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Week 27: SWFL

Wellness Wednesday

Tammy Trent & Blynda Lane

Debra Fileta

Studio discussion:

TAMMY: Hi, everybody! Welcome to *Life Today*. I'm Tammy Trent. I'm so glad you're here for another day, another episode of *Wellness Wednesdays*. They're so good for the soul. So come on in. Grab a cup of coffee, cup of tea, whatever you need; maybe even a piece of paper and a pen because you might want to write some things down on a day like today. It's so, so good!

Blynda -- I want to introduce you to a guest host, Blynda Lane. I'm so glad you're here. You're so amazing. You have so much insight. You actually, the depth, your walk with Jesus, like, I feel it, it exudes. And like, you know scripture so good! I love it.

BLYNDA: You're so sweet. It has been so fun to be here with you. I mean, you're just -- what a gift Tammy is. I mean, truly, what a gift! Because she is so full of energy. You're so entertaining. But you are so -- like you see through people. You see them. You actually really see them and I love that so much. It's been really fun to co-host with you.

TAMMY: Thank you! Will you say this tomorrow too on the next show?

BLYNDA: Yeah, absolutely. I will. But also, I want to say thank you to James and Betty. I've loved them for so many years; have gone to church with them. In fact, funny story, just a quick little story. James was the first person, one of the first people to ever speak into my life, that there was a gifting on me to be in television.

TAMMY: And now you're here!

BLYNDA: Decades -- it was 20 years ago. I'm really, really grateful. Full circle. Full circle movement.

TAMMY: Full circle! Speaking of full circle, this has nothing to do with full circle where I'm going.

BLYNDA: But that's okay because most of the show we know where we're going.

TAMMY: Yes! But I do want to say, I think there are so many -- today is important because I think there are so many people that deal with -- let's just talk about a couple of things, major burnout, totally burned out. They are exhausted. Chronic fatigue. I don't know where you're at in your life, but I feel exhausted right at this exact moment. I'm here. I'm committed. I'm showing up. I'm fighting through it, but do we always have to fight through it? Is there a time when we hit a wall, and just like, is it dangerous to wait to that point? Do we have to find the signs and see them right now?

BLYNDA: It's such a real question, especially for women, I feel like. There are a lot of changes hormonally that we go through. I think it's such a real thing to talk about the burnout and to talk about how nothing feels normal or the same anymore. At a certain point, it's like, who am I? I don't feel the same way.

TAMMY: Yeah, I totally agree. That's why today is going to be a great day for you. Are you ready? We're going to jump right in. I'm going to introduce you to -- she's been here a few times and you have loved her just as we love her, Debra Fileta. Did I get your name right?

DEBRA: You did!

TAMMY: I'm so glad you're here.

DEBRA: It's so good to be here.

TAMMY: A bestselling author, speaker, you've got a new book out, *Soul Care*, which is so good. Thank you for this gift. Let's jump on in. Can we start off at the top of burnout? Why are so many people struggling with so much burnout right now?

DEBRA: It's true. I think many people would say that they're feeling empty. And I think many Christians would say that they're feeling empty. When you look at Scripture, the Bible calls us to be filled. Scripture talks about knowing God's love so deeply so that we may be filled. When the Holy Spirit came upon the disciples at Pentecost, they were filled with the spirit. John 10:10 tells us that Jesus came to give us life in all of its fullness.

So why is it that so many of us are feeling empty? I really believe that it's God's will for us to be filled, but many of us haven't learned what that looks like. And not only that, I think many of us have been taught theology that almost enables us to stay empty rather than take a look at where we are, how we're doing, and how filled we feel standing alone.

BLYNDA: You're probably sitting in rooms of people all the time, and they're bringing their traumas and they're bringing their pain and they're bringing their doubts about God and why things are happening the way they are in their life, and they're just done. They're just done. You developed in this book some tools for them. Can you tell me about this?

