

**3/30/2026**

*Week 14*

*Randy Robison & Blynda Lane*

*Riley Kehoe*

*“Currents Of Courage”*

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**MALE ANNOUNCER:** The following program is sponsored by Friends of Life Outreach International.

**RILEY KEHOE:** Then I start hearing screams and shouts, and I look back to the ocean, and I see this thin white line in the distance, and it is a 50-foot tsunami coming at our island at a rapid speed.

And I remember seeing my mom running through these palm trees yelling, "Run!"

*Riley Kehoe survived the devastating 2004 tsunami, but the trauma remained years later.*

**RILEY:** I struggled with PTSD. I had nightmares and flashbacks. I saw sights and sounds nobody should ever see.

*[music]*

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**RANDY ROBISON:** Welcome to "Life Today," it's great to have you. We have quite the story, as you probably can already tell, but you know what? Turns out, Blynda--oh, by the way, welcome Blynda Lane.

**BLYNDA LANE:** Hello, happy to be here.

**RANDY:** A long-time, old friend of yours from New Zealand.

**BLYNDA:** Yes, well, you know, funny enough, we found out we didn't know each other, but we were at the same church together in New Zealand. We've got with us today--

**RILEY:** Which is so wild.

**BLYNDA:** It is, it's so wild. The world actually really is very small.

**RILEY:** I know.

**BLYNDA:** But Riley, we're so happy that you're here with us today.

**RILEY:** Thank you for having me.

**RANDY:** And you've written a book called "Three Seconds of Courage," and your story is fascinating. So, I'm gonna set it up a little bit just to toss it to you, but in 2004, as many know, there was a tsunami that hit 14 countries and over 230,000 people were killed, one of the greatest natural disasters of all time.

And you can insert yourself right into the eye of that storm, basically. Tell us about that.

**RILEY:** Yeah, so my family traveled to Thailand to do missions, and my grandfather also lived there. And so we were there, we just worked in an orphanage for several weeks.

Then we go to--and Thailand has these beautiful little islands off the coast, and we go to one of these islands that's like flat in the middle, palm trees everywhere, and two big cliffs, like big hills on either side.

And then the day after Christmas, I wake up early in the morning. The sun hasn't risen, and I wake up and the bed is shaking, and I think my sister's underneath the bed just pulling a prank on me, and I look underneath the bed, she's not there, and I realize the whole ground is shaking, and it was a 9.1 magnitude earthquake, so a strong earthquake.

Things are falling off the walls, and I run into my parents,' room and they're like it's okay, don't worry. We call the reception, and the receptionist is like it's okay, we don't know why that happened, it was like a one-off, carry on with your day.

And then around 10:00 a.m., my family had just gone to this island that was just a pile of sand in the middle of the ocean. It's just wild thinking about God's hand in the timing of everything of this day, and so here we are playing, building sand castles on the beach.

My dad comes and tells us it's time to walk back to our rooms, and even that was another miracle, because we had booked these beachfront bungalows, and when we got to the island a few days prior, they double-booked us and instead gave us middle of the island concrete apartment top-floor rooms, and so we're walking back to our room in the middle of the island, and I just, one, I noticed something so eerie, all the animals, so this is like wildlife everywhere on this island, and all the animals just went quiet, like dogs howled as if they've been hurt before.

And then you saw birds fly up in the air and leave the island, and monkeys just start climbing and going from tree to tree up the cliffs. And then it just went, the only thing you can hear is human voices, and I just remember just noticing it, and we keep walking back to our room, and the island is tiny, so like where we are right now, we can look back and see the ocean, and then I start hearing screams and shouts, and I look back to the ocean, and I see all the water has left, it's left so quickly that fish are flopping around everywhere, there's boats now in the sand, snorkelers are stuck on the reef, and I see this thin white line

in the distance, and I don't know what it is, so I look up at my dad with my two younger sisters, and I'm like, "Where's Mum?"

Like where is she right now? My mom had been on the phone at the reception, and she saw this whole thing happen and knew instantly what was happening, so she runs to where our sand castles are, doesn't see us. It's a scene of chaos, people running and banging into each other, and she stands there above our sand castles as the thin white line is getting bigger and bigger by the second, and it is a 50-foot tsunami coming at our island at a rapid speed, and she stands there, and she's like, "God, where are my children?"

She hears one word, flee. And she leaves that place trusting God that we weren't there, we could have been down the beach a little bit, and she just trusts the voice of God and starts running towards us.

