

Week 47
11/15/12

James: Thank you all so much. You're kind. I'm James Robison and I'm welcoming you to the program.

I'm sitting here with a very beautiful woman. Betty is not here and she understands that I'm sitting here with a beautiful woman and a guest. I've told you through the week that Betty is helping one of our family members who has physical challenges right now in the home with the health issues and is helping with the family and everything will be fine. Betty actually had some real challenges with her own immediate family. Her brother had a heart attack. She has a brother-in-law who is having some heart issues and some challenges there. We just had some challenges that she was able to help with and nobody can help like mom, and grandmother, and that's what she's been doing.

Lysa TerKeurst is here. She's been here with us many times. She is always a blessing. She is traveling with the Women of Faith and teaching but she does her own seminars. I'm let her give you her web site. But she's got a book called, *Unglued*. This is very interesting: Making wise choices in the midst of raw emotions. Would you understand anything about that? I think you would.

Well, let's let Lysa tell us about it. Would you welcome Lysa TerKeurst to *LIFE Today*?

Lysa, glad to see you again.

Lysa: Thank you! It's an honor.

James: I want you... by the way, what is this picture... somebody has got their head stuck in a bag here.

[Laughter]

What is that implying?

Lysa: Well, first of all, that's not me because I've been getting a lot of e-mails of people asking if that's me. It's not me but it could be me.

[Laughter]

James: What's it implying here? Is it an escape or something or what?

Lysa: Yeah, it could be an escape but just sticking your head in your purse and either screaming or sticking your head in the purse and hoping the world just goes away because the stress of inevitable conflicts that we are all facing on a day in and day out basis can really make us feel unglued; that chaotic feeling of we've got this rush of emotion and it's either going to -- feelings never sit still so they're either going to rush out of our mouth and maybe we're going to say things that we wish we didn't say or they're going to be stuffed down and we're going to feel things that we wish we didn't feel. And we feel them and we don't know how to communicate them. It is just this chaotic feeling of everything is falling apart in this relationship or in this circumstance.

A lot of times what triggers these unglued feelings is conflict and conflict occurs when one of two things happens, either we feel exposed or we feel opposed. So if we feel exposed, someone is threatening to expose like our vulnerabilities, our inadequacies, our insecurities. And when we feel threatened in that way, conflict will bubble to the surface.

Or not only will we feel exposed but also when we feel opposed because we want what we want when we want it how we want it and if we don't get it, we can feel that conflict coming. So it's in that moment of conflict. So someone has done something to make us feel exposed or opposed and we have these feelings that happen, this conflict is there, how do we react? How do we react in that split second where something is going to happen, we're going to say something or we're going to feel something but how do we address that moment of reaction and that's what *Unglued* is all about.

James: Is it best to bury it? I really do know a lot of people -- as a matter of fact, I counsel some people that... some were highly visible people. You'd know them if I just alluded to kind of what they do who really withdraw. That seems to be their way of -- I don't know, trying to find protection? What is it? I don't think that's a good response is what I'm saying.

Lysa: That's right! And sometimes we feel like it is the more Christian response to sort of stuff our feelings down and pretend like everything is okay when everything is not okay. So that's why in the book I talk about the two kinds of stuffers, and then there are two kinds of exploders.

But since you brought the stuffers up, let's address that first because I can be a stuffer when I'm dealing with a friend because maybe I don't know how to bring this up or I don't want to seem needy or I don't want to be confrontational. I don't want to hurt anybody's feelings and so I'd rather pull back and pretend everything is okay. But when I say I'm fine and I'm really not fine.

Fine is a four letter word to a stuffer because that's not true. That's not being honest.

Let's address the stuffer that builds barriers. The stuffer that builds barriers is the kind of person that will pretend like everything is okay and you know if you're interacting with me you know I'm not okay. But what's happening is I'm shutting down the communication in our relationship and if I shut down the communication, I shut down the intimacy in our relationship. If I shut down the intimacy then I shut down the relationship altogether eventually.

