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**Intro:** Hey friends! Welcome to Girls Night. I'm Stephanie May Wilson and I am so happy that you're here. Each week I have a girlfriend over and we talk through one of the biggest questions we have about our lives as women.

We're talking about friendships and faith and relationships and self-confidence, about our calling in life, and how to live every bit of our lives to the full. Life is so much better and easier and absolutely more fun when we navigate it together as girlfriends. And I cannot wait to get started.

Friends, I'm so excited about today's episode. Today we're talking about how to learn what your feelings are trying to teach you. I love this episode because if you're anything like me, you experience a lot of feelings in any given moment and you're not always sure what to do with them.

For a lot of us, we feel totally overwhelmed by our feelings. Our feelings run the show—they tell us what's true about ourselves and about the world around us. But then others of us tend to stuff our feelings, and as a result, we miss out on so much intimacy with God, with our people, even with ourselves. But there's a third option, a beautiful and better way. And that's what this episode is all about.

To talk us through this, I invited my sweet friends Mac and Kenz back on the show. They are the founders of Delight Ministries, and an amazing hub of resources called For the Girl. They recently came out with a brand new Bible study called *In My Feels*. I loved this conversation and I cannot wait to share it with you.

But before we dive in, guys, I have some super exciting news to share with you. Registration for my online course, Love Your Single Life, officially opened today. You can go right now and register on [loveyoursinglelife.com](https://loveyoursinglelife.com) and join us for our fall 2022 LYSL class.

But I do want to tell you registration is only open for a few days. So make sure to sign up soon. Guys, I'm so excited about this. And I really would love to have you join us.

Love Your Single Life is one of my favorite parts of my job, and it's because God has been doing the most incredible things in women's lives through this course. I got a DM a while back from one of our amazing alumni, a woman named Jenny. Jenny gave me permission to share her story and I'm so glad she did.

Here's what she sent me. Said, "Hi, Stephanie. Congratulations on your precious little girls. This is overdue but I wanted to share with you how Love Your Single

Life impacted my life. It started on New Year's Eve 2018 when my sister shared that she had taken the course, and it was the highlight of her year because it made her live her life more fully, step out of her comfort zone, try online dating. At the time she just started talking to a guy and now they're getting married in March.

I was so inspired by my little sister's example that I decided to sign up for the next Love Your Single Life Class, and I have to say it totally changed my perspective. It made me a better person, helped me be open to people I wouldn't have normally sought out. I met an amazing guy that September, he proposed in March, we were married this past September and now we've a baby due in June. I credit all of these blessings to God and to your course. Thank you so much.

Friends, I just could sit here forever feeling overwhelmed and grateful for Jenny's words. And so let's talk logistics.

If you haven't had a chance to check out the course yet, here's what it's all about. Love Your Single Life is the only digital course of study for Christian women that teaches a step-by-step plan to help you savor, enjoy, and truly make the most of your single life, all while setting yourself up for amazing relationships and marriage in the future.

Here are just a few of the things we talk about in this four-week course. We talk about how to start really enjoying your single life and making the most of every moment. I'll teach you a powerful tool for building competence, which also happens to be your dating secret sauce. We talk about how to find good quality men to date even when it feels like you've run out of options.

We talk about how to invest in your friendships, your relationship with God, your calling, and passions, in yourself. We'll talk about what to do with your sex drive while you're single because it doesn't need to show up until we're married, right? We'll talk about how to stay close to your girlfriends even when you're in different stages of life and so much more.

Registration for the course only opens up twice a year and so make sure to go and sign up today. You can find out all about the course at [loveyoursinglelife.com](http://loveyoursinglelife.com). Again that's [loveyoursinglelife.com](http://loveyoursinglelife.com). That link will also be in our show notes.

The other thing is I know some of you may be listening to this after the registration window is closed and that's totally fine. Head to the website anyway, put your name on the waiting list and you'll be the first to know next time the course opens back up. I can't wait to share this with you.

All right, you guys ready? Let's jump into my conversation with Mac and Kenz.

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**Stephanie:** All right, friends, I'm so excited for who you get to hear from today. I'm sitting here with my real-life friends Mac and Kenz. You guys, this is like the third time... fourth time? I don't know. We've had you at Girls Night a lot. But it's because we could talk about a million things. We just spent the longest time talking. We're like, "Oh, yeah, we should probably record."

So anyway. I feel like we're mid-Girls Night. Welcome everybody else. We're glad that you're here. Guys, welcome back to the show.

**Kenz:** Thank you.

**Mac:** It's like cozy here. I feel the cozy vibes because we're used to this.

**Kenz:** You know this is... I love it. If you guys talk about the encounter at Target in this podcast, I'm going-

**Mac:** Kenz, you're the one that brought it up, not us.

**Stephanie:** Yeah, we weren't gonna bring it up.

**Mac:** We weren't gonna talk about it.

**Kenz:** All the listeners need to know basically Mac and Stephanie ran into each other at Target on a Saturday night and fell in love. They're like, "We're both here at Target." And that was their moment of bonding. And they've talked about it every single episode, I think.

**Stephanie:** That is totally not what happened, I have to say. It was that we ran into each other several Saturday nights in a row. It was just very clear that neither of us had plans and we were both at Target. It happened enough times that it became embarrassing. And then you're like, "Okay, great, we're friends."

**Mac:** At least we're getting the vibes, Steph, that Kenz is jealous. She wishes that she had that bond with you, Steph. And it's okay, Kenz. Y'all have a special bond too.

**Kenz:** Oh, yeah.

**Stephanie:** I'll text you next time I'm going to Target and then we can meet there.

**Kenz:** That's amazing.

**Stephanie:** We have jumped all the way in the deep end. You guys, tell us who you are, what you do and a fun fact by yourself.

**Kenz:** Well, I'll introduce us together kind of, sort of. So we're Mac & Kenz. We started, in college, women's ministry called Delight Ministries. This is like our fourth time on this podcast so I'm sure you know what it is.

We also have a fun little content brand Bible study and also podcast called For the Girl. And we've been best friends, Mac and I, since college, which has been about 10 years now. And so yeah, I'm feeling like we're like in it for the long haul for real, for real. It's kind of amazing. Best friends are the best. Is this my time to say my fun fact?

**Stephanie:** It is unless you need a minute. Do you need a minute?

**Mac:** Do you need a minute? Do you want me to go first?

**Kenz:** Go ahead, Mac. Go ahead.

**Mac:** Okay. My fun fact is that I have a deep fear and disdain for paper napkins.

**Kenz:** What?

**Mac:** Really. And it's been my whole life long. Literally, when I was a kid I used to tell people I was allergic to napkins because I hated napkins so much. And I haven't grown out of it still to this day.

