

Hi,

welcome to Empowering Homeschool

Conversations.

I am Stephanie Buckwalter.

And I'm Emily Assel.

I'm clicking to a live and

it's not doing it.

Oh, it is.

Mine says it's live.

And I am you at this.

You're learning.

We're lifelong learners.

So I apologize.

Let me restart.

It is.

I heard it.

It's counting.

Okay.

I am hearing echo after echo.

Is that you or me?

I've got headphones on,

so I don't think you should

be hearing it from me, but it could be.

Let me look at my settings.

Yeah, my audio is all set to my headphones,

so that shouldn't be me, I don't think.

That's me.

I'm saying the same thing.

Okay, and mine is too.

So I think I had another

window open when I was in

the wrong studio.

So we're going to go ahead

and hit the reset button.

Thank you for sticking with us,

all of you who got to watch us do this.

Behind the scenes.

Welcome to Empowering

Homeschool Conversations.

I am Stephanie Buckwalter,

your host for today.

Today,

we're going to talk about parenting

with faith when your child hurts.

Our guest today is Emily Assell.

Are you hearing that echo?

A little bit.

Not too bad.

A little bit, but not much.

No idea what's going on.

Okay.

I'm sorry.

I'm sorry.

This is okay.

It's okay.

Again,

we're lifelong learners as

homeschool moms.

You gotta, you gotta go with the flow.

It's okay.

Okay.

I'm just going to go ahead,

even though I can hear an

echo and we'll just figure it out later.

Okay.

Sounds good.

Okay.

Emily Assell is a

bestselling children's book

author and speaker.

She believes dry shampoo, snacks,
and the word of God can
solve almost any parenting problem.

She and her husband, Matt,
started Generation Claimed
in twenty seventeen to
self-publish her first book, You Are.

A year later,
Tyndale House Publishers
released the book,
which has gone on to sell
over twenty five thousand copies.

When not writing,
Emily homeschools her three children,
volunteers at Love Moves Us,
which is a nonprofit for
foster and adoptive children and families,
or gets lost reading someone else's book.

She's here today to help us
work through big emotions
with our kids and in ourselves.

Welcome, Emily.

Yay, I'm happy to be here.

Okay, it's great to have you.

So I think this timing is

serendipitous because when

we set up this interview months ago,

it was related just to your

children's book.

But now you have a

devotional coming out all

these months later.

And it's perfect.

It's coming out just in a few weeks.

And we can talk about that

more at the end.

Yeah,

I feel like this is going to be a two

for one opportunity for our audience.

There you go.

Let's dive into the book

people came here for then

give the moms a big dose of

encouragement from your other book too.

So let's start with a little

bit of your background.

your bio states that you

believe dry shampoo snacks

and the Word of God can

solve almost any parenting problem.

Now that's practical living.

Yeah.

And I understand you're a homeschooler.

So how long have you been homeschooling?

And how did you begin

writing in the midst of that?

Yeah, um, okay,

so my oldest is so goodness gracious,

we've homeschooled him since kindergarten,

first grade.

So that's got to be what

Nine years, eight years, nine years.

And then my other.

So I have a fifteen year old son,

a thirteen year old

daughter and a ten year old daughter.

And we have homeschooled

them from the very

beginning and are still
homeschooling right now.
So when God actually called
me to write this book,
that was one of the first
things I said is like, oh,
someday I'll do that someday when I'm.
sleeping through the night.
I had a newborn daughter.
Someday when I'm not homeschooling,
someday, someday, someday.
But God is so faithful that
he kind of kept giving me the nudge,
kept giving me the elbow.
Many times as I was
homeschooling and just throughout life,
I remember I was doing an
exercise video and actually
the instructor at one point said,
you know,
too often we don't dream the
dreams of God because we
get stuck at the how.

And it was like I got
punched in the chest.
I was like, oh my goodness,
she's talking about me.
And so I continued on praying.
And then every year at the
start of the year,
our church does a Daniel's fast.
So we spend twenty one days
just doing basically fruits
and vegetables.
And my husband and I were
praying for direction that year,
which you laugh, right,
because God gave me direction.
I just wasn't following it.
But my husband says he can
still remember the window
he was standing at when he
turned to me and said,
God said, you're supposed to write a book.
And I was like, Oh, okay.
I've been outed by a husband

having no clue what God had
been speaking to me about
was that other voice that said, okay,
it's go time.

So, um,

My husband was working
nights as a nurse then.

So all of my kids went to bed.

I mean, the goal was seven thirty.

Right.

But it probably was more
like eight or eight thirty.

And then I had the rest of
the night to write while he was at work.

So that's kind of how I got
started and tried to find
the balance originally with
homeschooling and writing.

Looks a little different now
that the kids are older,
but that's how I got started.

Do you know what?

There is a serious delay

because you stopped talking, I realized.

And I'm still listening to

myself asking you the questions.

Oh, no.

You know what?

This is.

You want to log off and log back in?

What's the best way here?

I think reschedule.

I don't know if I can do that.

I'll try to do that without

ending the stream.

OK, I'll be here still.

So they'll just be.

uh hearing me would you like

me to read my book while

you're gone you know I was

actually going to ask you

to do that I was going to

ask if you would read the

book so I am going to um to

pop off and pop back in

okay we'll see how it goes

okay that sounds good I'm
still hearing you ask that
question like four times
okay so I'll be right back okay
okay as she leaves maybe I
will go ahead and read my
book so this is our newest
book when it hurts I don't
know if it'll be backwards
or not to you so uh
comforting promises for a
hard time so I'll read it
while she's gone we'll get
a little sneak peek here uh
so it says precious child
when it hurts so bad it's
okay to be sad ecclesiastes
one three and four says
there's a right time for
everything there is a time
to cry and there is a time to be sad
Courageous one.
When it hurts so bad,

you can tell me everything.

