

## Transcript for the podcast “Worthy: Celebrating the Value of Women.”

**Hosts:** Elyse Fitzpatrick and Eric Schumacher

**Episode 33 — Guest:** Eliza Huie

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**Eric Schumacher** 00:06

Welcome to Worthy, a Christian podcast that celebrates the value of women. Each week, we'll bring you conversations with women and men on the value of women in the church and society. We will not always agree on everything; but we do agree that God is glorious, the Bible's true, women are valuable, and respectful conversation on this topic is essential in our day. Thank you for joining us on the Worthy Podcast. I'm here with my co-host and co-author, and co whatever you want to call her Elyse Fitzpatrick. And we're excited today to talk with a special guest. And I think you're gonna enjoy this conversation. And before we get to that, I just want to encourage you if you're... If you've been enjoying these podcasts, please go review, rate, share them, spam people in your church with emails about listening this podcast, and getting the book. We, in all seriousness, we do want to get the word out about the value of women in so many different areas. And if you would like to see these podcasts keep happening, please consider joining us on Patreon where you can support the costs associated with us doing this work. So our guest today is Eliza Huie. And she is a biblical counselor, speaker, and author; and experiencing God's redeeming grace through the hope of the gospel is her motivation in counseling. She teaches workshops on topics associated to relationships, personal growth, and counseling. She is a contributing writer for the Biblical Counseling Coalition, the Journal of Biblical Counseling, and is the author of "Raising Teens in a Hyper Sexualized World" and "Raising Kids in a Screen Saturated World." And she has an upcoming book on biblical self care that's going to be published by New Growth Press in 2021, so keep your eyes out for that. Eliza has a master's degree in counseling from Biblical Theological Seminary. She has completed the advanced certificate in counseling from the Christian Counseling Education Foundation (you know that as CCEF) and is a member of the Association of Biblical Counselors. She is clinically trained in EMDR, and she serves as the Director of Counseling at McLean Bible Church where you may know her pastor David Platt. And she is also the Dean of Biblical Counseling for Metro Baltimore Seminary. Eliza and her husband Ken have been married for 28 years and they have three young adult children and a lovely daughter-in-law. They are transplanted from Los Angeles County on the west coast and now reside in the DC metro area on the east coast. And so welcome, Eliza. What do you have against living in the Midwest?

**Eliza Huie** 03:38

Actually, nothing. I was born in the Midwest. So you know what, I unite us all.

**Eric Schumacher** 03:44

Where at?

**Eliza Huie** 03:45

I was born in Montana, in Eureka, Montana, and I grew up in Rapid City, South Dakota. So I know the Midwest.

**Eric Schumacher** 03:51

Oh, yeah. Yeah, Rapid City. That's good. So, cool. Yeah. Well, welcome to the podcast. We're glad to have you here.

**Eliza Huie** 03:59

Thanks for having me on. I'm excited to be here to talk with you guys.

**Eric Schumacher** 04:03

Great. So just tell us a little bit about your childhood, your life, how you came to faith in Christ.

**Eliza Huie** 04:09

Sure. Well, I actually was raised in a single parent home. My mom raised me after my dad left, and that was probably the impetus of even her own faith, of just strengthening her own faith and really making it her own. And she pretty much had us in church all the time. Like I think, and probably some of it had to do with maybe childcare as a single mom, but I think I went to every single VBS that happened through the summer as a child and was very involved in Awana and youth group. And not to say that I was a star child in any way, but I was very immersed in the church because that's really what she needed at that time as well. And I became a Christian at a very young age. I became a believer at seven, was baptized at nine. And, again, not to say I was a model child -- I definitely had my own experiences with struggles and rebellion and so forth -- but that faith that was planted in me as a child is really what I look back to as the starting point of my story as a believer. And so I say that really just to... I hope that my story encourages parents out there that lasting faith starts in those young years so... That was my introduction and how I came to Christ.