Especially now being married, Tyler is a napkin user and baller upper and so they really grossed me out at that point. But he's actually gotten really sweet. He hides them from me. He like puts them under the table. [inaudible 00:07:36] in his hands and put it under the table so I don't have to see it because I seriously cannot focus if there is a gross used paper napkin on the table. I can't handle it. It's the grossest thing to me ever.

**Stephanie:** Oh, my... What do you do? Do you bring your own BYO cloth napkin?

**Mac:** You know, the cloth napkins don't bother me. I like a cloth napkin. Totally cool with a cloth napkin. I don't know. I just don't use napkins, which I know is dirty. But I guess I just wash my hands. I honestly don't know how I survive. But like, I will use a napkin and I will like blot my hand on it. Like blot it. But the moment it gets balled up and gross, that's when it grosses me out. So I'm just very gentle with my napkins, I guess.

**Kenz:** This is crazy.

**Stephanie:** I'm never going to look at a napkin the same. Never. Never.

**Kenz:** Same.

**Stephanie:** So this is like not even my fun fact. But I have a friend who eats French fries and doesn't eat the ends of them.

**Mac:** Ew. Really?

**Stephanie:** She'll eat a French fry and then just like leave...

**Kenz:** Spit it out?

**Stephanie:** It's almost like that's the handle. No, she's holding it in one hand. And then when there's like the little ends left she'll just like put it down. So when she's done with a plate of French fries, they're not gone, there's just like a bunch of ends.

**Mac:** But does she eat one end? Because don't you have to eat one of the ends?

**Stephanie:** Yes, you have to eat it. You sure do.

**Mac:** That's so bizarre.

**Stephanie:** I know. I know.

**Mac:** I love that.

**Kenz:** For some reason, I'm just so grossed out by that and I do not know why.

**Mac:** I don't know if that deserved an ew, Kenz.

**Stephanie:** It's not gross, but it is just such a... Like, "You're such a weirdo. What are you doing?"

**Kenz:** No, that feels gross. I love that you said she uses that as the handle. My fan fact... this is actually a great one and it's really true. I'm not exaggerating. I steam my face every single morning. I like boil a pot of water over the stove and I steam my face.

**Mac:** And then after she's done steaming her face, she cooks her eggs in that water.

**Kenz:** I boil eggs, yeah.

**Mac:** So it's really weird. It's really weird. I thought you're gonna leave that out and I was like, "You can't leave that out."

**Kenz:** Well, I don't know. I was gonna add that in but... Well, I feel like that's not that weird to boil eggs every morning. That's the fun fact is that I use it as a steamer as well.

**Stephanie:** I think that if you would have said them in reverse, it would have been fine.. As it is, I'm grossed out because you're boiling eggs in your face water. But if you said, "I steam my face in my egg water," I'd be like, that's fine. I don't know. Okay, yeah, I'm gonna give you an ew. I'm gonna give you an ew.

**Kenz:** It's really awesome.

**Mac:** That is the most justifiable ew that we've heard thus far is Kenz steaming her face in eggs.

**Kenz:** There's really no reason for it. Like I'm not trying to have good skin. At this point, it's just like an addiction. It's so weird. I'm like, "I can't wait every day to steam my face." It's cozy. It warms me up. It feels fresh. When I don't steam it, my pores aren't opened. I feel like I'm just keeping the germs on my face. Like it's really weird. It's like my face needs it now. You should try it. Everybody should try it.

**Stephanie:** The face-steaming thing I'm into. It's the eggs afterwards that really got me. Okay, while we're doing this, and then I swear, you guys, we're gonna move on, my gross thing that I can't handle is like in full force right now. Because as we're talking... so this is going to come out right after we recorded it. It's almost Halloween, right?

**Mac:** Mm-hmm.

**Kenz:** Yeah.

**Stephanie:** And there are pumpkins everywhere, which means there's like gourds everywhere, which means there's like the bumpy, misshapen things growing on it. Gourds. And I have a thing and my dad has it too, so I feel like not alone in things that grew in like weird... things that have things growing on them really gets me. And people seem fine with different-

**Mac:** The warts on the pumpkin?

**Stephanie:** Yes.

- Kenz:** Mac just put some wart pumpkins on my front porch.
- Mac:** They're not wart pumpkins. But while we were buying the pumpkins because we're buying the heirloom... Is that what they're called? Heirloom pumpkins or whatever? The weird ones.
- Kenz:** No one knows.
- Mac:** While we were shopping, they had the ones that had the nasty bumps on them and I was like, ew, gross. But I mean, it's really not that gross if you think about it, but it is gross just looking at it.
- Stephanie:** I know. I don't know. It's pretty all-encompassing. Anything that's like that where it's like something's growing on something else, I'm just like, "Can't. Can't."
- Kenz:** Sometimes my sweet potatoes get those long like-
- Stephanie:** Mm-mm. Mm-mm.
- Mac:** That's like rotten. That's not good.
- Kenz:** I honestly never have known what's happening with the sweet potatoes.
- Mac:** That means that they're getting old and it's like growing weird stuff on it.
- Kenz:** Yeah. I'll go to my fruit bowl and I'll be like, Whoa, this is-
- Stephanie:** Uh-uh. That is my actual... Okay, we have to move on. We move on. Okay, so you guys just had two new books come out.
- Kenz:** Yes.
- Mac:** Yes, we did.
- Stephanie:** That is wild. Tell us about them. Tell us the backstory of them. I can't wait to hear about this.
- Mac:** Okay. So we have a Bible study that just came out. It's called *In my Feels: How to Feel Good When You're Not Feeling It*. And it explores eight core emotions that we all feel and what happens when we dwell in those feelings or we suppress those feelings or we just kind of ignore that those feelings are happening in our lives,

they often turn sour and morph into often the negative sides of feelings that we often can identify with.

And then also we explore the invitation that Jesus offers us in every feeling because feelings, as created by God, are actually almost pathways for us to experience Him more intimately. So that's *In My Feels*. It dives into those eight core feelings. You're digging into scripture really exploring what God has to say about each of those feelings.

And then to go with it, we have a devotional called *For When I'm in My Feels*. That is a 40 day prayer and reflection journal and kind of like just meditation place where you can really begin to press into those feelings. So every day the devotional is like, for when I'm feeling anxious, for when I'm feeling rejected, for when I'm feeling disappointed, all of this different spectrum of emotions that we often feel. And there's scripture and just a place for you to process that with Jesus.

It's been really cool... this whole journey. So we were just telling you, Steph, beforehand. When we were in college, we started this Bible study. And originally we went to a Lifeway bookstore to look for a Bible study to use in this Bible study that we were starting.

