

b r e a t h e
a g a i n

HOW TO LIVE WELL WHEN LIFE FALLS APART

Niki Hardy

1

rubbish we believe when the poop hits the fan

IT'S ALL MY FAULT, GOD'S ANGRY,
AND NOW HE'S VANISHED

A lie told often enough becomes the truth.

Vladimir Lenin

The thief comes only to steal and kill and destroy.

John 10:10

LEARNING TO BREATHE AGAIN

Take a moment to do this exercise.

First, name something you believe about your season right now, then ask yourself why you believe it. Why does it frighten or worry you? Why do you churn it over in your mind or scream it to God in anger?

Then ask why again, and again.

Maybe add in a “So?” or “So . . .” Here’s the idea: you’re on a treasure hunt, and the core belief is the gold. The self-trash or God-trash you unknowingly believe is the dandelion root that needs pulling out.

Let me show you what it looked like for me when I did this exercise.

My first belief or cry out to God was, *I can't believe
God would let this happen to me and my family.*

So I asked, Why?

*Because I've done so much for him, loved him, followed
him—heck, even moved across the world for him—
done my best at every turn.*

Why?

Because I thought he loved me.

Why?

*Because that's what the Bible tells me and I've seen his
love for other people.*

So . . .

He obviously doesn't love me like he loves them.

Why?

Because I'm not good enough.

rubbish we believe when the poop hits the fan

Ouch. There it is. The core belief. *I'm not good enough for God to love me.*

I had to dig deeper to find the lie behind it.

So . . .

God's grace is there for everyone else, but it doesn't apply to me.

So . . .

I'm the exception. I have to earn his love.

Boom. Found it: *I'm the exception and I have to earn God's love.* Do you see how it works?

The root holding on in the soil of my life and faith was the idea that I have to earn God's love. For a pastor's wife who is passionate about grace, this was a doozy.

Despite years of preaching and teaching about God's grace and the freedom of not needing to earn his love or salvation, I still believed, somewhere buried deep inside, that I was the exception and had to measure up to be loved (and therefore healed) by God. In my head I knew it was utter nonsense, but it's no wonder I spiral down and away from him when things get tough. No wonder I couldn't grasp all he had for me.

Now it's your turn, friend. If I can do it, so can you. If we want to kill the cancerous lies before they kill us, we have to flush them out by spraying them with Day-Glo paint to identify them. Only then can we remove them.

As we repeat this exercise over and over, we identify more and more lies. The more lies we see, the more we'll be able to remove, and the more we remove, the softer the lawn come summer and the fuller the life we can live.

So rinse and repeat, my friend. Rinse and repeat!

2

the truth we need when our world is rocked

LIFE DOESN'T HAVE TO BE PAIN-FREE TO BE FULL

Indeed, one can be deceived in many ways; one can be deceived in believing what is untrue, but on the other hand one is also deceived in not believing what is true.

Søren Kierkegaard

Then you will know the truth, and the truth will set you free.

John 8:32

LEARNING TO BREATHE AGAIN

Here's an excerpt of a love letter from God to you, written entirely in Scripture verses. I've no idea who originally collated this, but I've read it over rooms packed with aching hearts and seen the truths it contains heal the most broken and paralyzed places. So now I'm sharing it with you. Breathe it in, letting God's Word do its work.

Highlight the verses that speak to you most; write them on sticky notes and post them on the fridge. Underline verses you struggle with or that grate on you, and ask yourself why that might be. Go back to the exercise in the last chapter to figure out what lie might be behind that discomfort.

If you're more of a listener than a reader, I've made an audio version where I read the entire letter over you to help you relax and let God's words sink in. Hop over to www.nikihardy.com/breatheagaingifts to download it.

A Love Letter from God (Author Unknown)

My dear sweet child,

I am not distant and angry, but am the complete expression of love (1 John 4:16). And it is my desire to lavish my love on you simply because you are my child and I am your Father (1 John 3:1). I offer you more than your earthly father ever could (Matt. 7:11).

Every good gift that you receive comes from my hand (James 1:17), for I am your provider and I meet all your needs (Matt. 6:31–33). My plan for your future has

finding solid ground

always been filled with hope (Jer. 29:11) because I love you with an everlasting love (Jer. 31:3).

