

# Faith and Heart Podcast: Episode 006 Transcript - Carried By God's Grace

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## INTRO

[MUSIC PLAYS]

Hi, there. My name is Madison Aichele, and I'm a writer with a passion for sharing honest and encouraging reflections about God's character. This podcast is for the woman courageously choosing faith and heart in a world driven by sight and success. The woman who wants to live with an awareness of God's kind and steady hand moving through what seems ordinary, making it extraordinary. The woman who wants to experience the unhurried peace of trusting God's plan, abandoning the race toward the "next big thing" and, instead, choosing to settle into the God thing. Get cozy if you can, lay your burdens down, even if it's just for a moment.

Welcome to Faith and Heart.

[MUSIC FADES OUT]

## MAIN

Hi, friend. I am emerging from a fog of sickness slowly and sometimes patiently. Last week, most of my time was spent resting and allowing my body to heal, even as the list of things I wanted or needed to get done kept growing in my mind. I hate being sick, but last week felt like an opportunity to trust God at His word when He says He will work on our behalf and that His strength will be made perfect in our weakness.

I'm thankful to say I was able to experience those promises unfolding in powerful ways, and I'd love to share my testimony with you. I'll start with the gratitude I felt when my online community rallied around me in prayer. It felt like such a gift from God to be covered in prayer by so many people, most of whom I've never met in person. That's when I was beautifully reminded that we are the hands and feet of Jesus. You may think offering a prayer isn't significant, but as someone on the receiving end, I can assure you it means something. Keep doing the small things; I'm convinced they're the big things.

In the thick of recovery, I also found out I'd been chosen for a new opportunity I'd applied for the week before. I was one of many who'd applied, and I'd kept my hopes low, wanting to avoid disappointment if the answer turned out to be a 'no'. It was humbling and God-glorifying to have that door opened during a week of sickness. There's still so much about that experience I'm

processing and want to glean insight from, but the point that settled on my heart almost immediately was that God will open the door. We don't have to push ahead or race as fast as we can to experience His miracles. He will move. That we can trust.

I'm nearly feeling 100%, but I'm thankful for our Father's grace that carried me forward when I couldn't physically do it all on my own. I don't think that's a lesson specific for seasons of illness. I think it's a constant promise we can cling to when we feel weak, inadequate, confused, or afraid. When we remember we don't walk this path alone, we can find peace and rest. His hand is always outstretched, ready to take ours and lead us forward. He'll open doors we never could have imagined. He will pave a way as we take deep breaths and slow steps.

Of course, that requires a vulnerable act of surrender. Relying on anything outside yourself can be a deeply vulnerable experience. It can feel like you're about to lose your balance on a tightrope and aren't convinced there's a net underneath to catch you. What God revealed last week, and is constantly revealing to all of us on a daily basis if we're able to slow down and listen long enough, is that we can trust Him. We can trust Him to catch us and carry us forward until we reach the other side safely. I'd even go further by saying He's not a net we fall back on, but more of a harness by which we are held. And it's in His steady grasp that we can find security and comfort, knowing our weaknesses, failures, or setbacks will never void His authority to say "yes" and move us forward in the plans He has for us. In the plans He has for you.

Because He does have plans for you, plans to give you hope and a future. Sickness, shame, slowness, nothing strikes that promise from the record. You are held, friend. You are held.

## **READING**

[MUSIC PLAYS]

I don't have a specific reading to offer today before I go, but I did want to share a short prayer you're welcome to borrow during seasons of delay, waiting, and dependent trust on the Father.

God,

I lay down the burden to be in control at all times, recognizing that it's not my burden to carry. I know Your eternal wisdom guides my steps, plans my days, and leads me beside still waters. On days I feel strong, may I still turn to You. On days I feel weak, may I remember I'm in Your hands. Strengthen my spirit when I'm tempted to doubt You can do all things. Help me remember You still make a way in the wilderness and part raging seas. Nothing is impossible for You, and even when the wait stretches on longer than my heart wants to prolong, I know You are working all things out for my good. May my faith increase to see all the ways You carry me when I can't offer my best. Thank you for the gift of grace, which covers me even in the midst of

my doubts and struggle for control. You are the author of my days, and I choose to trust that when I can't see what's shifting or speed things along, You are still moving.  
Amen

## **OUTRO**

Thank you so much for being here. I'm incredibly grateful to have you in this space. If these words resonated with you, it would mean the world if you left a rating or review wherever you're listening. I'd also love to invite you to connect with me through email. Creating podcast episodes for you is a joy, but I deeply cherish moments I get to connect with others on a more personal level, and email has stood out as one of my favorite communication methods since beginning this writing journey. You'll find that link in the episode show notes.

Again, I so appreciate your presence here! Thank you for listening, and I'll talk to you soon.

[MUSIC FADES]

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