



Podcast Title: Today's Heartlift with Janell

Episode Title: Becoming Stronger & Wholehearted

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CHUCK DEGROAT
wholeheartedness
busyness, exhaustion,
and *healing the divided self*



Welcome to Today's Heartlift with Janell, where host Janell Rardon invites listeners into a journey toward living a meaningful life! Today's conversation continues the ongoing series "Stronger Every Day," a series inspired by Janell's new book by the same name. Janell encourages listeners to settle in with a journal and a drink before joining in on the conversation.

Today's episode features guest [Chuck DeGroat](#). Chuck is a Professor of Counseling and Christian Spirituality at [Western Theological Seminary](#), as well as a licensed therapist and spiritual director. He is also the author of several published titles, his latest being [When Narcissism Comes to Church: Healing Your Community from Emotional and Spiritual Abuse](#).

Janell and Chuck talk about the overarching theme of becoming wholehearted—finding wholeness in ourselves and our lives. They start by covering the importance of emotional health and intelligence. Chuck cites from his book [Wholeheartedness](#), a concept called "being known." Chuck tells the idea of being known is an act of coming back to God so we may understand our life's purpose better. Janell and Chuck both mention [Dr. Curt Thompson](#) as a scholar who is exceptionally well at speaking on these topics covered if the audience wants to read further.

The two then speak on [spiritual bypassing](#), to which Chuck uses the time to explain how many wrongfully believe God is a genie in our lives when we need something. This is far from the truth, for Chuck asserts we all have to go through challenges and adversity on our path to getting closer with Him. Janell mentions two of Chuck's books that help move the conversation forward, *Leaving Egypt: Finding God in the Wilderness Places* and *Wholeheartedness: busyness, exhaustion, and healing the divided self*.

One thing Janell points out is how the pandemic has affected establishing wholeheartedness in our lives. She and Chuck spend a portion of the time analyzing all the different ways our lives have been impacted in the past year, including how our innate human tendencies—fight, flight, freeze, or fawn—are reflected in the choices we've had to make.

For the last half of the episode, they discuss ways to come closer to our spiritual center. Chuck goes over some breathing exercises listeners can use, and Janell and Chuck mention several names of prominent figures who are also doing great work in the field: Barbara Holmes, David Whyte, and Brené Brown to name a few.

Timestamps:

1:36 "Stronger Everyday Series"

2:34 Introducing Chuck DeGroat

8:17 Emotional health & intelligence

11:59 Spiritual bypassing

14:53 Human connection to wholeness

25:10 How the pandemic has affected the idea of wholeness

27:33 Splitting

38:01 Breathing exercises

39:42 Spiritual center

44:01 David Whyte

52:10 God's breath and episode wrap-up

Links:

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Find your way to [Janell Rardon's website.](#)

Janell's recent book, [Stronger Every Day.](#)

Chuck DeGroat's [website.](#)

Chuck DeGroat's [published works.](#)

Tags:

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