**Elyse Fitzpatrick** 05:28

Thanks so much for that Eliza, and I love hearing that. I love hearing your testimony. I also want to say I'm really proud of you. Proud of the fact that you've done the training that you've done, that you lay down your life to seek to help women and men, and that you are the director of counseling in a church - - praise God for churches that will put women on staff and allow them to actually direct something besides the potluck -- and also that you're the director of or the Dean of Biblical Counseling. Good for you. Good on you, sister. Praise God.

**Eliza Huie** 06:12

That's definitely the work of the Lord.

**Elyse Fitzpatrick** 06:15

That's so wonderful. So, what drew you to counseling and particularly to Biblical counseling? You and I think share a little bit of that history so...

**Eliza Huie** 06:24

Yeah. Yep. We sure do. Yeah, so my experience with counseling -- actually, I felt I was unique, but then the more and more I hear people who are in biblical counseling, I find like my story is kind of the same as theirs -- was my own experience in needing counseling. And I was pointed towards a counselor who was trained through CCEF, which you guys mentioned earlier, the Christian Counseling

and Educational Foundation. And I was given such rich gospel care through that experience. And my husband and I were actually gifted a pass to their yearly conference. And we attended it, basically having no idea that this was actually for people who wanted to be trained in counseling. We thought it was like, "Oh, this is going to be on counseling, and you know, more counseling, like free counseling." So we got there, and we're like, "Oh, they're equipping people to do this." And so I attended that and just began sort of, in a way accidentally stumbling upon this journey of what it meant to like, get more equipped, and I went through all the certificate training, slowly, because I was still homeschooling my kids -- we homeschooled our children when they were younger -- and I just... Raising a family and stuff. So just kind of taking one class at a time, and eventually started doing counseling for a church where I first started getting counseling at, and then decided I needed to get a little bit more specific training. And I went back to school got my masters. And really, this was just, if we had the time, this was just a series of the Lord opening a lot of doors, including where I am today with being at the Director of Counseling at this very large church in the DC metro area. That was just the Lord just opening up these opportunities. And I'm just so excited to be able to share what I've been given to help equip the body for the work of ministry.

**Elyse Fitzpatrick** 08:16

So what does the day-to-day look like for you there at McLean Bible Church, and do you have other counselors that you're overseeing? What does that look like?

**Eliza Huie** 08:30

Yeah, so "What does McLean Bible Church look like day-to-day?" is a really hard question right now during COVID because I was actually hired, and three weeks later sent home. So my role has been really interesting -- and that has been good in some ways because it's allowed me to go very slowly into this role -- but the hope and the plan is that my purpose is not to do all of the counseling at McLean Bible Church. I don't think I would ever be able to come up for air if that were the case because it's a big church. But my role is going to be more on the equipping side, so helping our people who are already leading people in groups or even the pastors, which is just such a cool opportunity that the pastor's want to be able to learn more and, as you mentioned, like being willing to learn from a woman how to better care for the body. And so that's going to be the main role as we move into getting back, kind of post COVID. For now, I'm doing a lot of stuff online, so a lot of teaching online, a lot of interaction with people online, and stuff like that. So...

**Eric Schumacher** 09:38

That's great. You've you've written about people who have been hurt by biblical counseling. What are some of the problems, common problems that you see? And what's your perspective on that now?

**Eliza Huie** 09:51

Yeah. Man, that's such a good question. I'm glad you're asking it because I think those are the types of things that we know are out there, but like "Let's just not talk about that side of biblical counseling."

**Elyse Fitzpatrick** 10:03

Right.

