

How to Find Your Bravery and Step Into Healing When You Lose Everything

How do we find strength when life breaks?

Speaker and recording artist Tammy Trent shares about losing her husband in a tragic accident in the latest episode of the *Make Your Life Matter* podcast with host Angela Donadio. Tammy's journey of love, loss and finding hope will inspire you to let God redeem any situation. Get ready to change your atmosphere, offload baggage and discover the motivation for movement.

Trent speaks to the ache in our hearts when we wonder, *How can I make this pain matter? How can I find God in the worst moments of my life when I feel numb?*

This episode will help you find your bravery, step into healing and embrace your purpose.

This was one of the most impacting moments as Tammy shared:

God cannot redeem what we will not release. We have got to release things in our life if we want God to redeem them. And we cannot be a part-time Christian, or believer or follower of Jesus and expect Him to be a full-time God in our life. So many of us just kind of live accordingly like to my way, "Yeah, I'm gonna give a little bit ... trust God a little bit."

Man, when your world comes crashing in, you are so angry at God because He's not coming through for you the way you want Him to. But there's not an understanding of the character of God to know what He might be trying to show you through it all. And if you don't release the things in your life because you keep hanging on so tightly because you're so afraid of

change, or just letting go or trusting Him because it's just too hard, He's not going to be able to redeem those situations. We have to be able to release these things in our lives and trust that He still will restore; He still can heal.

It also takes us stepping into healing. Some people don't want to step into restoration, healing, redemption because—face it, healing takes a lot of work. Sometimes I think we forget that He still holds the power to heal—and to set free.

Listen to the full episode to hear Tammy's full story of tragedy to triumph.

Tammy Trent is a gifted communicator who draws her audience close with her contagious humor, fun and energetic personality, and yet the sincerity of her heart and wisdom of life experience are woven through the very words she speaks and sings. She has reached millions around the world through her story.

Connect with Tammy at [and](#) Instagram @tammytrent. Join Tammy, Jennifer Rothschild and Carol Kent in Israel June 13-20! Find out more at her website and purchase her books, including *Learning to Breathe Again* and *Beyond the Sorrow*, and music anywhere books are sold.