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**Shelby Turner:** Welcome to *Daily Grace*. We believe the Bible is true, trustworthy, and timeless. 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 Dickson:** 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.

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**Krystal:** Hey, everybody, and welcome back to *The Daily Grace Podcast*. This is Krystal and I'm joined by my lovely co-host, Shelby. Hey, Shelby.

**Shelby:** Hi, everybody. Super glad to be back with you for another episode today.

**Krystal:** Today, we have a special guest with us, Caroline Saunders. Thanks for joining us, Caroline.

**Caroline Saunders:** Hey, Krystal and Shelby, thank you for having me. So excited to be here.

**Krystal:** We're excited that you're here. Will you just share a little bit about yourself with our listeners?

**Caroline:** Sure. Well, I'm a mom of three kids, a newly-turned nine-year-old, seven-year-old, and a three-year-old, and married to my husband Luke, who's a pastor. We live in North Mississippi. I always say that whenever my people will leave me alone, which does honestly feel a little rare sometimes, but when they leave me alone, I am writing. It's my favorite thing to do. I feel like I have to write to process life and I also serve in that way. That's pretty much us doing the mom thing, doing the wife thing, the church thing, the writing thing. It's all pretty fun.

**Shelby:** I love that. Man, I feel the same way about writing. It's so funny because I'll talk to other people who just-- writing is so difficult for them. It's not something they enjoy at all. Much like you, it's just a way of processing life. It really is a joy to be able to write, especially about God's Word. I know we're going to start talking about some things that you've written in a minute, Caroline. Before we get to that, we just want to know. Other than writing, do you have a favorite thing for this week? This is something we share at the beginning of every podcast episode. It can be anything that you are using and loving lately.

**Caroline:** Yes. Okay, so I always have to use free and clear detergent. I'm like a sensitive gal. I break out with everything, blah, blah, blah. I never get laundry that smells good. It just smells like nothing, which I guess is fine. Recently, somebody gifted me. It's called Scent Booster from this local soap shop. It is the most delicious smell. I put it in the laundry with our bedding or I've done it when I wash our couch cushions and blankets. It is the yummiest smell. When I sit on the couch and the cushions have been washed and the blanket smells like that, I'm like, "This is living." So wonderful and delicious. That has been so fun for me. I've been smell-deprived for too long.

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**Shelby:** Okay, I'm the same way. It's not me who breaks out. It's one of my kiddos. Every once in a while, I'll think, "I'm going to try something scented." Surely, they're old enough now that they're not going to break out, and then they do. Then I have to wash their entire closet to get them to stop breaking out. That's amazing. This is a thing in Mississippi, right, or is it available everywhere?

**Caroline:** We're on the very north part of Mississippi, so it's right next to Memphis, Tennessee. I'm pretty sure this is a Memphis area thing because it's called Buff City Soap. It's a play-off of Bluff City. Memphis is the Bluff City. I don't know. I should've looked to see if you can buy it online. The smell I use is called Narcissist, which I was a little offended when someone gave me something called "Narcissist," but it smells delicious and I'm all in now.

[laughter]

**Shelby:** We have a Buff City Soap here. Do we have one, Krystal?

**Krystal:** Yes, I was going to say. Yes, we have them. Yes. This is a perfect favorite thing. Maybe it started local, but we now have access to it.

**Caroline:** Okay, good. I could make up their whole backstory. I thought it was all because Memphis is the Bluff City, but maybe it's just everywhere. I don't know what I'm talking about.

**Shelby:** We'll run with it.

**Krystal:** Anyway, I'll highly recommend.

[laughter]

**Shelby:** Okay, I'm definitely going to go check that out for sure. We'll link that in the show notes for anybody else who wants to check it out. Caroline, we often have authors on here, but something that's really unique about you is you have written two children's books, *The Story of Home* and *The Story of Water*. First of all, congratulations. Writing for children is no small feat. I know how much work and thought and prayer goes into that, but I'm wondering what inspired you to write these books.