Psalm sixty two eight says

pour out your heart before him.

God is a safe place for us.

Luke nineteen forty one

through forty two said

Jesus wept and said, if only.

Mark fourteen thirty six.

Jesus cried out,

please take this suffering away from me.

Matthew twenty seven forty

six says Jesus cried out

with a loud and agonized voice.

My God, my God.

Why?

My love, when it hurts so bad,

I am listening to your every word.

Psalms eighteen six says in my distress,

I cried out to the Lord.

Yes, I prayed to my God for help.

He heard me from the sanctuary.

My cry to him reached my ears,

reached his ears.

Sweet child.

When it hurts so bad, you are not alone.

I am with you.

Psalms thirty four eighteen

says the Lord is close to

those whose hearts are breaking.

Beloved, when it hurts so bad,

my arms are around you.

Isaiah forty eleven says the

Lord gathers the people

like lambs in his arms.

He carries them close to him.

Priceless treasure.

When it hurts so bad,

I care about every one of

your tears and your hurts.

Psalms fifty six eight says you, God,

keep track of all my sorrows.

You have collected all my

tears in your Bible.

You have recorded each one in your book.

First,

John two to most cherished gift when

it hurts so bad.

I will take the blame.

And again, first John two,
two says he himself is a
sacrifice God offered to
pay for the wrong we have done.

And he pays for the wrong
things all people in all
the world have done.

Child of God, when it hurts so bad,
you are so loved no matter what.

Romans eight thirty eight
says nothing can ever
separate us from God's love.

Neither death nor life,
neither angels nor demons,
either our fears for today
nor our words about tomorrow.

Not even the powers of hell
can separate us from God's love.

Amen.

Right.

Dearest one, when it hurts so bad,

it is not the end.

Joy is still coming.

Psalms thirty five says

weeping may spend the night,

but there is joy in the morning.

I'm getting a message.

OK,

I'm going to also read the letter from

the author and then I'll

just kind of do my own spiel here.

OK,

so this is my heart a little bit behind

this book.

As Jesus knows our hurts,

he is described as a man of sorrows,

acquainted with deepest grief.

Isaiah fifty three three.

When he was made flesh living as we do,

he cried out in pain to the father.

with startling rawness.

And during one of his most

memorable sermons,

Jesus taught that those who

grieve are blessed because

they will be comforted by God himself.

See Matthew five, four.

My prayer is that this

little book will journey

with you in your pain and that through it,

you'll be comforted by God himself.

Speak out loud the word of

God over your children and

together we can claim this

generation for the Lord.

In fact, just in time, Stephanie.

That was great.

Thank you so much.

For some reason,

it was live on YouTube and

I was hearing what was

coming out on YouTube.

Oh, no.

I have no idea how that happened.

So we're good now.

There you go.

We got it worked out.

I also had our expert technician,

Peggy Ployer, come in for me.

I texted her.

Perfect.

We all need backups in life.

That book is awesome.

Oh, thank you.

The thing I like about it is

that it's almost like many

theological books for kids

because it really explains

the character of a God, of God, not a God,

sorry,

the character of God in a way that

you don't usually get from books.

And I really appreciated

that about your book.

yeah you know it is I think

when we realize the heart

of father god is so

important especially when

we're in pain especially

when we're going through

those hard times um and
with kids especially right
sometimes the funny thing
is that um obviously we've
written other books and I
think sometimes when we
keep it keep it simple
break it down um so that kids
can understand it.

It makes it easier and more
palatable to us as adults
to be able to hear the
heart of God through his word.

So this was definitely one
of those projects that the
Lord led me into.

And I'm, goodness gracious,
just so honored that he
picked me to be able to
deliver his love to kids,
usually at a time that
they're going to be reading
this book where they are in pain.

And, you know, that's really important,
especially for our special needs kids,
because

A lot of them are in pain
and sometimes it's physical pain.

Like they're going through
surgeries and in and out of
the doctor's offices and
blood draws and all that stuff.

And other times it's just
the emotional pain, the rejection, the,
um, the isolation.

And sometimes it's hard for
us to tell exactly,
especially if they're nonverbal,
what our children are
feeling and what they're doing.

And this kind of gives them,
an avenue to talk about it, to say,
it's okay that you're feeling that.

And God is aware and he
knows that he's excited about it.

Yeah.

Amen.

Yeah.

Amen.

I mean, I think, you know, it's,
it's interesting, especially with kids.

Um, and again,
you have way more experience
with special needs children than I do.

Um,
but I think the big thing is to say
that emotions are okay.

And my hope with this is
that it does not only
communicate to kids,
the heart of the Lord and
how the Lord speaks and sees their pain,
but also as a cue to us
adults who are working with
these children,
who are around these children.

And sometimes we don't know what to say.

We want to fix a problem,
but problems can't always be fixed.

And to be honest,

kids don't always need us

to fix their problems.

They need to be heard.

And so by outlining the Lord's response,

another hope, I guess,

with this book is also to

help us and guide us as adults that

Our response should match

our father's response.

And that doesn't necessarily

mean fixing the situation.

It doesn't mean taking you

out of the situation, but it means saying,

tell me about it.

You know, there's plenty of, you know,

research and I am not a

research expert on all of those things,

but there's lots of

research that talks about, you know,

we're so shocked,

like the research lines up

with the word of God, shocking,

like God knew all along he created us.

Right.

But how important it is for
kids to be able to talk
about what they're really feeling,
to be able to feel heard,
to be able to be not alone
in this situation and to say,
what you're going through
means something to me, whether it's,
you know,
my daughter whose turtle died or
whether it's a special
needs child who is
expressing pain that can't
be understood or maybe even
expressed by other people.

And, you know,
that's the amazing thing
about the word of God is
that no matter the situation,
no matter the age, it is true, right?

