

Engage360 Episode 165 | Overcoming Brokenness with Faith and Purpose

Guest: Tori Hope Petersen

[00:00:16] **Don Payne:** Hey friends. Welcome again to Engage 360 at Denver Seminary. Glad to have you with us. My name is Don Payne. I'll be your host for this episode. Probably every single person listening has struggled some way with feeling stuck in life patterns that are either killing you or suffocating you, or somehow slowly draining the life out of you. And our guest in this episode has. I think very courageously and very warmly into some of those stuck spaces that are to many of us helped us find some very hopeful ways through them. Tori Hope Petersen is a widely known speaker and author, and also I'm glad to say a student here at Denver Seminary in one of our women leaders cohorts. Tori's first book fostered was a memoir. Of her personal experience in and with foster care. And that's probably a conversation of its own that I would love to have, with Tori at some point. But today we have Tori with us. She's gonna talk about her more recent book called Breaking the Patterns That Break You. was released just this year by Thomas Nelson. So welcome Tori.

[00:01:35] **Tori Hope Petersen:** Thank you so much. I actually just found out yesterday this was so exciting that it was on the ECPA, which I still don't know what that stands for. I've been an author since 2022 and, but I dunno what it stands for, the ECPA bestseller list. So that was very exciting.

[00:01:50] **Don Payne:** Congratulations.

[00:01:51] **Tori Hope Petersen:** Thank you.

[00:01:52] **Don Payne:** That is great news. Well, I'm really glad to see this book get a wide distribution and a wide readership because it's very worthwhile.

[00:01:59] **Tori Hope Petersen:** Thank you.

[00:02:00] **Don Payne:** Tori, maybe just give us a. Mini memoir kind of to set the framework for this book.

[00:02:08] **Tori Hope Petersen:** Yeah. Yeah, I think that's what you have to do to understand the second book. There has to be some explanation of kind of the foundation of where it came from, so. I grew up in and out of the foster care system. I was born to my biological mom who just had a lot of trauma and due to no fault of her own, and very sadly, she passed on that trauma and she passed on those patterns. And I went into the foster care system and I was four years old and then was reunited with my mom, but had to go in again when I was 12 years old. And throughout that time, I moved throughout 12 different homes. And that made me feel very unwanted, very unloved, very discarded. And it took a toll on my identity, how I viewed myself, how I viewed relationships, how I viewed others, how I trusted people. And I really struggled to have, just healthy connections with adults. And then that bled into friendships that bled into romantic relationships. I bled it really into everything into my adulthood because that's what, how we view ourselves, our identity. That's how it does. Our identity really bleeds into everything. And moved throughout 12 different homes. I aged out when I was 18 years old. 20% of youth or young adults when they age out of foster care, instantly homeless. And that was the case for me. I bounced around from home to home there as well, once I aged out. But before I aged out, I had a foster mom who was taking me to church very faithfully, and I was pretty boisterous. I was pretty, vocal about how I did not believe in God and how I wanted nothing to

do with God. Because if he was real, how could He put me through what He put me through? How could he

[00:03:49] **Don Payne:** Yeah.

[00:03:50] **Tori Hope Petersen:** be a good God? And I would always ask her these questions and she would say, I don't know. And that was really the first time I had heard a Christian say, I don't know. I think as I grew up, I'd always heard Christians say like, this is what you need to believe or you're going to hell. And so that was like just another reason why I was like, I don't want to believe in God because I feel like I don't have the answers, but all these people just magically do it. Like made me even more skeptical.

[00:04:15] **Don Payne:** Yeah,

[00:04:16] **Tori Hope Petersen:** And when my foster mom said, I don't know, I think it just really softened my heart towards maybe.

[00:04:22] **Don Payne:** interesting.