**Caroline:** Thank you. Well, first of all, you're right. Writing for kids, I thought it would be easy. It's absolutely not easy at all. You have to have all the best words, the most theologically accurate, yet entertaining words. That feels like an impossible needle and a thread sometimes. The origin of all this is that, every year, two friends and I have led a women's retreat. We've done it for the past seven years.

At this women's retreat, the way we present the content is I'll teach the big story of the Bible through a certain theme every year. I've taught seven different themes. One, I did water. One, I did home. It's normally a 40-to-50-minute presentation. The first night, everybody gets there. I retell the whole story of the Bible. Then we have another speaker come in and they'll zoom in on stories about that theme, so a story about home or a story about water specifically in the Bible.

That has become a rhythm of my year. I'm sure you all are the same way when you do something for grownups. Especially if you see it resonate, there's something in us where we're like, "I want to know how to entrust this to my kids," because I was noticing that those themes really mattered. They didn't just matter to grownups. They mattered to kids. In fact, one time, I'm on a boat. I only had two children at the time and they were young.

I was terrified because it felt like we were in the middle of nowhere, but I was in the middle of writing the story of water for grownups. One of the principles that I had learned is that water is a picture of God's sovereignty, that He's in charge, that the water goes where He tells it to go. That was such a comfort to me in that scary moment on the boat. It has since been something that I have used to comfort my children around water or even when it's storming.

We don't necessarily know what God's going to tell the water to do, but we know He's in charge of it. He tells every drop where to go. A similar thing with home. Those themes were just popping up. I was noticing they were useful in our everyday conversations. If somebody was feeling homesick, I had some information from the Bible that I really wanted to share with them.

I wanted to do it in a way that honored their brains as they are, their little kid brains that was interesting to them and inviting to them. When I was approached about the idea of writing a children's book, those were the kinds of ideas that came to mind because I was already wanting to figure out how to do that. That has been really fun to be able to take the time to put it into words to serve kids.

**Krystal:** I love that. I was looking on your website because I've followed your retreats actually for a while and I'm like, "One year, I will make it."

**Caroline:** Oh, we would love that.

**Krystal:** Oh, my gosh. If you have ones coming up, I'm going to check them out. You had one for 2020 and that's when you did *The Story of Home*, right?

**Caroline:** Yes, ma'am, what about that?

**Krystal:** That is very interesting because I'm sure you planned that in advance and so knowing that maybe 2019, you're planning to do home. Then 2020 hit and it's like, "Oh, that's actually a very important theme that's very timely impractical for everyone that has been in their homes for a very long time." [laughs]

**Caroline:** Yes, it felt like a weird trick that God played on me because we had decided to do that in September of 2019, and then he had been working on it. Then March 2020 hits and I'm like, "What is happening?" It was so challenging to really press into that theme because, at first, I was going into it like, "Oh, we love our homes and we feel homesick."

Then I was tangled up with, "Wait, we're trapped in our homes, but we're also not able to be with people who feel like home to us." It was just very, very challenging, but God's Word has good news for all of those different pain points. I'm so grateful. I

do think, out of all the stories I've done, that was the one that was the most emotional and the most challenging.

**Krystal:** Why don't you help walk us through the storyline of home in scripture? What do the stories that you see in scripture that relate to home? What do they have in common?

**Caroline:** Well, we see so many stories of home throughout the whole Bible. I think that people will initially be able to see that the Bible starts with a home, a perfect home in Eden. A lot of times, we can skip past that because we're getting to Genesis 3, where sin enters the picture. Before that, Adam and Eve are in this place with one another, with God, where there is such abundance and such beauty and such delight.