My thoughts toward you are countless as the sand on the seashore (Ps. 139:17–18) and I rejoice over you with singing (Zeph. 3:17). I will never stop doing good to you (Jer. 32:40), and I want to show you great and marvelous things (Jer. 33:3).

If you seek me with all your heart, you will find me (Deut. 4:29). Delight in me and I will give you the desires of your heart (Ps. 37:4). I am able to do more for you than you could possibly imagine (Eph. 3:20), for I am your greatest encourager (2 Thess. 2:16–17).

I am also the Father who comforts you in all your troubles (2 Cor. 1:3–4). When you are brokenhearted, I am close to you (Ps. 34:18). As a shepherd carries a lamb, I have carried you close to my heart (Isa. 40:11). One day I will wipe away every tear from your eyes and will take away all the pain you have suffered on this earth (Rev. 21:3–4).

I am your Father, and I love you even as I love my Son, Jesus (John 17:23).

God

3

practice makes better, not perfect

You are braver than you believe, stronger than you seem, and smarter than you think.

Christopher Robin

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

2 Timothy 1:7

LEARNING TO BREATHE AGAIN

You might not think you are particularly strong or brave, but I'm sure other people do. Ask a few people who know you well what they think your biggest strengths are and where they see you being brave in the midst of what you're dealing with. (You might first like to explain about this exercise so it's a little less awkward!)

How does the thought of being filled with the strength of the Holy Spirit make you feel? Excited? Nervous?

Take a moment to think about what messages you've absorbed about the Holy Spirit's role in your life and how this might affect your willingness to be open to him.

Take a moment to ask the Holy Spirit to fill you afresh or for the first time. Whether you "feel" him or not, if you ask he comes (Matt. 7:11), so take time to thank him for his presence.

Grab your calendar and block off some time every day or week to read each chapter and do the exercises, questions, and prayers. This intentional blocking off of time is a way of loving yourself, telling God you're willing, and getting the most out of the book.

Why not give yourself a little reward for completing each chapter? A bubble bath? A coffee with a friend to talk about your progress or just catch up? Setting ourselves small frequent rewards sets us up to succeed.

4

choose brave

IT DOESN'T HAVE TO BE BIG

Healing takes courage, and we all have courage,
even if we have to dig a little to find it.

Tori Amos

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.

Joshua 1:9

LEARNING TO BREATHE AGAIN

What is causing you the most fear in your life today?

How are you responding? Are you stepping out toward those fears or hunkering down, doing your best to avoid them?

Do you feel out of control and out of choices? If so, take a good look at your life. Is that really true? List three small brave choices you could make this week.

What positive thing would happen if you stepped ahead scared and made these choices? In other words, list the upside of making these brave choices.

The Bible tells us God will be with us and never leave us (Josh. 1:9; Deut. 31:6). What specific help from God do you need as you make these brave choices today? Tell him what you need.

learning to breathe again

Now go and set a reminder on your phone or in your planner to come back and revisit this page in a week. How did it go? What was hard? What went well? What have you gained by choosing brave?

What rubies, however small, did you find when you chose brave?

5

trust God

HE'S GOT IMPECCABLE CREDENTIALS

When God leads us to the edge of the cliff, we can trust him and let go. One of two things will happen: either he'll catch us when we fall, or he'll teach us how to fly!

Unknown

Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.

Proverbs 3:5–6

LEARNING TO BREATHE AGAIN

Check out God’s credentials by reading the story of Joseph in Genesis 37–47. How did God prove himself trustworthy to Joseph?

Describe a time when you have seen God show up in your life. If you’re not sure he has, don’t just think about whether he’s been there in life-altering moments but think back to whether you’ve seen him in smaller, more personal ways.

Write a prayer asking for God’s help to trust him. You can make this one your own if you like: “I’m struggling to trust you, God. I’m worried about _____, I’m frightened _____ will happen, and _____ is so painful I can hardly breathe. Trusting you is hard because of all this and I’m _____ [how you’re feeling: scared, alone, etc.]. Please fill me with your Holy Spirit and give me the courage and strength to let go and trust you. Amen.”