**Eliza Huie** 10:04

But that's really important, so I think some of the things... So I'll speak to it in two ways: in practice and then in practitioner because I think that's kind of where we need to approach. Like when people have been hurt, we need to look at those sides of those things. So some of the problems in practice is that this is, we've been part of the problem. That this is really actually, we're part of the problem. We need to be able to say that we're still learning. Curtis Solomon, who is the executive director of the Biblical Counseling Coalition, he does well, when he reminds us very often, that this movement has only been around for just over 50 years. So I don't think that we should consider it to be comprehensive yet. So in light of that, I mean, I really think that we should own where we fallen short. But one of the things in practice that I see as a problem is that we need to be more willing to learn from people who are outside of our camps. I mean, with our theology hats on. Like we want to have those hats on. But we should be inquisitive about how to care for people, especially when it comes to like the care of the body and specified areas that are a little bit more complex. We've done, I just want to say, we've done really, really well, in the care of the soul. And there's been a lot of books. Elyse, you've written some of them that are so good on the care of the soul. And I think though that, and this is a concern that I have, that we may have been, and maybe intentionally or maybe unintentionally, we have bypassed the the work that we need to do in understanding the body when it comes to alleviating suffering. So I've seen that at times we lack a comprehensive understanding of the whole person in our practice.

**Eric Schumacher** 12:15

And so by body there, you mean, the person's physical body? Not the church? Not the church body?

**Eliza Huie** 12:21

Yes. Good point. Yeah, the person's whole body experience of suffering.

**Eric Schumacher** 12:26

That's great.

**Eliza Huie** 12:27

And one other issue related to practice is that it's actually hard to affirm competency in biblical counseling. So I have a license. I'm a licensed professional clinical counselor, as well. So I went ahead and got that like clinical license as well. And we have a governing body that makes sure that we have competency in lots of areas, not so easy to do in biblical counseling. Again, I will say like, theology wise, we are really good to ensure aptitude when it comes to Biblical or theological issues, but what I have seen is that we're not so skilled at understanding how to engage like organic or physiological issues that might be at play.

**Elyse Fitzpatrick** 13:18

Eliza, that's so much my experience. I first began to get training in biblical counseling in like 1985. And at that point, I think that people were saying, within biblical counseling, there was no such thing as mental illness. And I regret and repent of all of the ways that I bought into that and harmed people. And I'm really thankful for the way that organizations like CCEF, like ABC with Jeremy Lelek, and different ones have really worked hard to try to bring a more holistic understanding to the work we're doing. And I really appreciate what you say about, you know... In a lot of ways, we've got the theology down about

the care of the soul, but we've missed entirely other places of care that we should have been more aware of.

**Eliza Huie** 14:33

Oh, Elyse, I just want to say, "Thank you for saying what you just said," because that actually leads into like my other concern of like, that was the practice but the practitioner, and you just modeled so well what I think is so needed. The most important thing as a practitioner when it comes to Biblical counseling (and maybe how we have, you know, not done such a great job and maybe hurt people) is that we need to humbly recognize that we've actually been part of the problem. That where we've misspoke, or we've misstepped, we need to say, "I'm still learning," and in many ways, like, own that. So I just... Own as much as possible. I appreciate that because I think that's such a key. Because here's something that's really important, like when somebody has been hurt by biblical counseling, you will not convince them that their pain or suffering that they've experienced, maybe related to the bad biblical counseling, or the difficult biblical counseling, or the wrong biblical counseling, whatever you want to call it that they've received. You won't be able to convince them that that experience didn't hurt. Jonathan Holmes, my friend in Ohio, he's the Director of Fieldstone Counseling. He says this. He says, "Nobody ever gets talked out of their suffering." Like that... You're not going to convince them that that wasn't hurtful, so don't defend yourself. Don't be on the defense first. It's not the time for that. It's time to listen, and to ask good questions, and repent, which I'm so thankful that you just modeled that for us. Like that's what we need, so thank you so much for saying that.