And we looked everywhere. And there were a ton of Bible studies for high school girls and middle school girls, there was a ton for moms, you know, all the Beth Moore's studies out there but there just wasn't a lot for the kind of that in between age, that age where maybe girls were in college or recently out of college.

And gosh, just what you're going through in that time is so different than what moms are experiencing and what a high school girl is experiencing. And so we ended up just kind of picking something random, and then kind of spend the next 10 years essentially creating space for that in between generation and that in between age.

And then about a year ago, Lifeway, that bookstore that we went into, they also have a publishing arm, they reach out to us about writing a Bible study for that generation. So we got to write the very study that we were looking for 10 years before. And it's been super cool.

And kind of through that whole journey, just this idea that college women, young adult women, one of the things that I think we're most kind of stuck in is often our feelings. Like, we're way better at processing our feelings probably than our parents' generation, who were a little bit more like, "You ignore our feelings. You don't let them tell you anything about your life."



And then kind of like a pendulum, our generation switch to being really controlled by our feelings. And we're much more familiar with a lot of great things, vulnerability, we're comfortable with therapy, we know about words like anxiety and depression. But oftentimes, we then allow our feelings to tell us more about who we are than who God says we are.

And so this study is really about kind of finding that middle ground of not getting stuck in your feelings, not letting your feelings tell you who you are, but also not ignoring them. And also learning how to value your feelings because they're telling you something really important about what's going on inside of you and how you can actually use every single one of your feelings to step into deeper intimacy, deeper connection with God and with the people around you. So it's been really fun kind of going on this journey of getting in our feels.

**Stephanie:** I love that. I love hearing too the story of how it came about in the 10 years. When I first started blogging—At this point I think it was probably... It was maybe 10 years ago or maybe 11 years ago—I heard someone speak about starting anything.

You know, if you want to start and grow a thing or become a... blank. I think I heard someone asked him like, you know, how long does it take to get where you want to go or to make it or whatever? And the guy said, "Give it 10 years."

That was so discouraging to like everyone in the audience. They're like, "10 years. That is so..." You know, if you say, "I want to start a podcast. How long until it becomes a thing? You know, whatever that means," if someone says like, "Give it 10 years," you're like, "I'm so discouraged. That sounds like forever."

But I loved that advice because it reframed... I don't know, it just reframed what the process looks like of building anything that's good. And so I love women getting to hear that, you know, you guys didn't like pop up on Instagram yesterday and then, you know, publish a book. It's a really long process, but it's so good.

You guys know so much more today than you did 10 years ago. Like you guys get to share all the things you've learned over the 10 years. I think that there's the kind of this idea that... that idea of overnight success. And so I love women getting to hear that 10-year cycle. That's just really beautiful.

**Kenz:** I think it's so cool. It was actually really funny. We just celebrated... We did like a 10-year birthday party for Delight at our last little conference event thing. And we had like photo shoot outside and it was like a disco theme, a handbell disco glasses on. It was hilarious.

But I was telling everybody... I was like going around the room being weird, I guess. I was like, "Guys, guess how old you were when we started Delight." This is college-age girls. So they're like in their I guess 20, 21, 22 or whatever. And it was 10 years. I was like, "You were 11 years old when I started Delight," or "You were 12 years old." And honestly, it was just fun for me to get the shock factor because they had never put themselves in those shoes.

But also I loved the conversation too because I just don't think that it's always noticed too. And even for Mac and I, like people don't know that. People don't notice that or know all the work that went into it. It's kind of something that you just almost enjoy alone.

But the sad thing is, is that people do just see it and they just think it happened right away. I mean, hopefully we look young enough and they're like, "Oh my gosh, they've probably been doing this for like two years. Like crazy. That happened right away for them." And it's just so not true.

So to be able to share the story and the process is actually really fun. I like enlightening people with that because it does take hard work and a lot of obedience and a lot of sacrifice over a lot of years. But I also say that's been some of the best parts. So it's been so much fun. The in-between part and the working really hard and the behind-the-scenes when no one saw it and stuff, that was so fun.

Some of the most hilarious moments, because we messed up so much, and we still do, but I mean back then it was just crash-and-burn moments that you honestly just laughed so hard at. It's just fun. The journey has been such a joy and built so much intimacy with Jesus, too.

**Stephanie:** I love that. I love that.

**Mac:** I was gonna say, I think what's so cool is in the 10 years, God has done so much work on my heart. Like if something cool like this would have happened year two, year three, I think I would have taken myself way more seriously. I think I would have been like, "Wow, I'm really cool and I'm a big deal." I think I would have tried to prove that I was worthy of that kind of honor or worthy of that.

There was something in the journey of 10 years where I felt like God really loosened my identity to all of these things to where like, Yeah, this is such a fun and cool thing. And I love it. And the 10 year ago me would have been blown away that this happened. But the five years ago me would have been probably too into it or probably scared out of her mind that someone was going to find out that she was a phony or something like that.

I think there's something really beautiful to what God does while you wait, how He loosens kind of the grip you have on it and how he really makes it not about you. I think now I'm so excited about other girls who are going to encounter Jesus and experience Jesus through it.

And to be honest, it's way less exciting that people are going to know my name. I think it's a really cool thing that God does on the journey and in process that like I think if you get the dream too soon that your heart's almost not ready for that and your heart will twist it and distort it into other things that are not necessary for what God might want to do through that thing. I think that's just been fun for me is I'm like, I'm so thankful that it took 10 years.

**Stephanie:** I love that. I remember having a conversation about the idea of, you know, going viral or getting discovered, you know, for whatever realm you're working in. And this was a really long time ago. And we talked about what happens if something that you make gets really big really fast?

That's our hope. That's always for all of us. We're like, "I'm gonna make this thing and everyone's gonna find out about it, and it's gonna get really big." But it would be really scary to be standing on a stage that was too high, too fast.

There's something really... Like to have your first interview be with Oprah, like yikes. You want to practice a little first. You want to try it out. You don't want to have your first go be on such a big stage. So there is something so important to the practice and the small steps forward.

I heard someone say that success is a long, slow walk in the same direction. And it is. You're so much more ready for the next thing because you went through the previous thing. It's walking through that that gets you ready, that teaches you.... that's how God prepares you and teaches you what you need to know.

I think it's just really discouraging when you're doing something new and it feels like it's not growing as fast as someone else's thing, to know that it really does take a long time for almost everybody. I think there are a lot of challenges to having something grow too quickly that you don't encounter when you get to go a little bit slower, like you're talking about Mac.

I feel like there's just maybe someone who needs that encouragement. But for everyone else, we'll totally get back to the Bible study because that's what we're talking about.

There's so many questions I want to ask about these feelings. I know that you identified eight core feelings. Talk to me about those.