[00:04:23] **Tori Hope Petersen:** I was like, maybe I, maybe if she doesn't know, she's like, I don't know, but we can learn together. And so I just started listening in church 'cause it was like we're learning together, we're walking together. It wasn't like her above me and I am just the person who always doesn't understand anything about God. And so it was like I was learning alongside my foster mom. It gave my life to Jesus. It was really like, for a lot of reasons, I think a lot of people, they have kind of like this pinnacle, epitome moment. And for me, I felt like. The way I describe it, it was like God kind of peeled away the scales of skepticism from my eyes. In, in a lot of ways, I think it was, by seeing his people, seeing his church. My church was very involved in foster care and serving the vulnerable, and I think seeing them, I thought, okay, if these people care about me, then maybe God cares about me. If these people care about kids like me, then maybe God cares about me. And then, just my foster mom seeing her humility and her sacrifice. She gave her life to kids in foster care. And there was a lot of people in our church at the time that did that. That was really compelling and I think beautiful. I think I saw that they had a love, and what I had was like a bitterness and unforgiveness, a lot of anger. And they had this love and this gentleness and I was like, I want that. And I knew, like when I asked the question, what do they have that I don't have, like the answer was very evident. It was Jesus, I knew that. And so that was one of the reasons. And then, the I started to understand that as Christ followers, as people made in the image of God, we will suffer. And it's because of a fallen world, but it's also because. We are reflections of like, we are supposed to live our lives as reflections of Christ. And so in doing that, there is a suffering that will bring us closer to Christ. And I think in understanding, beginning to understand these things, I think I'm still trying to understand them, but I think in the, in beginning to understand these things, I was like, okay, I do wanna live my life for Christ. And so gave my life to him. I aged out of the foster care system and then was bouncing around from home to home from people within my church. And this woman named Tanya let me live with her before I graduated. And I also had a track coach who let me into his life. And he took me in as really his daughter. His daughter said, we want you to be our sister. And he said, I want you to be our daughter. We want you to be a part of our family. So I moved in with him and I think there was. A lot of healing work. Like I think the Lord started to heal me through the church, through my community, through his people who were loving me.

And psychology, looking at it from a psychological point of view, we know that like what is so healing to kids who have endured a lot of trauma or kids who have not connected with their

biological parents. What is healing is connection to caregivers and to adults and to people. And so I think there was a lot of healing that started there, but as I. Continued on in my life into my adulthood. Became a wife, became a mom, graduated from college. What I saw was just like I was having a lot of, there was a lot of broken relationships in my life. There was a lot of thoughts in my head and that just permeated my heart that I couldn't seem to shake and. I had to start asking like, why is this? I know the word of God, like I don't know it all, but I was like, I know what God says about me. I've heard it preached. I have heard people speak it over me, but I still believe these lies. And so I started to ask the question why? And that is where the book, breaking the patterns that break you was birthed.

[00:07:55] **Don Payne:** That's a great segue because in the book that you had it organize around A series of lies that we tend to believe. And I sense what you're doing is using each of those lies to portray a form of stuckness a place where we get in bondage. Maybe that's a more popular word. Thank you for opening your life and your journey to us in this way because there's something intangible for me about a book that begins to touch. in me, even before that something is articulated. And I started to pick up on that even in the introduction to the book. So I know there's something there. And then as I looked at how you put this together, you've, or you've organized it around not so much, I mean, correct me if I'm wrong here, but not so much a set of linear how-tos or steps, but a set of that we tend to believe and how those lies. It took shape in your own journey and how the Lord kind of guided you began to show you ways through them to reframe those misconceptions. Is that accurate to the, what your intent was in doing this? I.

[00:09:13] **Tori Hope Petersen:** I so appreciate that you saw what I was doing. I think my heart and the tone in which I wrote the book was I feel like there's a lot of self-help Christian books where it really feels like the author is speaking from a stage, which like I have the privilege and honor to do, and I love that. But I think for me, the most healing moments that I've experienced have been walking side. By side with people, sitting across from people who are, have stuck with me and who have said like, I'm not leaving you. I'm here with you and I love you and I'm gonna walk this very hard journey with you. And so I wanted to write a book with that tone, like I am in the muck with you. 'cause I really do feel like I am a lot of the times. And I'm not speaking from a stage telling you that I have it all figured out. And then each chapter in the book is a lie. And there have been a lot of people who are like, how did you come up with these lies? I'm like, they're just like, they're not creative. They're just the very real lies that were in my head that I had to,

[00:10:14] **Don Payne:** you don't have to come up with lies,

[00:10:16] **Tori Hope Petersen:** yeah.

