

## **All quotes are from Lauren Diggs unless otherwise noted.**

I put my worth in my husband and not in the Lord.

Sometimes you get to a desperate place where you have nothing else to do other than what the Lord is asking you to do.

I got myself out of the way and God was able to move.

What does the Lord want you to do?

I didn't know how to do what He was asking me to do without Him.

It wasn't until I got real with God that He was able to be real with me.

Until you get real before the Lord, it's a roadblock of healing.

**What ways did the Lord comfort you during those darkest days?**

- worship

I would put on worship music and it would minister to me, and it brought me encouragement and strength.

Stronger to keep moving forward.

- time in the Word

I knew that I was filling my heart with Truth even if I didn't walk away with a revelation from being in the Word.

- a couple who walked with us

They got their hands dirty with us and walked through the mess and muck with us.

He built us for community.

- journaling

Journaling was a release.

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The words on those pages were from a broken woman, but they were full of hope of what he was doing and continues to do.

He provided joy in your life because he provided His presence. - Somer Phoebus

Worship music shifted the focus from me to God.

Shifting your focus from us to Him is never a bad idea.

How did you forgive Stephen?

Forgiveness doesn't come natural to us, but we're commanded to do it.

Forgiveness is an action, not a feeling.

Forgive What You Can't Forget - By Lysa TerKeurst

Forgiveness is both a decision and process. - Lysa TerKeurst

I had to make sure my heart was willing to forgive.

Apart from God, I wasn't going to be able to forgive.

**When working toward forgiveness:**

**#1 Abide in Him.**

Get in His Word.

Forgiveness starts in abiding in Him.

**#2 Assess your walls.**

Take inventory of our emotions, thoughts.

We have to be real and bare before God.

**#3 Abandon anything that is hindering us from walking with the Lord**

Heart open, palms up.

We have to be willing to be vulnerable and get real before the Lord. Surrender our feelings and thoughts to the Lord.

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Stephen wasn't meant to fulfill those things in me, only God can.

**#4 Ask God for help**

We need His power in our weakness.

We forget that we can ask. We've gotten really good at being self sufficient.

**#5 Accountability**

Forgiveness is messy and hard, and everything in you wants to run in the opposite direction.

You need someone that you trust that will hold you to your decision to forgive.

You need someone to sharpen you, challenge you and remind you.

You are here to honor Him - honoring him is obeying His commands.

**5 best tips for a healthy marriage:**

- Forgive and ask for forgiveness
- Be realistic

each others strengths and weaknesses

expectations

schedules

- don't keep score

Keeping score can be one of the most damaging things in a marriage.

- pray your flesh out

Pray for God to change your heart before you pray for God to change anything in your husband.

Be on your knees for your spouse constantly.

Pray with your guts!

- have fun together

Don't stop having fun with each other even when it's hard.

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Joy and sorrow can coexist. We just have to be intentional about it.

Truth doesn't expire.

Do you want to be right or do you want your marriage to be right? - Lauren's aunt

Extra tip: hold hands