



Trim Healthy Podcast with Serene & Pearl
Bonus Series #10 ~ Ditching Fear Mentality
with
Lisa Bevere

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Quotables

- “When we face what we fear, we become fearless!” – Lisa Bevere
- “The Lord said to me, ‘Who you ARE to me is more important than what you can DO for Me! And who you are is DAUGHTER.’” – Lisa Bevere
- “When I applied the Scriptures to my heart and mind they CHANGED me.” – Pearl
- “Free YOURSELF, captive daughter. How do you set yourself free? Well, you need the key. And the key to freedom is God’s word. I remember He asked me this heartbreaking question, He said, ‘What is that you think that I’ve left undone?’” – Lisa Bevere
- “God is never our problem – He is ALWAYS our answer.” – Lisa Bevere
- “Growing up as pastors’ kids, we knew it. We knew the truths in our minds, but it didn’t change our lives and identities, it didn’t give us power or freedom until we knew the truth in our hearts. It required us to grow up and find it for ourselves.” – Serene Allison
- “We can talk about toxic masculinity. But there’s toxic *femininity*. You can have a toxic patriarchy, but you can also have a wonderful, beautiful patriarchy.” – Lisa Bevere
- “We have a culture that is trying to build a culture of seduction, and we need to build a legacy of intimacy.” – Lisa Bevere

Introducing Lisa Bevere ~ Pearl and Serene... Lisa Bevere is an internationally known speaker and the New York Times bestselling author of [Fiercely Loved](#), [Without Rival](#), and [Lioness Arising](#) (among others). She co-hosts the *Conversations with John & Lisa Bevere Podcast* and hosts *The Godmother Podcast*. Lisa has been empowering women to walk into their God-given destinies for more than 30 years. She is a mother of four and grandmother of eight. And... has recently joined us in Nashville, TN. Lisa is also Sicilian and doesn’t keep anything toned down. But we like that!

A Powerful Identity Q&A with Lisa Bevere (And Pearl & Serene!)

“We have been walking into our identity over the last decades, and it has taken some time to embrace our calling in God. Has embracing a powerful identity come naturally to you?” –Pearl

Lisa- No! Absolutely not. I wrestled with an eating disorder from the time I was 15 years old until I was 22. I lost my right eye to cancer when I was 5. I lived in constant fear of being seen because I was always being called “Cyclops.” My mother was very broken, so she didn’t know how to pass on love to me. My Sicilian father was extremely angry, and his dad died when he was very young, and his mom worked as a prostitute. And even after I became a Christian, I didn’t have a healthy identity for a good number of years.

But before I had heard the Gospel, I had compromised every area of my life. I had pursued everything I thought would make me happy. I was at Arizona State University which is a big party school, and I was majoring in “suntanning” (I was on the gymnastics team). And I found myself feeling emptier and emptier every year.

I had terrible stomach issues due to severe lactose intolerance... just terrible things were happening to my body. I had a lot of tension. Like many who grew up in a dysfunctional or abusive family (like mine was) – I would swallow all my pain. All my pain went into my stomach. I didn’t even know why my stomach hurt all the time. So, when I heard that I was LOVED... When I heard, for the very first time, the Gospel, it transformed me.

John (my husband of 42 years) shared the Gospel with me on Purdue University’s campus (because I was in summer school with all the goofing off at ASU). I told him, *“My life is empty. I have a desperate longing for more that I can’t even put into words.”* He kept sharing me truth about Christ dying on the cross and I interrupted him and said, *“I guess I want to do this ‘Christian thing.’ What do we do? Do we light candles?”*

He said, *“We just pray.”*

And so, I prayed with him, and I felt this incredibly deep peace come into my body, and he said, *“Now you’re saved!”*

And I said, *“What does that even mean?”*

He said, *“It means you’re whole again– spirit, soul and body.”*

He had no idea that he was talking to a girl (me) who was so broken sexually and so broken with eating disorders. I was so broken in every area of my life! So, I said to him, *“I can have cheese now?!”*

He was like, “Huh??”

Well, I was lactose intolerant. And when you’re Italian you WANT CHEESE.

So, even though he was nervous, he said “Repeat after me, ‘Jesus, thank you for healing me from lactose intolerance.’” As I repeated the prayer, I felt this LOVE come into my body and untie all the knots that had been there since I was young. And I KNEW that I was completely

healed! Now I wish that every problem that I had since was solved like that, but that's not exactly what's happened, I was healed then and there from lactose intolerance. And I also knew when I got up the next morning that I was going to marry 'John' and I didn't even know his last name.

I pushed back, against God, was a couple of years later I felt him asking me to minister to women. "NO," I told Him. *"I don't LIKE women. I'm not even a woman. I have a man's brain in a woman's body."* I was way ahead of my time! I told God, *"Women don't say what they mean or mean what they say. They're so caddy and cruel. I'll minister to anybody but women."* I was thinking God might change His mind, but He didn't. And so, I reluctantly obeyed.