**Eric Schumacher** 16:19

And I want to encourage pastors who may be listening just to hear what Eliza just said. You know, I graduated from seminary, where we were told that we were physicians of souls, and, you know, we've been equipped with the Word of God, to take care of people and to help people. And I left seminary with only one class in biblical care. I don't even think it was called counseling. And I'm thankful it was with Dr. Eric Johnson, who, who really prepared me just both in personal friendship and in his teaching, to be willing to listen to other disciplines outside of theology and pastoral care, to listen to the wisdom we can glean from psychiatry and psychology, and, and these disciplines, that they are friends, and they discover truth about God's world and about our bodies, and that sort of thing. But even then, I know so often, I would have people come in to me who are hurting, and I felt the burden to take care of all their problems myself because I was the shepherd, and I needed... I was responsible for their healing. And I didn't know anything about referring them. I had been to pastors conferences, where I heard the idea of mental illness mocked by the speakers and presenters. And of course, how could you object to Biblical counseling? It has the word biblical in it.

**Eliza Huie** 17:49

Right.

**Eric Schumacher** 17:50

And so it's... And primarily, I owe a lot of my growth and education as a pastor to women, who have been willing to share their stories with me and invite me into their suffering. And I've come to realize I've been in over my head. And, and you begin to realize, like... Someone pointed out to me once in Genesis, it said that, you know, God formed Adam out of the clay out of the dust, and he breathed into

his spirit. You know, he put his breath in him, and he became a living soul. And that to be a soul is this whole body-spirit experience. And all of our experiences, like impact all those realms. And, you know, when someone comes into the office, because they fell off their bike outside our church and broke their arm, it's not my responsibility to be a medical doctor.

**Eliza Huie** 18:42

Right.

**Eric Schumacher** 18:43

I should pray with them, but the mind and the body are real, physical, medical things. And so... Yeah, I just want to encourage pastors to realize we have our limitations. And it's, it's we need trained counselors and professionals to do this work. So you've worked a lot with victims of abuse. What do you want pastors and lay people to know about helping abuse sufferers and survivors?

**Eliza Huie** 19:20

Sure. Wow. Yeah. So, you know, obviously, in working in the counseling room, you're going to run into that. And that's definitely an area kind of... Going back to what we just talked about, like, I had to grow and even repent of things that I missed, or areas where I steered people wrong. And so just growing out of that has made me really have a passion to help people understand that a little bit better. So your question is important, and I want to take it from the standpoint of like, "What do, so what do pastors or lay people need to know about this whole situation of abuse?" I would say let's talk a minute about abusers, and then a minute about the abuse because there's different things that you need to know about both of them. So starting with people who abuse. Pastors, lay counselors, leaders, small group leaders, whoever it is need to know that abusers are likable. It's so important.

**Elyse Fitzpatrick** 20:18

Right. Good.

**Eliza Huie** 20:19

Abusers are likable. They're engaging. They often speak well. Pastors need to be aware that they're not going to come out looking like brutes or bullies. They keep up good appearances. Even when they're... Even when they're found out, they are quick to be remorseful and quick to kind of do check off the boxes and they're not going to come out looking like this, you know, attacker kind of person. I'll date myself here, and I'll say they're not going to come out looking like Biff Tannen from Back to the Future, or what was the other guy? Johnny Lawrence from Karate Kid? Nobody liked those guys, right?

**Eric Schumacher** 21:03

Yeah.

**Eliza Huie** 21:04

Nobody liked them. That's not what they're gonna look like. It's gonna be more of the experience of Judas, where when Jesus presented it, they all looked at each other and said, "Is it I Lord? Is it I?" They didn't say, "Oh, Judas. We were thinking it was him."

**Elyse Fitzpatrick 21:22**

Yeah, good.