**Kenz:** So the eight core we mentioned, it's really fun. We read this book from Chip Dodd. It's called *Voice of the Heart*. Have you read it before?

**Stephanie:** No, but one of my counselors talked about it a ton.

**Kenz:** Exactly. It's a common... Well, Chip, he wrote this book and I believe he's a therapist and counselor. And then his practice or model has been also used by therapists and counselors nationally. And so yeah, we took that same model that we find in therapy.

If you even Google it, you can find this little chart. It's like the eight core emotions, and then how they can grow what we're calling sour. I'm not sure what they're calling it and then how they can be healthy as well.

And this same chart, my mother-in-law, she's actually a therapist, and she says she has this chart in her office and just sits on the wall. Because as you're talking with patients, or for us, which... this is one of the reasons why I'm so excited about this book is that it's a great discipleship tool. It gives you the language.

Like when I sit across the table just with coffee with a friend or with somebody I'm discipling and she's talking about maybe resentment that she's had in her life, typically, I wouldn't have known that language. I would just be listening to her like, "Oh, dang, that's tough. Oh, shoot. Okay, let's dig in a little bit more."

But what we see through these eight core emotions is one of the core emotions is hurt. So feeling really hurt. And the sour side of hurt is resentment. So it might show its colors. Like she's really angry or resentful. But the core, the root of it is her heart. So knowing and being able to see these things and knowing the core emotions is just so easy way to give you language and direction in navigating your feelings. So it wasn't invented by us. It was taken from the rest of the world.

**Mac:** It's interesting too because the eight core emotions, we would probably all identify seven of them as negative emotions. So those would be things like hurt, loneliness, fear, shame, guilt, sadness, anger, and then the last one is joy.

And of those eight, we'd all say, "Oh, my goodness, why are there seven negative and only one positive?" But the truth is that every single one of these emotions in itself our culture has identified as negative, but there's actually something really beautiful in feeling an emotion.

But often what we know is that distorted side of the feeling, the sour side of the feeling, when hurt turns into resentment, where on the flip side of what Kenz is

saying, the invitation in her is healing. So it's only through admitting our hurt that we can walk towards healing.

So there's actually something really valuable in feeling the feeling of hurt and identifying that and saying, "Hey, I'm hurting." Because when you're hurting, that is the first step towards healing.

So it's just been a really interesting thing for me as a girl who's like... Kenz and I always talk about the difference in feelers and stuffers. So probably half of the population are people who just like feel their emotions and can't help but be overcome by tears and love sad movies and things like that. And then there's maybe the other half who are like, "Feeling's bad. I must stay away from them. I must not feel them."

I'm definitely a stuffer. Like I stuff my feelings. I ignore them until they come, you know, exploding out of me. But I often don't want to admit that I'm feeling any of these feelings.

So for me, it's just been a really beautiful thing to say, "Hey, I'm feeling hurt." And that's not something I need to be ashamed of. That's not something I need to run from or like type in a bow or deal with on my own. There's something really beautiful in just saying I feel hurt. And as soon as I admit that, God can speak so much into that.

And so even just like... I don't know. I just feel like a new woman honestly being like, Yes, feelings are so good and they're so powerful if we're willing to identify, admit them, and then take those to the feet of Jesus.

**Stephanie:** I love that. Tell me again what the... I feel like this is gonna be hard so we'll have to just link to the chart. But tell me again what the eight are. And then is on one side it's... Like how you guys said like if they turn sour and then what the invitation is. Can you go through-

**Mac:** You want all eight?

**Stephanie:** Yeah, do all eight and tell me like, you know, this one and then the sour side is this, the invitation is this just so we can kind of get a picture.

**Mac:** Okay, yes, we can kind of go back and forth on this. Okay, so the first core motion is hurt. The sour side of her is resentment and then the invitation is healing.

**Kenz:** That's hurt. We have loneliness. So lonely is the core emotion. I feel like this is probably one I resonated the most with writing the study. That sour side is apathy.

Like feeling really apathetic about your state of loneliness. And then the invitation is intimacy, which makes so much sense.

**Mac:** So good. Okay, wait, I don't have my book in front of me.

**Kenz:** I can run through them. Then there's sadness. Sadness is one of the core emotions. The sour side is self-pity and then the invitation is embrace. Like embracing the Lord and faith.

Then the next one is anger. Feeling really angry. When we wrote this chapter, I was like, "Oh, Mac, this one's for you." This one is your chapter. But the sour side is bitterness. And then the invitation is passion. Showing like you're passionate about something. But it might look as if it's anger.

And then fear is another core emotion. The sour side is really prevalent in our generation. And that's anxiety. Just feeling really anxious, trying to control our life, which we really can't control. But really, the core of that is fear. And then the invitation is faith, you know, believing that God's gonna pull through for you. That does seem like surface level and cheesy in a way but if you dig in, there's so much there.

Then there's shame. This is another core emotion. Shame. The sour side is self-rejection. And then the invitation is humility. That was pretty eye-opening for me. I was like, "There's no way shame can be actually a good emotion." But I really do think that it builds so much humility inside of us if we put on new lens for it.

The next one is guilt. The sour side is pride. That's real. I've experienced that in my life. And then the invitation is freedom.

And then the last one is the positive one, or at least we see it as positive, and that's a joy. And then the sour side of joy can be cheap pleasure. You know, just grabbing on to things that are quick fixes. And then the invitation is full life. The study as we dug into the word and looking at Jesus's life and how He experienced joy was so powerful. I was like so hyped about it. It's like the end of the study and it's amazing.

**Stephanie:** I love that. I love that.

[00:32:33] <music>

**Sponsor:** Hey friends! Our Girls Night sponsor for today is a company I just love. It's [ZocDoc](#). I know you can totally relate to this, but my life is busy, especially during the summer and fall months. As a result, if there's something that's gonna make my

life easier, I am all ears. So when ZocDoc reached out and told me that using their app to find a doctor is as easy as getting takeout delivered to your house, I was instantly intrigued.

If this is your first time hearing about them, ZocDoc is a free app that shows you doctors who are patient-reviewed, take your insurance, and are available when you need them. Seriously, you just go to [zocdoc.com](https://zocdoc.com), type in your information. And you can find any kind of specialist you're looking for. From dentists to chiropractors to dermatologists to psychiatrists, ZocDoc has you covered.

I've been trying to be really intentional about taking care of my health and my body these last few years. And that's hard to do, you know? It's harder to make time for yourself. It's hard to take time away from work for all the appointments we're supposed to have every year. The whole thing is just inconvenient.

It's infinitely more inconvenient and easier to put off when taking care of ourselves requires hours of research first. You find a doctor you think you might like but then they don't take your insurance or they do take your insurance but they're not accepting new patients or they don't have an appointment available for months. It's a whole thing.