[00:10:16] **Don Payne:** You name them.

[00:10:17] **Tori Hope Petersen:** Yeah. Like, no, these were the real ones in my head that I had to figure out how do I overcome these? How do I work through them? What is the truth that God speaks that contradicts them? There's a beautiful book I think it's very well known, called The Body Keeps the Score, and it's written by a psychiatrist, and he says, the number? He says, there. are many different ways that we can bring about healing to our brains and our bodies, and he's not a Christian. He doesn't write from like a Christian. Perspective, but he writes from a psychological perspective and he says, you can take medication or you can. Go to therapy and do different modalities of therapy. But he says the fastest and most efficient way to heal trauma in

our brains, in our bodies is to have experiences that directly contradict the traumatic experience.

[00:11:04] **Don Payne:** Yeah.

[00:11:04] **Tori Hope Petersen:** And I would say that has been very true for my life. Whether it is an understanding what God has said about me through scripture, learning about that through scripture, and it contradicting what was spoken over me as a child. Or God's people loving me in a way that contradicts the lack of love that I experienced as a kid. And so the idea of when I wrote the book was to really contradict these lies so that it could contradict the pain and the trauma that people had experienced.

[00:11:37] **Don Payne:** You I've picked out an. Or pulled out quite a number of co quotes from your book that really caught my attention. One of them early, fairly early on in the book was this, say with a little healing, our hurt can transform into genuine help and that I'd love to have you comment on that. It caught my attention partly because there's there appears to be some kind of continuity between our own wounds and the ways in which we end up being. Maybe a healing presence or a help in other people's lives.

[00:12:10] **Tori Hope Petersen:** Yeah, I, as I said, I grew up in the foster care system and when I. Came to Christ. I knew I was 17 years old and I knew, like in the depths of my spirit and the depths of my heart, that in that moment, like all the pain that I had endured it was just gonna, I knew it was gonna be redeemed. Like I knew that there was going to be some good that came out of. The suffering. And I think that was partially because of the church, the, my, my church led. They gave me a lot of opportunities, which I think they led with example, they led with opportunities when I was just 17, very newly saved. Which some people would say this is very irresponsible for a minister to do. But, my pastor asked me if I would share my testimony for an awareness day of foster care. And so we, and on that day, we raised awareness. For foster care and I will never forget it. There were people afterwards that said like she was not ready to do that. She was too young. And absolutely, I definitely was not ready to do that. I was not like healed by any means, but four years,

[00:13:12] **Don Payne:** that's one of the lies you pointed out later in the book

[00:13:14] **Tori Hope Petersen:** yes. Yeah. One of the, Liz, I'm not ready.

[00:13:16] **Don Payne:** not ready. Right.

[00:13:17] **Tori Hope Petersen:** And four years later I received a message on social media and it was from a woman who went to our church and said, I heard your testimony that day, and my husband and I got in the car and we decided we were gonna get involved in foster care. And she said, today we are adopting a sibling group because of, because, and we've had them throughout this whole four years. And we started because we heard your story so. When I say, the worst parts of, I always say, the worst parts of our lives can be made good. And I feel like that has been so true for me, like the hardest the hardest things that I've went through, I would not change because it has brought about some of the most beautiful things that I've been able to witness and experience. And many of those are. Witnessing the poor and the orphan be served and loved or getting to do that myself, I think it's very true. We hear that quote like, once you see it, you can't unsee it.

[00:14:11] **Don Payne:** Yeah.

[00:14:11] **Tori Hope Petersen:** And I think that's very true for foster care. I think a lot of times people are not involved or people maybe like don't come in proximity to it just because. Typically our lives don't bring us into proximity to it. But I think once you see it, once you see the injustices in the system, once you see what the kids have to endure at the hands of the government and because they don't have families, and then you go and read scripture, I mean, it's just. Impossible to unsee it, and it's impossible to not do something. And even though I had to see so much at such a young age, and I will never be able to unsee that trauma, I'm thankful. I'm thankful for it.