But connecting with women was THE most terrifying thing I had ever done in my entire life. And I'm not an easily scared person. I enjoy recreating on the edge of death. But I began to open my life and share vulnerabilities and I felt God met me in that place!

Early on in this journey, I felt the Holy Spirit say to me, *"Who you ARE to me is more important than what you can DO for Me! And who you are is 'daughter.' Wife is a role. Minister is a role. Author is a role."* And the same goes for all women. Every woman's real identity is *relational* – and no one can take that from you. That is the core I have always tried to minister out of, but I still didn't understand why God was pushing me into things I was terrified of, except for "when we face what we fear, we become fearless!" And I believe that is what God was doing with my life.

"In my last 5-year journey, I've been applying the truths of the Word that I was raised with to my personal life. And even with your story being completely different from ours (we woke up with our parents praying for us in the next room), we all still struggle with our identity. But when I applied the Scriptures to my heart and mind, they CHANGED me. How have the Scriptures changed you?" –Pearl

Lisa- I love that that's the direction you're going with our conversation. I remember crying out to God (before he repositioned me). And I told Him, *"I am BOUND."* I had just had my second child and John was a youth pastor. I found myself overwhelmed by fear and insecurity. And I was crying out to God saying, *"Set me free, set me free, set me free!"*

He said, *"Free yourself."* And He took me to Isaiah 52:1-2, and it shows this captive woman.

"Shake yourself from the dust, arise; Sit down, O Jerusalem! Lose yourself from the bonds of your neck, O captive daughter of Zion!" Isaiah 52:2

But at the time I had spent so much time looking at my past that I thought it would protect my future. My spirit of fear came in when I lost my eye. Or maybe it was when my parents divorced? Or maybe it was that sexual assault? I had an entire resume of "the why," and He said, *"You can spend your whole life figuring out why you're messed up when you know why. Looking at ME sets you free. You're so imprisoned by your thoughts. You need to think MY thoughts!"*

The truth is that I needed to dive into the Word for myself and let the Word renew my mind. I honestly have no idea how people are surviving right now without the Word of God. Because we live in a time where a lot of things SOUND right but FEEL wrong. And it's the Word of God that rightly divides between soul and spirit, bone and marrow, thought and intent.

The Word of God renews your mind. I would be a CRAZY PERSON if I had not dived into the Word of God and let the Word of God reframe my reality... and point me to the right questions. I was so captive to what was done TO me, that I didn't have a revelation of what was done FOR me. And the Word of God is where we get the revelation of what was done FOR us. It changed everything for me.

And that's where the Scripture guides us. Free YOURSELF, captive daughter. But that begs the question: *"How do you set yourself free?"* Well, you need the key. And the key to freedom is God's Word. I remember when the Lord asked me this heartbreaking question. He said, *"What is it that you think that I've left undone? I gave the life of my Son completely so that you would be completely free. And yet you are picking and choosing what you're willing to believe and what you are willing to embrace."*

I love that you all (Pearl and Serene) came from a beautiful background... but I think when people come from broken backgrounds, they begin to question whether God is good for them. I believed, at that time, that God was good for everybody else, but I did not believe that He would be good for ME. And I had to believe that God was good and was a *reward*.

When we think that God is only good for other people, it means there is unbelief, a wicked unbelieving heart that turns from God, and then eventually turns ON the Living God ... being offended with God.

Why didn't You do this or that for me?

Why did I have a miscarriage?

Why did I have cancer?

Why did my parents have a divorce?

But God is never our problem – He is ALWAYS our answer.

"As you're speaking about entering your identity, I'm pondering how I entered mine. I grew up with all this physical security, but I still didn't know deep soul rest. Fear was the number one stronghold in my life. I was always filled with fear. I was a captive of fear. I would have terrible panic attacks. I tried everything. I even went to the hospital and got a CAT scan of my brain. I took a bunch of different supplements. I thought it was my adrenals. I would go to bed at 8 PM every night. I would put sleep masks on, and tape all the blue light with masking tape. But it came to a point where I had to KNOW the Scriptures in my heart. It was like God did spiritual surgery and the fear was cut out! I try to fear these days, and I just can't, because I have this deep soul anchor. It's only Scripture that did it. But it wasn't knowing them in my mind. It was when I took them to my heart and BELIEVED THEM." –Serene

Lisa- And **THAT** is when you became a doer of the Word!

There are some people where the Word is something they KNOW in their minds, but it's not something they LIVE. It says we'll know the Truth and the Truth will make us free. But you must

DO something to know it like that. You can “know” about it... but when you have an intimate relationship with TRUTH, the truth begins to break off the lies. For me, I was not content with everybody else’s stories.