But the reason I love ZocDoc is because it makes all of this so much easier. You can instantly book an appointment with a doctor who suits your needs, fits your schedule, and is within your insurance network. You even have the option to book an appointment remotely if that works best for your schedule.

One of the best parts about the app is that it has verified patient reviews from real people who've made real appointments with these doctors. And I love that. Every month millions of people use ZocDoc and I'm so happy to be one of them. It's my new go-to whenever I need to find a quality doctor in my area. It has saved me so much time.

Friends, finding the right doctor does not have to be stressful or complicated. Go to [zocdoc.com/girlsnight](https://zocdoc.com/girlsnight) and download the ZocDoc app for free and then you can start your search for a top-rated doctor today. Many are available within 24 hours. That's [zocdoc.com/girlsnight](https://zocdoc.com/girlsnight). [Zocdoc.com/girlsnight](https://zocdoc.com/girlsnight).

**Sponsor:** Hey friends! I wanted to pop in for one quick second because our show would not be possible without our sponsors. And so I wanted to take a quick second to thank the company sponsoring us today. Our sponsor today is a company I love. It's [HelloFresh](https://www.hellofresh.com).

Now, I know that lots of y'all have heard of them. But just in case you haven't HelloFresh is America's number one meal kit that shops, plans, and delivers your favorite step-by-step recipes and pre-measured ingredients so you can just cook, eat, and enjoy.

There is nothing better than cozying up and having a home-cooked meal during the fall. But as you guys know already, I am not the best cook. Now I've definitely gotten better over the years, but I just do not love meal planning or cooking. It's not my gift. Plus, these days, cutting down on shopping time and meal prep is absolutely essential. And that's why I love HelloFresh.

So first of all, with HelloFresh, there's something for everyone, including vegetarian, calories smart choices, and family-friendly recipes. I made these incredible HelloFresh chiquitos few nights ago and you guys, they were so good I'm gonna be thinking about them for ages.

And not only is the food delicious but the process of making it is so easy. All the ingredients come pre-measured in handy labeled meal kits, so you know which ingredients go with which recipe. And that means there's less waste.

And I'm telling you guys, I am a beginner in the kitchen and even I can cook these recipes. They're so simple. They come outlined on pictured step-by-step instruction cards. They'll walk you all the way through the whole thing. And it actually feels like a fun cooking lesson. I know how to make chiquitos now. That's pretty impressive, right?

I'm also a huge fan of HelloFresh because it's actually over 72% cheaper than eating an average restaurant meal. And their pre-portioned ingredients help so that no food is wasted. That's great news for those of us on a budget, right?

Plus HelloFresh owns Green Chef, another one of our amazing sponsors. So there are even more meal plans to choose from. I love switching between the brands, and now my listeners can enjoy both brands at a discount with me.

Speaking of discounts, I love HelloFresh even more because they want to give you a promo code to get 65% off, plus free shipping. If you go to [hellofresh.com/girlsnight65](https://hellofresh.com/girlsnight65) and use code GILRSNIGHT65, you can get 65% off, plus free shipping. Again, go to [hellofresh.com/girlsnight65](https://hellofresh.com/girlsnight65) and use code GILRSNIGHT65 for 65% off plus free shipping. HelloFresh, thank you so much for sponsoring our Girls Night. We just love having you.

[00:37:25] <music>



**Stephanie:** I know you guys have learned so much in writing this. Talk to me about the lifecycle of an emotion. So like something happens, you feel something, and then... is it that you get a choice between these things or...? I guess talk me through like... Does that make sense, the lifecycle of an emotion?

**Mac:** Absolutely. I think in any feeling, kind of what we talked about before is like we probably all have our natural tendency to either like feel the feeling maybe almost too much where it can almost tell us who we are. Like we let the feeling control us. Or maybe your tendency is to stop the feeling and to say, "No, I'm not feeling that feeling and I'm actually going to run away from that feeling.

So I think number one, it's really important to recognize where you are on that spectrum and to know what is your tendency when a feeling kind of pops up in you. Because throughout your day, you are feeling a myriad of feelings and emotions.

And it's almost like just paying attention to your feelings is step one and being like, "What am I feeling?" So the very first thing I think is just like naming what you're feeling, and naming it in the simplest of terms because oftentimes the feelings that we know are just distorted versions of other feelings.

So, for example, anxiety is a distorted version of fear. anxiety is rooted in some sort of fear that you're feeling. Fear of the unknown, fear of rejection, fear of disappointment, fear of so many things. And so it's kind of like getting back to like, okay, not just like, What am I feeling and what does culture call that feeling? But what am I really, really feeling here? What am I really afraid of?

So naming the feeling, I think is number one. Because if you don't name the feeling and if you don't kind of recognize the feeling, that's often when it turns sour. It's when we choose to kind of like do what we're most likely to do, which for me is stuff it.

So when I ignore it and go, "I'm not actually afraid of anything. I'm not afraid. Let me muster up my own courage and strength to get over this," that for me is when that feeling can churn and distort into the sour side which is going to be anxiety. Because the truth is I'm afraid of something. I'm afraid of maybe disappointing somebody.

And by me kind of like trying to take the control on my own, take control of something that I cannot actually have control of, I'm still allowing myself to kind of spiral into this thing called anxiety that we all know super well. So really the choice is in that feeling is number one, are you going to recognize it? Or are you going to say what it is, you're going to call it out for what it is? And then are you going to feel that with Jesus?

I think that is the core here is that like think about it. God created feelings. Feelings are not out of His construct of creation. They were a part of how we were created, a part of our DNA. And I believe that everything created by God was created for Him, created for us to be almost these like signposts for us to recognize Him, for us to turn to Him and go towards Him.

So my recognition of my fear, I can either try to deal with my fear on my own by my own principles and my own mechanism, and that's when it turned sour, or I can go to the feet of Jesus and say, "Jesus, I'm feeling afraid." And I can let God speak into that feeling. And I can let God help me process through that feeling. And that's often when we step into the invitation in every feeling.

So for fear, the invitation is faith. So true faith only happens in the face of real fear. You cannot have the beauty and the gift of faith without the realness of fear being there. And so when I go to Jesus and I feel my fear with Him and I let him speak into my fear, I'm actually getting this incredible gift to step into what it really means to have true faith and to walk out my faith and to work out my faith and to let God, the one who is in control be who He says He is and to show me what that looks like.

I think that's really the choice we all have is, are you going to deal with your feelings by your own mechanisms and spiral into all these other things? Or when you feel that feeling, are you going to go, "Hey, I need to go feel this and I need to go process this at the feet of Jesus and let Him speak into this and step into this beautiful, deeper invitation that He might want to offer me in this feeling that I'm so used to dealing with on my own?"