[00:14:55] **Don Payne:** We're talking. About healing in terms of, or maybe healing as synonymous with getting unstuck or breaking these patterns that break us. And so you're equ, I think you're equating breaking those patterns with some form of healing. You challenge one notion that really got my attention at some point. I think this will maybe get a lot of people's attention when you say that time does not heal. Say. Say more about that.

[00:15:27] **Tori Hope Petersen:** Yeah Um, we, you know, just like our cliché quotes and that's the book takes a lot of those like cliché quotes that we hear and we like use them and we stamp our lives with them and we just keep going and we keep in the same cycles and patterns. And I shouldn't mention, we stay in these same cycles and patterns because. It's typically what our brains are used to, right? They're, these patterns are handed down to us, like it's what we've always known. But furthermore, it's actually oftentimes our patterns are where we find comfort. And so we can be like, we can grow up in like utter dysfunction and be like, I don't want dysfunction for my own family. But then we live in dysfunction and we don't even notice it. We live in chaos and we don't even notice it. 'cause it's actually where our brains have always found comfort because it's familiar.

[00:16:14] **Don Payne:** Yeah.

[00:16:15] **Tori Hope Petersen:** And so, yeah, I think that when, as I am, when I'm thinking about like. Healing and how we are breaking these patterns. What I noticed was like the time, like time heals all wounds, like in time, all of this will go away. That wasn't the case for me because all of those patterns were still functioning under the surface. They were still functioning very discreetly without me even noticing. And so what I had to do. was I. Had to notice my patterns and it was. Really noticing my patterns and taking responsibility for my part with them is what brought healing. Because for myself, I was still entering into very dysfunctional relationships. I was still seeking this approval, this love from man, from other people. And what it was doing was it was just crushing me. Even. It was like in one hand I was holding. This truth that like God loves me and I am a daughter of the king, like that was spoken over me. I knew that is like the truth that brought me to my salvation. But in the other hand, I held, that's really not enough. I need more acceptance. I need more love. And when I realized that like truly God's love for me is enough, it is accessible to me as much as it is everyone else. That's when those lies started to break. And one of the things, I think this work has brought a lot of healing to me as well, because I would go and I would speak. Over kids coming from hard places.

I would go speak to kids in foster care or who had just age out or they were in group homes. Some kids like who hadn't had families for years. And I would tell them like, you are deserving of love and you are a daughter and you are a son of the king. And then I would go home and I would speak all these like terrible thing and I'll just be laying in bed and I would think these terrible things about myself. And it just like clicked one day and I think it was the Holy Spirit and

it was just like. The love that is so accessible and available to everyone else is available and accessible to me. It's available and accessible to you. The person listening to this who doesn't think that the love that is available that God has for everyone else is not accessible to them. I.

[00:18:25] **Don Payne:** You're touching on something that I think you, you pick up on later in the book, and that is that somehow the act of ministering about that, the act of speaking about that was part of your own healing, other, in other words that none of us have to get to a place of complete healing before we can talk about it.

[00:18:42] **Tori Hope Petersen:** Yeah.

[00:18:42] **Don Payne:** actually the talking about it for you was part of the healing.

[00:18:45] **Tori Hope Petersen:** Yeah. And that goes back.

[00:18:47] **Don Payne:** correctly on that?

[00:18:47] **Tori Hope Petersen:** Yeah. It goes back to one of the lies that I spoke about in the book, just that, people will speak over young ministers, people will speak over ministers who are newly saved. I believe that we are all ministers of the gospel. We are all called to go and tell. We all of our lives are ministry to some degree, even if you do not have the title of minister on your vocation or on your job. And so, I think. When people maybe come into the faith or when people are quote unquote baby Christians, people say, oh, you're just not ready. But there's actually, it's one of my favorite stories in scripture. It's in Mark five, and it's when Jesus heals a demon possessed man. And this man, it says that? He's in a cave and he has like cuts all over his body and I think he was like chained up and. He comes out and Jesus heals him. And it says that there are people who witnessed the miracle and they fled to the nearby towns. And they told people about what Jesus had done. And then there were other people who were like, Jesus, you need to get out of here. You are crazy. And Jesus was like, okay, peace out. He wanted to go get in the boat. And when Jesus went to go get in the boat, the healed man, the one Stephen possessed man, healed man. Now he goes to Jesus and he says, can I come with you? And Jesus says, no. God No. He says, no. Go and tell what I've done in your life.

