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**Week 15: Rescue LIFE, last week
Randy Robison and Tammy Trent
Dr. Trent Langhofer**

In the studio

RANDY: Welcome to *LIFE Today*. I'm Randy Robison. Tammy.

TAMMY: Hello!

RANDY: Good to see you.

TAMMY: Thank you.

RANDY: You know what I love?

TAMMY: Tell me!

RANDY: I love a good testimony.

TAMMY: I love a great testimony that's almost unbelievable.

RANDY: And the reality is every testimony is great. I understand that. But the reason I say that is because sometimes people see others and they think, that's great that God could do that for them. But can he really do it for me? We want to tell you, God can do anything. He can save you from the worst of the worst. From abuse, from addiction, whatever you want to put in that blank. God can pull you out and he can make you whole.

Our guest today is going to tell you his story, and you will hear what God has done in his life. I want you to hear through that what God wants to do in your life and in the lives of your loved ones.

Dr. Trent Langhofer is with us. He is a licensed professional counselor. That's probably a bit of an interesting place for you to land.

TRENT: It seems a little paradoxical, Randy.

RANDY: It's great to have you.

TRENT: It is an honor to be here. So great to be with you guys today.

RANDY: Would you dive right in and just kind of walk us through where God has brought you from and where you are at now.

TRENT: Thank you, guys, for giving me the opportunity. It is a crazy story. It really is ironic that I find myself in the role I am today. I'm a professional counselor. I've done about 30,000 hours of mental health counseling in the last 15 years. I teach at a university, have lots of awesome opportunities just like this.

So let me give you kind of an overview; take a few moments to do that. I endured some childhood trauma and have some pretty pronounced abandonment pain. The way I teach at the university is when people go through a painful experience, it makes them vulnerable to seeking relief from that pain. That's the way God designed us. If you touch a hot stove without having to think, what do you do? You remove your hand from the stove. We're pain-relief seeking creatures. So my trauma and abandonment pain early in life made me vulnerable to seeking relief from that pain.

If I were to ask an audience, how do you relieve emotional pain? And if it is a group of

adults, let's say in a church, they're going to tell me things like you read God's Word, you pray about it, you worship. All those things are right, and they do work. They work. But what if you're hurt at age four or age seven or age ten? At that age none of us had kind of matured or grown our way into learning how to ease emotional pain by reading God's Word, fellowshiping with God's people or corporate worship.

And the way I came to relieve some of my emotional pain, which was artificial but provided some temporary relief, was through substances. So I used drugs for the first time at ten years old in the fourth grade. I dropped out of school as a junior in high school. And for the next two and a half years lived in in-patient treatment centers. My family was just trying to get me clean. Eventually, I made my way back home. And for the next four and a half years had as hard core of an I.V. drug addiction as you can possibly have. I shouldn't have survived.

In 2004, during Thanksgiving, I overdosed. I blacked out and I ended up on the front lawn of my grandparents's home. They nursed me back to health. I survived the overdose and they took me to a church. And I look a lot different today than I did then. I had black eyeliner and big earrings and spiked up hair and looked the part of an addict. I'm in church and this preacher is teaching a message on being a pretender or a contender for Jesus Christ. He told the audience, "A lot of you out there are just pretenders, but you're designed to be a contender. You can only be a contender in Christ."

So he asked everybody to bow their heads, close their eyes, and if they needed prayer to raise their hands. I'd been on a drug binge, been homeless, in treatment eight different times, was the hopeless case. Everybody that knew me knew I just wasn't going to survive this. When he gave that altar call, you guys, it was like some balloons just attached to my hand. And I'm like I do need prayer. And he's looking right at me. And he's like, "If you raised your hand for prayer, I want you to come forward."

And as God is my witness, it was like this force just got me up out of my chair and I came forward and surrendered my life to Christ. It was in 2004 and I've been serving

Jesus Christ ever since.