So instead of building a barrier, what do we do? We have to erect a boundary. We have to establish some healthy boundaries. So let's say in our relationship you're always running late and it completely panics me if we're riding together and you're going to make me late. Now if I'm late on my own I'm okay with that but if you make me late, I'm not okay with that. It just completely makes me panic. So if I build a barrier, I start making excuses of why we can never ride together.

Now you know something is wrong but I'm not telling you what's really wrong because I'm refusing to address the issue. But if I'm building a boundary I will say, "I really enjoy our friendship. I really do. I think you're amazing. But I have this little issue in my life where it completely panics me if I'm running late. So if you're going to be more creative with your time --"

[Laughter]

-- "Yes, if you're going to do that, then we need to meet there. But if you can be on time, we can ride together." Do you see how just addressing that issue helps so that I'm not just carrying all these negative feelings inside my heart?

James: I think it's critical.

Lysa: It is!

James: How do you encourage people to start that kind of interaction because I feel

like you touch on it in *Unglued*. How do you encourage or let's say inspire people to begin to open, to understand the being opposed or being possibly exposed.

Lysa: Well, here's the thing with a stuffer and you'll notice I did it in our conversation when I was establishing a boundary. A stuffer needs safety. A stuffer needs safety. So when I came to you I assured you that I really like our friendship. I really like you because I want make you feel safe, and that's true. And then I also owned my own issues. So I didn't attack you, I attacked the issue and there's a big difference there. So that's the stuffer that builds barriers.

There's another kind of stuffer, the stuffer that collects retaliation rocks. Now I've been married 20 years and I'm still working on this. The stuffer that collects retaliation rocks is what I will do with my husband. So I'm not the hero of this message, I'm still working on it. But let me tell you how this plays out.

James: So you've had some unglued moments.

Lysa: Oh, have I ever! [Laughing]

James: We don't even have to call your husband. You're just going to --

Lysa: No! I will just flat out admit it. I think one thing will happen when people read *Unglued* is they will go, "Whoo! I feel so much better about myself because Lysa is way crazier than me!"

But the stuffer that collects retaliation rocks pretends that we're fine but instead of just holding on to like the feelings and withdrawing from relationship, I'm preparing to get aggressive with the relationship because what I'm doing is I pretend I'm fine but I'm really collecting proof. So I'll smile and just be nice and keep the peace. But in high definition, I'm recording everything that you're doing wrong because one day you're going to push me a little too far and I'm going to pummel you or rock your world with all my proof of how bad you are and how good I am.

James: And that's when those blue eyes really work. Don't they?

[Laughter]

That's when they really work.

Lysa: That's when they turn red and my husband is like, "Ah! Scary woman!"

[Laughter]

So this came out in our marriage when my husband and I were dating and he liked to run. So suddenly, I liked to run. I really didn't like to run; I liked to spend time with him. So I would run with him and we exercised all the time.

Then we got married and on our honeymoon, my husband said, "I know! Let's go for a run."

I said, "Why would I do a thing like that? I mean I've got you. We're married now. I don't need to run."

And so he kept asking, "Do you want to run?" "Do you want to run?" "Do you want to run?" Like every day? And he was saying, "Do you want to run?"

But what I was hearing him say, "You need to run." So I was so upset about this and I collected all this proof. Then one day, "Hey, I want to bring you lunch." Great! So he brings me a chicken sandwich, which is what I wanted.

I said, "I want a chicken sandwich and a coke." So he brings the chicken sandwich and puts it down in front of me. I'm like, "Ah!" And then he puts the coke in front of me. But because it came from a restaurant with a plastic lid on top, the diet button was depressed.

Now I had ordered a regular coke but he brought me a diet coke. To him it was a simple mistake. To me --

James: It was a message.

Lysa: It was a statement! You think I'm fat and ugly and you wish you would have never married me! And I just pummeled him with all this proof that I had been collecting.