And I remember seeing my mom running through these palm trees yelling, "Run!" at the top of her lungs, like telling everybody and anybody. People don't know how to respond, they don't know what's going on, they don't know that their life is--like, it is up to life and death in this moment.

And so another coincidence is that the day before, my mom and I had gotten lost. We found a pathway up one of the cliffs, and so we're in this moment, my mom comes and picks up one sister, my dad picks up the other sister, and we start running. My mom's like that pathway we found.

We start running up this pathway, and right when we start running up it, I remember looking back and having this moment where I saw this man on a boat, and he climbs out of his boat, and he starts running towards the mainland, and he realized he's not going to make it, the tsunami is coming closer, and the tsunami is shaking the ground underneath us, destroying everything in its path, and he gets back on his boat, and I just watched the tsunami just obliterate him and his boat.

And I look over and I see this mom by the pool standing in a lounge chair, just frozen in fear with her baby, like, right next to her, and I never saw that mom or baby again.

And I just--I'm looking back, and I'm seeing this scene of devastation, and I feel frozen. I'm like what am I meant to do? I'm 10 years old, there's sweat dripping down my back, my heart is racing 1,000 miles per hour, and I just hear my dad say, "Riley, run."

And I turned back to the path, and I run as fast as my ten-year-old little legs could, trying to keep up with my parents. And at one point, the tsunami was as close as you are to me right now.

I run up this pathway, and I'm just hearing like screams and shouts and like noises, and I get up, and at the top of this cliff is this grassy patch, and I remember just falling down to my knees as a ten-year old little girl that I'm like, "God, like I need you."

And I feel this tangible presence of God, the peace that transcends all understanding, the God that meets us on our worst moment, on our worst days, and when we say his name, he comes, and he rushes. And he met me, and he held me, and it felt like this like warm hug around me, and I just knew, like I just knew God was with me.

And we ended up staying up on that grassy patch as three tsunami waves struck. And it was the deadliest natural disaster of the 21st century, and we didn't know where the rest of my family was.

It was my whole extended family was on the trip, so after six hours, we found our old radio, and they told us to, like, head back down to the mainland, and I saw sights and sounds nobody should ever see, just horrible. The tsunami had destroyed everything and everyone in its path, and I'm shouting out my cousins' names, not finding them, and I mean, by the grace of God, later that night somebody took us to the other cliff on the other side.

We run up there to them late at night, and one of the only buildings that withstood the tsunami was our apartment building. We didn't lose a single thing, but we still had no idea where my cousin was, my auntie, my grandfather.

In the middle of the night a man told us we gotta go, there's another tsunami, but it was the high--it was a really, really quick high tide, because the tsunami had just changed all the tides, and we ran up to the other cliff, and I remember seeing--I hear my name, and I see every single member of my family, and I just--

**BLYNDA:** It's a miracle.

**RILEY:** It is a miracle, because there was, I mean, like such a small percentage of survivors on that island.

The next day a rescue boat comes, and my extended family jumps on that boat to return to home. Like, all you want is your bed and safety, but my parents decided to do something that to this day marks me, and they stayed.

They stayed on an island that was destroyed that we didn't have access to like clean water or good food or much food at all, and for the next few days, my sisters and I stayed in the hotel room while they went out and helped the local Thai people who had survived move buildings and debris and bodies, and they chose to care about a people that wasn't even their own. They chose to stay, and that is remarkable.

And then finally a week later another rescue boat came, but at this point we were next to starving, and I was so grateful when people finally showed up to rescue us.

**BLYNDA:** Being ten years old, I cannot imagine all that your little heart and mind are having to process, visually what you're seeing, emotionally, what you went through, the anxiety.

What was the aftermath for you once you did return home? How did you process all that happened to you, being only ten years old?

**RILEY:** Yeah, I mean I talk about this so much in my book, "Three Seconds of Courage," because I know, like, I survived a tsunami, but so do so many other people. They survived something hard and unexpected, and like my mom would always say, Riley, it's not like if, but it's when a tsunami, like when something hard hits our life, and how do we respond to that?

But it is true, after the tsunami, I struggled with PTSD. I had nightmares and flashbacks, and I remember one time waking up in the middle of the night smashing the lamp that was on my bedside table. My mom just came in and was like, "Riley," and she just told me to repeat the peace of God that transcends the whole understanding, guard your heart and mind.

And I cannot tell you how many thousands of times I've repeated that scripture, but the Word of God refreshes us, that it is alive and active, and it--like, to memorize the Word of God, it was hard, it was difficult, it had changed me, and I--my parents six months later did something that was so surprising. They enrolled my sisters and I in beach lifeguard training.