RANDY: We call that force the Holy Spirit. [Laughing]

TRENT: You know that is the same spirit that resurrected Christ from the dead, it turns out—saved my life, Randy. Saved my life. When nothing else would work for me, and this is true, everything that could be tried was tried. I was diagnosed with every mental health issue you can imagine, and treated with medication, treated in-patient. There was a time in my journey where I was strapped down into a bed in a padded room with an anti-psychotic medication in my I.V. It was a hopeless case. But there is always hope in Jesus Christ.

TAMMY: My gosh! That's incredible. Like I'm thinking of that day you surrendered to Jesus, you gave your life to Christ, what happened next?

TRENT: Yeah. So that's a question that's really worth taking some time to answer. So my trauma and my pain shaped my sense of who I was. The more I sought relief for my pain through substances the more my pain seemed to grow and inflame, which made my self-concept get that much worse. You guys do a good job on your show of talking about these cycles of just sin and shame and misery that begets more sin and shame and misery. With every revolution of that cycle, I just felt like the worst person on earth. And then even worse.

In Matthew chapter three, Jesus is baptized. In Matthew 3:17 a voice from heaven identifies Jesus and God says, "This is my son whom I love, in him I am well pleased." The very next chapter, if you turn the page, Matthew chapter four, the spirit, the same spirit that resurrects Jesus and transformed my life leads Christ into the wilderness to be tempted. Forty days he is without food. And the evil one comes to him and tempts him three different times.

I've always taught this; that it is the lust of the flesh, lust of the eye, and pride of life that

Satan tempted Jesus with. I don't think that's right but I missed something in the text for many years. And the enemy mentions a few words to Jesus before the temptation that I think are the core of how the evil one tried to tempt Jesus. He says, "If you are the Son." It is an attack on his identity when he is at maybe his most vulnerable at that point. Been fasting for 40 days and he is like, "Hey, if you're really the Son, turn these stones to bread and satisfy your hunger."

I think that's what the evil one did to me in my journey is every time I felt beat up and hurt and overwhelmed and ashamed, the evil one just attacked my identity. So one of the biggest things that transformed for me when I surrendered my life to Christ is I got a new identity. I am a son of the Most High God. So kind of living into that identity, Tammy, and learning how to live like Jesus lived.

The wonderful thing about the scriptures, Trent's life was broken and messed up. My best thinking and best decision making got me into the worst situations imaginable. Right? So I needed a new system. I don't need to make decisions. I don't need to do the behavior I think I need to do. I need somebody to map that out for me. Jesus Christ left us a road map, and I have followed that into my wildest dreams coming true.

RANDY: You brought something out that touches on something that is important. So even in the temptation of Christ, there was a sort of a root thing below the temptation. There was the identity below the satisfy-your-hunger temptation. How critical was it for you and for others who may be dealing with whatever is up here that everybody sees to get to that root?

TRENT: I think that's the most important thing we can do for our mental health. So as a mental health provider, Randy you're talking about something that every time a client walks into my office I'm looking for. So the symptoms people are dealing with, things like depression or anxiety. Which I think you guys do a great job of talking about we need to talk about that a lot. Those are the things that you can see on the surface that represent something underneath that needs to be resolved. A lot of this research came out

of the 1980s. I'll share this story with you guys. So there were bariatric surgeons at the San Diego Department of Preventative Medicines weight loss clinic who were doing weight loss surgeries and plans for clients. They looked at their database and they noticed that the clients most likely to drop out of their program were the clients who had the best performance, which is exactly the opposite of what you'd expect. You'd think the people that lost the most weight would be the most likely to buy in and stay in treatment. Those people were actually the most likely to drop out.

