



Season 9: Episode 7 | Grace Fox | Can I Trust in the Character of God?

Joanna la Fleur: Grace Fox, welcome to Scripture Untangled. It's really a fun thing to have you on the podcast today and a privilege.

Grace Fox: Oh it's my privilege. Thank you so much for having me.

Joanna la Fleur: So Grace, before we go into more about who you are, I think one of the most interesting things that we need to start with before we get into the rest of your work and your life and your walk with the Lord is, I hear that you live on a boat. Can you tell us about that? And in fact, are you on the boat right now?

Grace Fox: Yes, you heard right and yes, I'm on my boat right now. My husband and I moved on in February of 2018. It was just a whole God story where we really believed that he was giving us this as an assignment to do. And so, we said yes, and we've been here this long and the people down here, we would never have rubbed shoulders with otherwise because our lifestyles are so different.

Grace Fox: But we love them, and we are just so grateful for the opportunity to, what do you say, present Jesus to them.

Joanna la Fleur: Well, and can you tell us a bit about that? Like the name of your boat is part of that story. When you bought the boat, it was named. And tell us a little bit about the name and how you see that as part of it.

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Grace Fox: Right, so years ago we lived in the States. I am Canadian but my husband's a dual citizen. He grew up on waterfront, I grew up in southern Alberta, the land lover girl. But when we moved to Canada in 1996 to work at a year-round Christian camp off the coast of BC, we sold our house in Washington and put a little bit of the proceeds from that sale into buying a 27-foot sailboat that we brought up to the camp and tied up at the dock there.

And from that, my husband developed a year-round sailing camp for teenagers and adults. It's still running today. So, he was just all about sailing. And when we left the camp to establish the Canadian office for the ministry that we lead now, it's called International Messengers Canada, we moved to Abbotsford, a landlocked area. So, we thought, well, can't take the boat. We left it at the camp and my husband thought he'd never sail again.

Grace Fox: But the boat that we bought at that time, that name of that boat was Makana. And so, when we did research into that name, found out that it was a Hawaiian word that meant blessing. The previous owners had been married in a valley in Hawaii. It was called the Valley of Blessing. And so, they named their boat *Makana*. We love that name, so we left it. It seemed perfect for the whole thing of having this boat at a Christian camp.

And so, when we moved into the boat that we're in now, we thought, we're not going to just call it Makana 2, we'll call it Makana squared with the little exponent number, the number 2 up at the end of the last A in the name. And so, it's Makana squared because we just feel like God has exponentially blessed us with this faith adventure.

Joanna la Fleur: Wow, and so, you know, what is that like then living on the boat? As you've said, you're connecting. It that it's a unique community? I think of my neighbors and loving my neighbors. I'm trying to imagine what might be quite exactly the same or different. Like, are you seeing new people all the time? Is it an established community you're really building in with?

Grace Fox: Through the winter it's an established community. In the summertime some of our neighbors will take off and so other boats will come in and take their moorage spot for a week or two or even just a couple of days. In the summertime people are coming and going more. But in the winter, it really is established. And so, the first few years we were here it was very

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established. We had our set neighbors and then they decided, the Marina decided to redo our dock in January of this year and so we all had to move and then when they brought us back, they assigned people to different places and now it's a whole different neighborhood than it was before.

Joanna la Fleur: Wow. Yeh literally, that's so interesting. Of course, for any of us, our neighborhood can't move. You know, if Mike is across the street, he's not going to also move now to be next door on the left. You know what I mean is it is locked in. And so, yeah, it does change the dynamic. And it sounds like you're seeing God's hand working in all of that.

Grace Fox: We are, you know, when we moved in, we didn't understand that there's kind of a Marina culture here that you just don't, you just don't go on somebody else's boat. Like you seriously, just like you wouldn't go into somebody else's house uninvited. It's the same thing. And so, you have to have permission to step aboard the boat. And we didn't realize that people really kind of stuck to themselves here.

And so, we started inviting people in for meals and we started inviting them in for “come and go coffee times” on a Saturday morning once every three months or so. So, we'd knock on the hulls on Friday, and we'd say, hey, tomorrow morning, anytime from nine to noon, just drop in. I put on a pot of coffee, and I'd make scones or muffins or coffee cake.