DEBRA: Yeah, absolutely. As a licensed counselor, I'm working with people on all levels. I'm working with high-capacity people. I'm working with pastors and leaders that you would know their names. But so many people are struggling with burnout. And so, as a counselor, the first thing you want is to help people get to the root of the why? Because I can give you these rhythms that we're about to talk about. We're going to unpack some of these rhythms here in a minute, and I could start with the rhythms, but if I don't get to the root of the why, why are you burnt out? Why do you keep repeating these cycles to begin with? You're just going to do it all over again.

In my studies, I found that there are three types of people who tend to put their needs on the back burner, who tend to ignore their needs, who tend to ignore their feelings, and just push

through, focus on everybody else. The first type is the firstborns. Firstborns tend to be over-responsible. They tend to fill in the gaps for everybody else. They tend to be parent pleasers who eventually become people pleasers. So they have a tendency to put the needs of others first because they want to please.

Then there's another group of people who tend to neglect their own needs, and that tends to be people who come from a family where someone else in the family had higher needs. So maybe it was a sibling with a disability or a mental health struggle, or an addiction. Or maybe someone in the family was rebellious, or maybe there was conflict, or something in the family, or someone else had higher needs. So, what do you do with your needs? You put them on the back burner. There's no room here for my needs. So I'm just going to focus in on others. I'm going to ignore my needs.

And the third group was people who came from families where either mom or dad or both were emotionally unavailable. So maybe dad was a workaholic, alcoholic, ministry-aholic. Maybe mom was stressed out, checked out. And so you have these needs as a child, you go to dad, he's not available. you go to mom, she's not available, not interested, not able, and so you learn to suppress your needs.

I'm sure some people who are listening today are thinking, I have all three of those -- all three of those traits. Whether you have just one or three, you get really good at neglecting yourself to the point of feeling empty.

So we have to start with, where did these patterns come from? What are the narratives that I believe? What is the family of origin that I've experienced that has shaped me to be this way? Because God wants to break those patterns. God doesn't want to just heal us in our present. He wants to heal us from our past as well. That's why I think -- I know I'm a counselor and I love talking about this stuff, but I truly believe it's a spiritual significance to allow Jesus to come in and heal our past so that he can heal our present as well. And then that's where the rhythms come in.

BLYNDA: Is that partly because -- is it true that if you've lived that way for a long time, it will at some point show itself? You can't just...

DEBRA: Snap your fingers and make it go away.

BLYNDA: So at some point, you're going to have to deal with it.

DEBRA: Exactly! The same roles that served you in one season of life, if left unchecked and unaddressed and unaligned to God's truth, will sabotage you in another season. So this is why we really have to take inventory. Why am I always burnt out? Why am I always saying yes when I really should be saying no? Why am I always spread too thin and overcommitted? This isn't just a personality thing. This is something that we really have to get to the root of.

TAMMY: When do we also have to get to the root of, die to self? Put yourself last. You're here to serve, not to be served. So that whole idea of *Soul Care* and self-care. So many of us have been taught that's selfish thinking. So, then we neglect all of our needs, all the things we're going through as believers, and taught that that's just your burden to carry.

DEBRA: We do it in the name of scripture, in the name of theology, but that's not what God calls us to do.

TAMMY: Is it scriptural or not?

DEBRA: It's not. That's not what Jesus calls us to do. That's not how Jesus lived his life. In fact, the Bible tells us that we are to love others as we love ourselves. It's coming from a place where we're speaking to the Israelites, God's chosen people who are set apart, anointed, special. They know that they're special. Out of that, they are to love others. The problem is, we don't see ourselves in that same way. And why I think this is biblical, not only because of the different Bible passages that we already referenced, but because I saw it in the life of Jesus.

As I was writing *Soul Care*, I'm studying the Gospels, and I'm seeing the fact that Jesus himself, who is fully God yet fully man, honored his human capacity. He practiced these rhythms to stay healthy and to stay filled, because high levels of pouring out require high levels of filling. So Jesus did this. If Jesus practiced these, how much more do we as fully human beings need to practice these rhythms to care for ourselves as well?

BLYNDA: I love it. I remember even reading that you said, actually, living at 100% is really living at 85%. That we should all just be -- Explain that, even. Living at the 85%.

