

# Final Edit

[00:00:00] **Krystal:** Hey everyone and welcome back to the Daily Grace Podcast. This is Crystal and today I'm joined by a special guest Katie Ferris Katie has written articles and vlogs for our friends over at Risen Motherhood and Gospel Coalition and she has written a couple of books one of them we're gonna be talking about today And so Katie thank you so much for joining us on the Daily Grace Podcast

[00:00:57] **Katie:** Oh thank you so much crystal I'm so excited to get to talk to you

[00:01:01] **Krystal:** Yes I'm excited too Okay so before we get into today's topic I want you to share one of your favorite things for this week So this could be something that you have been using and loving lately or it could be like I said earlier too before we start recording a pet or a person cuz that happens to be some people's favorite things which is totally great So Katie we would love to hear what your favorite thing is this week

[00:01:23] **Katie:** Oh I love this question so I have been listening to Ellie Holcomb's album red Sea Road on repeat this week

[00:01:33] **Krystal:** Yes so

[00:01:35] **Katie:** good And I don't know if this has ever happened to you before you know sometimes I'll hear a song and like the tunes in my head but I haven't really listened to Very closely and last week I was falling asleep and the tune to one of her songs kind of just was like floating through my mind as I was drifting up to sleep And I woke up and the same tune was there and it was just like okay Got my attention So I took some time later that day to like actually really listen and look at the lyrics and I just was so encouraged as I listened more closely because Ellie just voices so many of my own thoughts feelings fears Which she also lands where I want my heart to land Like she's landing on God's promises especially the promise of his presence and truths about his character And she even has a song um called Sighting Words which reminded me of the truth and light heart in my new book And this idea just speaking truth to the lies that were tempted to believe in our sorrows So I just felt like the Lord met me in a very personal way I was like here You need to listen to this more closely And so I mean have been I've just been listening to it a lot this week but I love it

[00:02:45] **Krystal:** Yeah that is a fantastic favorite thing That is something that has been my favorite thing in the past So we will link that in the show notes for anyone who is not familiar with that album or with Ellie's music in general cuz it is fantastic It was always the music I would listen to before I'd go into Bible study at our church So it just always kind of puts me in this mood of like meeting with the Lord being in his word It's just so good So we will link that for sure in the show notes okay So we invited you here to talk about your book that came out earlier this year it is called God Is Still Good Gospel hope and Comfort for the Unexpected Sorrows of Motherhood And something that I loved as I've been reading this book and I shared this with you a little bit earlier but as I was reading I just feel like the biblical encouragement that you Book transcends even the experience of motherhood and really is encouragement for the Christian life And just thinking about even situations that I am walking through currently like we are in the process of moving and things are a little chaotic Our boys had their last day at their school yesterday so that was a very emotional date for all of us But even as I was reading through your book I feel like you gave me permission to grieve things That we've lost here in Dallas and I don't think I would have identified it as a loss to be grieved It just feels like it's just one more thing that we need to do and you know we have this very long to-do list and so it's just one more thing But to be able to slow down and to process that with the Lord has been just really good for my heart And to walk through the process of lament in crying out to God honestly And so For anyone listening maybe you're not a mother yet maybe that's not the season of life that you're in I pray that you hang with us in this conversation Cause I do think the gospel hope that you provide again it's for the Christian life We all have things that we are grieving all things And you bring this out to in your book you know your pain might look different than my pain And so I just I appreciate the way that you framed this book to be able to Process things honestly with the Lord and to just have space really hold space for yourself to be able to do that And so I'm looking forward to hearing more from you about how the gospel provides both hope and comfort for when we need it the most Now this episode is releasing around Mother's Day And so maybe you have been grieving some loss in your life or maybe motherhood is not what you expected and it's not turned out the way that you had hoped And maybe your prayers have seemingly gone unanswered And so we wanna just encourage you In this conversation as we talk through how the gospel does provide hope cuz it really does we believe the gospel changes everything It provides hope and comfort And so we're gonna walk through just a couple aspects of what that looks like so Katie I would love for you to share a little bit about your own story and why you wrote this book just so we have a little bit of an understanding as we go into this conversation