[00:20:06] **Don Payne:** Yeah.

[00:20:07] **Tori Hope Petersen:** like I think this is so beautiful because like Jesus doesn't say like go and get ready. And like what would have made the man more ready than anything else to go and like walk as Jesus' disciple, right? To go follow him, to go with him and like. Jesus did everything right to glorify God. Jesus did everything like his. His will was God's will. And so for him to say no, like go and tell your testimony. Go and tell your story There's no like getting ready before it. Like I Jesus. Jesus' healing Jesus' miracle, Jesus' salvation is enough to go and tell. And so I think in going. In telling what God had done in my life, what it forced me to do was it forced me to look back right again and again at my story and it showed me. God was actually always there. Like there was this moment, right, like this salvation, it was very evident God was there. But when I kept looking back again and again to tell it, it was like actually God had been there from the very beginning, and it was like the story of who God was in my life. Became more clear every time I told it. Therefore, it brought more healing to me because I see that I wasn't alone. I wasn't alone in the abuse and in the pain. There were so many times that actually God was protecting me even in that.

[00:21:25] **Don Payne:** Tori, talk to us a little bit about something you, you get at again later in the book when you talk about the difference between what we need as kids and what we need as adults. You get on. It was very interesting how you describe this, that, some people often feel like we've gotta, we've have to deal with reenter or relive some of the wounds and experiences we had as children before we can deal with those as adults. Now, again, correct me if I'm missing what your point was there, but I was

[00:21:59] **Tori Hope Petersen:** Oh yeah,

[00:21:59] **Don Payne:** by that, the difference between what we need as kids and what we need as adults.

[00:22:04] **Tori Hope Petersen:** yeah. I think, Don, this is like a little controversial, so I appreciate that you're going here. I think there's this idea of like. Or, you've probably heard it if you are in the space of like modern modalities of healing or modern healing in general of healing our inner child. And

[00:22:22] **Don Payne:** Right,

[00:22:22] **Tori Hope Petersen:** the idea is that we are going back and we're envisioning sitting with our child self and speaking over them what should have been spoken over us or giving them. What had should have been given to them to us when we were a child. And I personally found that to be very contradictive to healing because I'm not, I wasn't supposed to parent myself. I was supposed to be, I was supposed to be parented like I wasn't supposed to give. Those things, like a parent was supposed to gimme those things and they didn't. And so, but what it, what that does is it continues to make us go back to the past and relive again and again, like reimagine what we missed out on and what we didn't have. Or we can see like the present and what God is giving us, right. In front of us. See that like God actually is providing for us in our present day. Like a parent, God actually is present trying to teach us, trying to guide us, trying to discipline us like a parent. And if we keep going back, looking at the past, we can't. And I, we can't see the present. And I'm a big believer, like I have went to the past. To be observant, to try and understand what happened to me and try to understand why I've done what I've done in the worst ways and in the best ways. But when we stay there, what we miss out is God who's Right. in front of us, trying to bring healing to us. And there's also, the idea, I think these ideas go hand in hand of I want to be. Who, for other kids who, what, who I needed or what I needed when I was a kid.

[00:24:00] **Don Payne:** Yeah.

[00:24:01] **Tori Hope Petersen:** I think I, I think that it can be a good place to start. When I, when me and my husband got involved in foster care, when we became foster parents, I would definitely say that was my hope. Like I wanna be. Who I needed when I was a kid, when I wrote my first book fostered, I wrote that because I thought I want to write the book that I needed when I was a kid. And I think that there are good things that can come from that, but I do think that when we have experienced deeper healing, we grow in discernment. And when we have discernment, we understand that. Sometimes the people in front of us, the people that we're caring for, the people that we're serving or ministering to, they are different people than us. So sometimes they will have different needs. And so the question isn't always, if the question always goes back to what do I need? What did I need as a kid, it actually becomes very self-centered. The question needs to be, what does the person in front of me that I'm serving need right now?