And we could have maybe five people, six people at a time just seated around this table where I am now. And they'd talk about life. And when the weather was really warm, we'd sit out in the cockpit and do it. Or just invite people in, spur of the moment, for a barbecue.

Joanna la Fleur: Wow.

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Grace Fox: And people responded. So, we've really been able to build relationships with the people. One of them passed away three months ago after a two-month battle with cancer. She was my friend, 57 years old, and she sadly passed away.

But I was with her four hours before she died, and she gave me permission to share Scripture with her and to pray with her. And throughout the months leading up, before she even knew she was sick, if she had a problem, she would text me and she'd say, Grace, I need you to pray."

And this was a lady who was rough and tough, but she would come to me for prayer. And to me, that was just such a blessing to be able to establish that kind of relationship with her. Yeah.

Joanna la Fleur: Wow. Well, and in that sense, I mean, you're bringing this up. It's the natural next question. You know, as we're getting to know you, you're a ministry person, you know, from morning till night. It seems like it's not just a professional thing. It's really a vocation of your life. From your morning devotions to your coffees with neighbors, your writing, the books we want to get into,

your devotional study today, which is called *Names of God: Living Unafraid*. Your most recent one.

We want to get into that. But as you use that as an example with your neighbors there, I'd love to understand how is it that your own walk with the Lord or your study of scripture, how does that connect to your work with your neighbors? What is sort of pouring out of you and into them? Because that doesn't just happen overnight. That's a result of think many years of you walking with the Lord.

Grace Fox: I think it all boils down to trusting the character of God because over the years and going deep with God, a lot of it through hard things, learning his faithfulness. If I didn't understand his character as I do, I would never have had the courage to say yes when he gave

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this God assignment to live on a sailboat, to purge our earthly belongings and just live on this boat in this marina totally foreign environment to me, having grown up in Alberta and such.

But if I didn't understand who God was, I would never have said yes. I think it's understanding who he is, being willing to walk with him, trusting him day by day by day to be what I need, to give me wisdom. All of that goes into just who I am.

Joanna la Fleur: Yeah, yeah.

Grace Fox: And you know what? So many of the people down here I have found are just, they're angry at people who call themselves Christians because they have been burned by people who have called themselves Christians. So, they don't want anything to do with the Bible or with church or anything that's called religious.

And so, it's a matter of just walking with Jesus day by day, being in the Word and making faith, yeah, just the integral part of who I am. It's not a put it in a box and I can read my Bible at whatever time in the morning and go out and do my next thing. It's not like that. It's not tick off the box. It's, be in the Word, walk with Jesus, be aware of His presence, practicing the presence of God and living as He calls us to live before my neighbors.

Joanna la Fleur: And so, when doing this, how does that play out in like your morning devotions? I know you talk about you do this every morning.

Grace Fox: I have come to understand that the Word of God is something that feeds my soul. Years and years ago, when we worked at the camp, I also taught a women's Sunday school class. I remember thinking, I'm going to be really smart. I was also homeschooling my kids at the time and involved in the worship team at a little, teeny church. So, ministry at the camp and all these other things happening, I was one very busy woman.

So, I thought I'd be very smart, and I would kill two birds with one stone. So, I would read the Bible in the morning, but I would use that time to plan the Sunday school class that I was teaching for women and just get her done.

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But I remember one morning it was like the Lord just said, Grace, you're not meeting me to know me, you're just meeting me here in the Word to get another job done, to do more ministry. And I remember just feeling so sweetly convicted about that and realizing that I had set aside getting to know Jesus in exchange for getting that ministry taken care of.

Joanna la Fleur: Wow, yeah.

Grace Fox: And so, I had to turn that around and it's never been the same. So, when I get up, I get up really early because I'm a morning person, but I need to go to the gym. I want to keep my body fit as well. It's the temple of God.

So, I get up really early to read the Word where it's quiet and there are no distractions. And I spend that time in the Word just to meet with the Lord at the beginning of the day. And it's like, what do you want to say to me today, Lord? My ears are wide open. And then I'll go into the rest of my day. I have to spend that time with him first because my soul needs that.