[00:05:38] **Katie:** Yeah I'm happy to So as a girl I wanted to be three things When I grew up I wanted to be a mom I wanted to be a missionary and I wanted

to be a writer and four decades later I love seeing how God has really blessed those desires and how they actually intertwine with each other So today I'm a mom of five children they range in age from five My baby's in kindergarten this year all the way up to 16 My oldest is getting ready to get his driver's license so it's quite a span our family lives in New Jersey where my husband Scott is a pastor and we really just love the joy of getting to serve together in ministry and then as an author I write mostly mostly for other moms but pointing them to Jesus encouraging them with the gospel I try to write in a way that's hopefully accessible even to a mom who's newer to Christianity but even though in God's kindness I'm getting to do all these wonderful things that I dreamed of my life still hasn't played out exactly the way I expected that it would our kids have faced multiple serious health challenges Ministry roles have changed a lot there have been seasons to write but there have also been seasons not to and what has remained the same through all of this is God's character his faithfulness his care his promises and that's really at the heart of my new book that God is still good and in my book I really want to invite women to experience God's comfort and you know I'm not an expert but I really wanna be a companion with them Just trying to gently gently guide them to put their hope in Christ you know I think when we're in the middle of sorrow sometimes we're not sure how to do that Sometimes there are so many other voices so I'd love to be able to help some other women to do that I really think Finding hope in Christ is important all the time but it's especially true when women are walking through suffering And uh you know I think of suffering associated with motherhood I think of miscarriage I think of postpartum depression but even further than like those years or struggles relate to pregnancy I think when a child receives a medical diagnosis when there's bullying in school a daughter rebels a son walks away from the faith I really think that moms in all stages of parenting really all women need to know that God is still good even when life when their circumstances play out differently than they anticip so I'm really hoping that this book offers encouragement to women who are you know trying to find their bearings when they're walking through hard stuff

[00:08:23] **Krystal:** Yeah and I would say that that's what I felt as I was reading your book I think there's times where we're tempted to find books are gonna tell us what to do Like we want to hear the story but then we wanna hear okay but then here are the things to make that story better Or here are the things to do to you know make this suffering end quicker Cuz I think deep in my heart there's times where I I would rather just be on the other side of this rather than recognize God walking with me through it And so I wanna hear just a little bit more about this book So you title it God is still good And so I would love for you to share with us how you have seen God show his goodness to you even in your own motherhood sorrows

[00:09:04] **Katie:** You know from the beginning motherhood really has looked so different than I expected I expected a natural delivery with my first baby ended up with a C-section I thought I'd be able to breastfeed exclusively and I ended up having Bottles when my son struggled to regain his birth weight And then a little further into motherhood and I share some of this in my book We faced these serious medical diagnoses with our kids three of them have a genetic condition called alpha one antitrypsin deficiency which can impact the liver and or the lungs time Over time And two of my kids have celiac disease and and there have been other As well And then had a miscarriage where I not only lost the baby but my own life was at risk And I just never expected any of those things but I also didn't anticipate how God's goodness would meet me in my motherhood sorrows how I would learn what it means that we really don't live by bread But we live by every word that comes from the mouth of God and how his word is what feeds us comfort and hope When we feel the effects of sin of living in a broken world just squeezing us but God's goodness it shows up in the gospel and I really felt like I came to understand that in a new way to understand what it means that God gave his only son to suffer for us and make a way for us to know In our suffering Ah so God's been so merciful to our family There have been so many answer prayers He's provided for medical needs He's provided for finances at different times he's surrounded us with a support system through our family through our church So we really my husband his name is Scott Together we see God's grace and goodness in so many

[00:10:55] **Krystal:** I love those examples that you're giving too because it's not just and this might be some people's story but we often think of God's skin as being removing the pain or removing the suffering Like if God is good then I wouldn't be walking through this And yet you're able to see even as you are walking through it maybe a lot of your circumstances haven't changed You still see God's goodness and his character revealed even in some of those little things And so I think that's really encouraging for us to think about as we're walking through our own sorrows and our own suffering but specifically for mothers I think as we are walking through life we have a lot of responsibilities We have a lot of roles to play Those even change throughout life as kids get older as you add kids and I think we can often shove down feelings of pain and sorrow Cause we feel like we don't have time right Like we just gotta get to the next thing we gotta do You know we have to sign the permission slip we have to get kids where they need to be And so sometimes that suffering that pain we just kind of I'd sometimes say like we put it into a box but then eventually that box will will bust open Those things are gonna come out eventually right Like they're not gonna go away forever So why do you think it's common for moms to maybe ignore those feelings or dismiss feelings especially pain you know if they're walking through trials or heartache Why do you think we do that as moms