It will not fade.

And so it's,

I just feel so blessed that

we have the answer already

lined out for us by the

Lord and by his word.

And we are promised that his

word will not return void

in our lives and in the

lives of the children that we love.

That's such a good reminder

that sometimes we just need to listen.

We always want to fix

because we're always fixing.

We're always like feel like.

We have to do that.

And we're not, we always feel,

especially special needs parents,

like we're never doing enough.

And I'm sure we'll get into that later.

We start talking about your mom's book,

but it's,

it's just a good reminder that

just all those things that you said,

because they're so applicable to,

I know my life and the

things that are going on in

my life almost every day.

Now,

one thing that we didn't really talk

about is yet,

is your work I don't know if

you said it while I was

hearing two voices but your

work at um love moves us

that's the non-profit for

the families who answer the

call to foster and adopt so

what uh has god god taught

you about himself through

your work in this

organization because I

think that's going to be

closely relatable to what

we experience especially

these parents because it's

got that same sense of uh

there's just a lot of
emotional stuff that
happens when you're adopted
or foster or special needs.
To me, it's big emotions everywhere.

Yeah, yeah.

And unpredictability, right?

I think, again,
we've kind of talked about
it a little bit,
but when I came to work
with Love Moves Us, again,
so it's the organization
actually is split into two, right?

So it's wonderful because
families and children.

So the parents and or the
foster parents and the
children come together.

So the parents are actually
receiving education and
training on how to be the
best parent that they can be.

But

We have separated them from
the kids so that they can
actually sit and listen.

So what I do there is I work with the kids,
kind of play games, building character,
building trust,
and those kinds of things.

So I was like, oh,

I worked at the nursery before.

I know what I'm doing, right?

We always come into these situations like,
we think we know what we're doing.

And I was very quickly realized that,
you know what,

all of the videos that I watched prior,

all of the webinars that I

sat through did not prepare me for, uh,
for real life.

So I think there's always

that idea of we are always

learning and no child is

the same and no situation is the same and,

and really to be able to
have to listen and to take
cues from the children.

Right.

I think a lot of times it's easy for me,
especially, um,
as someone who tends to be a doer.

I come with my agenda,
we're gonna play this game,
we're gonna have this conversation,
we're gonna go chick, chick, chick,
chick through all of them.

Instead of stopping and saying, okay,
what does this child need?

What is actually needed from me today?

And sometimes that means, you know what,
the game never gets played.

Sometimes it means we sit on
the couch and there's
thirteen teenagers and we
talk about Christmas
traditions and we don't
play the building games.

But to be able to stop and say, okay,

Holy Spirit,

lead me into what's important.

And I think listening to the

children and what they need

and where they're at,

but more importantly,

listening to the Holy Spirit and saying,

I can see and I can do what I want,

but you made this child.

You know what's going on in

this situation.

So lead me into what's right.

And sometimes there's not the right thing,

right?

It's just being able to love on a child.

It's just being able to say, hey,

if you...

need to talk if you want to

sit by yourself if you want

to play kickball I'm here

for whatever it is that you

need I'm going to meet you

where you're at instead of

trying to force you into

what I think you should do

um even you know I'm

constantly again I'm like

you I tend to be a fixer I

want to I want to do I want

to fix I want to go through

these things and realizing

Again,

a lot of these children need to be heard.

A lot of them just want an

arm around them.

A lot of them just need love.

And there's not an easy fix

to these situations.

You know, we were playing, you know,

every child grabs a card

and you answer the question on the card,

right?

You know, what's your favorite ice cream?

You know, sometimes they're silly.

Sometimes they're not.

And a little boy about,
I think he was ten maybe-ish,
pulled his card and said, oh, you
If you could pick anything
to do for the day, what would you do?
You know,
and some of the kids went around
and I'd go, you know, on roller coasters.
I'd go swimming.
I'd go to the beach.
And, you know,
in the center of a circle of
probably eight to ten kids, he said,
I would want to spend the
day with my mom.
But she died a year ago and
my dad's in jail.
And so now I live with my grandparents.
So I want to spend a day with my mom.
And I was floored.
What do you say to that?
There's no fix to that problem.
There's no easy answer.

There's no pat you on the
head and go to the next kid.
So to be able to stop and
sit with him in that pain,
and even the organization
that we work with, they do a lot of,
I think it's called trust-based care,
trust-based parenting,
talking about not only are we
talking with this kid and
being able to hear him and ask questions,
but then teaching all of
the other kids around,
this is how we love people.
This is how we listen.
This is what the appropriate thing is.
Goodness,
I could probably spend the entire
hour sitting here talking
about those kids and
everything I've learned from them.
Every time I show up, I feel like,
I'm just here to make sure

you don't escape and you're
teaching me the rest of it.

I don't know.

That's pretty funny.

One thing I like about that,
you talked about where the
parents are off, you know,
doing their learning and
training and then the kids
are separated off.

You get to talk to them.

I think that's so important
because I have a friend who
works with a group out of
Pennsylvania and they have a program for
high school into young adult
autistic kids and when they
separate when they have
events and they take the
kids away from the parents
for a while and ask them to
communicate what's going on
with them sometimes they're

a lot more open in that
environment than they would
be with all the adults
sitting around and the
other thing you said that I liked was
about how you model empathy,
how to interact with other people.

So you're modeling for all
the kids when you're
working with the one.

And I think that's important too,
because my daughter goes to
a contained classroom at church,
a special needs class Sunday school.

And her friends are more the workers,
the adults who interact with her
rather than her peers
because her peers have
communication struggles
like her so it's not really
it's hard to get a
relationship started but
when you have an adult

who's trustworthy and it
comes into your life it
just makes such a huge
difference and so I just
think that's great the way
you all set it up and the
way you work with

Yeah, they are.