[00:24:57] **Don Payne:** I appreciated what you said about your ministry not being as an author or speaker, but your ministry is simply to love.

[00:25:08] **Tori Hope Petersen:** Yeah, thank you. That actually came from there Is this I think she's a saint Theresa of Avela.

[00:25:16] **Don Payne:** Uh Huh.

[00:25:16] **Tori Hope Petersen:** Have you heard of her?

[00:25:17] **Don Payne:** I have.

[00:25:17] **Tori Hope Petersen:** And so our family, we have a family motto which is Petersen's do hard things. We have a family prayer, which is God has no body but ours. No hands, no feet on earth. But our and that's longer you can go. And if you just go, someone's listening to this, you can just Google that and you'll find the whole prayer. And then I. Also found another quote from her and she says love is my vocation. And it was just so striking to me, and I think it really went hand in hand with that prayer that our family often prays. And we want, we really are trying to speak that over our kids and help them understand the mission of what we believe God has given our family and our lives. And so in finding that, it just really struck me because. I felt, I think I've always felt like in the weeds of like, what is my calling? And I've never felt like to say like, oh, I'm a speaker, I'm an author. Like this is, that doesn't feel like, the identity that like, I don't know if that feels like the first identity that God wants me to carry. But I've also felt in the weeds of that, of in motherhood, because I think as a woman we are often said, told like, motherhood is your first ministry. And I think motherhood. Like the most beautiful ministry in my life that I get to live out. But I think in the weeds of asking myself this question, like what is my calling? When I just like realized, like when I read that like my vocation is love, like my calling is love. It just like brought resolution.

To, to that, to the weeds. It was like, I don't need to walk in this confusion. Like I just need to love whoever's in front of me. I need to walk in love in whatever way God has placed in front of me in the day. Because for me, it's so different every day. I actually only step away from my family really once or twice a week to go right. And I really only step away from my family once a month to go speak. And so every other day I am in my community, right? Like I am in my community and I am. I wanna be a servant here to the people right in front of me and those, that's my foster children, that's my biological children, and that is my local church. And that is the people who are lost here. And so if I say like, this is my calling, I think if we say, writing or speaking or communicating is like my soul calling. I think sometimes when we do that, we miss out on the other beautiful things that God has.

[00:27:39] **Don Payne:** Well, we miss out on what's inside those expressions of calling and it's, what's so liberating about that, Tori, is that it makes our vocations so portable.

[00:27:51] **Tori Hope Petersen:** Yeah.

[00:27:52] **Don Payne:** We do, you do all of those things. And you work out your vocation through them,

[00:27:58] **Tori Hope Petersen:** Yeah.

[00:27:58] **Don Payne:** but that's, those things themselves are not your vocation.

what happens if, for

[00:28:02] **Tori Hope Petersen:** Right.

[00:28:03] **Don Payne:** can't do, you can't do one of those

[00:28:04] **Tori Hope Petersen:** Yeah.

[00:28:06] **Don Payne:** anymore. But it makes vocation so portable,

[00:28:09] **Tori Hope Petersen:** Yeah.

[00:28:10] **Don Payne:** is really quite liberating I

[00:28:12] **Tori Hope Petersen:** Yes it is. It's very freeing. 'cause at any moment in time, like you could lose the title of professor. I could lose the title of speaker and author, but like we, we never lose the ability to love 'cause it's actually God in us.

[00:28:24] **Don Payne:** Yeah. Right. Wow. Tori, if you had to maybe identify some of the common e, maybe even understandable, but common dead end ways that people try to break their bondages, what are some of those?