[00:12:20] **Katie:** Yeah I mean I think you already spoke to this a little bit and I can't speak for all moms but I really do think this is true for many of us that sometimes our instincts to nurture and serve others which are good and right they can just keep us so task oriented on what's right in front of us You know the immediate needs of the people in our home of family members of others around us We can be so oriented even especially if the suffering that we're working through is related to someone else And you know maybe the suffering we are feeling is more like a secondary suffering But I also think on the other side like learning to acknowledge suffering and it affects us personally it's often this important step towards experiencing God's comfort in these tender spaces of our hearts So when we do acknowledge our pain and then we cry out you know you talked about lament earlier When we cry out to God in it he is ready and willing and able to come in and then comfort us in those spaces So sometimes I think if we just keep plowing through maybe we miss the benefit and the blessing of how God wants to meet us in a very deep and meaningful way and I think when we do that we realize you know our afflictions are real but so is God's comfort And according to Romans 8 22 23 you know every kind of suffering that we experience related to motherhood or anything else you know it really it has its roots in the arrival and impact of sin in our fallen world So however good our intentions might be ignoring those trials denying the reality it really is a far cry from trusting God in them not only does ignoring or denying hinder the healing process But I also believe it can make us more prone to temptation and vulnerable even to believing Satan's lies the very least doing so promotes this like false sense of self-sufficiency and keeps us blind to our dependence on the Lord and other Christian brothers and sisters But yeah I really think that when we can acknowledge our suffering and pain coupled with calling out to God that it positions us to receive comfort that he wants to give us and is ready to give us

[00:14:39] **Krystal:** Yeah absolutely So what encouragement would you give to that How can we bring our hard questions to the Lord with honesty and with humility And I think the question there is if I bring something to the Lord I wanna package it So and say I've worked through all of this I know the holy way is to say God you know you're good you're sovereign your control so I've already worked it out and I'm gonna bring it to you Instead of saying God I'm struggling to see your goodness I struggle to see why this situation how it can be used for our So yeah help us to figure out like how can we bring those hard questions with honesty and with Humil

[00:15:20] **Katie:** I can definitely relate what you're sharing when my first child was born my head was so full of questions What do I do if what do I do when how do I parent my son So that you know I think as a mom from the very beginning full of questions and over the years with these medical diagnoses



those questions have only increased both in number and in their intensity You know I'm really encouraged when I read the Bible and I see that many biblical figures ask drop questions So to do so isn't necessarily sinful I think it's really a matter of the heart Do our questions arise from a rebellious heart or a submissive one have been already judged God do we now toss our scornful accusations at him in the form of questions or are are questions overflowing from you know as Describing like a broken contrite heart I think genuinely desiring wisdom from our heavenly Father We can go to him and we can seek his guidance help for our perplexities And you know you're talking about how do we come with honesty with humility I think like you said it's just bringing those questions it's bringing those feelings to the Lord Lament is just a crying out But when we're talking about Biblical lament we're just directing that crying out to the Lord And you know I think we can pour out our hearts to him like David talks about in the Psalms I love that idea that we just pour out our hearts before the Lord but I think when we do that are we doing it in faith that this is our Heavenly Father that he still cares about that he wants to hear us that he loves us in trust so yeah I can't navigate what's going on in the heart The Lord does that But I really do think that that's What's involved here you know our posture before the Lord But I think even just the fact that we're turning to the Lord with those things is a start You know we could go so many other directions seek comfort so many other places but I think that is a humble start of just I'm gonna take it to him and believe it even if I don't understand what's going on that he still hears me that he's for

[00:17:41] **Krystal:** Yeah so as we have maybe some women listening that are dealing with grief and suffering right now you know a lot of us that have walked through grief have heard Maybe some less than helpful responses You know maybe it is maybe you should pray more or maybe they'll be thrown a Bible verse where it's like well God will work it all out for good right So like just just don't worry about it And sometimes it's like well that makes me worry more that you're telling me not to worry about it And I think often what we want when we're grieving is just for somebody to acknowledge that it's real and that it hurts And to be able to say I'm sorry And I love that you connected it with how you know God views us and our suffering and Jesus weeping when his friend Lazarus die You know so that's a good reminder encouragement for all of us just to be that person that can sit in someone else's grief and sorrow Be that Ministry of Presence say like I'm sorry this has happened