So these two surgeons contact that group of people and are like, what happened? You guys had the best results and you didn't stay in. Of that population, 98 percent endured at least one but 72 percent, more than one adverse experience in childhood. So here's what they discovered. Let's say there is a ten-year-old who is brutally bullied at school. He can't wait for the end-of-the-day bell to ring. It rings and he gets on the bus and he gets home. Let's say both his parents work so he is home by himself. He feels what every ten-year-old would feel in that moment. He's hungry. Right? So he goes to the cupboard, he opens it up and he finds one of Trent's favorite indulgences, a box of honey buns. So he pulls one out, he unwraps it, and he eats it. And in that moment, he gets the expected primary benefit of satisfaction of his hunger.

But remember, he's been bullied all day. So he's hurting emotionally. And when his body processes the simple sugar in that honey bun and it crosses his blood-brain barrier, it releases chemicals like serotonin and dopamine, which have a more powerful, unexpected secondary benefit of easing his emotional pain. So he doesn't eat one honey bun, he plows through the whole box. Not because he is that hungry, but because he is hurting. That's exactly right.

So he goes to school the next day, those mean bullies say those same mean things and he feels the familiar pain start to creep up in his spirit. But this day something unexpected happens. All of the sudden he feels the pang of hunger and he can taste something in his mouth. It is a honey bun. Because his brain learned the day before that a way to ease that emotional pain that he felt was to eat a honey bun.

So what these surgeons realized is that the people they were treating didn't actually have a weight problem or behavior problem with consuming too much food, they had an underlying pain problem like you referenced, Randy. And when they started treating the underlying pain, guess what happened to the body weight of the people they were treating? They spontaneously improved. That's exactly right.

So we see that same pattern replicated in every domain of mental health. When we manage the underlying issue, the symptoms begin to subside. I'd like to suggest to you guys today that the way, the way to resolve those underlying issues is through the power of our Lord Jesus Christ by the Holy Spirit.

TAMMY: Absolutely.

RANDY: I love that. But the world right now, you see what's going on out there. Can you do anything apart from Christ? I want to say no but I mean, that almost seems too narrow in a sense. Like you've got to do it this way or it is not going to work.

TRENT: Yeah, great question. I don't apologize that Jesus Christ is the way, the truth, and the life.

RANDY: I know, I don't want to either.

TRENT: John 8:32.

RANDY: Proclaim it loud.

TRENT: Yep! Yep! "You know the truth and the truth will set you free." I do want to be sensitive. There is a segment of the population that will watch your show that may not be Christians. Or that might be Christians who have been hurting because they've been hurt by somebody in the church. So I do think in my role as a mental health provider I can dig

into some of that underlying hurt and try to talk through it and help people with it in ways that promote healing. But that healing in my understanding removes barriers that stand between people and Jesus. So they can grow closer to him along their healing journey.

RANDY: I think people can do that for loved ones that are in situations too. You don't always have to give them everything at once. You can ease them into—

TRENT: And sometimes, trying to give them too much too soon can have the opposite affect intended.

RANDY: They'll push them away.

TRENT: Absolutely. What we've learned in the last 20 years, one of the best ways to help loved ones in our lives who are hurting is to demonstrate just that, love towards them. Love is God's core attribute, it covers a multitude of sins.

RANDY: It never fails.

TRENT: The most distinguishable feature of a disciple, how we love one another. That's a really good first approach is to come with the love of grace of Jesus, and really walk alongside people and he'll open a door.

TAMMY: I hear you saying, Trent, that Jesus is the way. He is the absolute answer, unapologetically. I know that's going to be your answer here when I ask you this. Like how you became free, how you became healed from your pain because there might be somebody watching today that's also tried everything that just thinks it is great for Trent but it is not happening for me. Or it is not happening for my grandson or my son.

What would you say to that person that just basically thinks, I know Jesus is the answer but it is not working for me.

TRENT: Tammy, so what you're describing in my understanding is a state of just hopelessness. I think people become hopeless for a really good reason. Imagine if I woke up every day hoping in something and I went to bed every day without that thing having come to pass—day after week after month after year. Eventually, I stop hoping to manage the pain of my hopes not being realized day by day. And so I see an adaptation towards hopelessness as a way to ease that pain.