**BLYNDA:** Wow, getting you back to the ocean.

**RILEY:** Yes, and I'm terrified of the ocean at this point, understandably so. But we fly back to New Zealand, and six months later they're like we've enrolled you in this, and I'm like that is the last thing that I would wanna do.

And on the first--I remember my parents, I'm like, why would you make me do this? And they said, like the more that you face your fears, the less power fear has over you. And I think as parents, they saw in us this fear that was understandable, and yet God did not give us a spirit of fear, and they wanted, like, us to know that with Jesus, we can overcome this.

And so they--on the first day of training, I'm like a mess, I'm so nervous, I'm like terrified. I just had a nightmare the night before, my hair is a mess, and my dad comes up to me, and he can see my distress, and he gets down on his knees, and he gently puts his hand on my shoulder, and he's like, "Riley, like you are fighting a battle between courage and fear, and only one can exist, and all you need is a little more courage."

And so that summer, like days I refused to go, days I would step on the sand and be so scared I'd freeze, but by the end of summer I had truly--like was okay in the ocean. And today I surf.

**BLYNDA:** Wow, that's awesome.

**RANDY:** That's--well, and that's wild, that's tough, I can't even imagine, but when you look at people who are facing various things, obviously not a natural disaster on that scale, once in a lifetime, once in a generation kind of thing, people are facing a lot of things that

they have a similar fear, and you've said that the more you face the fear, the less power it has over you.

I'm curious about this thing in your book that you call quiet courage, because I think that may be key on a day-to-day basis to start to push back against that fear and over time get to the place where they can surf on it, right?

**RILEY:** Yeah, no, it's a great question. Thank you for asking, and I-- because in my story, there's like the moments where it's like I surfed today, that's like the wild courage, but it came from the moments just as you're saying, Randy, like the quiet courage, and that's why I called my book "Three Seconds of Courage," because it's the micro-moments of courage that make the difference.

I remember I'd moved from New Zealand to Los Angeles, and I'm having horrible migraines, and I just was so bad, I was just bed-bound for a day. And I remember like quiet courage in that moment was texting someone and asking them for prayer or asking someone to like take my shift as I'm doing my master's degree but as I'm waitressing part time.

And it's like the Lord sees those quiet courage, and for, you know, someone listening, it's your struggle with social anxiety, and it's taking the quiet courage of going to like a smaller event and showing up to that so that you can go somewhere bigger or like hanging out with a friend one on one. Or, you know, your quiet courage might be saying no or asking someone for help.

Like, that's so often the hardest thing that we can do is like can you be here with me? And like, I just wanna encourage someone that's listening, like the Lord, he wants to be there for you, and so do people. When you're experiencing your tsunami, and you're going through like the hardest day of your life, like let people into it.

I remember years--when I was 21, I was going to therapy, and I had a friend after every therapy session would show up with a box of chocolates, and--

**BLYNDA:** That's a good friend.

**RILEY:** That's a really good friend. And it was like she was just reminding me like I'm with you. Like, the ministry of presence of like friends wanna be there when you're going through your trial so when the rainbow or the success comes, they know how much it meant, like they know what it costs you, and they know even more than what it costs you, they know how much God did for you.

**BLYNDA:** You know, the Bible is riddled with these heroes of the faith that we have the great privilege of knowing the full story, so we look at them as men of such courage, David and Joseph, and they were men of great courage, but in the moment that they had to do the courageous thing, they were just ordinary boys or young men having to make the choice to choose to walk in courage.

So when I read your book, I really get that message that courage isn't set aside for the really, really brave, really the living and walking and courage is for the ordinary person to choose every day to do something courageous and to overcome fear, and I love that you said you just have to have a little bit more courage than you do fear to overcome the fear.

**RILEY:** Yeah, it's like one of my friends is like an athlete, and she has like what they call her breaking point, so it's like she can run as fast as this point, and every day she's trying to push that by just a second more, and it's like with courage, we have our breaking point where it's like we're used to doing--fear comes up, and we face it. We're used to like pushing ourselves just so much, but like ask God to give you more courage.

And it is true what you're saying, because God is like, I don't think he's expecting us to be fearless, but I think he's expecting us to be fear-leaderless where it's like fear isn't making the decisions in our life, courage is. And when fear makes our decisions in our life, like that costs you something. It costs you the calling that you have on your life. It costs you the obedience. Like I always say, God's love language is obedience.