See the stuffer that selects retaliation rocks has to remember this and this is what I ask myself so often. Are you trying to prove that you're right or are you trying to improve this relationship? -- Because you cannot do both at the same time. So those are the two kinds of stuffers.

Then there's two kinds of exploders. First there is the exploder that blames others. "If you wouldn't have done this, I wouldn't feel so angry. But because you did this, I'm justified in yelling and being mad! And it's all your fault."

And sadly, I understand this reaction too because I can sometimes do this with my kids. Like, "If you would have put your shoes on when I told you to put your shoes on. What do you mean you can't find your shoes? What kind of human can't find their shoes? They're either on your feet or in your closet. What do you mean they're not on your feet, they're not in your closet? Now we're going to be late and everything is your fault because you didn't put your shoes where you're supposed to put your shoes! Ah!"

I don't know if you've ever had this.

James: You've got it girl! You've got it!

[Laughter]

Lysa: So here's the thing. In that moment right before we react, if we're an exploder, we have got to pause. Pause and let the Holy Spirit intervene in our natural flesh response. That pause can be one of the most healthy things we do.

Is it easy? No. Because remember those feelings are bubbling up to the surface. Remember when I talked about being exposed or opposed? Well, my kids can push both of those buttons at the same time, because they're not doing what I've asked them to do in the moment that I've asked them to do it. That's the opposition part. But they're also exposing like if I was a better mom, I would have some kind of system where my kids would always know where their shoes are and we wouldn't constantly run late and we wouldn't be pulling up to school acting like that family. You know?

[Laughter]

In that moment, it's like all these feelings are rushing, rushing, rushing so fast but I've learned, Lysa, pause. Put some space between your reaction and them; put some space there because God will fill that space, he will honor that pause. And what I have to remember is, God's always there. He's standing right there and he's listening and he's observing and he's cheering me on.

James: And you talk about all these kind of things all the way through *Unglued*.

Lysa: I not only talk about them but I've filled the book with personal examples.
[Laughing]

James: It's a Lysa book. How did your husband feel about this book when you finished this book?

Lysa: He was so excited because --

James: He was proud of you. Wasn't he? Yes, he was.

Lysa: Because he can have a manual now why I'm so chaotic.

[Laughter]

James: Let me tell you. This is pretty interesting because we're offering -- and by the way, we'll send you Lysa's book today if you'll just help us feed some kids that really need some food. I think you're going to want to do it. But we're sending *The God of All Creation*.

But you know something in here, I've got a story that's right in line with what you're talking about when you see the kids or somebody's done something wrong and you just know how stupid. It's a chapter, "Got a Sticker? Got a sticker?" Because one of the most pitiful things you can see with a little puppy is when they hold their little paw up and they're just going along like this. You know what you say? "Got a sticker? Got a sticker?" And they'll come over. If you're saying, "Stupid dog! Why did you go out there and get a sticker for?" That's the way we tend to do with our kids.

You know something? When I've said if a girl got in trouble, the first place she ought to be able to go and say, "Mom and dad, I made a big mistake." They got a real sticker. They've got a real hurt. And a lot of times as family and church people, when somebody has got a limp, yeah, they've got something somewhere where it would have been better not to be, we don't say, "Can I help you?" We bash them.

And I hear that's what you're saying here we have to really guard against. And of course, sometimes we're going to vent. We've got to be loving with one another when the other person vents.

Lysa: And you know what? That's so important! My husband and I still have what

we call growth opportunities. So we renamed our fights and arguments "growth opportunities." And so we --

James: And you're going to need to grow a lot in most marriages.

Lysa: That's right! We have lots of growth opportunities.

But here's what I've discovered. It's not the absence of conflict that will determine whether or not we have a healthy relationship. It's knowing how to handle the conflicts that arise that will determine whether or not we have a healthy relationship and whether or not our relationship will go the distance. That's why I wrote *Unglued* because I want people to understand the two kinds of exploders, two kinds of stuffers and the reaction we are supposed to be having.