**Stephanie:** That's so good. That is so good. I love that. I mean, I know that you guys have had to reflect on this a lot over the course of writing this book. As we're kind of wrapping our minds around this, around the like something happens and you feel something and you have, you know, a buffet of options of what you can do with that thing.

Actually, this is something that I've kind of been doing over the years that I think I'm hopefully getting better at. But there have been times where I'll feel something, like all of a sudden I'm feeling like sad, or it's like my heart feels heavy, and I'm like, "What happened? How did I get to this place?" And I'll have to like go back through my thoughts. Like, what was I thinking about? I'm grocery shopping or something, like what was I thinking about? What sparked this?

And then it's like four trains of thought back, I realized something or I saw something. Or you're scrolling through Instagram and you're not paying attention

or... like, all of a sudden you're feeling sad and you're like, "What did I see that made me sad?" You're like, "Oh, so and so had an event and I wasn't there." I guess I'm feeling left out but I didn't even realize that I just was just kind of sort of inexplicably feeling sad.

And it just takes some intentionality. It takes a minute to grab onto the rope and trace your way back to the beginning of it. But if you don't do that, then you just are sort of run by this sad feeling that, you know, maybe you end up being grumpy with people around you. You know, it comes out in some way or another. But yeah, if you can trace it back, you can be like, "Okay, well why am I feeling like this in the first place?" And then you decide what to do about it.

I know that you guys have thought about this a ton in your own life. Can you guys give me some examples or just an example that stands out of a time that you felt this way and maybe like did the right thing or maybe you did the wrong thing or maybe you did one than the other or something? I just love a couple more examples of this.

**Kenz:**

I feel like we could probably give a lot. One thing that I think about right away is just me and Mac's friendship and relationship. You know, we've been best friends forever, have made a lot of big decisions together, run this business together.

And there's been a lot of times where I have maybe been hurt by Mac. Like Mac said something to me that... Or in this is vice versa. I'm not like putting Mac down right now but I'm trying to think of even a specific moment. Like I'm late all the time. And maybe one time I get onto the call and she's like, "Why would you be late?" She just lashes out at me or whatever it is.

And then I might go back to Josh, my husband, at the dinner table and I'm like, "Hey, today, Mac yelled at me about being late and now I don't like her. I feel really hurt by her. And I just maybe rattle off like a ton of what sounds like resentment."

Actually, I didn't even say I was hurt by her. I didn't say that at all. I probably went to Josh and I was like, "I really don't like Mac today," or "she's just a grumpy old woman," or "I don't think I ever want to work with her again." I'm saying like, all these ugly things, maybe.

And really I'm hurt by Mac. And if I was to go into a conversation with her, and hopefully I'd get there the next day where I'm like, "Hey, Mac, let's have a quick talk. Instead of me just functioning out of resentment towards you, I want to just have a heart-to-heart." Like a heart-to-heart goes so far. I've felt a little bit hurt by you. I know I was late but you could have said..." whatever the conversation might

be. And going back to the root of the issue instead of letting the resentment fuel our relationship.

And gosh, there's been so many times where we've gone way too long without a heart-to-heart. Like, where maybe something happened worse than being late and we just let it go on for a month without addressing the root issue, but just functioning out of bitterness and functioning out of dislike for each other.

For us in our friendship, these conversations have gotten so far where we can like really... And that's what the invitation is through hurt is healing—choosing to step into that healing and have that hard conversation that mends things again. And to do that not alone, but with the Lord too. Anyways, that's one that comes to my mind.

**Stephanie:** It's crazy, because if you don't do that, if you don't have that conversation, or if you just like feel the hurt and either shut down or fan the flames of it and let it turn into resentment, it really can steal such real things from you.

Like how many friendships have ended because of something like that? And it's like, you know, someone's hurt and so they respond poorly in the next conversation, and then other person's hurt by that. And then it just kind of becomes this compound effect of misunderstanding until... Or maybe the next day Kenz you're kind of short with Mac because you're mad at her and Mac is like, "Well, I guess Kenz doesn't like me anymore," or something like that.

I mean, very real important things can be lost pretty quickly because of unrecognized and undealt with I guess. That's not really a term but... emotions. Yeah, feelings.

**Kenz:** Our emotions have so much weight. It's surreal. I was just talking to a friend the other day. His wife got in a bad car accident and was in the hospital. And he said that while she was in the hospital, he went to buy groceries. And he said he got in the grocery aisle of the grocery store and literally was lost in the grocery store. He just couldn't find his way or couldn't find anything or do anything while she was in the hospital.

He was like, "All right, why am I even trying to move forward right now? Why am I trying to be productive? Why am I trying to get my to-do list done when things just feel so heavy." So to what you were saying earlier, stuff like, that's an extreme version, but it's true that sometimes our feelings and our emotions when they're undealt with, we are going to feel lost and we're not going to think straight, we're not going to make smart decisions.

So I think it really is important to pause, to not be so hard on yourself, to just keep pushing through your day-to-day, but to be like, "Hey, where is this coming from?" Usually, on a smaller level, you really can adjust those things.

And even just in a moment of prayer with the Lord or in a conversation, even just having one friend that you can call that's like your go-to friend that's like, "Hey, I don't really want to podcast today, Mac, because I feel super sad. I just feel really sad today. And if I'm gonna keep doing this, it's just not gonna work, it's not gonna make sense, it's not gonna be purpose-filled." And just not doing it. And choosing that but having that one person you can call.

So anyways, our feelings have so much power. And when he told me that story, I was like, "Whoa, that's so real. I feel that on a really small level."

**Stephanie:** Mac, what about you?

**Mac:** I think one that I'm kind of facing in my day-to-day life right now that's so real that I'm kind of on the flip side of it is I'm receiving an emotion of somebody else's feeling. My husband... we've been married for like five months now but he moved from Cincinnati to North Carolina, which is where I live.

So there's a lot of sadness that comes with moving. He's lived in Cincinnati his whole life long and picked up everything, left his family, left his friends, left his job, literally left everything to move and to join my life. And although that came with so much joy and so much good, it also came with a lot of sadness.

I think we having to walk through that together has been really hard and really difficult. Because when I see him feel sad, I'm like, "I need to stop. I need to help them get unsad." I'm like, "I need to help him get unsad. What can I do to make him happy again and all these things?"

The sour side of sadness is self-pity. And I know for me when I'm sad, self-pity is so easy to jump into where I'm just like, "I mean, poor me, I [inaudible 00:51:14] worse and blah, blah, blah." And so I think sometimes I put him in that box, where I'm like, even I feel the sadness. And I'm like, I feel sad for him and then I'm like, "Oh, but poor me, because I have to kind of deal with your sadness." And I spiral into it even though I'm not the one feeling sad initially. So we've kind of had to walk through this craziness together.