Joanna la Fleur: Well, and a lot of people love the idea of this, but then when hearing you say it, there's a lot of guilt because I'm not consistent in my Bible studies. I'm struggling to find the time. This isn't a priority. I don't like mornings or whatever it may be. And at the very least, it seems like, you know, our schedules inform, they tell us what our priorities are. Our schedules tell us what matters to us.

And so, we say that this is, you know, that our walk with the Lord is important. But for a lot of people, when we hear you speak like this, it sounds like it can induce guilt in people. But what is it that was the shift for you if you could help others who are struggling with it?

Because we don't want to sit in guilt. That's not productive. We want to go to action. So, what is it that shifted for you that allowed you to prioritize this, or just simply what was the change that happened in you or in your life that made you say, is worth it. I'm going to give more time to this.

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Grace Fox: Two things. One would be recognizing the season of life that I'm in now because I didn't used to have this ability to set that kind of early morning time aside. So, when I was a young mom with three little kids, I would try to get up at six o'clock. I just wanted 20 minutes in the Word, just 20 minutes of quiet in the Word. But it was like my kids were built with radar.

So, at 5:55. You know, I would hear them stirring and I'd go, I just wanted a few minutes of quiet, but no, no, now it's time to get the kids up. So, if I had five minutes, if I could get them all down for a nap at the same time and I had five minutes, sometimes that's all I had as a young mom. And I would say at that point, Lord, I'm going to read one verse. Sometimes it was just one or two verses that I could take in at the most. And I would say, just teach me one new thing about yourself. And he would do that. If all I had was five minutes.

Joanna la Fleur: Yeah.

Grace Fox: And I'm at a place now where my kids have been grown and gone for years. They all have their own families and my husband and I alone on the boat. And so, I have the luxury of getting up and doing this now and spending an hour in the Word. And I just, want people to know that they need to work with what works for them at this season in their life.

Because there will be times too when you run into an emergency or crisis and for a month, you're sitting at somebody's hospital bed as they're making that transition to heaven. And you may not have the mental capacity to sit there and read a long passage of scripture, let alone retain what you've read.

And so, you go with where you're at guilt free, but making time as you're able to spend that time in the Word. So, I hope that helps people to understand. They don't have to carry guilt about that.

Joanna la Fleur: Yeah, it's going to look different at different phases of your life. Yes.

Grace Fox: Exactly.

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And to be good with that and to not feel like you have to pick up what somebody else is doing because it's working so beautifully for them, it might not work beautifully for you but pick up what works. And the thing that made the shift for me, I think was realizing that, you know when scripture talks about it being, it's the truth.

Like it's not just words on a page that are good words to live by. It really is. It's the Word of God breathed from my life. And I want that richness. I want to flourish. But I also know that as I write, I'm writing devotions and that type of thing. I want to be able to write out of the abundance of my heart and out of the abundance of what God's telling me. And so, I need to be in the Word so that He can fill me up.

And I love that. It's not a chore I need to do. It's a joy.

Joanna la Fleur: Yeah, and that's the shift, isn't it? It goes from guilt and chore and should-do's, could-do's to actually I'm hearing you say it's a must-do. Must-do because you have that hunger for it. You're finding the way in this rhythm of life that you have to fit it in and make it work.

And so, your most recent book, *Names of God: Living Unafraid*, maybe I'll just say for starters, why, I mean, you've written on many topics, why the names of God? Why was this the thing you wanted to tackle next?

Grace Fox: So, when the pandemic was happening, I remember thinking; I've got people who have signed up for my newsletter and they're reading my blogs and that, but maybe they would like to connect with a real person and a voice.

And so, I offered a Zoom Bible study based on another Bible study I had written years before called *Moving From Fear to Freedom*. And so, to my shock, over 80 ladies signed up for this Zoom Bible study.

Joanna la Fleur: Wow.

Grace Fox: And at the end of seven weeks, they said, what are we going to do next Grace? And I went, that's a very good question because I really hadn't thought that far. During that time,

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even as I was teaching at Bible study over those weeks and then in my own quiet time reading in the mornings, the same theme kept coming up over and over in my own quiet time and it was the names of God.