If you're in the Midwest or
if you're just looking for,
I know they've got a couple
of different branches.

Love moves us.

I think, again,
it's called trust-based
relationship model.

I'll have to,
maybe I can send you info on it later,
but it is.

One of the other things that
they do that I love is that
there's a section every
time we pull out band-aids, right?

And the kids,
we teach them when we go
through every time,
do you have a hurt is what we say.
And then, you know, there's,
if it's a physical hurt or emotional hurt,
and then the kids are
modeled to ask each other, okay.

You know,
and to go through the process of
saying that, you know, I'm sorry,
I care about your hurt.

We, we take care of each other.

And so there's a lot of
building exercises within
that program that are wonderful.

And again, I'm learning.

I bring that stuff home to
my own kids sometimes, you know, I'm like,
okay, kids, let's talk about this.

But we are, we,

It's a great organization.

I have learned so much from those kids.

And again,
a lot of inspiration from this
book has not only come from my own life,
but really a lot of stuff
that I've learned from them.

And again,
what answer do you give a child
who's dealing with a heart like that?
So I feel very blessed to be
able to be part of it.

So how would you draw out a
child who doesn't seem to
have the words to say what
they're feeling?
how do you draw out the
information like that they're feeling?

Do you use pictures?

Do you just give examples?

How would you do that?

Yeah.

You know, and again, I'm not,
I'm not the expert.

I will,

I will share with you what I know
that I've learned,
but there are definitely
people who are farther along than I am,
but I think that every
child is a little different, right?
So I think we've tried a lot
of different approaches,
whether it is reading a book and,
and there being one of the
things that I learned,
really wanted to put in this
book is some of the
responses and some of the
things that Jesus said.
Even saying, Jesus said,
please take this suffering away from me.
I don't want to hurt anymore.
Why did this happen?
And so I think some of it is reading books,
giving language.
I know there's a lot of
great resources out there

that are using art for therapy,

having kids be able to paint or color.

I think Roger Hutchinson,

I think is his name, has a great book.

a lot of resources around there.

I think it's being able to

reach kids where they're at.

But again,

I think one of the most

important things is to be

able to be a safe space.

And whatever that looks like for them.

If they don't want to talk about it,

then that's fine.

We don't say, you must do it.

Even as we're doing things with kids,

whether it's teaching kids

to pray or whether it's teaching them,

those things to be able to say,

it's OK if you don't want to participate.

It's OK if you don't want to share.

But to be able to continue

having that open conversation,

keep asking even if they don't respond.

Give them options,

whether it's reading a book,

whether it's coloring a picture,

whether it's when I worked

in the hospital.

Earlier in my career, I was a nurse,

and we used a lot of even

the nonverbal pain scales to say,

maybe you don't know the numbers.

Maybe you can't say the numbers of pain,

but look at the faces.

How are you feeling today?

Point to something that says it.

And I think

As creative as we can be is good for kids.

Play-based therapy, I'm sure you know,

is huge to be able to say,

let's play with dolls.

Let's see how that works.

I still go back to my kids

laugh at me sometimes

because they're like,

your answer is always be in the spirit,
mom.

Like that's because the Holy
Spirit knows everything.

Like it seems like a pat answer,
but it is the best answer, right?

Like I'm not a therapist,
but I've seen the Holy
Spirit lead me into things
that I found out later was
the therapeutic thing to do.

Not because I knew anything about therapy,
but because the Holy Spirit
leads us and guides us and
knows these children so
more intimately than we do.

He knows what works.

And so I always laugh, my kids laugh at it,
but it is true.

If we are open to hearing
from the Holy Spirit,
if we're open to being the
one who's wrong,

being the one who gets embarrassed,
I've tried more and more,
especially in these
situations to be able to be like,
it's okay if I'm the one who's awkward.

It's okay if I'm the one
who's embarrassed.

I'd rather me be embarrassed.

I'd rather me be silly.

I'd rather me be the awkward
one than you feel like that.

And so being able to put
yourself out there and keep
asking and really listen to
the Holy Spirit.

There's so many resources out there.

Again,

you would probably be able to even
say other resources that

I'm not aware of.

But that's what I found that
has worked well.

No, those are great.

And it's good because those
are the kinds of things our
audience likes to hear.

resources and just newer ideas.

I'm going to backtrack a little bit.

And if you don't want to
answer this question, you don't have to.

But I was going to ask,
because I think this would
be relevant for a lot of people.

So the child who wanted the impossible,
he wanted to spend a day
with his mom who passed away.

What did you tell them?

You can teach our group now.

I think, again,
and I don't remember
probably word for word,

but definitely starting
with the empathy and saying,

Yeah, that must be really hard.

And being able to, again,
we always say repeat back, but not know,

like I heard you said,

do you want to spend with your mom?

But being able to say that

must be really hard.

I,

I could imagine why you would want to

spend a day with your mom.

That would be something that

would be really important to you.

Um,

so being able to say that you heard to

be able to show empathy, um, I think

again,

as appropriate with different groups

of children.

But one of the things that

we talk about is being

curious about that pain.

So again,

I don't remember the exact words

of the exact conversation,

but I think I said

something along the lines of, yeah,

how long has she been gone for?

Who are you staying with now?

What do you miss the most?

What did you guys used to do

when you guys were together?

Because I think a lot of times, again,

we feel uncomfortable with pain,

But when those kids want to

say what's going on,

they want to talk about their mom.

Sometimes people don't want

to hear about it.

But him being able to say, oh,

my mom used to take me for

ice cream and chocolate was

her favorite and vanilla.

We think it's going to make them more sad.

But the reality is there is

already pain in that.

And there is joy in a

bittersweet joy and

remembering and saying that

that was important and she

was important to you.

And I want to hear about

your mom and I want to hear

about your pain.

