

10/6/2026

Week 41

Randy Robison & Betty Robison

Nona Jones

"Wounded And Weary"

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

ANNOUNCER: Coming up, how prayer can bring healing to a broken relationship.

NONA JONES: My mother and I, we were estranged, but she ended up hospitalized, and she was actually in a coma, and I was standing in the doorway, and I looked at her and her frail body, and all I felt for her was compassion. She's never apologized for what happened, as a matter of fact, she blamed me.

But all I felt was compassion, because I realized, hurt people hurt people. And I knew then that now my heart is healed because I see her the way God sees her.



BETTY ROBISON: Welcome to "Life Today", thank you so much for joining us. I'm Betty Robison, this is my son Randy, and we are so delighted today to have Nona Jones with us.

And you are a Bible teacher, and a business executive, and a bestselling author, wow. You got a busy life!

NONA: I do, God has been very good, very, very faithful.

RANDY ROBISON: Great to have you here, I wanna ask you, you know, you've got your new book, "The Power of Petty Prayers" is the title, and you know, I guess I probably have the same reaction a lot of people do, I went, "Petty prayers?" So what do you mean by that, because I know there's a lot more to it than just that?

NONA: So that's a great question, so Merriam-Webster's defines "petty" as something that's like trivial or insignificant, and so I'm not using that definition. Now, in the "streets", people say someone is petty when they can't let an offense go and they have to get back at the person, right? And the reason why I even wrote the book is my last book, "The Gift of

Rejection", I had a lot of people contact me and say, "This book helped me so much, I now see how God can use rejection as a tool for purpose, but I'm still angry."

And they were like, "I have forgiven the person who abandoned me or betrayed me, but I'm still angry. Why am I still angry and I've forgiven them?" And that caused me to ask the question, well, what do you do with the pain that remains after forgiveness?

Because if you're not careful, bitterness will lead you to take matters into your own hands, right? But that's not what God calls us to do, and so "The Power of Petty Prayers" is really about taking all of that anger and that pain to the Lord, because he promises to handle it.

BETTY: And bringing it to the front. The natural reaction usually is to keep it inside, where it just really builds up in your life and it can just almost paralyze you.

NONA: Oh yeah, well, and biologically, a lot of people have high blood pressure, they have all types of ailments, not because it's genetic, but because there's bitterness. And so bitterness, suppressed anger, literally changes your body.

BETTY: Not only bitterness, but hurt can do that too, a lot of things in our life that come our way, because there are challenges and we think, "I can't go on anymore."

NONA: Yeah, but God makes a promise, and I think it's in Matthew 11:28, I'll actually read it. Matthew 11:28, many times we think that we have to carry the hurt, we have to carry the pain, but Jesus actually tells us, and this is his Word, so this is important, he says, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls, for my yoke is easy and my burden is light."

I think when we've experienced hurt, betrayal, when we've experienced loss, there are people that have been cheated on, all types of things that have happened, that's a weight that's too heavy for us to carry in our soul, and so God is saying, "Come to me, let's make an exchange. You give me the pain, and I will give you rest."

BETTY: A lot of times we want to hide it and pretend, and make people think everything's okay.

NONA: Oh, we as believers are like award-winning, Oscar--you know what I mean? I have counseled some people who look so great. In church they're smiling, they're lifting their hands, and then when they actually talk about what's happening in their soul, there's deep grief and deep anguish, and you wouldn't know it because they perform well, but God doesn't want us to perform.

BETTY: I used to do that with fear, you know. Pretend I was just happy-go-lucky, you know, and go to church and do all the happy things that you learn at church and stuff like that, but inside I was not happy, I was fearful.

NONA: Well, and this is why--so, in this book what I did is I looked at the many prayers that David prayed in the Psalms. There's 150 psalms, but of that number, a little over 70 were actually written by David, but of that 70, a third of them are prayers for vindication, prayers where he's asking God to get back at whoever hurt him. And the reason why that's so fascinating to me is because if you actually look at 2 Samuel, 2 Samuel 1, so this is after Saul died, and we know Saul, he basically tried to kill David, he was slandering David.