It kept talking about praising the name of God or trusting in the name of God and I thought, okay, I know that if the same theme keeps popping up, I need to pay attention. What is the Lord trying to tell me?

And so, I suggested, let's do a study of the names of God. And I wrote curriculum as we went. And the deeper I got into that study, the more I realized how absolutely life changing it is. And learning to get to know God by those names just really opens our eyes to trust him more. The more we trust him, the more we're able to live unafraid.

Joanna la Fleur: And then how, I mean, there are so many names of God. So, in this book, you're using seven. What made you choose these seven names to address? Because this isn't an extensive, like every single name, you know, a concordance of every single name that could possibly be used for God in Scriptures. What was it about these? How did you narrow it down to these seven? Were these personal for you? Was it around the theme?

Grace Fox: Oh, many of were personal for me and that's probably how I chose them even when I did that Bible study as I wrote the curriculum. I chose the ones that meant the most to me at that time. And I'm really excited because the Bible is just so full of the names of God. This only touches the tip of the iceberg, but this is a three-book contract. So, there will be two more following and there'll be, *Names of God: Knowing Peace*, and *Names of God: Growing Strong*.

So, by the time it's all said and done, we will have explored 21 names. But yeah, each of these seven really has a story attached or it's very meaningful to me in a very personal way.

Joanna la Fleur: Wow. Yeah.

And so, one of the ones I'd love to jump into, Yahweh-Rohi, The Lord is My Shepherd. I chose that one because of course, I think it's a famous Psalm 23, The Lord is My Shepherd. We see it

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in Hollywood movies. People write it on, put tattoos of it on a NFL football player. know, it's something that's referenced in funerals. It's referenced in hospitals. So, talk to us about this name that the Lord is my shepherd.

Grace Fox: On my 50th birthday, I sat in my backyard, it was a July day, beautiful morning, and I had my cup of coffee and my Bible, and I sat there, and I said, God, thank you for seeing me through 50 years. I'm going to trust you to carry me through the next 50. So, I would love for you to give me a Bible promise to carry me through the next 50. And into my mind popped, the "Lord is my shepherd, I shall not want."

I remember sitting there and thinking, no, because that one is so ordinary everybody knows that one. I wish you'd give me something a little more extraordinary, but that verse just kept coming to my mind. And so, it's been a journey just exploring that and experiencing that ever since. And I realized that that little phrase, the Lord is my shepherd, that name of God, Yahweh Rohe is very familiar to people. It's probably the most beloved psalm in the world.

But in its simplicity let's not miss the profound truth that's found in that.

So when I teach I just I take people through little exercise and I say first you have to know Yahweh maybe you and I can go back and discuss that in a moment but the Lord is Yahweh so anytime you see that name in all caps in Scripture, that's what we're looking at here.

So, when you understand the character of Yahweh, that he's our shepherd, it's mind-blowing. There's no way we can't trust him as our shepherd, the Lord.

And then is, that's a little present tense verb. It's just two letters and we can easily skim over it, but it doesn't mean he was our shepherd, but he isn't anymore because he's irrelevant, and neither does it say he will be when we get our act together, but it's that he is our shepherd right now in this present moment, and always, he is our shepherd or the Lord is my shepherd as the verse goes my is that two-letter word but it's an indicator of belonging and a relationship and shepherd is a person a real-life person with whom we can have a growing vibrant relationship.

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And this person has promised to care for us and lead us and guide us and protect us it's amazing.

Joanna la Fleur: Yeah, yes.

We just recently have had a podcast episode with the leader of the Ukrainian Bible Society, Anatoliy Raychynets. So, if listeners want to go back and review that episode, I encourage them to. It's really inspiring to hear what God is doing in the midst of a war zone, essentially, that he is at the front lines. And at the very end of our recording, he suddenly had to go as the air raid sirens were going off. It's living day to day for him.

But I bring this up because he talks about this Psalm 23, the Lord is my shepherd, being something that is deeply resonating with these men when he meets with them on the front lines of the war. It seems in an age where none of us are super, probably most listeners, not super rural agricultural in our context.