**Eliza Huie 21:23**

So I think it's really important. They use words well. That's actually how they've abused, right? Is they're, they're good with using words, so if I just lay out one thing that pastors and lay counselors or helpers need to know about abusers, is they're likable. And something... Now flipping the other side, something that people need to know about the abused. And I'll say this in the preface of what we can do is believe them. Believe them. They are used to being persuaded that they are wrong. And pastors should not be another affirming voice to that. So believe them, and help them get help. The truth is gonna come out. Like we can kind of be afraid, like, "Oh, but what if she's not, or he's not?" (it's usually, you know, she, so I'll just say it in that way). "What if she's not actually telling the truth? What if she's exaggerating?" The truth is gonna come out, the more you put light on it. And it might take time. But abused people are easily intimidated, and they will back down fast. So if someone's coming to you for help and they feel resistance like maybe they're not believed, that will shut them down. So believe them. And one other thing I will say -- since this is on like, you know, helping people think through this, if they are a leader or a pastor -- when they're coming, when a person who's been abused is coming to you for help, it's because they see you as somebody who has authority or power. And this is going to be so important for you to understand because that's been the very thing that has caused them to be in this place. So know that you carry a certain amount of power and authority when they're coming to you. Do everything you can to level the playing field, to try to make the situation as comfortable as possible when somebody declares abuse. So be aware of tone. Be aware of posture, even just the posture that you're in. I've talked with pastors before about like, "Don't sit in a chair that's higher than them." It's just a little, yeah, something you can do to love them. Pay attention to the questions you ask. Even the position of the room, they're used to being trapped. And so is the room positioned in a way that they they're going to start to feel this because it will shut them down? So as somebody who's coming to you, like know what authority means. Level that playing field. But then the other thing is, is know what authority means. You've been given this stewardship, so stand up and speak for them. Be the voice that they've needed. And this can mean that you speak for them maybe towards the abuser, or it could even mean that that you speak for them in trying to find the advocacy that they need or the legal services or support that they need. So just important things. I'll just kind of keep it simple. There's so much that could be said, but those are... If we take those couple things and hold on to them, you're in a much better position to help people who are struggling with this.

**Elyse Fitzpatrick 24:31**

So you know, I think that it's really important, for counselors and pastors in particular, to really hear what you just said that the abuser when he comes in will be the person that it will be easy for you to like. Especially if the abuser is a man. And if he is well versed in Scripture, which a lot of times they are. And they know... And they're manipulators, and they know how to manipulate. And so you as a man, as a pastor, you're going to feel a lot of times a brotherhood with this guy. And on the other hand, the wife, the woman who is coming in, will be a lot more difficult for you to like, because she will be at times, she'll be emoting, which might be difficult for you to hear. She will be scattered in her thoughts. She won't, she won't think in a linear way. She will be afraid, and you may tell her not to be afraid and then assume that she won't be afraid. You have to understand that fear is something that she's dealt with,

lived in, for a lot of times decades. And so you're going to find it easier to like and take the side of the abuser.

**Eliza Huie** 26:01

Absolutely, absolutely. And I've been in that place where I've had to come back and say, "I didn't see it. I am so sorry. I didn't see it." And you know what, I praise God, by the grace of God, that person allowed me to continue to walk with them, and learn from them. And I became a student of what it means to live in this world of abuse and how it changes the words that come out of your mouth, that changes the actions that you take, that for people who've never really experienced abuse, don't even recognize those things. So... Yeah. Such a good word.

**Eric Schumacher** 26:37

I found, just in my own growth and journey as a pastor, that working with women who have been abused (you know, either in their childhood or are being abused in their adult life), if you're safe and confidential and you're willing to listen and learn, they're often very willing to forgive those mistakes. As you say, "Man, I missed this," or "I didn't know what I was doing." And they'll help you, like, as they learn, as they're growing, they'll...

**Eliza Huie** 27:17

They know.

**Eric Schumacher** 27:18

They're willing to help you understand what their world is like when they know it's safe.

**Eliza Huie** 27:22

Exactly. Exactly. That's so important. And making it safe, like what we talked about of just like recognizing the areas that you wouldn't even notice are trigger areas are so important. So yeah. And I think this is, this is one of those areas where biblical counseling hasn't been as well educated. Though, I will say we're getting so much better at this. And there's people, like Darby has written a lot on the subject, Darby Strickland from CCEF, and Chris Moles as well. Like they're doing a good job of advocating in ways that we've just had a kind of a chasm of emptiness for a while. But that is one of the areas that we haven't done well in the past on. So yeah.