When David finds out that Saul has died, the Bible says in 2 Samuel chapter 1 that "David and all the men who were with him took hold of their clothes and tore them. They mourned and wept and fasted till evening for Saul."

How could somebody who endured so much hurt mourn for the person who never apologized for what they did? I believe it was because he prayed his pain and gave it to God, that made the difference.

RANDY: Wow, okay, so before we break down this word "petty", which you do so well, I have to ask, is this, you know, is this just academic or your experience as a counselor, or is this personal?

NONA: Listen, every chapter I share a personal story of betrayal. Currently, I'm estranged from my mom. I don't have time to go into all the details, but I had a really dysfunctional childhood.

My mom has some mental illness and so we've never been able to have a healthy relationship, and there were some things that she let happen to me that should never happen to a child, and I spent years just angry about it, until I discovered that God gives us permission to bring our pain to him. And so I talk about professional pain, I talk about all types of pain, because it's not just academic, this is a lived experience.

RANDY: All right, well, let's get into it, because P-E-T-T-Y is more than just petty. These are steps that we can walk with you to find a place of-- a little better, hopefully wholeness, healing is the goal but at least move in the right direction.

NONA: The reason why I even came up with this framework is because I think, in the church especially, we tend to ascribe to forgiveness a power that it doesn't actually have. And so to give you an example, if you're riding your bike in the bike lane and somebody swerves into the bike lane and they hit you, and they break your leg, if they were to hop out of their car and run over to you and say, "Oh my gosh, I'm so sorry, you know, my mom is in the hospital and I wasn't paying attention because I was just distracted," you may forgive them, right? "Oh my gosh, you know, I understand," but you still have to deal with the broken leg.

And so, forgiveness and healing are not the same thing, and sometimes we rush to forgiveness because we feel like that's the healing. The PETTY framework starts with the P,

which is process the offense. Don't just rush over it, don't just pretend, "Oh, I'm okay, it's no big deal," no.

Sit with it and really allow the Lord to illuminate, how did it make you feel? I actually provide some language for different types of emotions in the book so you can get really precise about how you feel. And after you process it, now you need to express your anger to God, that's the E.

Go before the Lord with your unfiltered raw emotions, because that's what David did. Listen, David was like--.

BETTY: God knows anyway.

NONA: See, that's the part, right? We sometimes think, if I just pray a pretty prayer, then God will hear the pretty prayer. No, he hears the heart.

You express what you really feel to God, and then the T is trust God for justice. I think the reason why we tend to carry bitterness is because we don't actually believe God's gonna do anything about it, but you trust him for justice and once you do that, then you can trade your resentment for the rest that Jesus invites us to in Matthew 11:28.

And the last step, and it's sequential, is yield to love. After you've done all that, you would be surprised how free you are to actually love the people who hurt you, and this is why David mourned for Saul, because he did each step sequentially.

RANDY: Yeah, and you know, oftentimes we try to just, "I'm just gonna act like I love them," or try to love them, and if you haven't done the work before that, you're right, the sequence is important. Okay, so let's back up, and I'm gonna hit those a little more for people, because when you talk about forgiveness, a lot of people, I think, think of that as saying, well, what was done to me, the person who hit me with the car, that wasn't actually wrong, or--you know. But you're saying that part of the process is to admit, "I was done wrong."

NONA: Yes, oh my gosh, that part is so critical, is for us to be able to just admit, "This was wrong." "There was an injustice that happened." "There was something that deeply hurt me."

That is the first step to healing. That's why "process the offense" is first. We cannot heal what we don't acknowledge, and if we act like, "Oh, that wasn't a big deal, oh yeah, that happened, but God bless them, Lord bless them, we love them," no, but in your heart you're like, "God, take them out."

You know, and God is hearing your heart. But I believe that when we release the truth about how we feel and the fact that this thing hurt me, there is a level of freedom because we're inviting the Holy Spirit into the pain, not into a lie, into the truth.

RANDY: That's, yeah, that is important, and a lot of people don't get past the P in PETTY, right? Okay, so expressing to God, as she said, he already knows. Is there power though in us vocalizing it, not so much for God's sake, but for our own?

NONA: Absolutely, so one of the things I did in the book is I actually went through all 150 psalms and I looked at the ones, they're called imprecatory prayers. These are the ones where David is praying for vindication. And I actually created a Petty Prayers Directory, so I took all the psalms and I categorized them.