There is this sort of moment in rock climbing. I'm from Colorado so I'm familiar with this now, originally from, well, most recently from Louisiana but it is called, "the crux move." It is the move in a climb where you really have to go all in, and you have to take your biggest risk. If you can overcome the crux move the rest of the climb is easy. I think what we're really describing here is the crux move. And if people have been hurt by the church or they feel like they've been let down by God, they've got a lot of data that gives them a sense that they shouldn't be hopeful in a spiritual transformation journey.

I would beg your audience to take the risk of going all in one more time. If I can change, if spiritual transformation is possible for me, it really is possible for anybody. I just shouldn't be sitting in front of you guys today.

RANDY: The interesting thing about that is you couldn't change. [Laughing]

TRENT: Right!

RANDY: It was only through the power of God that you finally allowed him to change you.

TRENT: I gave up, and then he changed my life. That's exactly right.

TAMMY: I've heard this said so many times and I want to know what scripture teaches on this. That "God will never give you more than you can handle."

TRENT: Oh! So glad you asked that question. There is some bad theology out there about mental health and that kind of stuff. Without question, we're going to get more in life than we can handle. I see that all day every day. But God will never give us anything in life that is too great for him.

RANDY: He will never give us more than he can handle.

TRENT: Randy, that's exactly right.

RANDY: Because it goes back to—

TRENT: I couldn't do it, man.

RANDY: If we could do it on our own, we wouldn't need him. What we talked about recently with Kyle, it's that dependency. And that's a good thing.

TRENT: It's a great thing.

RANDY: This is so good. If you've got somebody that you need to talk to right now, you can't run to Colorado and sit down with Trent, we've got a telephone number right there on the screen. Somebody will pray with you. They're not a licensed professional counselor; you may need to seek that out. But someone will listen to you and pray with you for yourself, for your loved one.

But most of all, we want to know that there is hope. That's so much of what we do here. Tammy, I know you just recently got back from the mission field. We are here to give you hope. And we're also here to ask you to give hope to other people. There is a situation right now that is—it is achingly hopeless for so many young people, mainly girls. But you can reach out and be that spark of hope that changes a life. Watch this and you'll see how.

On the mission field

Open Captions

>> My friend told me I could go work as a waitress. She took me to the owners of a bar. They gave me something to eat. After eating, I fell unconscious. When I awoke, I was being raped.

ANNOUNCER: From the bright lights to the brothels on any given night all around the world there are millions of young girls who thought they were going to work in a legitimate job only to find themselves in a situation just like Kim's, where their lives were turned upside down by sex traffickers. And that's where *LIFE Outreach's* partners step in to rescue girls who have been forced into prostitution by human traffickers.

CLAYTON: Wherever we're able to arrest a trafficker, it's a huge win because not only does it mean that that place is shut down but that might mean that tens or maybe even hundreds of girls won't be trafficked because of them.

ANNOUNCER: SWAT raids are just one of the means our mission partners use to rescue girls. Others will reach out one-on-one and befriend girls who feel trapped in the world of sex trafficking. Once girls are taken into our mission partner's safe houses, their lives are forever changed.

Open Captions

>> I want to see them to have a safe place to stay. I want them to have people in their life who they can trust. And I want them to keep fighting for a better future and fighting for the goals that they have in life. And I want to see them still living with hope because I believe that when they come here it is not an accident. God plans for them and his plans are always for good.

End of video

In the studio

TAMMY: Goodness! I think the only thing about that piece that makes me smile is the hope of that safe place; knowing that there is a place that is safe for these girls to be restored. So many of these children need to be rescued right now. I don't know what more I could say. I don't know what more I could say for you to feel the urgency right now.

What's happening to these children around the world right now is real and we have a responsibility to do everything we can to reach them, to rescue them, and to restore their beautiful lives, give them hope, and give them a future. We've been doing it for years and we're not going to stop. Even if that one child is our focus, we will focus on that one. We will get to them and we will bring them back to life. And then we'll go get another and another and another. We won't stop as long as God has called us to this mission. We will be faithful to it.