**Eric Schumacher** 28:04

I think Darby's book "Is it abuse?" is going to be a great resource for the church to begin recognizing and coming alongside.

**Elyse Fitzpatrick** 28:14

So, um, talk us talk to us a little bit about EMDR. That's something that I think as a biblical counselor, you may or may not be aware of it, and you may or may not look at it askance. And so I'd love for you to tell us what EMDR is -- you're trained in it -- and why you have found it helpful.

**Eliza Huie** 28:38

Sure. So this is one area that has really been an area that's just kind of recently being explored by biblical counselors and explored with various mindsets of "Is this dangerous? Or is this helpful? And what? How do we need to think about it?" So I've been doing a lot of writing and reading and research on this subject, specifically, after I became trained. And part of me becoming trained was a journey of understanding, like I really felt like the best way to understand this is just to dive into it. With my with my clinical license, I was able to get the training and just really see firsthand, "What is this?" So it is a method of care that focuses on how the brain stores memory and how that storage impacts well-being, both physical and emotional. EMDR has been used significantly in the area of PTSD. Like if you do any Google search on EMDR, you're going to see it linked with PTSD because that's really where the groundwork research has been done. But it has been shown to be incredibly effective with various forms of suffering, trauma, for sure, but even anxiety, unexplained pain, just a lot of kind of areas where people can be stuck. They get kind of this stuck place. And so while it is significantly towards PTSD, it's it doesn't only help people with PTSD. And obviously people who have lived through abuse have experienced trauma, so it can be helpful as well in that area. But EMDR helps to process past suffering in light of present truth. And that's really important because it's like going to the past, but staying present with truth. So I use EMDR in a way that connects the past trauma to the promises of Scripture. So when processing memories with EMDR, specifically, you're going to process memory with memories with what is called bilateral stimulation. And it's just kind of a... I don't even know what kind of... Just a clinical word or a clinical way of explaining back and forth rhythmic movement. So it can be tapping. It can be pulsing sounds. Or it can be the movement of the eyes. And that bilateral stimulation causes a calming and a desensitizing effect towards the memory. So EMDR pays attention -- and this is important in understanding it -- it pays attention to the sensory, sensory impacts of trauma, kind of like what we were talking about earlier, like the physical the body stuff. We have physiological responses to trauma, and our memories of trauma. And the same is actually true with positive things. So if you think of like your grandmother's house, or if that's a good memory for you, your grandmother's house, maybe at Thanksgiving, or some situation where there's like food connected to it, you can almost like smell the smell of the apple pie or the turkey. And it actually affects you. You begin to kind of have like a warm feeling or a change in your disposition when you think of that good memory. Well, the same is true with traumatic memories, right? When we think of something traumatic, if you've been in a car accident, or you've gone through something terrible, just going back there in your memory, brings up physical sensations, right? At the same time. So we store memories with these physical responses, and EMDR addresses some of those physical blocks that leave memories kind of stuck in that trauma response so that whenever somebody... We use the word trigger. Whenever somebody is triggered, it's like, "Whoa, it's like they're right back there." And so those physical responses come right up as if they were still in that threatening situation. So EMDR helps them work through that, reprocess that memory in the present. You're safe. And I go so far, and take it a little bit further and say, "What does God say about this? What is the truth of Scripture that you need to hold on to in light of those past traumatic experiences?" So...

**Eric Schumacher** 33:00

Yeah. And sometimes people who've experienced trauma don't even know that their physical reaction in certain situations is linked to trauma.

**Eliza Huie** 33:09

Right. Mm-hmm. So that's helpful. Yeah,

**Eric Schumacher** 33:12

Yeah, I've been over the past couple years, trying to just do some deep dives on my own into understanding trauma, and "Suffering and the Heart of God" by Diane Langberg has been probably the most important book for pastoral ministry I've ever read. I would tell people, "Just stop and read it". It is so good. And then I've gone outside Christian circles and been reading books. Like I read "The Body Keeps the Score," and I just finished "Why We Sleep."