So there are psalms for when you've been betrayed by someone close, when you've been lied on or slandered or misrepresented, when you've been targeted or harassed, when you've been humiliated, mocked, or publicly disgraced, when you're dealing with injustice or abuse, and when you're trying to release the desire for revenge. And I also provided that, a roadmap, based on those psalms, for how do you pray the psalms? Because oftentimes we don't have language, or we don't feel like we have permission to pray, and it's like, these are the words of Scripture, pray Scripture.

RANDY: I can pray about the betrayal I feel?

NONA: Yeah, yeah, yeah.

RANDY: We think we can't. So that's great, okay, and then I think, man, the "trust God", what you said on that, I gotta go back to that, because I think a core part of unforgiveness is that I don't trust God's sense of justice beyond my own sense of justice, or I think justice is suddenly not a part of it. And God is a just God, Scripture tells us that.

How do we--how do we learn to trust a God we can't see, on a timeline we don't know, with people that we have to sit down with and see on a regular basis? It's tough sometimes.

NONA: Oh man, this is one of the hardest parts, and I do believe this is what keeps people from forgiveness, because sometimes we think forgiveness is letting them off the hook, right? If I forgive, then I've basically let them off the hook, and it's like, no, we forgive because if you don't forgive, you're the one on the hook, right? The bitterness stays trapped in you.

I had to actually develop an entire chapter about God's character as just, because when I was preparing this book and I was doing a lot of research, there wasn't a lot of scholarship on the theology of God's justice. And I think part of that is because, you know, the New Covenant, he's a God of love and a God of mercy and compassion, and he didn't change his nature from the Old Testament.

Justice is actually the other side of love, because I can't love you and see you hurting and see you being harmed and abused and just say, "Well, but I love so much that I'm just gonna let it happen." No, he's a just God, and when you trust that aspect of his character, then I actually can release it because he's going to handle it.

RANDY: Yeah, and even the aspect of forgiveness where you're not holding someone accountable, right, which is a scriptural sort of undertone there. It doesn't say they're not being held accountable, it's saying God's gonna hold them accountable so I don't have to.

NONA: Absolutely, and one thing that I realized is when it comes to offense, when it comes to abuse and things like that, it actually creates a debt in the spirit, and it's like, if you think about the financial sector, if you owe the bank a mortgage, and let's just say that you don't pay it back. If they write it off as bad debt, you don't have to repay it, but you're gonna get a mark on your credit, right, and that debt is going to actually be given to a debt collection agency. That's why you're gonna get the calls, because the debt doesn't go away, they just write it off their books.

So you as the "financial institution", you write it off your books, but the person still has to pay it, but you don't have it on your books anymore. And so that's what God is inviting us to do.

BETTY: I was sitting here thinking as y'all are going back and forth, and I thought, unforgiveness is a big deal in people's lives, and it seems pretty natural to go to God and say, "God, do you understand how big this is to me? Do you really see it?" And then I hear God coming back and he's saying, "Do you understand, I gave my only Son on the cross that you might have eternal life with me?"

Now, that's big. We can't top that.

NONA: And that part, I had to spend a lot of time in the fact that because God is a just God, if you think about what happened in the Garden of Eden, they created an eternal debt. The offense that was created in the Garden of Eden is of immeasurable proportions.

And so even when God instituted the system of sacrifices, right, there was no cow, there was no dove, there was no sheep that could pay that debt. So because of God's justice, it had to be paid, and he loved us so much that he paid it, he paid it.

BETTY: We can't top that, can we?

NONA: No, and so for me, that's what I reflect on. I'm like, I can forgive because look at what God did. And then he says, "Come to me when you are weary and heavy-laden, I will give you rest."

RANDY: Yeah, yeah, that's better than the resentment we tend to hang on to.

NONA: Absolutely, I would rather--listen, if I have to choose between rest and resentment, I'll take rest every day.

RANDY: Yeah, so that's the good trade that you offer in the T, and now we get to the part that we all know we should be at, and sometimes we fake really well, you know, we can have some good fake fruit on our trees and call it love, but when you actually release these

things to God, when you pray through it, when you process it, when you find that rest, now it's the Y, which is not yearn for love, you know, it's not a striving, it's a yielding. How does-- that sounds too easy.

