



## Trim Healthy Podcast with Serene & Pearl

### Episode 347– Sister Intervention... Can You Handle It?

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#### Quotables

- “*Not being able to change is worse than being handicapped.*” – Danny
- “*Why should we fight to defend our junk? When the junk is holding us back? Instead, choose to acknowledge your junk. Be humble.*” – Serene

#### The Hilltop Miracle

**From Serene...**In our Tennessee community (a.k.a. “***The Hilltop***”), there are many different families that are doing “life together.” One of the passionate young men at The Hilltop is named Nolan. On Labor Day, while working, Nolan got into a life-threatening accident on a four-wheeler (due to its brakes going out).

When his family found him, he was bleeding from his head and his leg was severely contorted (among other injuries); he was then life-flighted to Nashville. Several of those who saw his leg (including my husband Sam) said that there were obvious breaks (and concluded that his road to recovery would be difficult).

During our Labor Day BBQ, our whole Hilltop community prayed for Nolan to be healed... And something miraculous took place between the accident (in the afternoon) and later that night. He was worshipping God going in and out of surgery, and he had visions from God while on the operating table.

When his parents and our dad (who is the Pastor of the church) saw him later, his leg was well again (without requiring surgery besides the hip being popped back into place). He hasn't required further surgery and is nearly fully recovered—much faster than expected. His family and we, as a community, are beyond grateful to God...For what can only be described as “a miracle.”

## **From Serene and Pearl ~ “The Sister Intervention”**

During our Labor Day BBQ, we had an important conversation. Because of trust in the relationship, we were able to share our hearts with one another (hard conversations can be some of the best ones to have!).

**From Pearl:** I was concerned that Serene had been forcing people to agree with her (through fist bumps) over the last year. So, I called her out! But I was proud of her because she really embraced my feedback...it was a lesson in self-awareness and intellectual honesty.

**From Serene:** I felt like this was a perfect moment to bring up something that had been bothering me. I know a lot of people will assume that I was just using this opportunity to “get back” at Pearl for her critique because of my fist bumps... Either way, I jumped in and let her know that she had been making a frowny face too often...her facial expressions hadn’t been doing her any favors. The truth is that her “Dragon Lady” face even scares her husband! And she was equally happy to get my feedback.

**An Important Exception:** While walking in humility and receptivity toward those that have our best interests at heart, caution is certainly warranted for those that walk in an accusative way toward us. If, for instance, someone has a pattern of attacking you (in a totally non-constructive way) that is the place of the “accuser” (the devil is called the accuser of the brethren). We shouldn’t open our hearts for those that bring lies! We should NOT receive everything that someone brings if they have the wrong spirit.

**Our Conclusion:** It’s an amazing thing to have trusted friends that can speak into our lives. It’s even better when you can receive their good-hearted feedback. Our encouragement...

**“Find a friend in your life that can say something difficult to you. Then listen and receive.”**



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**Helpful Tip from Serene and Pearl:** Mix the **MADE Basey Liquid Foundation** with your favorite moisturizer and then apply.

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