It's really wonderful and it shows us that no one makes a home like God. Then, of course, sin enters the picture. You can see throughout the Bible that sin is like an intruding force and sin is the ultimate enemy of home. Anyone listening will relate to that because we all have brokenness in our homes to varying degrees. At the core of all of it is sin. It may not be our sin. It might be the sin of somebody else. It might just be because we live in a sinful world that's broken, but sin is the enemy of home.

We see the pain enter and homesickness enter right away. Then it feels like in the Old Testament, it's people searching for their way back. They're searching for their way home. At the same time, God is looking to make His home with people. There's all these glimmers. We see glimmers in the tabernacle, in the temple, or even before that with the Promised Land, or even the way that God delivered His people from an unsafe home in Egypt in an unexpected way by parting the Red Sea and things like that.

There's lots of different stories that relate to home. When we pay attention to them, we notice that all of it points to Jesus. In the book, *The Story of Home*, I say that God is building a way home through Jesus. Part of the way He's building the way home is because there's an enemy of home that must be conquered. This intruder has to be dealt with. Jesus dealt with our sin on the cross and sent the Holy Spirit.

After He ascended to heaven, He sent the Holy Spirit to make His home in us, which is unbelievable to think about as a deposit of what is coming when Jesus will return and make all things new. A new heaven and a new earth. Finally, it is a perfect home that is permanent where no intruder can enter, where there will be no grief, no tears, no pain. No one can break this family. No one can damage this home. No one can disrupt this home.

I think that there's a lot that the Bible says about home. I would encourage anyone who's maybe reading through the Bible or just even wherever you're reading in the Bible, you'll probably be able to notice something. What I like to do in the margin of my Bible is draw a little house. I can track it that way. It's really cool to see all the different ways that God is pointing us home.

**Shelby:** Yes, okay. I'm thinking a couple of things as I'm hearing you talk. One, I'm thinking about the, maybe, Western-American view of home, which is it needs to be picture-perfect. I want it to be a place that people are impressed when they walk in. I

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want to have the nicest-looking house on the block. It's almost like accumulating things to project this image. It's funny because I'm thinking of like that.

If I scroll social media, it's like the view of home that I see. Then as I'm hearing you talk, it's something totally different. Home in scripture is totally different. I love how tracing this theme almost confronts these ideas that we might not even realize that we've built in our minds that are so contrary to scripture. Then the other thing I'm thinking is just real practically-- Krystal and I are both in a season. Krystal just moved to a new location.

We're moving in a few months. You said one phrase. You said, "No one builds a home like God." I thought, "Isn't that so true?" Like here, I'm so worried about the location of my home, but home is so much more than location. This has already been very encouraging to me. I want to dive just a little bit deeper into this theme. As you've traced this theme of home throughout scripture, what have you learned about God and His character?

**Caroline:** Well, one, a word that pops into my mind that we often use to describe maybe a gender role would be the word "homemaker." Probably in our society now, we have lots of varying thoughts on that, depending on people's backgrounds and experiences. What I noticed in scripture is God is making a home. He does it very, very thoughtfully. I actually had a woman approach me at church a couple of weeks ago and she said, "Why are there so many chapters of God trying to tell people how to build a tabernacle?" I'm like, "Yes, there are a lot. It's a lot of details."

[laughter]

**Caroline:** What's beautiful about it-- I told her, I was like, "I'm sure the details matter, but the general thing, I would say, we can take from this is that God is good at making a home. He is thoughtful. He is thinking of all kinds of different angles to reveal things about Himself to people, and He is wanting to partner with man to build this home because it's not just giving a home for man. It's a place for God and man to interact together. It's like this togetherness.

God is a really, really incredible homemaker, which I think offers some dignity to those of us who find ourselves in that role that we have a unique opportunity to bear His image in that way, and so I think that's one thing. I think another thing about God's character, it goes back to the idea of sin, is sin really is the ultimate home destroyer. This is the enemy of home. What I can appreciate so much about God is that He takes it very seriously.