We wanted to serve God well, but you also need to have JOY. I feel that the most healing thing is when we walk out of the truth in our own lives. Serene, your manifestation was fear, but mine was anger. Anger is a front for fear, and fear is a Spirit that gains access in our lives through unbelief.

I remember, right after my first baby, I was lying in bed (gripped in fear) and I grabbed John and said, *“How much life insurance do we have?! Do you realize if you die there’s not enough money?!”*

And John said, *“Wait, you’re lying in bed thinking about what you’ll do if I die?!”*

I would run this gauntlet of worry every night, and if I hit an obstacle or wall I would panic. It was like I lived under a yoke of bondage. But God said, *“You’re carrying this terrible weight. You’re carrying the wrong things because My yoke is easy, and My burden is light!”*

So, I had to embrace a place of exchange, because I was in a place where other women often end up. If women feel that their husbands won’t carry the weight, they’ll absorb it.

I’ve been married for 42 years... and the truth is the first 4 years of our marriage were RIDICULOUS. I remember when I was working full time (totally stressed out) and John was working part-time, early in our marriage. John was praying all the time, and I just wanted to punch him. He had a mom that did everything. He hadn’t had a good model. All the while, I’m thinking...

*I’m making all the money.
I’m breastfeeding our baby.
I’m pumping breastmilk at work.
I make organic food.
John can’t even drop off the baby at the right time.*

I was so stressed out, and I was in the shower one night, and I sensed God’s Voice saying, *“You don’t think that John is a good head of your household, do you?”*

I said, *“I KNOW he’s not!”*

He said, *“You think you can do it better.”*

I said, *“I KNOW I do it better.”*

He said, *“But it’s a YOKE to you and a MANTLE to John. Throw it off.”* I couldn’t stomach doing that.

I said, *“If I give this up, there will be trash piling up to the ceiling.”*

And God said, *“John likes you doing everything. All he’s known is a mother. And you’re treating him like he’s a child. You’re going to have to learn how to draw out the man by speaking to him as a bride instead of a wife.”*

And when I relinquished control, it changed everything. I watched John go from an indecisive, wimpy, “I hope everybody likes me” person to super focused, and decisive, and I believe that me giving it all to the Lord brought the breakthrough.

Because when I came to understand that my job wasn’t the source. I wasn’t the source, but God was the source. I gave up the stress and anxiety to God. I gave our marriage to God. So many women feel that they are the source... and they feel like they must pick up the slack for their husbands.

So, I want to encourage women to relinquish their hearts to God, and to throw those responsibilities at their husband's feet!

“That is interesting, John didn’t become toxic when you relinquished. He simply became what he was supposed to be! All those responsibilities were a heavy yoke to you... but to him, it was a MANTLE that he grew up into!” –Pearl

Men and Women Together

Lisa- God always created men and women to be a power union... instead, so often it’s a power struggle. And all the while, culture is *sexualizing* women. And the church is *silencing* women. I believe we haven’t learned to value the truth and the entrustment of our feminine identity. And if you haven’t learned to value something, you risk losing it. Suddenly, we’re surprised when we’ve been left to fend for ourselves. But the culture is sexualizing, and the church is silent. So, women are being attacked from all angles.

We need to come back to a healthy place. For instance, one of the original definitions of “Patriarch” is “a man worthy of honor, a tribal leader or a leader of a family,” but it doesn’t say that anymore. The definition was changed! It’s now just a person—not worthy of respect and honor. These definitions manipulate the thoughts of generations. I love that you all are all about honoring the feminine, the beauty of the feminine, and the value of the feminine.

“Mostly it’s been NOT spoken about in Christian circles. But why are you such an enthusiast for sex and marriage? In the world, it’s spoken about without sacredness or boundaries. But then the church can be silent about many things. We’d love to get your take.” –Pearl and Serene

Lisa- We equate sex and marital intimacy to swimming. The important thing is that we keep swimming... in other words, no matter what stage we’re in, we’ve got to keep love alive in our marriages—including sexual love. John and I have “The 5 Minute Rule.” Especially when you have kids, this is important. Because a lot of women are like, “Seriously? After I’ve taken care of the kids all day, now my husband needs me too?” But that’s not honoring the marriage contract. So, I always tell John, *“You’ve got 5 minutes to get me in the mood... if you get me in the mood, you can have me.”* I give him a chance, even when I’m tired!

Now that we're older, sometimes I just see stretch marks that look like I got clawed by a tiger, but John always says, "I don't see you that way. *I see you through the history and legacy of our love.*" A legacy of love and intimacy is so deeply satisfying. We have a generation, though, that is so perverse that they're basing their sexuality on things that they're not going to be able to maintain. We have a culture that is trying to build a *culture of seduction*, and instead of that... we need to build a *legacy of intimacy*.

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