And yet this idea of the Lord as shepherd seems to be ringing throughout culture and throughout time and even into our modern industrialized society. But is there anything that you learned in your writing and your research for this particular one that maybe we might miss if we don't know much about sheep and shepherds?

Grace Fox: Yeah, well actually I was just in Romania a few weeks ago and I was speaking on this name to a group of Romanian women using a Romanian translator as well, and she pointed out something that I hadn't known before that it totally made sense and it was how we talk about Jesus being the Good Shepherd. He fulfilled that name of God. He declared himself as the Good Shepherd and so, yet he also talks in Scripture about there being a hireling and that the hireling doesn't really care about the sheep's well-being as much as the good shepherd.

And she was talking about how in Romania there are some shepherds, just in the pasture next to where I was, there was a shepherd out there. And she explained how in that village, that particular flock was being cared for by a hireling. But the shepherd who lived in the village, he'd be the one hiring that hireling.

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And she said that he'd been through about 20 of those hirelings in the last few years because none of them cared for the sheep as much as he did. So, he wasn't the one on the ground with the sheep, but he had other business that he had to attend to. And I'm thinking, wow, you know, Jesus is that good shepherd. He's on the ground with us. He's in the muck with us and he is invested in us like the life. He gave his life. bought us with that price.

And that's why he's so concerned about our well-being as his sheep. And I thought, yeah, there's a difference between Jesus, the Good Shepherd, and then there are maybe false teachers, leaders who are not so concerned for their sheep as they are about their own reputation, or about their own schedule, or about their own platform, or whatever. But Jesus is that Good Shepherd who is with us right there on the ground. And I just thought that was beautiful how she explained that to me.

Joanna la Fleur: Yeah, it's a great reminder, you know, I think in an era where this has always been true, but I think because of media, we hear more stories now, whether from our own community or other churches, other of the sort of the failure or the implosion of some Christian leaders.

And in some ways, it's a beautiful reminder for those who have, whether they've experienced it, or they just feel a little bit jaded by that being a thing that happens in our culture. Some of these stories make big time news when it's a big-time known name. But that yes, there is the head shepherd and then there's the hired help. And that doesn't mean that the hired help couldn't be devoted and loving and incredibly safe.

Grace Fox: Right.

Joanna la Fleur: But that at the end of the day, it is the shepherd Jesus who leads us, that there are others who may let us down, but they don't have the ultimate responsibility as the shepherd, the good shepherd.

Grace Fox: Exactly! The Lord is my shepherd. There's only one who is that good shepherd.

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Joanna la Fleur: And so I want to give you a chance if there's another name you want to highlight for us, but before we go into it, like names in general, I think of Shakespeare, that famous line, you know, what is a name? Does a rose by another name smell as sweet? That idea of how much do names matter anyways?

Why does it, I mean, there are so many names of God. Like what's the difference between these names you're writing about or studying and encouraging us to consider out of the scriptures, versus, you know, God, Jesus, Holy Spirit. What is it about the names? Why does that matter?

Grace Fox: Yeah, so when we talk about God, because all my life I grew up in a Christian home and we talk about God, God this, God that, God answered prayer, we pray to God, that type of thing. And so, as I've tried to work through these books and these different names, I've thought about God as a beautiful diamond. And so, you see a diamond in a setting, and it sparkles and the light, you know, hits it and it glistens, but it's the facets on that diamond that are actually reflecting that light.

And so, God, we might see as the big gemstone, but every name, I think about every one of these names being like a facet on that diamond. And it's the more facets that we understand, the better we appreciate the beauty of who God is.

Joanna la Fleur: Yeah, I love that. It's the angles and the facets. That's a really helpful way of looking at it. And so, tell us about one more if you have time. I mean, again, we're at 7 and I know there's going to be 21 in a whole, but another one from this idea. Because the theme of these names is about fear and not being afraid. I'd like to talk to you about what that has looked like in your life. But before we go there, how it's applied to you, where it becomes personal.

Grace Fox: Yeah.

Joanna la Fleur: Give us one more name. Give us one more out of the book that you love to talk about.

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Grace Fox: Ok so, Yahweh Yireh, the Lord will provide, that's another one. And I've seen him do that over and over again. My husband and I have been missionaries for over 30 years and never have had a guaranteed monthly income, so we live on faith support. And to see God provide for my family, we raised three children like that, has just been amazing.