Which promise of God do you most need to hold on to right now?

His presence forever (Deut. 31:8)

His peace (Phil. 4:7)

His comfort (Isa. 49:13)

trust God

His provision (2 Cor. 9:8; Phil. 4:19)

His strength (Isa. 41:10)

His unconditional love (John 3:16)

His forgiveness (1 John 1:9)

He will fight for you (Exod. 14:14)

He will work all this for your good (Rom. 8:28)

He has good plans for you (Jer. 29:11)

Take a moment to write out that Scripture and put it somewhere you'll see it every day. Memorize it, turning it into your battle cry.

What do you need to let go of in order to fully grab hold of God? Fear? Worry? Control? Unforgiveness? Grief? Something else? Take a moment somewhere quiet to breathe in your battle cry and breathe out everything you need to let go of. Repeat it over and over, slowing your breath with each cycle.

Start to build altars by keeping notes in your journal of how God meets your needs, calms your anxiety, brings hope through a friend, or proves himself trustworthy in any way.

learning to breathe again

If you write a prayer journal, reread its pages, marking where God has met you in the past.

Make a list of how God has been present to you over the last few months, continuing to add to it as you hold on and trust him in the months ahead.

6

find community

THRIVING IS A TEAM SPORT

Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.

Jane Howard

By yourself you are unprotected.
With a friend you can face the worst.
Can you round up a third?
A three-stranded rope is not easily snapped.

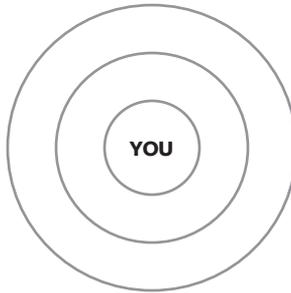
Ecclesiastes 4:12 MSG

LEARNING TO BREATHE AGAIN

Which of my reasons for avoiding community that I listed on pp. 111–12 do you resonate with most and why?

Make a list of friends, family, and unintentional community, then write their names in concentric circles (similar to the figure below) based on how safe and connected to them you feel, with the most intimate relationships in the center. Does anyone's position surprise you? How might you step into these relationships more intentionally and get the help, support, or friendship you need?

Relationship Circle



Where can you find others who are dealing with the same issues as you? Can you reach out to at least one person or group this week?

7

be vulnerable

STIFF UPPER LIPS NEED CHAPSTICK

Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness.¹

Brené Brown

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

2 Corinthians 12:9

LEARNING TO BREATHE AGAIN

Paul says he gladly boasts in his weakness (2 Cor. 12:9). How comfortable are you in sharing your weaknesses and fears with others? Why might that be?

Do you find it easier to be vulnerable with God or your friends? Why do you think that is?

Read Psalm 13, noticing how verses 1–4 are a vulnerable outpouring of emotion to God while verses 5–6 follow with truth about God. Write your own psalm in this way and take time to pray it back to God. Remember, it doesn't have to be eloquent, just honest.

Is there someone you're keeping at arm's length, afraid of letting them into your pain? Could you share your feelings with them this week?

learning to breathe again

Make a note on your calendar to come back to this page next week once you've walked in vulnerability a few times. How did it go? What did it feel like? Have you started to see freedom in that area or with that person?

8

embrace the journey

EVEN THE DETOURS, DIVERSIONS, AND DEAD ENDS

Uh-oh! Mud!
Thick oozy mud.
We can't go over it.
We can't go under it.
Oh no! We've got to go through it!
Squelch squerch!
Squelch squerch!
Squelch squerch!

We're Going on a Bear Hunt

There is a time for everything,
and a season for every activity under the
heavens: . . .
a time to weep and a time to laugh,
a time to mourn and a time to dance.

Ecclesiastes 3:1, 4

LEARNING TO BREATHE AGAIN

Here are some suggestions for leaning in and processing what you're going through. Choose one that fits who you are and commit to leaning into it this week.

Journaling. Writing our emotions helps us put shape and form to often hidden feelings and gives us the language to vulnerably share them with others.