DEBRA: One of the rhythms I talk about in *Soul Care* is the rhythm of rest. And it's not just about resting at night, although we talk about the science and psychology of sleep, but it's also about living life with a slower pace, an intentional pace. I talk about living at 85% because when you look at how Jesus lived, there was room for interruptions. He wasn't rushed. He was intentional with his pace. If I gave you a check, a paycheck, and you spent 100% of it every time, you would eventually find yourself struggling and in debt. Why do we do that with our emotional capacity and think it's good? Why do we live at 100% and assume nothing's going to break and we're not going to be in debt emotionally? We will burn out if we're constantly living at max capacity.

So what does it look like for us to pull back and allow God to do what he can do? I mean, Jesus took naps. We should be more like Jesus. He rested. He paced himself. So the rhythm of rest is a really important rhythm, and we see it practiced in the life of Jesus.

BLYNDA: Okay. But practically, I know you're saying that, but then I'm listening to the mom who's, you know, on the soccer field right now, and then we'll go to Bible study after that, and come home and cook dinner. I mean, there's just a lot. You carry a lot. You have four kids, and you have an entire practice that you run. I mean, we can say living at 85% and looking at Jesus and following how he had margin, but how is the practical way to do that?

DEBRA: Well, I would say let's move into the rhythm of protect. The rhythm of protect is about setting healthy boundaries, learning to say no, and not yet. sometimes, as Christians, we

think it's wrong to say no to good things. Let's say it's a ministry opportunity, or I have to volunteer. Just because you can do something doesn't mean you should. And when you look at the life of Christ, he said no, and not yet on a regular basis. Why? Because he wanted to protect his relationship with the Father. He wanted to protect his heart. He wanted to protect his calling.

Sometimes, we say yes to so many things that we end up watering down the very things that God has called us to do because we're doing too much. And so, the rhythm of protect is taking a good, hard look at our yeses and our no's, what we've committed to, and making sure we're aligned to the Holy Spirit. Jesus wasn't motivated by the obligation of man. The Bible says he didn't care much about the opinion of man. I don't think that means he didn't care about people. I think it means that he cared more about what God thought, and he was so in-tune to God's calling that it was easy for him to say, no, I'm not going to do that. Oh, you want me to go to that town next? No, actually, I'm going to go to this town next. No, it's not my time yet. He was really good at setting boundaries. The disciples hardly ever knew where he was. It made me laugh sometimes in Scripture. It's like, where did Jesus go? He protected his time with the Father. He knew! There were so many demands, such a high pouring out, that he had to get filled up with the Father. He prioritized that time. He protected. He would go to the garden and pray.

We don't take it seriously enough, the importance of protecting what God has called us to. And so, the rhythm of protect calls us to kind of face some of these boundaries that we have and begin to do it differently.

BLYNDA: And I think some of it is because we just tell ourselves it just has to get done right, it's what we have to do. We don't immediately have a consequence to that decision. The consequence isn't until down the road, and then it's too late at that point.

DEBRA: When something breaks down, when we break down, and we're not able to do what God has called us to do. For sure.

TAMMY: What are the six rhythms that prevent burnout? We've covered a few of them there. Number one was nourish, protect your calling, rest, connect, savor, and tune in. Let's talk about savor.

DEBRA: Savor was my favorite because I think it was the one that spoke to me where I'm at. But it's also one that I don't think we talk about enough. The rhythm of savor is about slowing down to enjoy life, to be present in the moment. Right here, right now. I'm a checklist girl. I like to get things done. When you ask me what's next, I'm ready to answer that. And I felt as I was writing this chapter, this section of the book, that God said to me, I don't want you to think about what's next. I want you to embrace what's now what is right before you right now.

We get so distracted by the worries of the future, the regrets from the past, the phone in our pocket, that's constantly in our face that we're missing the moment. Jesus was so good at being present. My favorite verse -- You know, as I was writing *Soul Care*, some verses stuck out at me that I'd never seen before. I've read the gospel so many times. Matthew 13, verse one, "Jesus left the house and went and sat by the lake." Period.