So the empathy,

being able to let that

child know that they were

heard and being curious about the pain.

And then we do try to end

with hope and not,

Don't worry.

One of the verses that is

not in this book that I

actually worked with one of

the founders of love moves.

I said she was like,

thank you for not putting

that verse in here is.

And we know that God works

all things together for

good for those who love him.

It's a wonderful verse.

I love the verse.

I have heard it slapped on
like a bandaid and some
mortal bleeding wound.

And it's like, here's a bandaid.

God works it all together for good.

That is a great verse,
but when you're in pain,
you need the empathy.

You need to be heard.

Yes.

You need hope.

And to say, and he, I mean,
he even verbalized my mom
was a Christian.

So I'll see her again someday.

That's and be able to even say,
but you have so many people
who love you still,
who would you go with the, uh,
to the park?

If you could do now, who would you pay?

Well, my grandpa,

I live with my grandpa and I said,

I bet you still really miss your mom,

but,

You are so blessed that your

grandpa loves you the most.

So I'm not saying that we

sit in pain and we never get out of pain.

I think it is important to feel that,

but I think it is important

to still be able to speak hope.

The last page of our book

talks about when it hurts so bad,

it is not the end.

Joy is still coming.

And joy doesn't maybe

necessarily look like the easy answer of,

well,

mom's not coming back but

you know your grandpa will

be good enough but what

does hope look like for

that kid what does joy look

like for that kid you know

what does it look like for

us goodness gracious um
sometimes in my hardest
times it's not been the
answer that's uh fixed the
problem has not been the
answer but the presence of
god himself has been the
answer the comfort of god
has been my answer the the
people around me who love
me have been the answer um

So that's kind of how we
walk through that situation.

Again,

you're going to laugh because I'm
going to say what I always
say is I definitely did.

As he was talking in the back of my mind,
I'm praying, Holy Spirit,
don't give me the words to
say to this kid.

Help me to be able to
comfort him and to be

appropriate to all of the
children around him.

And looking back, he did.

He wants to help us.

He wants to comfort that kid.

He wanted that kid to feel

loved and he wanted the

other children around to

feel loved and to feel safe.

He will lead us and guide us in that.

If we ask and if we listen.

And I'm with your friend who said,

I'm glad you didn't put

that verse in there, your editor.

Like,

I'm glad you didn't put that in there.

Because I have been in that

situation where, you know,

when the hurt is so deep,

throwing a verse at someone

doesn't really help them.

Because there's truth in

what you're saying, obviously.

But at that point,
you may mentally understand the truth,
but you want to experience it.

And you do it by how you
said to the empathy through the,
just coming alongside and
being a listener and just
being there with them.

It's not, you know,
a lot of us would already know the truth.

We know.

Yeah.

Yeah.

Well, and being able to say that, Oh,
sorry, go ahead.

And I was just saying,

I really appreciate that.

That I'm not the only one
who thinks like that.

Yeah.

You're not the only one.

I think, you know,

There is a time and place

for different things,

but I think even one of the

reasons that I wrote this

book is to be able to say,

it's okay to be sad though.

And we don't need to rush past that.

And I think sometimes when

we give these pat answers,

not that they're not true, but again,

it's the heart and what you give it.

And it's not wrong to be sad.

It's not wrong to be upset.

You're not lacking faith

because you're sad.

You're not lacking faith because you're

in pain.

There's the verses in this

book about Jesus talking

about how he was in pain.

But I was reading even this

morning in John twelve,

I think it was John twelve,

how Jesus was talking about

my time is coming and I am
in great turmoil, you know,
and Jesus himself,
of course he knew that it was God's plan.
Of course he knew that he
was going to be raised to life.
Of course he knew all of these things.
But even knowing those things, he said,
My soul is in great turmoil.
Yet I still say, Father, glorify yourself.
You know, and then God echoes from heaven.
I have glorified myself and
I will glorify myself.
But to be able to hear Jesus
say being in turmoil is not wrong.
It's not a lack of faith.
That's how God designed us
and made us is with emotions.
And goodness gracious, look through Psalms,
right?
Look through any of the Bible.
Jesus himself.
express the turmoil, express the pain.

He was called a man of sorrows.

I think that sometimes we

get afraid of what our pain means.

It means that I don't have faith.

It means that I don't trust God.

It means that X, Y,

and Z. And so I think

sometimes we slap easy

answers on things because

we're afraid if somebody's in pain,

that means that they're

losing their faith.

It means that they don't

think God's going to turn

things up to it.

And it's like,

I can know things are going

to turn out to good,

but still really hurt,

still be really confused,

still be really angry.

And God is big enough for that.

He's big enough to be okay

with that and to say,

I love you in the middle of that.

I'm okay with that.

I will hold you.

One of the verses in my

mom's books even talks

about how like he holds us

when we can't hold on, right?

Like I will not let you fall, right?

God's got you.

It's okay to pour out your heart to him.

And I think that's such an

amazing thing about our father, God.

We are allowed to be messy.

So it sounds like you have

some personal experience

with grief or loss that

inspired you to write some

of these books.

Do you want to talk about that?

Yeah.

I won't share all of

everything because some

details are not mine to share,

but I will share a couple

of the things that we went through.

When I first started writing this book,

I mentioned one of them already.

And it's funny because.

I don't know if grief comes

all at once or if it's just

that when you have that big grief,

you start noticing all of

the little grief that that pile up.

But my my grandma and grandpa, again,

I actually started writing

this book in twenty twenty.

So they both were in the ICU with COVID.

At the time, again, I'm a nurse,

so I was their power of

attorney and talking back

and forth with multiple doctors.

My grandma actually ended up

passing away of COVID.

And because of all of the

regulations at the time,

my brothers came in, I think,
for the last couple hours,
although she was unconscious by that time,
but she was basically by
herself in the hospital.