You see the exploder is bringing something good to the table. They're bringing some junk but they're bringing honesty and that's good. And the stuffer, they're bringing some junk but they're bringing something good too. They're bringing peacemaking. And when we combine those two that's the reaction we're going for. A good reaction is one where we're both honest and peacekeeping at the same time. That's what I call soul integrity, honesty and peacekeeping all at once.

James: Do you want to say thanks to Lysa. I think that's really, really good. She's a great communicator, a great writer. Her web site, there it is on the screen if you want to check out where she is going to be speaking and sharing or maybe other material that you can get from her or maybe even some teaching that you might want. Get the book but today, we'll send it to you.

And we'll send it about how you take care of a sticker in a little paw of a little puppy; the lessons that we learn from all of God's creation. Think about this, in Romans one he said, "I have revealed myself in all I created so that you're without excuse." All of you are without excuse. You cannot say you have not seen me because I have revealed myself in what I created, that includes the wildlife, that includes the little pets that are an expression of God's love for you.

By the way, Lysa, I talk about -- will they be in heaven? And I even bring Evie Tornquist and Randy Alcorn into the discussion to tell you, and then I'm going to tell you what I believe. You say, I want to know. Some of you say, "I hope my pets not there. I pray to God my pets not up there!"

[Laughter]

Listen, you're going to like this. We'll send the books to you if you'll simply help us literally notice the overlooked. "Do it to the least of these," and Jesus said, "you've done it to me." Would you help us feed a hungry child? I think you'll find joy in it.

Begin video clip:

>> My kids were all in bed and they were napping. And it was the day when you have to click, click, click the TV. And I click, click, click and there was James and Betty and they were doing the mission feeding. I remember seeing, I'll never forget, Betty was pouring the soup into the bowls and they were talking about how the little kids would burn their hands.

With my children all cozy in their air-conditioned beds, sleeping with their sweet blankets, and watching a mother with a filthy blanket around her dying child, I couldn't handle it. I was drawn to their compassion, and truly to Betty's honesty. I think also that they spread the gospel when they do it.

Sharing the gospel is truly feeding people, feeding their souls and that's what I see in *LIFE Outreach*. That's their main goal but it's hard to listen to people if you're really hungry.

>> There comes a time in your life where you want to do it but you have obligations where you can't be the one to go do it. And we call ourselves money missionaries because we like to finance the people that can go. God has blessed us so greatly with a business and five children and grandchildren that we can be part of getting it done.

>> The truth is that we just give. We don't give to count, we don't give to get, we just give. It is the most exciting investment we make when you're doing God's work. That's exciting to be able write a check. You just know their honesty, that it's going to be used diligently where it needs to be. Knowing you've been obedient to God is a blessing.

>> Oh, it's the greatest joy of all! And when I take the *me* out of it, the obedience, this is what I desire for you to do because it is good for you. It is good for me to be able to give. And we're not perfect people by any stretch and we haven't lived perfect lives but we want to have a perfect love for God and his people.

End of clip

In the studio:

James: I believe Warren and Mona are a picture of -- I've just got to say of so many of you. I know that you probably feel like Betty and I felt from the time we began to watch the missionaries who would take their little children away from all the comfort and just move out in the middle of the bush and raise their children saving children's lives.

We asked God, did he want us to do that too, and just go and stay. And it was the missionaries that first said, "Please don't stay." It wasn't that they didn't like us, they liked us. They said, "Go back and get us help so we can stay, please! And go back and get us something to give them."

And God spoke to my heart and said that he had put a special touch on my life to inspire people to be and to do. First you've got to be in him and then you can do what he wants you to do because he's in you and his love is in you. And the Lord impressed me that I can go back and inspire people to keep the missionaries on the field, the thousands of them that are there, that you keep there. That's part of what we do -- we, all of us together.