But what I love is the invitation in sadness is embrace. And the idea of embrace is that you're embracing that you lost something that had a lot of value, that really mattered. So when you embrace something, you're actually celebrating the fact that

something was really valuable in your life. And something was so valuable that you are giving yourself permission to be sad at not having it anymore.

And I love that embrace there's kind of two steps to that. Number one, I think when we choose to embrace, we're saying, "Hey, God, I'm gonna let you embrace me in this. I'm gonna let you be the one that holds me in this pain and in this sadness that I'm feeling."

And then number two, I think that God then equips us to be able to kind of embrace whatever it is that we're left with on the other side of that sadness. And to kind of go, "Okay, God, I'm kind of looking around at the rubble of what's left of this kind of earthquake that happened in my life. How can I begin to pick up the pieces and to build something out of what's left behind here?"

I don't know, that's just one thing that I, as someone who's walking in day in and day out with someone who's experiencing sadness of losing something that really mattered, for me to know that the best thing I can do for him is not to let him sit in self-pity and definitely not to self-pity myself, but for us to together and grace the beauty of what it is that he had to leave behind to come here.

And for me to celebrate that with him, and to remind him every day and for me to remember that those things mattered so much, those things had value. And together we can process through sadness by both of us embracing that and recognizing the beauty and the value and celebrating what it is that he's had to say no to to be able to say yes to this. I don't know if that makes sense but that's just kind of a real one that I feel like my husband and I are in right now.

**Stephanie:** You guys, I know we talked about this probably, especially when we first met each other. But I can relate to that so fully. I mean, neither Carl nor I are from Nashville, but we moved here when we got married and the loneliness was absolutely crushing in the first year that we were married.

And not because of him. He's amazing. I feel like our first year of marriage was really good too. But I didn't have any friends. Moving is so hard. And you know, maybe it's not always hard, maybe it's not hard for everybody, but I can relate to that sadness really seriously.

And also, it's really hard when people close to you are feeling strong emotions because we can interpret them in different ways and we can take them on. Like that's a conversation that happens a lot in our house of like, "Why are you cranky?" "Well, I'm cranky because you're cranky." "Okay, well, that is not helping this relationship at all." So yeah, everything that you said is so real.

The thing that's hard about our emotions, our feelings is that they are really consuming, I think. They just are kind of this wave that crashes down on you. Have you guys come across any tips or techniques or anything to, I don't know, like help in that moment when it crashes over you so that we don't respond poorly or respond the way that we don't want to or so we don't get so caught up in our feelings that we take them to a sour place?

**Kenz:** I've definitely feel like it's different for every person in kind of knowing yourself and the wave of your emotions is so important. But I think we've kind of named a couple even through our conversation.

The first one is identifying what you're feeling, and maybe even knowing and memorizing these core emotions. This isn't just from our study but through everybody. These core emotions are really real. And if you can actually name it and point a finger to it, I think that brings a ton of clarity, first of all.

I really do believe that there's moments of prayer. I mean, there are mornings where I wake up and I'm like, "Okay, for sure I'm gonna have quiet time because I'm in the middle of my study and want to keep it up." But then there's other moments where I'm like, "I really don't want to walk out the door because I feel something heavy or some anxiety or some anger." And I'm like, "I need to just write this down. I need to pause, and only talk it out but listen and hear from God." And it sounds really just maybe spiritual but there's so much beauty there. And those moments are super, super powerful.

And like I said too, even talking about it with the friend. Sometimes I'm like, "Hey, I can't just pretend this is okay." And it doesn't mean that you have to tell everybody but one person. Like you have your husband too, but maybe even outside of that, girlfriend or something where you can be like, "Hey, this is actually how I'm feeling."

And I'm not just gonna sugarcoat this of how I'm feeling. I'm going to tell you exactly how I'm feeling. I'm not going to hide this. And even when it feels really embarrassing. I had like the most embarrassing weird thought the other day that I told Mac, and it felt good to just get it off my chest. I cannot not talk about on this podcast, Mac. I know she's thinking to herself, "What was that?"

**Mac:** I'm like, she tells me frequently weird things, do you think?

**Stephanie:** That is so me. That's friendship.

**Kenz:** It was through that conversation that like got off of my chest and gave me a lot of clarity, too. So anyways.

**Mac:** I was gonna add too, I think, one thing that's been super powerful for both of us and that's just been really cool is I would say, read through the Gospels through the lens of feelings and emotions, because they're there way more than you've probably ever let yourself realize or seen before. And just this idea that Jesus, although He was fully God, He was also fully human, which means He felt and experienced and walked through the just day to day feelings and emotions that we feel all the time, too.

I mean, Jesus felt angry, Jesus felt hurt. Jesus felt sad. Jesus felt so many of these things that we feel. And it's super beautiful to watch how He processes and walks through feelings and emotions. And that so much of what the Bible studies about is like, let's look at Jesus, the guy who really does, the guy who's able to walk on this earth feeling the feelings that we felt, but who was able to do it without sin, who was able to do it without harm.

I think there's just so much to be gained and so much to be learned by studying scripture and looking at how Jesus responds to feelings and emotions. Because I think that same invitation is just available for all of us to respond in the way that He responded and not to villainize our feelings but to embrace our feelings and realize that they're telling us something really important that matters.

And I think like what we started just recognizing is recognizing that your feeling is the language of your heart. That's what Chip Dodd says, the guy that we love. He says, "The feelings are the voices of your heart that tell you what's going on inside. So they're really important and we have to pay attention to them. And we have to be able to take them to the best place to process which is at the feet of Jesus."

And I believe that we process things at the feet of Jesus, it doesn't stop there. It's not the like fix all bandaids where you're like, "Great, I took this to Jesus and I'm better." It's like, no, Jesus then equips you and sends you into relationships with the people around you for you to even deeper process that, for you to heal in even deeper ways, for you to embrace things in even do cheaper ways.

So I believe it starts with Jesus. And then I believe Jesus is... he's ascending God that then sends us back into the world, back into relationships to continue the renewal that He began in our hearts. And so, yeah, I'd say just like studying scripture, to add on to what Kenz said. And then literally realize your feelings aren't the problem and realize where you can take them in the moment.

**Stephanie:** I love that, you know, we do have complicated feelings about our feelings. We all do. And that honestly might be one of the hardest parts of them is like, when you... That's one of the reasons that I love this podcast so much and love conversations



with friends so much is because, you know, so often we feel something, and then we feel embarrassed or shame about feeling that thing, or like we're going through something and it feels hard, but we're like, "That's so dumb that that's hard. It shouldn't be hard. You're weak or lazy or whatever or not good enough because this is hard for you."