We would take it seriously if somebody intruded into our homes. We would do whatever needed to be done to right that wrong. What we see in God is that He is willing to do anything. Himself came and dwelt among us, tabernacled among us, took on flesh, and was willing to go even to the cross to beat this enemy of sin that has intruded upon our hearts. I think that shows something about God. He's a home defender, and then also He just loves togetherness.

Togetherness is such a huge theme in this and it's a huge theme in our home. In fact, I noticed recently, there's not really a great synonym for home. Home is this special word. You can't really exchange it with something else because it implies so

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much. It's so rich. It's not just about a location. It's about a people. It's about a peace. It's about all these different things, and God is so that. All those things we love about home, God loves those.

He desires not just for people to be at home. He wants to be with people. It's why it's so powerful that Jesus is called "Emmanuel God with us" because He's making His home with us. One day, God will be with us. There's a passage that says, "And the city will be called 'The Lord dwells there.'" With His people, it's so powerful. I think that's another thing is that togetherness is a very high value of the Lord and I'm so thankful for that.

**Krystal:** One of the things I love in your book is you talk about this idea of homesickness. I think everyone really relates to that. That's something we've experienced as we've moved. It's just grieving the loss of things that we had before, but then also replacing the things that we're experiencing now like the gifts that God has given us now in a new home. How does *The Story of Home* provide hope for those of us who are experiencing that homesickness in whatever it looks like, but then also as we live in a broken, fallen world?

**Caroline:** I think one helpful bit of hope is the reality of the Holy Spirit is that before Jesus is sent to heaven, He said, "I will not leave you alone, but I will send a helper." He sent the Holy Spirit and the Holy Spirit comes to live in people to make His home in people, which is so crazy to me. It's so crazy. The more I think about it, the more I feel like I don't get it.

What is so powerful about that, we don't feel at home yet. We don't feel fully at home yet. I think we all know that. Even if we're Christians and we know that God is with us, we still have these longings. There's future hope. For now, we get to enjoy the fact that we have this double experience of home, that Christ is in us, and we are in Christ. There's this double home situation. We are covered because we're in Christ. He's in us, He is with us.

I find that to be very reassuring, especially when we have seasons that feel a lot like exile, or I think a lot about when we are experiencing such deep tragedy in the world where there's a news story or something that happened to someone that we know that just violates what we know is right and good. We just want to be done with all of this. We're like, "Jesus, you need to come back. This is too much."

I think that it helps us walk through the world, knowing that we are in Christ and Christ is in us. There's a measure of eternal safety and eternal at-homeness that we get to carry with us. Also, we get to look ahead because we believe God's promises. We believe that Jesus will come back and that when He does, He will bring full justice that will absolutely answer these things that have broken and destroyed our homes, and also that He will make things new. We'll finally be fully at home.

We catch a glimmer of it here and there. I always tell my daughter. She loves our home so much. She actually is terrified that we'll move. It's something that randomly will give her anxiety even if it hasn't come up. I've even seen her scribble on different things, including a piece of furniture like, "I love home." It really bothers her to think

about leaving this physical space. What I'm always telling her is, "I love that you love our home." I'm so thankful. What a gift.

You have to note, this is just a glimmer. This is a glimmer. When you are loving it here, it's just a glimmer of what God is doing. I can't promise you that this is permanent. We don't know that, but God is building something that is permanent. This is just a hint of that. We can really look forward. I think that the reality of the Holy Spirit and the promise that we have that Jesus will return, I think, can give us courage to walk through life and to navigate those pains, that pinch of homesickness with a biblical worldview.

**Shelby:** Yes, man, this is incredibly encouraging to me, so timely. I'm always amazed. We schedule these interviews out way far in advance, but it seems like the Lord just uses them so often to encourage me. I can only hope and pray that they encourage everyone listening as much as I'm encouraged. Just a practical question. Most of the people who listen to this podcast are women. I think most women have a desire to make their home comfortable and to make it an enjoyable place and maybe even to show hospitality to others. As we think about this theme of home, how does that play out in the way we practically just keep home as women?