[00:18:38] **Katie:** Yeah and I think something I've been thinking about too is you know as a mom then how do I handle my kids when they're going through something hard Like how do I walk through that with them And so you know even for my kids who have celiac disease they have to eat a strict gluten-free diet So it would be very easy to just say well look Look at how many more

foods wonderful foods are available to eat in a gluten-free section today than there were 20 years ago And it's true but that's not necessarily gonna be the comfort that they need when they're smelling freshly baked bread and they remember what it tastes like So you know even just being sensitive to my kids like that's been a practical example for me you know I just want to be able to slow down with my kids too before jumping too Like okay let me try to fix your heart and try to give you truths to like fight your temptations which I wanna do But at the same time for them even with them to slow down and say I'm sorry bud that's really hard And to acknowledge their grief and help them do that So I'm still learning but it just I'm seeing that even as I interact with

[00:19:48] **Krystal:** Yeah totally It is a good training opportunity for both their hearts and my own cause I'm often preaching the same truth to them that I need for my own heart to say yeah this is hard and we just slow down and recognize that and I need to recognize that when I'm telling them to recognize it So I think it's a good encouragement one thing you mentioned earlier kind of in passing was this chart that you have the back of your book and it is a lie in truth chart I did find a version of it on your website so I'm gonna link that in the show notes as well Cause it's beautiful and it's so helpful and this is something I thought in particular man no matter what season of motherhood or life you're in This is a helpful practical tool that I think we can use So tell us a little bit about the chart and how we can use it

[00:20:35] **Katie:** Sure yeah Sometimes our feelings they just scream so loud when we're in the middle of something that's hard you know it's all we can hear sometimes and we can be tempted to map our feelings Onto our circumstances or even onto scripture when what we actually need to do is the opposite We need to be able to map scripture onto our feelings and bring our feelings in line with God's word so my truth and lie chart is really an attempt to do that And you know I think lots of other people have this idea of lying truths charges It's nothing new to me but It was an idea that was presented to me when I was walking through something challenging in my early motherhood years And I just stepped aside for a little bit of time and tried to slow down here What are you know I say I trust God but some of my actions show that maybe I'm not functionally trusting God because I'm really worrying This thing And so that means that maybe in this area as much as I'd like to say I'm trusting God I'm probably not So slowing down taking time to acknowledge you know what I was actually thinking and then to be able to line that up with what scripture says about God's character about his promises and put truth next to each of the lies that I was believ And then support those truths You know those truths come from scripture so to write down some Scripture verses and those are scripture verses that I can hold onto when I'm tempted to believe the same lie again and so in my book I just present this as another tool that a woman can use especially

in seasons of suffering where I think temptations can really come at us from many different fronts I just offer 10 lies that I think someone and there's so many more but that I think a woman going through something hard might be tempted to think yeah An example might be to see even our circumstances as our enemy When the Bible says that Satan is the true enemy of our souls and that we're to be sober minded we watchful because our adversary of the devil pros around like a roaring lion seeking someone to devour so for that example we might have the lie You know our lie is that our circumstances our trial is the enemy but then the truth would be no Satans are real enemy And then we could line up that verse from one Peter five eight that reminds us of that truth so that when we're in our circumstances we're not seeing them as the greatest problem you know the greatest problem is this temptation to sin to turn away from the As that would come in different forms through our enemy I think another lie that we like so many women before us can be tempted to believe in our trials and suffering is that God doesn't really love us You know I think that's one that we can quickly go to Like if I'm going through this hard thing or God's not answering my prayer a certain way and a certain timeframe then maybe even if I Say or voice that he loves me Maybe I'm not really believing that he loves me or I'm not confident of that And I think we can fight that lie then by going to scripture And one that I like to go to is Romans eight And you know Romans eight is such a powerful chapter to scripture but I'm thinking especially towards the end where it just assures us that nothing can separate us Not a child's diagnosis not a child's rebellion not um a conflict with our husband uh not a situation at work Nothing can separate us from the love of God So yeah I'm so glad you found the chart on my website That's great It's in the book too

