



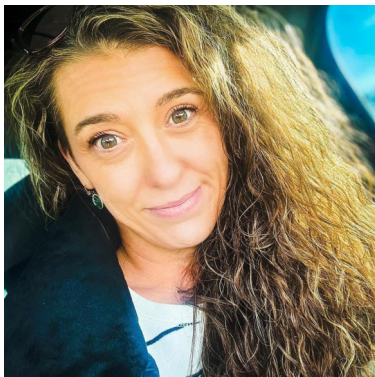
UNDER HIS WINGS

SEASON 5

EPISODE 73– GRIT: The ability to be resilient in the face of challenges
with Bridget Barrus

SHOW NOTE HIGHLIGHTS

Episode Show Notes



Bridget Barrus resides in Boise, Idaho, with her crazy crew of 18 children, who are the light of her world. Some were born into the family the old fashioned way and some are adopted. In January of 2023, her husband of nearly 26 years passed away following a short but courageous battle with Lou Gherig's Disease.

Bridget's favorite place to be during the week is in the bleachers cheering on her children at one of their many activities and somehow between the nearly 50 loads of laundry every week and the insane amount of food that needs to be prepared, she manages to find time to work full-time as a school counselor and own her own business.

Sometimes the days are hard and long, but the blessings are abundant! Her children bring joy and laughter to the darkest hours and together they are learning to navigate their new normal without their husband and father while cleaving to the promise that they will see him again. You can follow her journey on social media and their family's blog, www.grinandbarrus.com.

"People can develop resentment for the burden of being. Human existence is characterized by a fair bit of suffering. We're limited creatures, and life is very hard. Everyone dies. Everyone you love is going to die. Most of the things you do, all of the things you do will eventually fail. Suffering is a certainty, and it's very easy for people to become resentful about existence." You can become bitter and angry about it, very resentful, or you can put your head down, and hope that the storm passes quicker rather than slower, but the third path is the right one. That is to yield ourselves to the process, and to see what God has in mind for us. That can only happen in the furnace of affliction or in the valley of the shadow. There are some things that can only happen in those wilderness times, in those difficult times of affliction. We can become resentful if we are not careful."~Jordan Peterson, a clinical psychologist and scholar.

2 Nephi and many, many other places where Lehi tells his children so beautifully, "Thou knows the greatness of God, and he shall consecrate thy affliction for thy good."

C.S. Lewis, "The hardness of God is kinder than the softness of men, and his compulsion is our liberation."

A beautiful statement by Ann Lindbergh, "If suffering alone taught, all the world would be wise."





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It's not enough to suffer. We need to allow God to consecrate our affliction for our gain, and that is our choice. We can deny him the ability to consecrate our pain. Why would we do it?

Don't be mad at God when he uses sharpness, don't be mad when God points out our flaws, and wants us to change, if your life is trying to help you overcome your weaknesses, God loves us so much that he is trying to change us. How you respond is the answer...how we respond to Christ is going to determine everything.

Elder Holland: "We get up and keep going because we know, with absolute certainty, the end of the story. It is the reverse of most other things we know in life, where we know the beginning but don't know the end. Even in times of discouragement and trouble, light conquers darkness, good conquers evil, righteousness overcomes transgression."

<https://www.thechurchnews.com/living-faith/2024/2/3/24057920/sarah-jane-weaver-lesson-of-president-hollands-extraordinary-example/>

Jeremiah 29:11, For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

There are no gaps in God's plan for us.

Ann Frank: "I don't think of all the misery, but of the beauty that remains"

Ordinary F Whitney: No pain that we suffer, no trial that we experience is wasted. It ministers to our education, to the development of such qualities as patience, faith, fortitude and humility. All that we suffer and all that we endure, especially when we endure it patiently, builds up our characters, purifies our hearts, expands our souls, and makes us more tender and charitable, more worthy to be called the children of God . . . and it is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire and which will make us more like our Father and Mother in heaven.