**Caroline:** Well, one, I think, that we can feel that that is a position of honor, to be a homemaker, to be someone who has a home to invite someone into. That really is a position of honor and it's an opportunity to point them to the true home. What we would not want to do is feel that we have to present, feel that we have to prove something about ourselves, because our homes don't really need to be an arrow to ourselves or a way to exalt ourselves but a way to exalt the Lord.

Now, in my mind, what I would do as something like that was I would be like, "Great, that means I don't ever need to clean and I can just have people over here. You know what I mean? I do think that God also really cares for people practically. One verse that's so sweet is when Jesus says, "I go to prepare a place for you." That popped into my mind in a big way when I was pregnant with my first. I had that nesting urge that I thought everybody was exaggerating about. It turns out not an exaggeration.

I was like, "I must prepare a place for this child." I was compelled. In part, I was shaming myself because it felt a little indulgent or a little silly or superficial. The more I thought about it, the more I'm like, "No, it's not," because it was a way for me to honor her. Just say like, "I want you here. I'm going to make a place for you here. I'm anticipating you. I'm thinking about you. I want you here."

We know the difference when you're in somebody's house and you feel like you can't touch anything. Maybe they want you to leave and that kind of feeling versus when you go somewhere and you're like, "Oh, they really want me. They want me to stay. They like that I'm here. They've thought about me." It makes such a difference. That can look all kinds of different ways. Sometimes it looks like cleaning. Sometimes it looks like not cleaning.

I think it's a matter of walking with the Holy Spirit and just saying, "This home is a tool to point to your home. Show me how to do that and help me to enjoy the people

here." Anticipate the people that are coming and to not get in the way of the truest story of home because I feel like telling some other story about how I'm awesome and my home is really put together. I think that it can be very challenging but very exciting and, I don't know, just a way to love the Lord and to love others.

**Shelby:** Yes, absolutely. I think that's such good encouragement and personally challenging as well. I'm just going to ask another practical question. You might not have an answer for this, Caroline, but that's okay. I'm just thinking of women listening and what their pain points with home might be and just the things that they're trying to wrestle through. We've talked about how we keep home.

We've talked about maybe our home feels broken and just the hope of having this eternal home that will be perfect and a good place for us to rest. I think another just really practical thing women struggle with is home doesn't feel relaxing like they feel when I'm here unless all the dishes are done and all the laundry is done. They view home as this task list rather than as this place to abide. I'm just wondering if everything you've studied about home could speak into that kind of mentality at all.

**Caroline:** Shelby, you're really coming for me honestly. You're coming for me because I totally feel that. I totally feel that. It reminds me of some advice I got when I had young children who were not sleeping yet is, what do you look to for rest? Do you look to sleep to give you rest? Do you need a certain number of hours to give you rest or is there a way that you can depend on God to offer you rest?

I think that there's probably a practical way that we can say that when we feel that compulsion of like, "I can't chill out because there are dishes in the sink. I can't chill out because there's laundry that's not folded," this is going to come back to me literally later today and haunt me, so thanks a lot. I'm just kidding. No, but I think that that would be an opportunity to investigate our hearts and say, "What do I think home actually is?" Do I think that I am like God and never needing rest? Am I living outside my means? Am I asking productivity to be the thing that makes me like being here at home, or can I just find a way to rest in who He is and stop striving?

Anytime we're striving, that is going to be a little alarm clock that we need to reinvestigate things. I'm going to process that some for myself because I think that's a really important thing. It can feel really incessant and also hard to identify because it's difficult because we do need to do those things. We don't want to never do the dishes, never do laundry. There probably is a time where the holiest thing you can do is to not do the dishes and not do the laundry, but only the Holy Spirit can help you interpret those moments.