Counseling. Taking time to talk things through with a professional who is trained to help us deal with our stuff helps us uncover and process emotions we don't know how to navigate ourselves.

Me Time. Whether time with friends, a bubble bath, a day at the spa, or sitting with a cup of tea and a good book, time invested in ourselves is more than compensated by the healing and space it gives our weary souls.

Letter Writing. Penning a letter you'll never post to someone you've lost, someone who's hurt you, or to God, letting all your feelings flow out untethered, helps us figure out what we're feeling.

Support Group. Finding a safe, supportive group that talks about what you're dealing with—such as AA, grief groups, or cancer support groups—is a great way to process our emotions in the safety of others who've been where we are.

As you process and emotions bubble to the surface, try not to judge them, dismiss them, or negate them. They are your emotions and they are real and valid.

embrace the journey

Try naming five emotions (difficult or not) you've felt in the last week. How might they be signposts to the next step in your journey?

How might you give yourself permission to live in your "now" moments? What might that look like practically?

Have you been excluding or including God in your journey? What would it look like to invite him in as you navigate this season?

9

practice gratitude

FOR THE RUBBLE, NOT JUST THE RUBIES

It's only with gratitude that life becomes rich.

Dietrich Bonhoeffer

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16–18

LEARNING TO BREATHE AGAIN

Here are some ways Kristan and I practice gratitude.

- Set a time and place each day to be thankful. Five minutes before bed is a good one.
- Keep a gratitude log, naming three things to be grateful for each day.
- Write a letter to God telling him all you're grateful for and asking him to show you the good he is working in the things that seem all pain and no purpose.
- Write a list of all the people you're grateful for. Write them thank-you notes, being specific about what it is you really appreciate them for.
- Take five minutes a few times a day to breathe deeply as you visualize a few things around you that you are thankful for.
- Flip the script when you hear yourself moaning, complaining, or spiraling down. How can you turn "I have to" into "I get to"?

Which of these practices might you commit to doing on a regular basis?

10

reach out

IT MIGHT JUST SAVE YOU

We make a living by what we get, but we make a life by what we give.

Winston Churchill

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap.

Luke 6:38

LEARNING TO BREATHE AGAIN

How have you believed the myth of costly kindness? When has the idea of reaching out filled you with dread, preventing you from doing so?

Read Matthew 7:12; Luke 6:38; and 2 Corinthians 1:4. What do these verses say you'll receive as you give out in small ways?

Name three people in your life whose load you might lighten with a small act of kindness. How might you do that? Perhaps it's just a phone call, an encouraging card, or a text. (Check out my list of ideas in this chapter if you're stuck.) If your ideas lighten their load but overwhelm you, scrap them and try again!

As you reach out, name some of the ways you have been filled in return, making a note so you can practice gratitude for how God has met you in this way.

11

now what?

HAVE TOOLS, WILL TRAVEL

Yesterday is gone. Tomorrow has not yet come.
We only have today. Let us begin.

Mother Teresa

And I am sure of this, that he who began a good
work in you will bring it to completion at the day
of Jesus Christ.

Philippians 1:6 ESV



The Thriver's Manifesto

I am a Thriver.

I believe life doesn't have to be pain-free to be full.

I reject the lies of the world about who and whose I am.

I embrace the truth that I am loved, seen, and enough,
and that God loves me, isn't mad, and will never leave.

I've got this because God's got me, and together we can
do more than I could ever do alone.

I choose brave, knowing it doesn't need to be big, just
intentional.

I trust God, even when I don't want to and can't sense his
presence, because I've checked his credentials and can
let go of everything I've been clinging to.

I lean into community because thriving is a team sport
and no one wins alone.

I step into vulnerable spaces with God and others, aware
that my strength can be my biggest weakness.

I embrace the good, the bad, and the ugly of my journey,
knowing the only way out is through and there's life
and healing to be found along the way.

I practice gratitude in all things, confident that peace and
well-being will follow.

I reach out in small acts of kindness, gaining far more
than I could ever give.

I am a Thriver, not just a survivor.

I know how to find more whenever life hands me less.

I have learned to breathe again.



