



# UNDER HIS WINGS

SEASON 3

EPISODE 42—Leaving Space For Grace

## SHOW NOTE HIGHLIGHTS

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### Episode Show Notes

In this episode we explore beautiful aspects of Grace with our special guest: Blythe Beacham. Join us as we learn to leave space for Grace.



Blythe is a single mother of three beautiful children. She is a believer in the power of Grace and has experienced the power of leaving space for Grace in life's journey as she battled scrupulosity, mental health challenges, abuse, divorce, and single parenthood. She is a devout follower of Christ and has learned that Grace offers us as much time as we need as we navigate life's challenges and that God doesn't rush us.

Blythe's favorite quotes: "Grace allows me all the time I need", "When peace replaces anxiety, we can actually hear God telling us what step to take next."

### Scrupulosity

"For members of the Church with scrupulosity, obsessive-compulsive anxiety bullies its way into their religious life by relentlessly plaguing them with pathological, toxic guilt and inducing them to believe that this guilt comes from the Spirit. As a result, elements of personal worship get hijacked by the anxiety. Prayer, scripture study, and church and temple attendance often no longer bring feelings of peace or a connection with the Spirit because they are generally done out of fear of punishment and create feelings of condemnation. Religious focus tends to become narrow and trivial; religious practice gets extreme; and behaviors such as praying and confessing become repetitive, persistent, and unwanted compulsions that cause a lot of distress." <https://www.churchofjesuschrist.org/study/ensign/2019/09/young-adults/understanding-scrupulosity-religious-ocd?lang=eng>

"The certainty of misery is more comfortable than the misery of uncertainty" ....

Using Positive affirmations and calming options: ThinkUp App: <http://thinkup.me/>

Peter G. Samona, in his book *Becoming Christ-Centered* said, "Mental exertion is the way we exercise faith. It is the way we change our thoughts. Mental exertion is the method to create change in our lives, and the way we can transcend any experience. My body cannot communicate to my mind; I must talk to my mind, and it is through mental exertion that I can counsel myself with falsehood, or with truth...is through mental exertion that I can bring about any change I desire in my life. It is through mental exertion that I see, think, feel and do. Through mental exertion I sin; I repent; I grow."

Study of the Brother of Jared in the Book of Mormon: <https://www.churchofjesuschrist.org/study/scriptures/bofm/ether/2?lang=eng>

Movie: ONWARD story of 2 brothers and their journey of crossing an invisible bridge. <https://www.bing.com/search?FORM=YF73DF&PC=YF73&q=Movie+Onward>



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In the book [The Courage To Be Disliked](#), the authors discuss Adlerian psychology and it teaches that sometimes it can take half as many years as we've been alive to reverse deep seated ways of thinking.

His grace is truly abundant and more than sufficient to meet all our needs Story of Loaves and Fishes:  
(Mark 6:42–43) And they did all eat, and were filled....And they took up twelve baskets full of the fragments, and of the fishes.

Blythe's wedding photography website: <https://blytheweddings.com/>

Learn how to recognize the inner strength and glorious beauty within each of you at Blythe's wellness retreat to Paris September 2022. <https://glowupexperience.com/>