**Shelby:** Yes, absolutely. I remember several years back, I was a stay-at-home mom to three young kids. I'm pretty sure one of them was a newborn. I kept thinking, "I just don't have time to be in scripture. I just don't have time." I was real frustrated by that and I was "blaming" my stage of life and all the tasks that I had to do and saying, "It's just impossible for me. I just give up in this season."

I remember I sat down one day to really think through my day and think, "Okay, if I could find time, when would it be?" I realized I was doing the dishes after every single meal because I hated having dishes in the sink. I was like, "You know what?



When my kids the most happy and most satisfied is right after a meal. Nobody's hungry. Nobody's thirsty. Everybody's good," and yet I was using that time to get those dishes in the dishwasher because, to me, I thought that is the thing that most helps me in this moment.

I remember the day when I was like, "No more. I'm going to do the dishes one time after dinner. After breakfast and lunch, I'm going to try to use either one of those times. I'm going to have to be flexible. I still have young kids, but I'm going to use one of those times to be in scripture." I remember walking away from the sink being like, "This is so stressful. I don't want to leave these dishes on this sink.

I'm telling you, that was life-changing for me as a mom who was just trying to figure out all those things. I really resonate and I still struggle with this today. I really do. I don't know. I feel like that could be helpful, the advice you gave to many women, because home's a complicated thing for us. As we begin to wrap up this interview, I'm going to pivot just a little bit.

You've done such a wonderful job of explaining the theme of home and just how this story unfolds in scripture and what it means for us today. I'm wondering like, do you have advice for maybe someone who's studying scripture and they're wanting to explain the stories of the Bible and of God's love to others? What advice would you give to them as they attempt to share these stories with people around them?

**Caroline:** Well, I think that the main advice I always had is you have to love it yourself. Sometimes we can read the Bible and be almost preoccupied about how we can entrust it to somebody else, but I think it has to do, it's working us first and we have to love it. What I've noticed is when I love it, when I'm meditating on it, it'll just overflow. I'm sure there are principles of how you can communicate more clearly.

You can watch the words that you choose. If a kid gets a blank expression on their face, reword, try again. I think the main thing is to love it and to let that bubble over and then you can always just practice. You can just say, "Hey, can I tell you all some of what I've been learning?" Say it and resay it and tell it to people and just have people in your life that you can talk about it with.

I think the more you talk about it, the more it'll crystallize in your own mind, and the more you'll love it and the more you'll be able to communicate it in a way that is clear and engaging. If you're meditating on God's Word, which I feel like that word can be a stumbling block for people, but I just think meditating means thinking about a thing and keeping on thinking about a thing.

If you're thinking about a thing, when your mind goes blank, send it to the text that you're studying. Send it to the theme that you're studying and think about that. When you have a moment, you could stroll your phone or you could just put your mind on something that you've been learning in scripture. If you're meditating on it, you will notice ways it will just come up.

Because as I meditated on the idea of home or even the idea of water, it was just obvious to me all these moments with my kids and with other people where I would mention it to the point that I was like, "I hope I'm not getting on their nerves." It feels like everything is relating back to this thing I'm studying. I think that meditation is

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really, really-- it's personal at first, but it becomes so communal because we just can't help but share what we've been thinking about.

**Krystal:** I think it's so helpful. I think for a lot of us, Shelby and I have both served on church staff in women's ministry, and a lot of our listeners serve in the local church context and Bible studies, things like that. We believe this lie, "I have to know everything before I communicate it to others." That will literally never happen. We will never feel like we know enough to be able to teach God's Word to others.

I love even just being able to meditate on something, even as simple as one theme that we see all throughout scripture, one verse, whatever it is, to meditate on it and then give it to someone else even if it's as simple as over breakfast with your child, and then when you see your friend going to work, whatever it is, to be able to start getting in those habits of giving God's Word to others.