**Eliza Huie** 33:49

Hmm. I haven't read that one yet.

**Eric Schumacher** 33:51

But it's linked with EMDR and how the brain processes memories while you're sleeping, or processes information and events. And I think there's going to be many Christians who might shy away from those books because the authors have an evolutionary bias as they explain things. But really, when you when you read their research and their conclusions, when they start asking these questions, "Why has evolution allowed this to remain?" And you just ask the question instead, like, "Why has God designed us to sleep?" and "Why has God designed our brains to act in certain ways when we are in trauma?" And their answer's, and I think the real answer is, we're made to promote life. And so our bodies do certain things to keep us alive.

**Eliza Huie** 34:49

Exactly.

**Eric Schumacher** 34:50

And once we're in a safe place, we can begin to process those things and see wholeness and healing.

**Eliza Huie** 34:58

That's it.

**Eric Schumacher** 34:59

Thanks for talking about that.

**Eliza Huie** 35:00

Yeah, that's a really... I'm glad you brought those books up and stuff because they can... You need to read them with your theology hat on, for sure. But on the other hand, like they can provide for us some very helpful understandings. Because some of the reasons why EMDR works... There's a lot of different reasons why people believe that EMDR is helpful and has been helpful and is shown to be helpful. Many of those reasons are kind of esoteric, and we can kind of like leave those for the textbooks or whatever. But when when I read things, like some of the books that you mentioned, I begin to see like, "Okay, what is it about us that God realized, like, you need to sleep?" And not just sleep, but sleep in a way that you go into what's called REM, which, you know, is rapid eye movement. And that what we're now seeing is that rapid eye movement, that back and forth, is what some people will call sleep

dependent memory processing, which basically is like, you need to sleep to process this memory. And so, you know, I look at that, and I read those kinds of things... And yeah, there's a lot of stuff in there that are like, theories that take you away from God in those books, but they don't do that for me. They take me towards the Lord and say, "Yeah, God knew we needed this. He knew that joy would come in the morning after we slept through some of this."

**Eric Schumacher 36:21**

Yeah.

**Eliza Huie 36:22**

So just understanding, our body helps us see how much God really does care about our bodies.

**Eric Schumacher 36:29**

I fear that in what happens in counseling, particularly in Christian context, is we begin... Like, we can't see the brain. We can't see the mind. And so we assume it doesn't... The brain is not there and functioning like every other organ in the body. And so these kind of feelings and reactions are all just a matter of the spirit. They're all just a matter of faith. Like, you know, "Trust God, and you'll sleep better." Well, if you were abused while you were sleeping at night for a decade, your body doesn't find sleep a safe place, and it's not going to process these things. And suddenly, as a pastor, you can start to realize there's a lot more here than mere theology, which is so important.

**Eliza Huie 37:23**

Absolutely.

**Eric Schumacher 37:24**

But they are fearfully and wonderfully made, and if we're not paying attention to sleep, and mental health care, and those sorts of things, we'll be doing a disservice to our people.

**Eliza Huie 37:36**

Good word. Good word.

**Elyse Fitzpatrick 37:38**

So I'd like to give you a couple moments to talk about your two books on raising kids in a hyper sexualized world and raising kids in a screen saturated world, if you'd like to talk to us about those. Are they booklets?

**Eliza Huie 37:59**

So these... Yeah, that's a good question. So these... I became an author, the way I became a counselor, kind of accidentally, it was not... Yeah. Yeah. Yeah. Yeah.

**Eric Schumacher 38:07**

Yeah. And then you'll have to read it when it comes out so you remember what you said.