TAMMY: What verse is that?

DEBRA: Matthew 13:1.

TAMMY: It's my new favorite. I love it! It's my new favorite.

DEBRA: And of course, people found him, and eventually, a crowd gathered around him. But the idea was that he went to leave the house. He left the crowd and went -- I love the ocean. I love being by the water, and just to imagine him savoring that moment. Not only that, but Jesus savored life during suffering. Right before he went to the cross, the Last Supper, he was present with his disciples. He was right there in the moment, in this moment, right here. This is all we're guaranteed. We don't want to miss it! The enemy wants us to miss the moment. But God is in the moment. And learning to savor the moment means we're learning to savor him. We're learning to be with him.

BLYNDA: And it's heightening our senses. It's listening and touching, and feeling the moment - the present moment.

DEBRA: And God in it.

TAMMY: Can I read something to you that I read online relating to your book? Somebody said this, and I can't help but think that there are probably many people watching right now who feel the same way. This is what I wrote down. What they said. "When you are so depleted, you may not even have the capacity to be thinking about how you can fill yourself up so you can serve more. It's entirely possible that you could be so depleted at points that you can't even think of serving anything or anyone."

DEBRA: And that's the truth because when we self-neglect, which is funny. The reason we self-neglect is because we don't want to be selfish, right? I don't want to be selfish, so I don't want to focus on myself. But if you take that down the path, what ends up happening? You self-neglect. You become completely empty. And guess who you think about when you're completely empty? No one but yourself. So, what ends up – self-neglect ends up leading to selfishness because we're so depleted and so burnt out. And so, for someone like that, my encouragement to them would be to start where you're the weakest. Read through these rhythms. Start where you're the weakest. You don't want to start doing them all at once because I don't want you to burn out trying not to burn out. Start where you're the weakest, because that's what will fill you up the most and have the most impact right away.

TAMMY: It's so good, Debra. I want to make sure to get this book in your hands. It's so, so good. Let me just ask you, I could tell you all kinds of things about what I've read, but in just five, ten seconds, what do you hope that a reader gets when they get to the last page?

DEBRA: I hope that they will be challenged to take seriously, the call. The spiritual discipline of filling up so that they can live life fully and do all that God has called them to do.

TAMMY: Praise God, there's the message. Do you know what? There are some people right now around the world who really, literally need filling up, but they need fresh, clean water. They are desperate for *Soul Care*. They are desperate for an answer to their prayers. They're desperate for somebody to show up. And we have an opportunity to do that together today. Right now, just take a second and watch this.

Transition roll-in: (Water Kills)

RANDY: So many people don't have a choice when it comes to water. The only water source that they have is the one nearest them. In this case, a river. When you look at it, it doesn't look too bad. It's a little dirty, but you can see some of the areas where there's moss and animals, and people bathing and swimming. They tell us there's all sorts of contamination in here. It's not so much what you can see in here that's dangerous, it's what you can't see. It's what goes into the stomachs and the systems of even the youngest of children. It hits them the hardest.

OPEN CAPTIONS:

Unsafe drinking water contributes to diarrheal diseases, a leading killer of children under the age of five. But we have a cure.

RANDY: Fresh, clean drinking water. You can give that to them. We know because we've given it to others in villages all across the world. But we need to come into this village, and that village a few miles up the river, and that village over there, across the river. We need to come in with many water wells. I'm asking you to make that possible. The more of you that join with us in Mission: Water for life, the more water wells we'll be able to drill. It's my heart's desire that no child would ever drink contaminated water. I promise you, you will be helping to save a life.

Studio appeal:

TAMMY: Randy, I can promise them, too. Yes! You will be a part of saving a life, Blynda. I'm telling you. You had just asked me when you saw that water spring forth. You could see me

sitting here watching that, and you said, "Have you been there for that moment?" I was like, "Yes!"

BLYNDA: Because I'm watching the moment, and I'm like, that is incredible to see them just absolutely -- a miracle has happened. It's a miracle they're watching happen. It's not any longer just a hope or a prayer, it's tangible. It's actually happening. Their life is changed forever. It literally means they are going to live.