NONA: Well, I will tell you, this part, this is the part that I think we rush to, but it's artificial. We're like, "Oh, everything's okay, I love everybody," it's like, no, your heart isn't even there yet. I knew that I was healed from the pain of what happened to me in my childhood when my mother and I, we were estranged, but she ended up hospitalized and she was actually in a coma, and I went to the hospital and I was standing in the doorway, and I looked at her and her frail body, and all I felt for her was compassion.

She's never apologized for what happened. As a matter of fact, she blamed me. But all I felt was compassion, because I realized, hurt people hurt people, you know?

And I knew then that now my heart is healed, because I see her the way God sees her, and that's what it means to yield to love. But I had to go through the process to get there.

RANDY: So what's the payoff, for the person watching out there right now and they're like, "That sounds great, she's got it down, of course, but you don't understand where I'm at," what's the real payoff for them? What's the motivation to go through this, 'cause it's not always easy?

NONA: Yeah, it's not. Listen, if you've been betrayed, if you've been abandoned, if you have experienced devastating loss, the payoff for this process is that at the end, there is a well of peace that surpasses all understanding, and that's what God wants for us.

He doesn't want us walking around feeling like we're not good enough, or feeling like we have to get back at somebody to actually have vindication. He wants us to experience peace in the midst of it, and that's the payoff, that's what's available to you, that you can see the person who deeply hurt you, and you're not hurt by what they did, and that power is available to you even now.

RANDY: Yeah, and it takes a little effort, it takes a little effort. And that, you know, that reminds me of something that we have done, that actually our partners have done over the last year or so, where we have gone into a situation where there is tremendous pain, there's tremendous wrong, but like we have offered you today, we, you and I, our mission partners, are offering a lot of young people, a lot of girls, a path out of pain, a place where they can feel safe, a place where they can see the gospel and hear the gospel. And we're doing that again right now, but I want you to just take a step back and see what you've done, and then we'll invite you to do more, watch this.

ANNOUNCER: We refuse to look away from modern-day slavery. That is why Life Outreach International and our faithful partners are continuing to fight to rescue girls trapped in the sex slave trade, and to help restore them on their road to lasting freedom.

JOHN YEATTS: For a child that has been exposed to the horrors of human trafficking, the only gates they've ever known have been the gates that locked them in a prison. But the gate that's behind me is secure, it's mighty, it's powerful, and it is a gate that is there to prevent evil from ever getting to them again. Here in our newest Life Center in Southeast Asia, that is a gate of refuge.

Tammy and I are here and we are celebrating with all of our friends, and we're saying thank you to you as we begin to dedicate and cut the ribbon on this new Life Center, and it is all possible because you, our friends, chose to give to Rescue Life. So thank you, God bless you, let's celebrate.

CLAYTON BUTLER: Sometimes people will say to us and our staff, "You guys are heroes," but we are praying for heroes as well, and the heroes that stepped in were you. Now it's a home that I can hear laughter in the background, I can hear staff preparing meals for girls to have tonight, and none of that would exist without you. This miracle, we couldn't have done it without you, and we just personally want to say thank you from the bottom of our heart.

JOHN: This room is a sanctuary. It's an opportunity to look somebody in the face and say, "You matter to me, you matter to Jesus, and we will do whatever it takes, for as long as it takes, to make sure you're made whole again."

ANNOUNCER: Today we celebrated a vital victory against the evils of human trafficking, but right now, predators are still targeting vulnerable young girls, and the spiritual war continues to rage. We cannot back down.

Your prayers and financial gifts are the lifeline these girls need for rescue and restoration. Please stand with us today.

RANDY: Many of you watching right now made that happen, and I want to say thank you. Those children are safe, they are hearing and seeing the gospel in action, because of viewers just like you. But we're not finished.

There are many more out there that need to be reached before they're trafficked. Maybe they need to be rescued because they're in the middle of it. Maybe they're on the other side and they need that spiritual restoration.