[00:24:23] **Krystal:** Yes there is one that I saw that I feel like is often the lie I believe which is my trial reflects my lack of faith And that often is what I will believe is like I'm going through this cause I must have done something wrong or I'm just not believing the right things or you know whatever it is But I love the truth is my trial can prove my faith And you go to one Peter one versus six and seven that say that you have been grieved by your various trials but that the tested genuineness of your faith more precious than gold though it is tested by fire may be found to result in praise and glory and honor at the revolution of Jesus Christ Like it actually will prove it is the testing of our faith And so again it's God with us in the trial not just us getting to the other side of the trial which is also a Temptation of mine is she's like I just wanna get to the other side I don't wanna learn anything through this There's nothing of value I just need to get to their side so I can feel better and be comfortable I don't recommend that perspective cuz man you miss out on so much of what God is going to teach you and show you about himself as you walk through that trial So There's a passage that you included in your book Isaiah 40 that I loved and I just wanna read that and then I'm gonna read your own words back to you So I apologize



but I just think what you say about it is so good I just think it might be a good way as we're wrapping this up So Isaiah 40 verse 26 lift up your eyes on high and see who created these He who brings out their host by number calling them all by name By the greatness of his might And because he is strong in power not one is missing And you say in other words look up at the great God who calls the stars by name and make sure not one of them falls out of the sky This is the same God who sees your tears and hears your cries And guess what He does not grow faint or weary And what's more he gives power to the faint and to him who has no might He gives That's the kind of comfort that our everlasting God the creator of the ends of the earth offers to his beloved children God's comfort strengthens and helps us stand firm in our faith through our affliction and this was what was good for me not just on the other side of it I just thought man one that verse is amazing and that's something that I'll read often But to really stop and look at what does it say about God's character in this and what does that mean for me when I feel faint when I feel weary That I worship at God who doesn't grow faint He doesn't grow weary And he actually gives me his strength to be able to walk through trials because he is with me Not because I am strong in my own might and power but because I serve at God who is strong and mighty and powerful and so I actually copy and pasted that into a doc Cause I was like if I have an opportunity to read these words back to you and just to encourage our listeners I just I found a lot of comfort In reminding myself of who God is even in trials and suffering And so we're gonna link your book in the show notes If anyone is a mom and wants to really grow in maybe how how do I lament and how do I do that out of a heart of faith in not a rebellious heart maybe you're walking through suffering and you just wanna find biblical truth and encouragement to clinging to or maybe you have a mom in your life that really could benefit from this book and maybe you're not a mom We encourage you to pick this up But I do have one last question for you and it is a question we ask every guest on the podcast at the daily grease coat we say the gospel changes everything So Katie what has the gospel changed specifically for you

[00:28:00] **Katie:** Another great question you know over the of just a couple months when my kids were diagnosed with the same serious genetic condition it was devastating and leaves of grief just spilled into our home without the gospel telling me that this wasn't the end of our story That's all that it would've been it would've just felt devastating Despair confusion sadness and really all of it like mentally just leading in my mind to death But the gospel puts my story in the context of another story and it's one that tells me that even sickness and disease are only symptoms of a greater problem the problem of sin And because Jesus dealt with my sin once and for all the cross I have a reason for joy even when life is really And what's more as we've already talked about in Christ we have a companion I have a companion someone who's familiar with sorrow and acquainted with grief Someone who suffered just like me but didn't sin and who

invites me to come to him in my time of need not just on the other side of it And I can come I can pour out my heart I can experience his sufficient grace sustaining and carrying

[00:29:17] **Krystal:** Hmm

[00:29:17] **Katie:** So the gospel really has changed everything and I just love how it flips our stories So instead of despair there's hope instead of pointless Our trials have purpose instead of being alone we have a savior who never leaves us Instead of drowning in a grief and sorrow there's rescue and I'm gonna squeeze in one more scripture that I love second Corinthians four 16 through 18 So we do not lose heart though our outer self is wasting away Our inner self is being renewed day by day for this light It doesn't feel light at the time and momentary and it doesn't feel momentary at the time affliction is preparing for us in eternal weight of glory beyond all comparison as we look not to the things that are seen but to the things that are unseen But things that are seen are transient but the things that are unseen are eternal And I love that I love the hope of it the promise

[00:30:21] **Krystal:** Hmm Yeah And what a great way to just wrap up this conversation which Katie thank you so much for sharing your story for being vulnerable and for just sharing your wisdom with us And we're just so thankful that you got to join us on the Daily Grace podcast today

[00:30:38] **Katie:** Oh it's been a pleasure Thank you so much crystal

[00:30:40] **Krystal:** And thank you to our listeners for joining us today on the podcast We will link social media the book the chart all the things that we talked about today in the show notes And while you're there don't forget to subscribe to our weekly newsletter to receive free resources related to the podcast straight to your inbox You can click on the link in the show notes to subscribe And until next time can join us as we continue this conversation over on Instagram at Daily Grace Podcast We'll see you next time