



Podcast Name: *Today's Heartlift with Janell*

Episode Name: Becoming Stronger Everyday in the In-Between Places



In this episode of *Today's Heartlift*, Janelle Rardon is joined by [Kat Armstrong](#), author of [The In-Between Places: Where Jesus Changes Your Story](#) and host of [Polished Podcast](#). Her ministry is aimed at reaching the community of professional, working women and defining what womanhood is in the Christian realm of the 21st century. In her book, she brings the audience face to face with the Samaritan woman and shares what we can learn from her. [Listen to this episode](#) as Kat shares about her book, her own journey in the in-between places, and the redemption offered to us by Jesus Christ.

Kat begins the episode by giving her definition of the in-between places: a place where you feel stuck. She then shares about [the story of Dinah in the Old Testament](#) and the struggles and hardships she faced. However, the story does not end there, but picks up hundreds of years later when Jesus meets [with a Samaritan woman](#) also facing hardships in the exact same spot. As Jesus met with this woman at a well, he offered her redemption and healing. Here, Jesus gave hope and redeems the place where two women had faced hardships hundreds of years apart. Kat goes on to show how this story relates to us: Just as Jesus came to sustain and meet the needs of the Samaritan woman, He has also come to meet

our needs and redeem us too. Just as her own story turned from one of death to life, Jesus can turn our story from death to life.

Next, Janell asks Kat to share about how the stories of these two women connect to her personally. Kat shares about her own journey in the in-between places as she struggled with the death of her father through suicide. During her trip to Samaria, she felt Jesus drawing near to her just as he did with these two women and how he redeemed and filled her with his living water. This was the inspiration behind her book. She goes on to talk about some of the other aspects that helped her in her healing such as prayer and community. Both Janell and Kat talk about the importance of community in hardships. Not only do we need to reach out to others when they are struggling, but we also must be open and accept help from others during our own hard times.

Lastly, the episode closes with Janell and Kat speaking on the importance of realizing that we cannot fix ourselves, but are in need of Jesus. He is the only one who can truly satisfy us and heal our brokenness. He is our living water who shows up and dares us to ask him for a drink. Kat offers an empowering action step to help live this out: make a chart containing healthy and unhealthy coping mechanisms you use. Reflect on what you run towards to be filled and remind yourself that Jesus is the best source of life. He wants us to run to him for fulfillment and peace. Just as with the Samaritan woman, Jesus wants to fill us with his living water and save us from our brokenness.

Links:

Learn more about [Janell Rardon](#).

Check out Janell's book, [Stronger Everyday](#)

[Henrietta Mears](#)