[00:28:41] **Tori Hope Petersen:** Oh Yeah. I think some of the ways that we do it, some of the ways that I've done it, is oftentimes I've sought relationships that reflect the dysfunctional relationship in my life. So I would say the trauma in my life originated from my family of origin. There was a lot of dysfunction and abuse that happened there. And so what I would try to do is I would find, I would try to find relationships. And I don't think I was intentionally being like, I'm trying to find relationships that aff reflect this relationship. But I did. I was gravitated. I was gravitated towards like this dysfunction and I would stay in the dysfunction. 'Cause I thought if I could make these people love me, then it will reconcile the brokenness from my past and then I will be truly lovable. I think just staying, again, staying in those patterns, not realizing why we are staying in them. For me it was always relationships, always going to people, always going to man to look for affirmation. Rather than looking to God and again, wondering and asking what does God say about me? I really think one of the. Most like I had when I came into the church, I was saved at 17. And my church, I mean, they did a wonderful job at loving me, and I'm so, so thankful to them. But I wouldn't say that people like taught me how to necessarily read my Bible. So I was, I would just like read devotions and I listened to a lot of sermons and I kind of took what was said at Face Value and it was really, there were some things that were said that I wouldn't interpret through the lens of my trauma. So like there's the phrase is like, evangelical church says this a lot. Less of me, more of God, less of me, more of God. And so how I interpreted that was like, I need to get rid of myself. I'm a bad person and I should hate myself. Like, because those were the lies again, like from my childhood,

[00:30:35] **Don Payne:** Yeah.

[00:30:36] **Tori Hope Petersen:** that. Were spoken over me. I'm an inconvenience, I'm a burden to everybody. Nobody wants me. And then when I went to scripture and I see that in context,

what is it? It's John Baptizing and he's, and people are looking to John thinking he's the Messiah and John is saying, no. Look to Jesus. This is not for, this is not my glory. This is his glory. Look to him. That completely changed, like the perspective of how I viewed that constantly being spoken like in the church. It was like, oh no, like I, I don't need to make myself like less, I don't need to hate myself. I don't need to like put myself down. I just need to give the glory to God because it is his goodness within me. And actually, God, when we go to. Genesis, what does it say? It says that God looked at everything that he made and he called it good. And so that means that God did a good job making me and that says nothing about me, but says everything that he's a good creator. It's honoring to the creator to look at his creation as a good thing. And so when I started to like believe like God did a good job making me, and I can embrace, I don't need to like embrace my sin, but I can embrace who God's called me to be and I can point the glory to him in doing that. What it did was like, I wasn't interpreting this, these things that were being said through the lens of my trauma. I was actually going to the word and seeing what the word said for itself in context, and that brought So much healing and understanding to me. And I think sometimes, when we're still in these patterns, what we do is we keep going to man, we keep going to the people in our life that we want to give us all this affirmation to tell us who we are rather than going to God and asking him, who am I?

[00:32:12] **Don Payne:** one final question. If you had to distill your entire book to one thread that pulls the whole thing together. What would that be? What's the one the one thing you wanna say to readers?

[00:32:28] **Tori Hope Petersen:** In Christ, I would say in Christ, you're made good. You are safe, and you are genuinely loved, and it is going to him again and again. That helps us understand that because God does not just save us, but he keeps us.

[00:32:46] **Don Payne:** Well said Tori Hope Petersen, thank you for spending time with us.

[00:32:53] **Tori Hope Petersen:** Thank you for having me.

[00:32:54] **Don Payne:** Yeah. And tha and thanks for the good work on this. And friends, I want to commend this book to you. If you're watching the video version of this, here's the book, breaking the Patterns that Break You. And this will, you with Tor the way Tori very elegantly her own stories in a transparent, but a very tasteful way together with the truths that God has taught her. That can be so very liberating for all of us. So thank you for that Very good work, Tori.

[00:33:28] **Tori Hope Petersen:** Thank you so much for having me.

[00:33:29] **Don Payne:** Well, Friends, thank you for choosing to spend some time with us. We were grateful for this conversation with Tori Hope Petersen thanks for your interest, for your support, for your prayers for us here at Denver Seminary. Until next time, may the Lord bless you. Take care.