My grandpa,
who she had been married to for...

Goodness gracious.

So they got married in twenty.

She died.

So over fifty years was not
able to be with her at the time.

We went to her funeral.

We all showed up for a funeral.

He was actually my
grandfather was discharged
from the hospital the day
before her funeral.

He actually had a stroke and
had to go back into the hospital.

I argue with lots of
hospital administrators,
but at the end of the day,

I was able to sit with my
grandfather in his
hospital room as we zoomed
his wife of fifty years funeral.

Wow.

Watching the pain,
not being able to be there, and of course,
going through the pain myself, I mean,
you know,

the relationship a girl has with
her grandma, right?

She was always in my court.

Even if I was wrong,
my grandma knew I was right.

So going through that loss,
watching him go through
that loss was very hard.

And then again,
within however many matters of time,
my daughter's turtle died.

That was heartbreaking to her.

Okay.

How do we, how do we look at that pain?

It's a turtle versus my grandma.

And again, I was,

I was volunteering at Love

Moves Us and hearing some

heartbreaking stories of

things that kids were going through.

And then again,

interpersonally with our family,

we're going through some

hard things and it brought

me to this place of

God, what does pain look like?

How do you respond to that

when you're looking at some

of these kids who have gone

through unspeakable things

and there's no answer in sight?

Or my grandma has passed

away and she's a Christian,

but it has changed and

rocked my grandfather's whole life.

And my daughter's turtle died.

Do we brush that under the rug?

Because it's not as
important as some of these
other bigger pains.

What does...

pain look like to you?

How do you respond?

How should I respond in my pain?

And I think walking through

the balance of big pains

and bigger pains and little pains and,

and wrestling with how God

related to me and how God

related to children made me

start thinking even how

should I be responding to pain?

Have I been doing it wrong all along?

And it's,

it's hard.

I think we all know whether

it's a loss or whether it's

a special needs child that

we are caring for or whatever it may be.

I think I have never felt

closer to God than in my pain.

Do I want to go back there?

Oh my goodness.

I do not.

I don't think anybody would

sign up for that, but there is,

Paul even talks about

there's fellowship in our suffering,

right?

Like

The one thing I look for,

David talks about and Paul says, right?

Like to know God and

experience the fellowship

in his suffering.

But we always kind of like

shoot past that part, right?

We want to go to like, oh,

experiencing the resurrection with him.

But to stop and be like,

there's fellowship with God

in our suffering was one of

the things that I found.

And then to realize God's

not wanting me to rush

through and get over this.

God's not like, okay, Emily,

that's enough.

which I will say I have

sometimes been guilty of with my kids.

Like, okay, it's not that big of a deal,

but it was a big deal to them, right?

And to be able to start

seeking out God's heart in the scriptures,

not based on my own

preconceived ideas of like, well,

this is what I thought.

Well,

this is the song I sang in Sunday school.

Well, this is, you know, X, Y, and Z,

but to realize God is in the scriptures.

And if the Bible, if this doesn't say it,

then it's not,

God,

if what I believe doesn't line up with

this, that's not truth.

And so when I started
seeking out what God really
says about who he is and
what pain looks like and how he made it,
I was overwhelmed with the
amount of love that he has for us,
overwhelmed with the amount
of compassion.

I overwhelmed with how tender his heart is
towards us when we go through hard times.

And it was, and it was beautiful.

And it truly did change the
way that I interact with my
kids on a day-to-day basis,
whether it's their turtle
or whether it's my daughter
saying that she felt, you know,
left out or rejected, you know,
with her friends or whether
it's kids going through
really hard times.

When I realized what my heart,
what God's heart was

towards me and my suffering,

it changed my heart.

for other people who are

going through suffering.

And it's been a blessing.

I mean,

that's what the word of God is

supposed to do, right?

It's supposed to transform us,

but he truly is everything

that he says he is in his word.

So is the Moms the devotional book?

Does that cover some of that?

So the mom's book is

actually split into four

different sections.

They are the sections I will

freely admit that I

struggled with the most as a mom.

So there are talks a little

bit more about guilt and shame,

not specifically grief,

but there are things in

there that obviously that cross over.

The four sections in our

book are fully forgiven

that talks about dealing

with guilt and shame.

incomparably loved talking

about like I can say god

loves me but like am I

comparing myself to other

people am I still does god

really love all of me like

what does that really mean

um divinely equipped

because goodness gracious

um do we need it and do we

not always feel like that

as moms and then um the

final section is kingdom

called um what does your

calling look like as a mom so

Greek kind of winds its way

in there here and there,

but it's not a main focus of the book.

No.

OK,

so one of the things I like that you
said is the part where
you're going about
understanding how God sees
your suffering.

And there's what came to
mind for me was the verse
that said that no one could
really know your suffering, but God.

Two things on that.

One, God does.

He does know your suffering
and understand it,
even though another human
can't really understand your suffering.

But when you come together,
either in a group like you
were talking about with the kids earlier,
or just with a friend and
coming alongside,
there's comfort in fellowship,

even if someone can't
really understand your suffering.

It's interesting because last year,

I was at a homeschool

conference just for special

needs parents.

and I've been to my regular

homeschool conference for years and years,

and it's such a different, uh,

atmosphere because most of

the people there, uh, they're,

they're not the parents who

have the kids necessarily

who are going to be going

to college or entering

competitions or being, you know,

the top of their class.

Sorry, it makes me want to cry.

Um, but, um,

but just being together in

that environment,

we're all homeschoolers and

we all have special needs kids.

There was,
there was a camaraderie there that,
you know, as a special needs parent,
I wouldn't necessarily find
at a homeschool conference.

And I had four boys first
and they were neurotypical.

