it's totally fine, but we don't know what maybe is hindering that parent from being able to come. Stepping back and offering a chance for that parent to say, "Yes, here's what I need to be successful" can both help educate yourself and [unintelligible 00:27:08] parent in the process.

Shelby: Super helpful, super practical.

Krystal: We have one last question for you, and it's a question we ask every guest. Here at the Daily Grace Co., we say the gospel changes everything. That's so much of what we've been talking about in this conversation, and we know it changes everything, but Laura, what has the gospel specifically changed for you?

Laura: Oh man. I love this because I just want to answer with everything, because it truly has. I think I'll give an example that I think that it has really changed my motherhood, and it's changed in a way that I remember when I was becoming a first-time mom, and I was trying to figure out all these decisions and what kind of mom I was going to be and would I serve all organic food or would I be the cloth diapering or the disposable diapering mom? All these things. We're all trying to figure out who are we?

This is this pride moment where everything is stripped away and we kind of remake ourselves, right? I just remember really being confused and really ultimately struggling with knowing what good decisions to make or what were the good decisions to make, and realizing that the gospel offers so much freedom in our decisions. I think a lot of us moms are not. We carry around a lot of guilt. We feel constantly we're not measuring up to whatever arbitrary standard we've set, whether that's in how we look and what our skill sets are and the fact that we thought we would teach our kids all these things and we realize they're nine years old and we haven't taught them half of them.

Whatever is, we set all these little goals for ourselves, and then we don't meet them. We might meet some of them, but we're certainly failing in some of them as well. Understanding how to apply the gospel to my life taught me that I don't have to live with guilt over that, that there is freedom on the other side, and so instead, I can take my guilt, I can pick it up, and I can say, "Okay, I really wanted to be like a Pinterest mom and throw these beautiful birthday parties, and I didn't do that." Well, I can say, "Okay, am I supposed to create beautiful birthday parties? Is that part of God's command? Or is that just something that I'm picking up from culture?"

I can say, "Okay, it's not a command from God, therefore I don't have to do it." Then I can ask, "Do I really want to throw beautiful birthday parties? Or is that, again, just something that I feel like that would make me a good mom?" I can say, "No, I do really want to throw beautiful birthday parties. Maybe that's something I've been gifted in design and planning and logistics and all the things."

Then I can say, "Okay, I do want to plan this beautiful birthday party." Then instead of feeling guilt over all the years that I missed planning beautiful birthday parties, I can just start planning beautiful birthday parties. I can walk forward in doing that, or let's say I don't want to do beautiful birthday parties. Well, great. I just discovered freedom because I walked through the gospel and know that it's not required by God for me to be a good mom. Look at that. Now I'm walking in peace. Now I'm not carrying around heavy burdens of guilt.

I'm not feeling like I don't measure up as a mother because I know that Christ measured up for me on the cross over 2000 years ago. He did that. He paid that. Now I get to walk as the best version of the mother or the person that I can be growing in holiness day by day and knowing that hey, my failures don't define me and I don't have to live in guilt. I can live in freedom from condemnation.

That is the most amazing truth on the planet, what Christ did for us, and that is absolutely transformative to the way that we then engage with our own children, the way we engage with our husbands, we engage with our friends, all of those things as we begin to walk in freedom of who we really are. Oh man, why is God so good? I just sometimes just think, "Oh, God is so good. I'm so thankful to know Him and to have Him transform my perspective on everything."

Shelby: I feel like you just took me on a journey, Laura, from my early days of motherhood, to realizing how the gospel applies. Little do you know that all four of my kids have birthdays close together, and I just had the last one, and it was not fancy, and so there may have been some guilt. There may have been some guilt there.

[laughter]

Laura: Oh, funny.

Shelby: Don't feel it anymore. No, it's gone.

Laura: Gone. Gone.

[laughter]

Shelby: Thank you for that reminder and thank you for taking the time to be with us here today. This was a really helpful conversation for me, and I'm sure it will be for our listeners too. We just had a blast. Thanks for coming to chat with us.

Laura: Oh, thanks for having me. It was really fun.

Shelby: We'll be sure to link to your new book as well as all the ways to connect with you and with Risen Motherhood, with your podcast. We hope our listeners will go check out your podcast as well in the show notes. Any links you all are looking for, we'll have them for you there.

Krystal: Thank you to our listeners for joining us today on the *Daily Grace* podcast. Again, we're going to link all social media, the book, everything in the show notes. While you're there, don't forget to subscribe to our weekly newsletter to receive free

resources, related podcasts straight to your inbox. You can click on that link in the show notes to subscribe.

Shelby: Until next time, we hope you will come and join us over on Instagram @dailygracepodcast. We'll see you next week. Bye.

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