Then that feeling of shame is usually worse than whatever the hard thing was in the beginning, you know. So when we can have people in it with us to help us sort through some of those things, and help us be a voice of kindness and grace for ourselves. Because we often talk to ourselves in ways we would never talk to anybody else.

And so having someone come alongside you and say, like, "Hey, the fact that you're going through this is normal and valid, and the fact that you feel this way is okay. You didn't mess up and that's not why you are feeling this way. You're okay."

And then also to know that we're not alone in what we're feeling just takes off that extra layer of shame or embarrassment or judgment of ourselves for going through this thing. And then we can just go through the thing. I think the feelings we have about our feelings are one of the hardest parts.

So I love the idea of not being afraid of them and not villainizing them but looking at them not as the end all be all truth about who we are. I remember my friend Carly told me, probably 12 years ago, she was like, "Steph, you know, your feelings aren't always true."

And I was like, "What? What do you mean?" I'm still unpacking that. That I can feel something and it doesn't necessarily mean that it's not... I can feel rejected by somebody but that doesn't necessarily mean that they've rejected me. There's just so much to it. But I think seeing our feelings as something that's helpful and good, and the language of our hearts and something that can draw us closer to each other and closer to God, it's so good.

Do you guys have, kind of as we are finishing up, just one last bit of encouragement for women or something that you learned through writing this where you're like, everyone needs to know this thing?

**Mac:** I would say that I really believe that your feelings are to be embraced in community. I really believe that there is such a safe place to work through feelings and emotions. And I love that you shared that, Steph, of just like... I don't know.

I think like so often we think we need to keep our feelings hidden. And what we're really trying to do with this study is... It was written as a Bible study really

intentionally. And it's like every week in the Bible study, there is a group guide very intentionally.

Because I believe like you can do so much work on your own and your feelings and you can do so much work at the feet of Jesus. But I believe we see the fullness of God's heart for our feelings and emotions when we process them in the context of community and when we realize like, Oh, that loneliness you're feeling, even though you have 40 Brazilian friends, like, You feel that too? Like that's not just me? That's not just me who feels alone in a crowded room.

There's something really beautiful to be learned from other people. The things that God is teaching other people about their feelings and their emotions can really be the thing that sets you free from that feeling or emotion controlling you and numbing you out to other amazing feelings and emotions.

So I would just say like if this is speaking to you at all, get a group of gals together... A group of gals. I can't believe I said that. Get a group of girls, girlfriends, whatever together and be like, "Guys, let's sit down and let's really get real and raw about our feelings." And let's not just get real and raw so that we can have a pity party, cry circle. Let's get real and raw so that we can allow God to speak truth back into our feelings again.

And we can keep each other accountable to not let our feelings be the things that define us and give us identity but we can allow our God to be the things that defines us and gives us identity. And I just think that I love that so many of us work through emotions and feelings with people who are really smart and really wise in therapy and places like that. But I also believe that there's something really valuable to be shared in making your community a safe place to be real and raw about your feelings and emotions.

Like Kenz said, I cannot tell you how many things I've told Kenz over the years that I would feel so embarrassed or ashamed to tell other friends from my past. But Kenz and I have been able to kind of establish a relationship where I can be like, "Hey, today I am just not in a good spot and I need your grace today. And I need your reminder tomorrow that I can't stay in that for the next week. I've got to break out of that." I don't know, yeah, just community with your feelings, that matters so, so much.

**Kenz:** So good.

**Stephanie:** I love that.

**Kenz:** I think for me, honestly, my relationship with the scripture really changed as I learned more about feelings. Even just speaking to our generation, like there's this generation that maybe has even stopped reading scripture as much and has been caught up in their feelings. And they've separated the two almost and thought as if Scripture doesn't have feelings in it, and that is just the book of instructions, and it's old and not relevant to today's culture and how we're feeling right now in the world.

But as I dug into the Scripture, I just found it was just quite the opposite. And I was honestly hands down, like, "Okay, how are we going to write a Bible study about feelings because the Bible doesn't have feelings in it?"

And then, as I was looking at the Old Testament and reading all these old stories, and then when I looked at the life of Jesus, I was like, "Oh, my gosh, these stories and these people really do feel a lot like me. Like a lot like me."

Like I was reading the story about Joseph's brothers who sold him into slavery. You've probably read that story before but I saw it with a new lens. I was like, "Wow, his brothers are super, super hurt." And that's what this resentment really is. I was like, "I've been there before."

And just story after story of the Old Testament speaking to my life and really revitalizing my relationship with the Word of God. And so, yeah, I do feel like... It's funny, it's a natural sell for the study. But if you need to get back to the word, it's a great study to be like, Okay, wait, maybe these two things, maybe my relationship with God and my relationship with the Bible and my emotions aren't so different. I think that they can be one. And it's a great place to go because there's a lot of truth that will cover all those feelings.

**Stephanie:** I love that. We're gonna link to everything having to do with you guys, but especially the Bible study and the devotional in our show notes. So you guys can all find it there. Guys, I'm just so grateful for you. And I love that you wrote this.

Our feelings really are such a hard, tricky thing to navigate, but I love that you guys have created this tool and that you guys get to be the people who create the tool that you're looking for. I just love you both so much and I'm so happy to be... Like I'm just sitting on the sidelines of your lives and careers and ministry. I have the hugest set of pom poms cheering for you.

**Kenz:** Thank you.

**Mac:** We love you, Steph.

**Kenz:** I wasn't expecting you to say the pom pom thing. I love it.

**Mac:** Me too. So good.

**Stephanie:** Thank you for coming on, guys.

**Kenz:** Thank you so much. We love you all.

[01:08:52] <music>

**Outro:** You guys, aren't Mac and Kenz amazing? I just love them. Don't forget that if you ever want to find the links for any of the things we talked about in our Girls Night episodes, you can always find those over in our show notes. Just head over to [girlsnightpodcast.com](http://girlsnightpodcast.com) and you'll find links for everything, including links for Mac and Kenz so you can pick up their new Bible study, listen to their podcast, and follow along with all the great stuff they're doing.

All right friends, that's it for today's episode. We have so much good stuff ahead this season. And with that in mind, now is the perfect time to make sure you're subscribed. Subscribing to the show is the best way to make sure you never miss an episode. It won't send you an email or anything, it just makes sure your phone downloads the latest episode when the new one's released.

And I did want to take a quick second to ask you a favor. If you've enjoyed this episode or if you've been a Girls Night fan for a while now, would you take just two quick seconds to leave us a rating and review on iTunes? Those reviews help out our podcasts so much and it really would mean so much to me. So if you take two quick seconds to do that, I'd be so grateful.

Friends, thanks so much for joining me for Girls Night. I'll see you next week.