(To download a printable version of this manifesto, hop over to
www.nikihardy.com/breatheagaingifts.)

gifts

FROM ME TO YOU, WITH LOVE

- The Thriver's Manifesto (printable)
- "Life doesn't have to be pain-free to be full" (printable)
- "5 Steps to Trusting God When You Don't Feel Like It" (infographic)
- *Breathe Again* playlist
- Scripture images to text to a friend
- A Love Letter from God (printable and audio versions)

All these resources are my gift to you and are available to download at www.nikihardy.com/breatheagaingifts.

resources

WHERE CAN I FIND HELP WITH . . . ?

Trust-Building Biographies

Laura Hillenbrand, *Unbroken*

Jackie Pullinger, *Chasing the Dragon: One Woman's Struggle against the Darkness of Hong Kong's Drug Den*

Joni Eareckson Tada, *Joni: An Unforgettable Story*

Corrie ten Boom, *The Hiding Place*

Nick Vujicic, *Life Without Limits*

Brother Yun, *The Heavenly Man*

Books for Hard Seasons

Kate Bowler, *Everything Happens for a Reason: And Other Lies I've Loved*

Brené Brown, *Rising Strong*

Melanie Dale, *It's Not Fair: Learning to Love the Life You Didn't Choose*

Bethany Hamilton, *Soul Surfer: A True Story of Faith, Family, and Fighting to Get Back on the Board*

resources

Timothy Keller, *Walking with God through Pain and Suffering*

Sue Monk Kidd, *When the Heart Waits: Spiritual Direction for Life's Sacred Questions*

C. S. Lewis, *The Problem of Pain*

Shauna Niequist, *Bittersweet: Thoughts on Change, Grace, and Learning the Hard Way*

Bekah Jane Pogue, *Choosing Real: An Invitation to Celebrate When Life Doesn't Go as Planned*

Sheryl Sandberg and Adam Grant, *Option B: Facing Adversity, Building Resilience and Finding Joy*

Kristen Strong, *Girl Meets Change: Truths to Carry You through Life's Transitions*

Barbara Brown Taylor, *Learning to Walk in the Dark*

Philip Yancey, *Disappointment with God: Questions No One Asks Aloud*

Philip Yancey, *Where Is God When It Hurts?*

notes

WHO SAID WHAT, WHERE

I'm Sorry You're Here . . . No Wait, I Take That Back

1. Sheryl Sandberg and Adam Grant, *Option B: Facing Adversity, Building Resilience, and Finding Joy* (New York: Knopf, 2017), 10.

Chapter 1 Rubbish We Believe When the Poop Hits the Fan

1. Maria Furlough, *Breaking the Fear Cycle: How to Find Peace for Your Anxious Heart* (Grand Rapids: Revell, 2018), 17.

2. Martin E. P. Seligman, *Learned Optimism: How to Change Your Mind and Your Life* (New York: Pocket Books, 1991), quoted in Sandberg and Grant, *Option B*, 16.

Chapter 2 The Truth We Need When Our World Is Rocked

1. Ann Voskamp, *The Way of Abundance: A 60-Day Journey into a Deeply Meaningful Life* (Grand Rapids: Zondervan, 2018), 80.

2. Rick Warren, "Your Ministry of Reconciliation," *Daily Hope with Rick Warren*, November 8, 2015, <https://www.crosswalk.com/devotionals/daily-hope-with-rick-warren/your-ministry-of-reconciliation-daily-hope-with-rick-warren-nov-8-2015.html>.

3. Timothy Keller, *Walking with God through Pain and Suffering* (New York: Penguin, 2013), 58.

4. I heard Robert Madu say this in a talk at the Holy Trinity Brompton Leadership Conference, May 4, 2015.

Chapter 3 Practice Makes Better, Not Perfect

1. From Leta Wither's memorial order of service, July 12, 2016. Reproduced with permission.

Chapter 4 Choose Brave

1. Becky L. McCoy, "My Story," *Becky L. McCoy* (blog), <https://beckylmccoy.com/about/>.
2. <https://www.goodreads.com/quotes/1270897-courage-doesn-t-mean-you-don-t-get-afraid-courage-means-you>
3. Lysa TerKeurst, "Choosing Grace," First 5 Bible Reading App, http://first5.org/plans/1-2%20samuel/ff_samuel_25/.
4. Private email correspondence with the author, August 6, 2016.