So, I just hope that everyone watching really understands that they are the difference maker! . That moment that you got to be a part of, they're a part of that moment. They get to be a part of it when they donate, when they give.

TAMMY: It's incredibly exciting. I think that's one of the greatest parts for me doing mission work for Life Outreach is to see the resolution, to see the redemption story, to see the victory, to see all the things that they prayed for. The answered prayer come to fruition right in front of my eyes. I'm like, it feels like family when I'm in these places. Like, these are my family. I've been fighting for this for you. I've been trying sometimes for months or years to get water in these certain villages, in these places that are so remote and so far out that it's hard to get to where we've got to raise more funds for this well, or that well. Sometimes, it takes time. When I'm finally there and I'm seeing it happen before my eyes, it is a celebration of life.

So, let me tell you what that would look like today for you. If you've never had a chance to give to this incredible outreach, today's the day to do it. We are trying to build, drill I should say, 350 water wells in 20 nations.

Let me tell you what that would look like, because we can all get involved. Blynda, every single person can do something today. \$48 will provide water for ten people for the rest of their lives. \$144 will provide 30 people with water for the rest of their lives. And for \$4,800, we could go in and drill a complete well for an entire village of about 1000 people for the rest of their lives. I can't think of a better place than this to put \$4,800. It is life-giving, life-changing, and these are the things I want to be a part of. That's why I love being a part of this ministry.

Go online, give the best gift you can. Do whatever you can give today. It matters today because they might not have tomorrow, but they have today. So, let's act today. Right now.

SWFL Cause 2025:

A: Every day, thousands of lives are lost to waterborne disease, and nearly half of those are children under the age of five. Through Mission: Water for Life you can give mothers hope and children a future as we provide clean, life-giving water for thousands of children and their families before it's too late.

With your gift today, you can help drill and establish 350 water wells this year. Your gift of \$24 will help provide clean water for five children. A gift of \$48 will help provide for ten. And \$144 will help provide life-giving water for 30 people for a lifetime!

With a gift of any amount, we'll send you Prayers for My Physical Health, a Bible-based collection of 52 prayers designed to bring strength, healing, and renewal to every area of your body. Covering a wide range of physical needs, this beautifully crafted book encourages intimate conversations with God.

With a gift of \$100 or more, you may request the "Armor of God" tumbler set. These two 20-ounce stainless steel tumblers, each inscribed with Ephesians 6:11, are a practical and meaningful way to carry a reminder of God's strength and protection throughout your day.

Finally, please consider a gift of \$1,200 to help provide water for 250 people, or a gift of \$4800 to help sponsor a complete well and request our inspiring bronze sculpture, "Lion of Judah."

Please call, write, or make your gift online today!

Studio good-bye:

TAMMY: I hope you're going online and giving the best gift that you can give today. Please know that it will make an eternal impact and difference in the lives of so many around the world. When you do, I'm going to send you Debra's new book, *Soul Care*. You're going to love it. So just request it when you call. For any amount that you're able to give today, I'm going to get you this book.

So, Debra, thank you for being here. You're really a gift to the body of Christ. I want to give you an opportunity to just leave us with something.

DEBRA: I know there are so many of you out there who are listening, and you're feeling empty and depleted. So, number one, I want to pray for a supernatural filling over you because we serve a God who can fill us up. He's the only one who can. But there are some of you out there who also need to partner with him on the journey of filling up. He wants to help walk by your side and help you practice some of these rhythms so that it's not just a one-time filling, but that you can continue to remain filled. So we're praying for your filling supernaturally, and in partnership, in Jesus's name.

TAMMY: In Jesus's name. If you need prayer today, there's a number on your screen. Go right now, pick up the phone. Don't hesitate. Don't wait. There are people waiting -- waiting to pray with you right now and come alongside you. We love you! Debra, we love you. Blynda, love you, too. I'm so glad you're here.

BLYNDA: Love you! It's been so fun. Thanks for having me.

TAMMY: Yes, I have loved it. God bless you guys. We'll see you next time on *Life Today*.