As you do that, I think that does grow your confidence to be able to say like, "Hey, God has shown me something about His character, about His Word. Now, I can, by the spirit, share that with others." Then you're equipping other people to get to share God's Word with others. That's something we're really passionate about it. Daily Grace is equipping disciples in the Word and to do that through loving the Word yourself and being able to, like you said, meditate on it and give it to others in normal rhythms of our lives. As we wrap up, we have one last question for you. It's a question we ask every guest that comes in the podcast. The Daily Grace Co., we say the gospel changes everything. Caroline, what has the gospel changed for you?

**Caroline:** Well, I was thinking about this question. Really, my answer is like my entire inner world. There's nothing it can't extend to. I was thinking in terms of this idea of home. There's one particular spot in my home that I believe the gospel has transformed and it's my closet. It's like my bathroom mirror, my closet, that little area that those can be places of shame or pain or overwhelm or apathy or whatever.

The gospel has rescued me from totally negative talk and from the world's anecdote to that, which is like, "You're handsome. You're beautiful." It's like, "That doesn't work and we have to stop pretending that that works." I have just noticed it's become such a transformational place and a place where I experience a lot of intimacy with the Lord because I can try on three outfits and be fine. When the first three don't work and you have to get to the fourth outfit, I am in danger.

I am really spiraling. That's when I've had some of my most tender moments with the Lord where He will say, "You are asking these clothes to protect you. You are asking these clothes to earn people's approval. Clothes cannot handle that job and so you need to remember where your approval is. You need to know that you are clothed in Christ. You are covered by me. You can wear the dumbest outfit today and it's still all going to be fine."

That has been such a helpful place. Even in terms of how I get ready in the morning, I have this day where, Sunday morning, I'm getting ready frantically. I get nervous sometimes about church. My husband's a pastor and sometimes that's a very loaded thing. I'll feel like I have to present a certain way or I don't feel safe. I had a day

getting ready where I was being like that. Of course, I'm yelling at everybody and I'm yelling at my kid.

We get in the car and I had been studying 1 Peter 3, "Don't let your beauty come from outward adornment," blah, blah, blah. God was like, "Caroline, you tried to ask outward adornment to make you beautiful and you know that is not what it is." Also, my daughter, who I think was seven at the time, also, you don't want that to be her inheritance. You don't want that to be her inheritance of beauty that she thinks that she has to wear the right thing and have the hair fixed in order to be beautiful. She can cultivate a gentle and quiet spirit.

She can be wearing the dumbest outfit and still be beautiful because that's not where beauty actually comes from. I was so convicted. Of course, I got to church. That was the passage my husband was preaching on. I was like, "Grrr," but I'm just like the gospel saves me in my closet and in my mirror and the way that I am discipling my daughter and how she dresses and all these things. I feel so rescued by that because it's such an area of torment for so many of us. There's lots of places the gospel has impacted, but that is something that I encounter on a daily basis, and I'm really thankful.

**Shelby:** I love how you just said that like the gospel rescues you from that mindset and from just feeling shackled to that idea that what I appear to be on the outside is who I am on the inside. Man, I love that. Thank you so much, Caroline, for being here. This has been a tremendously helpful conversation for me. I know when I saw that you were talking about home, I was like, "Yes, why aren't we talking about home more? We all live in our homes. We have all of these feelings and tensions around our homes, and so why not dig into scripture and see what it says about home?" This has been wonderful. Thank you so much for joining us.

**Caroline:** Y'all, thanks for having me. It's been so, so fun to talk to y'all.

**Shelby:** Don't forget to subscribe to our weekly newsletter to receive resources related to the podcast straight to your inbox. You can click on the link in the show notes to subscribe. While you're there, we will give you all the ways to connect with Caroline to her books and to her website in Instagram and the show notes as well. Until next week, we hope that you will come join us over on Instagram where we will continue this conversation at *Daily Grace Podcast*. We'll see you next time.

**Krystal:** Bye.

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