That's what we do through Rescue Life. Let me tell you, the average cost when you look at our program as a whole and the number of people that are reached, it comes out to about \$128 for one child. That means your gift of \$128 would basically enable us and our mission partners in the field to reach, rescue, or restore one child.

Many of you could reach out to 10 children with a larger gift, \$1280. Whatever you can do, I want to see more success stories just like that, because I know that a story like that is not

just about a building or a facility or a program, it's about a human life, it's about a precious, innocent child. It's about being the gospel in their lives.

So I'm asking you right now, please go online, go to the phone, make the best gift you can. It will make a difference, and today we have something very special for those of you who will do anything as a part of Rescue Life. We have something we wanna put into your hands, just as something to encourage you, but it also means a lot to us, Mom, we have--.

BETTY: It's really special to me, and thank you so much for caring for the children. I know you wanna rescue the perishing, and I thank you for that, you are blessed in your heart by giving, but we wanna bless you in your heart. This is a book, my husband's last book he wrote before he went to be with Jesus, and it's called "A Life Proclaiming Freedom", and I lived that life with him.

I know this book from front to back, I read it in a day and a half, it blessed me so much. I was there so much of the time that this life story was written. Please give and help us rescue those children, and we'll bless you with the book that James has written.

RANDY: Yes, "A Life Proclaiming Freedom", that's what it's about. And as we offer that book to you, we want you to write that story in someone else's life.

You can be the freedom for someone today. So please, we'd love to hear from you right now.

ANNOUNCER: Every day, innocent children are being trapped in the wicked web of human trafficking. Instead of dreaming about a future, they are sold into a nightmare of sexual slavery. But you can join the fight against this evil through Mission Rescue Life.

You can reach at-risk children before traffickers do, rescue those already enslaved, and restore young lives with hope for the future. A gift today of \$128 will reach, rescue, or restore a precious child and change their life forever. Gifts of \$64 or \$32 will be combined with support from others to help deliver one more child from the shame and pain of sex trafficking.

With a gift of any amount, we will send you James Robison's final book, "A Life Proclaiming Freedom", as a thank-you for your support. Discover James's personal journey from bondage to freedom, share in his calling to bind up the brokenhearted, and learn how to experience your personal freedom, so that you can bring healing to the hurting world around you. With your gift of \$128 or more, you will receive the "Life Proclaiming Freedom" bundle, which includes James's book, a special edition collection of the Gospels, and the beautiful Life planner.

Finally, your gift of \$1280 can help save 10 children from the horrors of human trafficking. With this special gift, you may request the inspiring bronze sculpture, "The Good Shepherd". Please call, write, or make your gift online today.

MALE: As you've seen today, the world of human trafficking is dark and it's evil, and it breaks my heart knowing that there's boys and girls in various places of the world, and at this very moment, they're being abused and they're being forced into slavery. They're lost, they're abandoned and they're without hope. God hears their cries, he is the Father to the fatherless, he is the defender of the weak, he is the defender of the poor and the oppressed, and so we pray that you will stand in the gap for these children.

We pray that you too will hear their cries, and that you will help them in their distress and you will help to set them free. We are here, we are on the ground, and we are ready to move on these kids' behalf, but we cannot do this alone and we really need your help.

So please do what you can do, call the number, go online and just make the best gift that you can. You will be answering this call, you will be answering this child's cry in distress, and you will be saving their lives and providing each one of these kids with a new life.

RANDY: I do hope you will take advantage of this wonderful opportunity. You can be God's hands and feet in a place where they desperately need to feel it.

And you know what, today, if you would like to request Nona Jones's book, "The Power of Petty Prayers", we would love to send it to you, and you can walk alongside her and you'll just grow, you can find that freedom. Mom, I think this has been really instructive for people.

BETTY: Awesome, Nona, thank you so much for being with us, sharing your heart and what God has shared you. And thank you for joining us, I hope and pray you were blessed today and you will seek God more and more each time. Spend time in prayer with him, spend time in his Word.

It's his truth and his life. God bless you, we'll see you next time.

♪♪♪ ♪♪♪ ♪♪♪ ♪♪♪ ♪♪♪

ROBERT JEFFRESS: There are counterfeit miracles today. I believe Satan has the ability to work some miracles in order to deceive people.

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.