There were times when I just felt like, at the beginning, before I began to really understand how important it is to get what God's like, when we first went to work at a year-round Christian camp off the coast of British Columbia, our support wasn't fully established.

We didn't have an established support team. We'd been there almost a year, and we'd been working on that. But back in that day, the Canadian postal system went on strike. And so, there were no such things as e-transfers and PayPal to move money around. There's nothing like that. All of our support came by checks in the mail.

So, I remember meeting a family at the family camp in August and we really struck it off with this family. So, we had them up to our place for coffee and we thought, you know, we've got three kids, you've got three kids, we just had a good time visiting. So, we made a date to have dinner together. But the first time we could have dinner together was in November.

And so that was what, three, four months down the road. And when that time came around, the strike had already begun. We were already kind of shortchanged on finances. And I looked in the freezer to see what I had to prepare for dinner. I had a little bit of frozen ground beef, and I had some pasta in the cupboard. I might have had some frozen veggies, but I thought the best I can do is make a casserole with this. And it was making a casserole and then saying, okay, God, you know.

You fed the multitudes with just a few fish and loaves, so you're going to have to multiply this so I could feed 10 people here. I didn't even have produce to make a salad. So, when that family pulled in on a Sunday afternoon that was scheduled three or four months in advance, to my shock, they started unloading groceries from their van.

Joanna la Fleur: Wow.

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Grace Fox: I walked in the house, I looked at this that they'd already been bringing in, and there were bags of groceries on the countertop, even with fancy crackers and cheeses and things like that. Because the Christmas season would be coming up shortly. And they thought of everything, chocolate chips for baking, all these things that I never would have been able to afford that year. But there it was, and there was fresh produce to make a salad.

It was one of those moments where you realize that wow, that name, Yahweh-Yireh, it doesn't just mean God will provide, but it also has that inference that he sees in advance what we're going to need, and he sees to it that it will be provided. And so, I look back at that story and I think in August he saw in advance that we were going to be short when it came to finances and food in November.

Joanna la Fleur: Wow, wow.

Grace Fox: And that's probably why that dinner date, we couldn't get our dates together until then. And we didn't know it at the time, but that man worked at a grocery store, and he said to us, I just sensed God saying, buy groceries for this family. So, we did. And it was just a beautiful example of God knowing what our needs would be and seeing to it that they were met.

Joanna la Fleur: Yeah, I often think when it comes to fears and anxieties as these names of God address and as you the story represents you know how will I have enough? How will I care for my family? And some of it's we have enough and then there's the special cheese and the chocolate chips for Christmas cookies like those you're even above and beyond more you more than just what we need to survive.

But, you know, it seems often we see God provide or do something amazing in our life, and then the next situation we're in, fear and anxiety rises up again. We think, yeah, but this situation is different. Somehow, he did it last time, but what if he doesn't come through this time? Or he may not come through this time. So how do you wrestle with that fear in your own life, those fears and anxieties?

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And maybe I should say even further, because you've walked with the Lord for a long time, you know, if you're thinking of someone listening, who might be that young mom with the kids at home trying to find time with the Scriptures, has that changed over time for you? How does fear appear in your life? And then do you find it is a lifelong struggle, or has it changed as you've walked with the Lord long?

Grace Fox: I think it's gotten easier over the years because I've seen so many examples of his faithfulness in the past. What I say to people who are facing a fearful situation of some sort, especially with, will I have enough. If we look ahead into the uncertainty and the ifs, the what ifs, there will be fear. That fear that's already there is going to get bigger.

But if we look back, to where we see the examples of how God is provided, especially in unexpected ways, then we can find encouragement to look forward. And so don't focus on the uncertainties. Look at the past and be encouraged with those faith stories. Also, I've experienced how he often comes through at the midnight hour, and I wish it wasn't so. I wish he wouldn't do that. It would be so much easier on the nerves.

If he would come through a month before I need to pay that bill. That's just not the way it is. And I think it's because of faith walk. it's like, I will do this. I will do this. I just want you to trust me, Grace. And he comes through and always in an unexpected way. If I think I can put my God in a box and have him all figured out, I'm going to be sorely disappointed.