And so when I was at a
regular homeschool conference, yeah,
I fit in,

but it was just something really
special with those parents who were
um where homeschooling is
coupled with suffering yeah
it's just a totally
different environment yeah

I I think that's beautiful

I think that's wonderful

that you were able to go

and to be able to feel a

little more seen a little

bit more understood and to

be able to you know have

somebody put their arms
around you who knows and
who really understands that
is is beautiful I think
that's such a beautiful
picture of how we're
supposed to be as a body of
christ um that
that we uplift each other
and we lift each other up.
And that's beautiful.

Yeah, it was,
it was a great experience and
I'm going again this year.
It's in North Carolina.

The when you have, Oh, your book,
by the way, it's called wherever you are,
devotions and declarations for moms.

And I saw some of the
declarations and I think
that's just so awesome for
each devotional.

There's a declaration.

And I think,

I'm not real big.

I didn't like this idea with

like affirmations.

Like, you know,

you state all these affirmations.

You do this to me.

That's just like psycho

mumbo jumbo in some ways.

These declarations that you have here,

which are biblically based, are really,

really helpful because I'll

give three of them.

God loves me too much to

leave me where he found me.

And, you know,

you can declare that because

it's true and you give the

scriptural backup for it.

And then I'm a beloved

daughter of the King of Kings.

And just how that plays into

your life and how it can change.

These things are life
changing in your attitude
towards yourself,
towards your circumstances,
towards the suffering
you're going through.

And then the other one,
God knows the season of my
life and sees my heart.

And that one I think is
really important for moms
because we're all in
different seasons at different times.

We don't stay in a season, thankfully,
forever.

They change over time,
but no matter what season it is,
God really sees it.

God sees you there and he
meets you there and he's
happy to be with you there.

Yeah.

Yeah.

Well, and I think, you know,
when we look in the word of God,
I'm thinking of Romans ten.
And again, I don't know the exact
verse reference off the top of my head,
but it talks about how with
our heart we believe,
but with our mouth we are saved, right?
And when we speak, it's not just speaking,
you know,
I've been to people who are like,
we are going to claim we win the lottery,
and that's not what God's
Word is talking about, right?
But it's when we're pairing
our faith with our words, there is a
principles in God's word
that talks about that and
talks about how our tongue
has the power of life and
death over our kids, over ourselves.
It talks about how when we
believe with our heart,

we confess with our mouth
that Jesus is saved, that Jesus says,
if you believe that you can move,
if you believe,
and if you say to the mountain, move,
then it will move.

And it's not just
saying things, right?
It's not just putting
whatever it is that we want out there.

It's pairing our words and
our faith with the word of God.

And there is power
psychologically in that.

Again,
there's psychological studies that
I'm not an expert on.

And there's spiritual
authority in that because
that's what the word of God tells us.

And I think that, you know,
one of the things when I
was writing this book is

I think a lot of times we're
good about wanting to
declare scripture over our kids,
but sometimes we don't know
where to find it.

Right.

Like I have fifty thousand things doing.

The last thing I have to do
today is spend hours trying
to look up scriptures.

Right.

I think our heart is there,
but the time is not always there.

And I think that as moms,
sometimes it's really we
tend to want to declare
those things over our kids,
which is so wonderful.

But to stop and say, oh,
but God says that about me, too.
is that moment that we need
to realize like you're a mom,
but you're also a daughter.

You also are loved.

You also have a purpose and
a calling for your life.

God also wants to wrap his
arms around you.

is I think that pause and
that reminder that all of us need.

And we need to hear it out loud,
not only because there's
power in our words,
because we need to hear it
with our minds.

Something psychological
happens because something
spiritual happens when we
speak God's word in the environment.

And I think it's really,

I was, again, I always say, like,

I feel blessed that God
picked me to do this.

He could have picked anybody.

I feel blessed that he
picked me and I got to

partner with him in this
project to be able to bring that to moms,
his love and his word,
especially to moms who need
it in that season.

That's really important
because I just think of how, sorry,
I lost my train of thought.

OK, that, you know,
we're positionally
sometimes we just think
like we're the end all be
all because we're the parent.

But we're not.

We're also God's child.

And he's looking at us like
we're looking at our child.

And it's not you're not alone.

You're kind of sandwiched between the two,
between God and your child.

You're not doing it alone.

And it kind of brings a nice
picture that you're not.

Yeah, it's not just you.

It also kind of keeps you

humble when you think of that, too.

It's like you're not the

ultimate authority.

Sometimes you don't want it,

but sometimes you want to take it.

Yes.

And the other thing you were talking about,

just being how faith works.

And I think about Joshua and

the Israelites taking over

the promised land.

That's what they had to do

is God didn't just clear

those people out for him.

He did in a sense,

but he did it little by little.

He said,

lest the wild animals become numerous.

Yes, you're so right.

They had to take the land.

They had to trust God every

step of the way to fight

those battles for them.

And I think that's helpful

for us to remember is, yes,

we're in a battle, but we're not

our weapons of war are different.

They're not physical.

We can wield the spiritual weapons of war,

faith.

Well, faith is the shield,

but the word of God,

speaking the word of God

over our children,

because that is the weapon

that we have to fight these

battles against,

even while feeling the

emotions and getting through the hurts,

we can still be empowered

to fight those battles.

Amen.

Amen.

How are your devotional

books kind of related to

your board books?

We're kind of coming full circle now.

We started with the board

books and now we're going

to the devotional book.

And talk a little bit maybe about,

you have a title for the series,

like Generations...

Generation Claimed.

Yes.

Generation Claimed.

Talk a little bit about that

and then how the devotional,

because they're both part of that, right?

Generations Claimed,

the board books and the devotionals.

So kind of talk about how

those all fit together into one thing.

They all fit together.

Yes.