It costs you obedience that God--like you get that prompting. And I think in my book there's so many messages of why have courage, and it's because of God's calling as Christians for the other person, like for us to love others well. And that's what makes courage more sustainable is like I'm gonna face this, I'm gonna overcome it so that one day I can teach somebody else to do that or that because there's somebody that is lonely and desperate and needs the spirit of the living God, and I--you walk into a coffee shop, and you look around, and you're like who is the one today? And that helps us have courage when it's not us being the motivator, it's somebody else's life. And keep eternity in mind.

**BLYNDA:** So, I love that what you've done is you've turned something really scary, really hard, really traumatic into a beautiful moment where God has been able to use you to minister to so many people.

What would you say to the person who's faced the really hard thing, who maybe has the PTSD from something traumatic, who doesn't even know if their story matters? How can each person, whatever their tsunami is, what can they do with that story to make it matter?

**RILEY:** There is a reason that you're alive. Like, he put you in your mother's womb, he knew your name before time even started, and he was like I need Jeffrey or I need Houston or I need Lily to be alive right now, and it's not so that you just autopilot through life or live in the shadows.

Like, your story has meaning, and I would first, like, encourage you to share it. Like, as I just said earlier, bring people into it and share your testimony and ask. Like, if we're not trying to look at fear, we have to look at something else, and the best thing to look at is the father. And so like be with Jesus.

Like, I wake up in the morning, and before I ever even look at my phone, I spend time with the Lord. And I have a one-year-old little baby, so that's like even extra hard to like wake up extra early and be with Jesus, because it's him who gives the spirit of courage, and it's him who like, "Have I not commanded you to be strong and courageous?" And like, it's not even a suggestion of the Lord, it's a commandment of like he is encouraging you.

Like, you live in such a short period of all of history, and don't let courage overcome. Like step out, share your story, like go through the healing that you need. I put in more work, and still to this day sometimes I struggle. Sometimes I have a flashback, or I get like overwhelmed by something, but I know like to tell somebody in that moment and to ask God for his strength.

**RANDY:** I love that you're fearlessly sharing God's love after facing such a traumatic event. I mean, that is a clarity. I think that's a gift, so thank you for that.

I wanna let you know that you can get Riley's book wherever you pick up books. It is called "Three Seconds of Courage," and if you want to get the details, there's even more that we didn't get into today. You can certainly do that.

But right now I want to ask you to consider fearlessly sharing God's love with some people that are facing some dire circumstances. We want you to partner with us in a beautiful outreach. I want you to see some of the partners who are right there on the ground of this outreach. Watch this and prayerfully consider how you can join this medical mission outreach and be a part of showing God's love in word and in deed.

**JOSH KORN:** For children that have disabilities, life is very hard. They're a lot of times rejected by their society, by their community, or even their own family, and it's just a very lonely existence, and your future prospects are to continue to be rejected and to continue to be by yourself.

**GRACE MANGWENDE:** Sometimes we think the damage outside is greater than the one inside, so it's important that they not only get physical healing but spiritual and emotional healing.

*[speaking foreign language]*

**GRACE:** Edmercy, when she first came to the hospital, through her own testimony she expressed the anger that was inside of her, the pain that was inside of her.

*[speaking foreign language]*

**GRACE:** So what CURE does, it's a miracle, especially for a nation like Zimbabwe, where anything to do with medical is just out of reach. When people come to CURE, they see the practicality of the gospel. They see not just scripture written on paper, but they see scripture become alive. And so when they come to CURE, they experience Christ in reality.

**JOHN YEATTS:** It is wonderful seeing children walk and run and play with smiles and laughter in ways they never could before. Life Outreach's medical partners are restoring dignity and transforming lives of precious children through these reconstructive surgeries.

I invite you to join us in supporting Life's medical missions outreach with your prayers, your love, and your financial support so that even more children can experience healing, hope, and lasting change.

**RANDY:** Such an opportunity. You know, Blynda, I couldn't help but notice that our mission partner, that her name was Grace.

**BLYNDA:** Grace, beautiful.

**RANDY:** And it really is such grace to go in and help these children, and the outcome, I mean, from outcast to just a transformed, from a curse to a blessing. To me, that's just the heart of God in action.

**BLYNDA:** It is, and I think sometimes we forget to think that along with this physical pain that they carry comes some emotional pain, comes some spiritual pain, and what Grace even said is that what they're gifted at doing is not just helping the physical pain, which is a miracle that that can happen, but they also really pray with these kids, and they make sure that their emotional state and their spiritual state is also tended to, which is so beautiful.