**Eliza Huie 38:07**

It wasn't my intention. So my first book was written as a human development project, where we were tasked to write an article or something that would be very practical and very helpful. And so that was really... The first book was a human development project, and my professor was very encouraging and very positive. And he's like, "You should teach this" or, "You should do something with this." So I thought, well, at the time, and I don't even know if this exists anymore, but there was a... Amazon offered something where you could produce or publish your own book, self publish it, and maybe they still do, I don't know, but... And I thought, "Well, I'll just put it out there. That's easy. It's already written; I'll put it out there." And I have a friend who I've never met in person, but we've been friends for quite a while, virtually, Tim Challies. And I sent it to him, and I said, "Hey, I wrote this book. I put it on Kindle, and it's free" (you could run the first five days, you could run it for whatever price you wanted), and I was like, "It's free for the first five days if you want to share it." And he graciously shared it. And the next morning, I got a phone call from a publisher who said, "Hey, if you wouldn't... If you'd like to, we'd like to publish this if you want to take it off of the self-publishing platform." And so I was like, "Sure." So I published it accidentally, and it is very concise. It's a small little book. And that was what was, I think, very attractive to 10 of those publishing was they knew that what parents needed was something very small because parents can't get through long books. They just they don't have time. They're busy. But they need something that was concise, that was practical, that was relevant, and that was really rooted in grace and stewarding this journey of parenting. And so we wrote that one, and then it became a series. And I wrote another one in the series. And then there's a few other authors who've written in this series as well. And so just to try to be super practical with the subjects of... The two subjects that I wrote on are dealing with screens. Like what parent doesn't need help with that and how to navigate that? And then the other subject is raising up kids in this world where it's just saturated with sex and how to have good conversations and how to respond to things that are definitely going to come at you as parents raising kids in a sex saturated world. So yeah that was... Those were fun avenues of writing that I didn't expect myself to be in, but now I actually really do enjoy writing. It's something I'm trying to do more of. Well... Depends on... I am in the season. So right now with the book that we are publishing, it should be out in 2021. We are in that space, and you guys know what this is like when you finally send it off to the publisher and you don't have to read your book again for at least another like month or two. So I'm feeling really good about not having to look at my book for another... Right!

**Eric Schumacher** 41:03

Yeah, well, I'm hopeful we can have you back on the podcast when that book comes out in 2021. I think... I'm really interested in that topic of biblical self care.

**Eliza Huie** 41:13

Well, and if I can just give a shameless plug, I'm co-authoring it. This is the first co-authored with Esther Smith, and she's a newly published author with the 31-Day Devotionals, which Elyse you have a 31-Day Devotional. So she wrote one on chronic pain. And we we have done this together which has been great because she comes at self-care totally different as somebody who's dealt with chronic pain and illness than somebody like me, who's just like... I get up in the morning, and I'm just ready to go. Like, "Just give me the stuff to do." You know? So it's been a fun journey to write.

**Eric Schumacher** 41:43

Great. Well, you've been listening to the Worthy Podcast. We're here with our guest, Eliza Huie, who's been talking to us about her books and her upcoming book and her work in counseling and in the local church. And we're hopeful that you will look up Eliza's books and avail yourselves of those. And you know, get those books and read them and use them and recommend them in your church. So we're going to ask you one more question, and this is going to be available just for our Patreon supporters. And so we're bidding our listeners goodbye. You're still very heavily involved in the biblical counseling movement which we've talked about earlier on the podcast. What are your hopes for the future that movement? Eliza, thank you for giving us your time today. And for joining us on the podcast. You are a wonderful resource for the church.

**Eliza Huie** 42:38

Aww. Thank you. This was so much fun. Thanks for having me on.

**Eric Schumacher** 42:42

Yeah.

**Elyse Fitzpatrick** 42:43

Well, friends, that's our time together today. So glad that you joined us. Would you please help us and rate and review and subscribe to our podcast if you agree with what we're doing to try to have respectful conversations about the value of women? Please help us get the word out. And don't forget, you can always become a Patreon supporter. So thanks for being with us today. Lord bless you. Be well.