So Generation Claimed, again,

originally came at twenty

seventeen when we first
published our board book.
That was the name that we
felt the Lord had given to us.
Again, having
seeing the power of the Lord
and speaking the power of
his word in my own life
again not to get so lost in
the weeds um but my husband
and I went through a lot of
things hard financially we
uh declared bankruptcy we
lived in my mother-in-law's
basement with two kids for
two years we went through
food stamps we were um we
were in a trailer for a
long time um so and all of
the again emotional and
relational ups and downs
that come from that so we
had seen the power of um

of the word of God.

And one of the things,

when I first wrote that book,

I actually wrote the intro

and the vision for the book

before I ever wrote the book to say, Lord,

lay this out.

And the last line of that

book is the one you will

find now in every single

board where it talks about when we're

reading our board books,

first one started with you

are and a lot of people said, well,

we're teaching their

children their identity.

And that is true.

I do want to teach the

children their identity.

But my heart behind it,

I believe what the Lord's

heart was behind it was not

just to teach them their identity,

but to declare this is your identity.

Psalms

I want to say twenty,

but I could be totally

wrong on the verse talks

about how God claims the world as his own,

the people and everything in it.

And to be able to say the

Lord has claimed you, he has chosen you.

And so the last line of my

interest said we are going

to declare the word of God

over this generation.

And we are going to claim this generation.

For the Lord and for his kingdom.

And my husband looked at it and said,

and that's the name of the company.

Generation claimed or

claiming that this these people,

these children belong to God.

So that's where the name came from.

I had many moms a lot of

times because our board

books were read by so many
moms started talking about
how they were reading these
books over themselves,
whether they woke up in the
middle of the night and
they couldn't sleep.

they were declaring
scripture over themselves.

I had a lot of people come and say,
my daughter took this book
with her to college.

And so we'd actually had for years,
mom saying, can you write a book for me?

I need declarations that are
specific to me.

And so it kind of had always
been in the back of my mind.

this book actually came to
be long before I reached
out or Tyndall reached out
to me is that again,

I was sitting with two of

my mom friends on the back
porch of my house.

Our kids were running around
and I was talking about how
important the word of God
was to transforming your mind.

And all of these things that

I was talking about,

you got to get in the word,

you got to get in the word.

And my friend Megan looked at me and said,

Emily,

I can barely take a shower by myself,

much less have time to read

the word of God.

And I was like, Oh, I,

I remember that season.

And, you know, she was talking about how,

you know,

how they felt guilty because

they couldn't get in the word of God,

but they wanted to declare

the word of God over themselves.

They wanted to declare it
over their children and, you know,
how so many people have hours,
but they maybe only have a minute or two.

Right.

And the Holy Spirit reminded
me of the story of Jesus at
the temple and, and,
they were watching him and
his disciples were watching
people put money into the offering plate.

Right.

And some of these people,
they came with these huge
offerings and it said, you know,
and they were watching and
they were so impressed by
all of these huge offerings.

But then this little widow
woman came and she put in two mics.

And I thought of that as related to time.

And I said, you know,
there are times in our life

that we can give hours and

large amounts of time,

but there are times in our

life when all we have to

bring is two minutes.

And God sees that two

minutes and he's

overwhelmed because he sees

that's all that we have.

Maybe even what we didn't have to give,

but that's all that we had to give.

So if we have just those two

minutes to give to God, how can we,

you know,

get the biggest bang for the buck?

I said out of it.

And so this book mirrors our

kids' books in the fact

that it is still scripture based.

It is still, there is not,

it is based on scripture.

It is scripture to declare over yourself.

scripture to declare over your kids.

It is the truths that I
believe that you need as a
mom and that are important
for you to know.

So that's kind of that
thread of scripture will
always run through
everything that we do and
the importance of declaring
it over yourself and your children.

Wow, that's awesome.

Sorry.

No, you're okay.

I get it.

You surely wanted to ask
because we're kind of wrapping up.

So I want to make sure I ask
everything I ask that I wanted to ask.

And I think that's just a
good way to end it because that's just,
it's, it's your story.

It's how this all came to be
and how you want to help other people.

So why don't you let people
know where they can find
you online and where your
books are and all that.
We'll also put links in the show notes.
Yes, most definitely.

So our website is Generation
Claimed with an E-D on the end,
generationclaimed.com.

And you can find the links
to all of our books there.

Our books are available
everywhere books are sold.

So Amazon, Barnes & Noble, Books A Million,
Walmart, Target,
they're all online at all
of those places.

We just found out recently
that our Moms Devotional,
wherever you are, will be at every
Barnes and Noble,
major Barnes and Noble in the US.

So if you've got a big

Barnes and Noble from you, near you,

and you want this book,

after May the eighteenth,

you should be able to go to

the store and grab it right

off the shelf.

I'm on social media, Facebook, Instagram.

I think I've got,

I know I've got an account

on TikTok and threads.

Instagram is probably the

place that I'm most active.

So if you want to reach out,

Instagram is probably where

you'll be most likely to find me.

Great.

All right.

Well,

thank you so much for tuning in to

today's episode of

Empowering Homeschool Conversations.

If you're looking for more resources,

support and encouragement

on your homeschooling journey,
be sure to visit Homeschool
Heroes powered by spedhomeschool.com.

At Homeschool Heroes,
you'll find free downloads,
a supportive community of parents,
homeschool friendly
providers and expert
consultants ready to help
you teach your child with confidence.

Plus, you can explore tools,
products and services
designed to simplify your
homeschooling efforts,
all from a trusted
nonprofit that understands
the unique challenges of
homeschooling children with
learning differences.

That's all for this time.

See you next week.

Bye.

Bye.

This has been Empowering

Homeschool Conversations

provided by Sped Homeschool,

a nonprofit that empowers

families to home educate

diverse learners.

To learn more, visit spedhomeschool.com.