Chapter 5 Trust God

1. https://www.brainyquote.com/quotes/mike_tyson_382439
2. https://www.brainyquote.com/quotes/marshall_mcluhan_130541
3. George MacDonald, *Phantastes* (London: Smith, Elder & Co., 1858), 323.
4. Private email correspondence with the author, July 19, 2017.
5. Phone call with the author in Fall 2016.
6. Erin Brown Hollis, *Cheers to the Diaper Years: 10 Truths for Thriving While Barely Surviving* (Savage, MN: Broadstreet, 2018), 61.

Chapter 6 Find Community

1. For more on this idea, see Tracy Wilde, *Finding the Lost Art of Empathy: Connecting Human to Human in this Disconnected World* (New York: Howard Books, 2017).
2. Eric Dregni, "Why Is Norway the Happiest Place on Earth?," *Star Tribune*, June 11, 2017, <http://www.startribune.com/the-height-of-happy/427321393/#1>.
3. Susan Pinker, "The Secret to Living Longer May Be Your Social Life," TED Talk, April 2017, https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life.
4. L. J. Ferris, J. Jetten, P. Molenberghs, B. Bastian, F. Karnadewi, "Increased Pain Communication following Multiple Group Memberships Salience Leads to a Relative Reduction in Pain-Related Brain Activity," *PLoS ONE*, September 22, 2016, <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0163117>.
5. Sandberg and Grant, *Option B*, 128.
6. Kristen Strong, *Girl Meets Change: Truths to Carry You through Life's Transitions* (Grand Rapids: Revell, 2015), 153.
7. See Matt. 27:56; Mark 15:40; Luke 8:2-3.
8. Brené Brown, "The Power of Vulnerability," TED Talk, January 3, 2011, <https://www.youtube.com/watch?v=iCvmsMzLF7o&t=259s>.

Chapter 7 Be Vulnerable

1. Brené Brown, *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* (New York: Avery Press, 2017), 37.
2. Ferris et al., "Increased Pain Communication."

3. Brené Brown, *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* (Center City, MI: Hazelden Publishing, 2010), 49.

Chapter 8 Embrace the Journey

1. Michael Rosen and Helen Oxenbury, *We're Going on a Bear Hunt* (New York: Little Simon, 1997).

2. Susan David, "The Gift and Power of Emotional Courage," TEDWomen 2017, https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage/transcript?language=en.

3. David, "The Gift and Power of Emotional Courage," 15:28.

4. See Isa. 41:10; Deut. 31:6; Matt. 28:20.

5. A reference to chapters 15 and 16 of C. S. Lewis, *The Last Battle* (New York: HarperCollins, 1956).

Chapter 9 Practice Gratitude

1. Amy Morin, "7 Scientifically Proven Benefits of Gratitude That Will Motivate You to Give Thanks Year-Round," *Forbes*, November 23, 2014, <https://www.forbes.com/sites/amymorin/2014/11/23/7-scientifically-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/&refURL=&referrer=>.

2. Corrie ten Boom, *The Hiding Place*, 35th anniversary edition (Grand Rapids: Chosen, 2006), 210.

3. Corrie ten Boom, *The Hiding Place*, 220.

4. Bekah Pogue, *Choosing Real: An Invitation to Celebrate When Life Doesn't Go as Planned* (Uhrichville, OH: Shiloh Run Press, 2016), 143.

5. Morin, "7 Scientifically Proven Benefits of Gratitude."

6. Robert Emmons, "How Gratitude Can Help You Through Hard Times," *Greater Good Magazine*, May 13, 2013, https://greatergood.berkeley.edu/article/item/how_gratitude_can_help_you_through_hard_times.

Chapter 10 Reach Out

1. From the scene "Galadriel," in *The Hobbit: An Unexpected Journey*, directed by Peter Jackson (MGM, 2012), DVD, 1:40:29.

Chapter 11 Now What?

1. Charles R. Swindoll quotes, https://www.goodreads.com/author/quotes/5139.Charles_R_Swindoll.