I think he wants me to stay on my toes and to trust him to do the unexpected, but to also do exceedingly abundantly above, like Ephesians 3.20. To trust that he is able to do far greater than we can ever ask or imagine. At the same time, understanding that he's not obligated to meet those things that we consider needs, but in reality they are just wants.

Joanna la Fleur: Right.

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Grace Fox: And over time, we learn to, just with growth, time, and maturity, and life experience, what truly is a need versus what is a want.

Joanna la Fleur: Your writing says something like this, “I believe God's word addresses every problem you and I face, be it fear in these uncertain days or insecurity about our unique needs and design. It sheds wisdom for dealing with difficult relationships and helps us navigate the storms of life, dot, dot, dot. And I've had a few storms in life.”

So, there's people listening who are in those storms, who, who are in the fear, who haven't maybe had enough time to have that deeper level of relationship with the Lord in the way that you have studied and been in scripture and experienced it over many decades.

So, for those listening who are in that moment, they're in the moment of fear, they're in the how could God provide, where do you want to send them in Scripture today? Is there a book, is there a passage? What would you say to people who they need something like this week as like an encouragement, or a really a soothing bomb on these fears and anxieties, the storm in their life.

Grace Fox: I would just take them right back to Psalm 23:1, to that, Lord is my shepherd, I shall not want. That want, if you take that word apart in the original language, that actually means I will be content with whatever He allows in my life. So, the Lord is my shepherd, I will be content. There's nothing that I'm going to need apart from what He allows in my life.

But there's a Scripture in Isaiah, and it also talks about how the good shepherd leads those who are with young. He leads them gently and he holds them close to his heart. And that picture is where I go when I feel afraid. I just think the Lord is my shepherd and he's holding me close to his heart. And I think of a shepherd holding a little lamb right there, right close to his beating heart. There is no safer place to be than that place. The enemy cannot get a little lamb that's tucked there close to the shepherd's heart.

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And if our good shepherd loves us enough to give up his life for us and he promises to be that shepherd for us, he promises to hold us in that place, then it's a matter of learning to rest, to nestle, not wrestle.

And so, when I'm struggling with fear over something, I go to that place, I think of the Scripture of the good shepherd holding me close to his heart and I just say, I trust you. I choose to trust who you are. Help me nestle, not wrestle. And yeah, that's what I would say just as a word of encouragement. Just say thank you. Thank you, Jesus, for being my shepherd. Thank you for holding me close to your heart. Help me trust in who you are. because I know that the better I know you, the more I can trust you. And I will learn to nestle, not wrestle.

Joanna la Fleur: Now Grace, you do a weekly devotional. You write these books and Bible studies. You're teaching the Bible online, sometimes in in-person events. You and Scripture are easily found all over the place, but where should you send people today? If people want to dive further into these encouragements that you're bringing, and they don't know where to go. Where do you want to send them on the internet today? And we'll make sure to link that in the show notes.

Grace Fox: Right, they can go to *Grace Fox Christian Author, Speaker* on Facebook. I post graphics there that are meant to be encouraging with just a few little lines of encouragement.

And then go to my website too, GraceFox.com and they can subscribe to a blog that I sent out. It's a devotional blog. It's all free and there are tons of resources on my website. Articles that I've written, interviews that I've done. They can watch those. They can read those. They can download those. If they subscribe, they will get a downloadable of seven scripture-based prayers based on these names in this book. And if they want to do this book with a group, it's perfect for a group study. They can get it wherever Christian books are sold, online or in their local Christian bookstore on my website and every chapter comes with a QR code at the end of it for 15 minutes of extra video teaching. So, lots of good material there.

Joanna la Fleur: Awesome.

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Well, thank you so much. It's been a great conversation today and I think a great encouragement for people who are in the midst of it, in the thick of it, life, storms, those day-to-day fears and anxieties. So, Grace Fox, the *Names of God: Living Unafraid*. I'm holding it here in front of me for those who could see it on video, or they can just hear it. But we'll make sure to link people to where they can get more of that resource for you. So, thank you, Grace, for your time today.

Grace Fox: Thank you so much.