**RANDY:** Absolutely, I mean it's the grace of God all the way through, top to bottom in word and in deed, and that's what I'm asking you to do. Will you partner with us right now to share God's grace with people that desperately need it? It's life-changing grace both physically and spiritually.

And to me, it's just, I don't know, it's our mission here at Life Outreach, God's love and word in deed. And you heard the Word today, you heard words of truth and encouragement, and we wanna keep bringing that to you because we care about you, the audience, the partner.

But we also want you to turn around and extend that grace to others, and we ask right now that you would help us expand this particular Children's hospital in Zimbabwe. And I love, most of you probably don't know much about the geography, but I've been to Zimbabwe, and the way it sits in Southern Africa, it's really a hub. It's a landlocked country, but it's a place where other people can come from different countries, and they are because the need is great, the line is long.

The beautiful part is that the doctors are there, our mission partners like Grace are there. They're just waiting on us to say yes, we will commit to this \$600,000 project to expand the operating rooms, to renovate the recovery areas, to accommodate more children, to create more stories, to extend more of God's grace.

We are asking you to be a part of this beautiful outreach, because we need you, we need to hear from you today. Will you go online, go to the phone, make the best gift you can?

You know, my dad likes to say if you're not able to make a gift today, but you plan to, call us and tell us what you're going to do, and I understand that, because it does take a commitment on our part, it takes a little bit of a sacrifice on our part, but wow, what God can do with that little bit of grace when he steps into it.

So Blynda, I'm hoping that everyone who feels God moving will do something today, and I know that it will make a difference.

**BLYNDA:** It will, because every gift they give is how we can provide these at no cost to the families, so their gift actually matters.

**RANDY:** Yeah, let's extend some grace. Go online, again, go to the phone, make the best gift you can right now.

**ANNOUNCER:** Many children in Africa are born with severe deformities or suffer life-altering injuries, conditions like club feet, windswept legs, and untreated fractures force them to live in pain because help is out of reach.

But you can offer healing today. Our mission partner in Zimbabwe runs a children's hospital now at capacity and in urgent need of renovation and expansion. With a \$600,000 goal and only a short period of time to raise the necessary funds, your best gift today helps children receive the surgical care they need at no cost to the families. Together we can heal precious lives and reveal the love of Jesus.

With a gift of any amount, we'll send you the "Global Impact of Life" Journal, featuring inspiring photos from Life's outreaches. This beautiful journal is a reminder that your prayers and partnership are making a global difference.

With your gift of \$126 or more, you may request "A Life of Compassion" coffee table book, capturing Life Outreach's heart for the world. Each page pairs timeless Bible verses with vivid mission field photography, making God's Word visible in action.

Finally, please consider a gift of \$1,026 to help with the expansion of operating rooms so children are no longer turned away and request Life's beautiful bronze sculpture, The Good Shepherd. Please call, write, or make your gift online today.

**RANDY:** We do need to hear from you, we need to hear from you today. This is such a great opportunity. Let's bless those kids. Go online, go to the phone, make the best gift you can.

Blynda, wow, what a blessing, what a story.

**BLYNDA:** I know, and what a--and I was even saying off camera how amazing it is that you can tell such a big story in such a succinct amount of time.

But Riley Kehoe, "Three Seconds of Courage," where can they find you?

**RILEY:** Hey, you can find me on all social media and my website, Rileywithcourage.com or rileywithcourage on social media, and I would love for people to buy this book, because I really--I want people to live a life without fear, and I just have--I have my email in the last chapter, and I have received hundreds and hundreds of emails, and I would love to receive emails from people from the show that read the book.

**BLYNDA:** Well, we are encouraged, thank you. Thank you for coming.

**RANDY:** Yes, and thank you for being with us. Come back again for more at "Life Today."

*[music]*

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**JENTEZEN FRANKLIN:** And you have to decide, are you gonna be a worrier or a warrior? Are you gonna be somebody who's gonna pray about it, or are you gonna worry about it?

**ANNOUNCER:** Jentezen Franklin, tomorrow.

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**ANNOUNCER:** "Life Today" is made possible by the supporters of Life Outreach International. Your gift will be used exclusively for the exempt purposes of Life. The ministry features specific outreaches as examples of the programs it supports and conducts. Gifts are considered to be without restriction as to use unless explicitly stipulated by the donor. The ministry is a member of the ECFA.