Betty and I certainly couldn't do it. We surely do our share. We could wish everybody would be as excited about doing what we do. And we love it! And it's such a joy to us to do it and it is a joy to them and all of you. So if you haven't, join us.

If you have, we need some big time help right now because the situation in so many parts of the world, for so many reasons, it's so painful, children so hungry. A really serious crisis right now in the Sudan. And we're asking you to dial the number, take your bankcard, make the largest check you can make: \$30, \$50, \$100, we can feed three, five, or ten children for the next several months.

We're asking many of you to consider giving \$100 and tack on another \$25 so we can give 25 heat-resistant bowls because we need those in so many of the areas. We're sending the beautiful *Jesus Calling Bible* by Sarah Young; she didn't write the Bible but the devotions in it. Here's one on wisdom. The Bible is just beautiful. This is one the finest leathers I've ever seen a Bible bound in.

Help us take care of ten children and give 25 bowls; would you? I'm sending the book that I wrote because I was inspired by all of God's creation to see him. He said in Romans one he revealed himself in what he created. He said, "Consider the birds." Well, I've considered our little dachshund, our little pet, and all the things God made and he spoke volumes and so many people love their pets but God talks to us through them. You're going to love this book. We're sending it for any gift.

And "The Lion and the Lamb" bronze for those of you who will help us care for 100 or more. Would you go to the phone or go to LifeToday.org online, and would you please make the largest gift you can? And join with other couples that find the beautiful joy of saving lives, of giving life.

Please make that call. We need to hear from you today. If you plan to write a check, make it to *LIFE* but call us and tell us what you're putting in the mail. We need to know. Or use your bankcard like a check. Thank you so much for making that call. Thank you for your gift.

Pre-taped video:

Announcer: At this very moment a child is drawing his last breath struggling to stay alive due to a lack of food. Sadly, this impoverished child is not alone and without our help many like him face death as well. Today you can make a difference. You can help save a life.

Life's mission feeding teams are in place right now ready to answer the hunger cries of 400,000 suffering children in remote areas of Africa. With previous food reserves gone and parts of Africa facing its worse food shortage in more than two decades, we desperately need to replenish our supplies immediately. Your life-saving gift of \$30, \$50, or \$100 will help feed and care for three, five, or ten children for three full months.

With your gift, we would like to send you James Robison newest book, *The God of All Creation*. Through his personal observations of animals and wildlife, James shares heartwarming stories and spiritual lessons of God's love and grace.

With your gift of \$125 to help feed ten children, you may request the new *Jesus Calling Devotional Bible* featuring 260 scripture insights from the author of the *Jesus Calling* devotional, Sarah Young.

Finally, please prayerfully consider a gift of \$1,000 to help save the lives of 100 children, and you may also request "The Lion and the Lamb" bronze sculpture. Call, write, or make your gift online today.

End of clip

In the studio

James: I just say thank you and I'm glad we can bless you by really giving you the opportunity of blessing others. I think we like to do something we know works. And we know giving a hungry child food works, it gives them a chance at life. They may not have the fine things that we have, but a lot of those little children who have so little, they have so much more fun than all of our kids that get all the stuff, but they don't know the real meaning of life and just feeling good.

Sending the book for any gift, *The God of All Creation*. I promise you, it will put a smile on your face. It's going to teach you a whole lot about God.

And today, if you'd like to have it, Lysa's book, *Unglued: Making wise choices in the midst of raw emotions*. How well stated! And what a wonderful communicator and how open and honest she is about herself and how refreshing that is. Many of you tell me like that about me and about Betty that we open up and it helps you to open up. Well, this will too.

Will you join me in saying thanks to Lysa so much? Lysa, we appreciate you coming. You come any time! All right? You just got some time to spare, you just call.

Lysa: I will! I will!

James: Thank all of you! Thank you so much for helping us feed precious children and their families.

Announcer: Connect with *Life Today* through your favorite social media sites. Just go to lifetoday.org and click "connect."