

Truth is powerful.

Truth spoken in love is overwhelming.

This weekend I went to a retreat for betrayed wives that focused on their healing and redemption. It was powerful.... Heartbreaking... wonderful. The women in that room were transparent, vulnerable, honest, and some of the strongest women I've ever had the privilege to know.

There were many tears. And much laughter. Enough hugs to fill my heart to overflowing. So much love for one another. And so much hope for healing.

If you don't have a tribe, a group of women (or men) who hold you up, encourage you, support you, speak life into you, please find one. Life is not meant to live alone. We flourish in community. We die in isolation.

At one session this weekend, a panel of brave men were answering our questions. All of them. As honestly as they could. And close to the end of the session, each of the men said to the group of hurting women "I am so sorry." There were audible gasps. The lady next to me started to weep. I found myself catching my breath. The power of validating someone's pain... the power of speaking truth out loud to another soul... was alive in that moment. Each time one of the men spoke those words, it was as if healing salve was applied to our hearts. And these men were NOT the men who hurt us. But their words of sorrow and acknowledging our pain was still healing.

And then last night a friend said these powerful words to me "I will never forsake you."

And I found myself speechless. It was the same healing salve applied to my heart.

And those words are still rattling around in my brain and heart.

I am so sorry.

I will never forsake you.

And here is my take away:

Truth spoken is powerful.

Truth spoken in love is a healing force. Is overwhelming. Is amazing.

So let's go forward and speak truth and love to one another. Let's bring healing and hope to one another. We are worth it.

M.G.