We're asking you today if you'll come alongside us and be faithful with us to reach another child today—in the next minute. We can do that together, Randy.

RANDY: Yeah! And Tammy, you know, this is one of the greatest evils of our time. We look back in history and say, if I had lived back at that point in time, I would have done this or I would have done this. Well, we live at a point where there is a great evil among us, and the question is what will we do?

Fortunately, we have some friends that have come alongside us and they have offered \$320,000 to match your gift today. Now what does that mean? There are three things we do in this. We reach, we rescue, and we restore. We reach into places, not just overseas like you saw in that piece but here in the United States. We offer education. We prevent young children from being trafficked in the first place. That's the first part of it.

We also rescue which means my favorite part kicking in doors and arresting bad guys. Here in the United States, it means shutting down some trafficking rings using technology. There are a lot of interesting things going on.

And then we restore. We give them skills. We give them hope. We give them the gospel. I've got to tell you, there is no hope without Christ. That's our view. So everything that we do will offer Christ as the center.

So my question for you today as we come to you for the last week on the air, we'll be doing this around the year, is what will you do? With the matching gift, normally, it is about \$128 to reach, rescue, or restore one child but that means a gift of \$128 today will do that for two children. Some of you can do that for many more. In fact, a gift of \$1280 will do that for 20 children today.

That's why we need everybody to come alongside us and say, I'll do my part. Because the need is great. The darkness is great. But the light is greater. So I know Tammy, if everybody will do something, we can change so many lives and every life is precious.

TAMMY: You said it, Randy. Today is the day to come together and kick down the doors of the enemy, to kick down the doors of hell. Let's do it today. Let's do it now!

RANDY: Go to the phone, go online, and make the best gift you can.

Begin video clip

ANNOUNCER: *Innocent children and young people longing to be loved and cared for are being abducted and sold at the hands of violent predators, forced into the evil industry of human trafficking.*

Through Mission: Rescue Life you can reach out to warn children who are at risk for sex trafficking, rescue those already enslaved, and restore young lives and give them a future. With a generous \$320,000 matching gift, now your gift of \$128 to help rescue one child can be doubled to help two children. Your \$64 gift will be matched to help save one child from the horrors of human trafficking. And a \$32 mission rescue gift will be

doubled to \$64.

*With your gift today, we'll send you the brand-new book from James Robison and Jay Richards, *Fight the Good Fight*. This book will open your eyes to what's at stake and the unwavering truth that God isn't finished with our nation. It's time to fight the good fight and return to unshakable biblical principles.*

With your gift of \$128 or more, you'll receive the NIV large print Thinline Bible. This easy-to-carry, easy-to-read NIV Bible with comfort print allows you to take in more of God's word each time you open your Bible.

Finally, please consider a gift of \$1280 which will now help save 20 children. And you may request our inspiring bronze sculpture, "A Cup of Water."

This is the last week. Please call, write, or make your gift online.

End of video

In the studio

RANDY: This is the last week we'll be on the air with this, but we're going to continue giving hope. We can only do what you enable us to do. So I'm hoping that you will go on the phone or go online right now. Make the best gift you can. We can reach into the darkest of places and shine the light and love of Christ.

Tammy, this has been a hopeful discussion for me. Have you enjoyed it?

TAMMY: I have. And you know, Trent, you have been such a voice of life, a voice of hope today for so many people. What a life you've lived. It's such an honor to be sitting next to you. Thank you for being here.

TRENT: You guys, thank you so much for having me.

RANDY: Any last word you would leave our audience with?

TRENT: I just reiterate please, please, if you're out there and you're struggling, give Jesus one more try. I believe he can transform any life.

TAMMY: I do too. What a great word. Thanks for watching. We'll see you next time on *Life Today*.