

BOOK

The Thing Beneath The Thing: What's Hidden Inside

AUTHOR

Steve Carter

PUBLISHER

Thomas Nelson

PUBLICATION DATE

August 2021

SYNOPSIS [From the publisher]

"In *The Thing Beneath the Thing*, pastor Steve Carter asks the simple question, "How is life working for you?" He knows that potholes exist and that the longer we live disconnected from answering this question, the more we will fill those holes with harmful choices. The solution? Allow God to fill them with His grace and love so that we can discover the beauty of peace and wholeness He has for us."

"We often work to silence and distract ourselves. We escape to those things that we've learned can temporarily soothe us and create distance from the pain or sadness or shame we feel."

"Without awareness and intentionality, we'll keep feeding our sin strongholds."

"Pain is part of living, part of being human. And it's not meant to drive us into hiding behind a flowering fruit tree. Its purpose is to draw us closer to the heart of God."

"Sometimes, we have to go through the painful thing in order to get to the other side. In order to live. In order to thrive. Our instinct to protect ourselves and those we love from pain is good and natural but not always beneficial. What matters is that we know deep down we are strong enough to go through the pain, and we are not alone."

"When we get triggered – and we will – we are going to go somewhere with our emotional discomfort. I wonder: Where do you go? What are the hideouts, insecurities, and false narratives you most often run to? And to what level have you allowed the healing power of God's generous grace into your story?"

"Think of this book as simply a walk I've invited you to take with me for a short while. Together we will look at the parts of our stories where perhaps emotional potholes have been formed by pain, trauma, or choices we've made. We'll examine where God, in his kindness, is trying to fill them up with his grace and love."

This was the God I knew, relentless in his pursuit of our wholeness. Where we have experienced pain, he desires to heal. Where we have been broken, he wants to mend.

"Events + Response = Outcome. Or simply stated: E + R = O. The message is this: You and I do not control the events of life. Things will happen. You will experience a bad day, a hard phone call, another stock market crash. Or perhaps you will get into a crash. Get a ticket. Miss a deadline or your quarterly projection. You often have zero control over these and countless other things. The only thing you can

control is your response. Whatever the event might be, your response to it – the choice you make – determines the outcome.”

“Once triggered, we’re launched into one of three major defenses. We tend to (a) hide and pretend, (b) become insecure, or (c) make up narratives to help us feel better. Or some combination of all three.”

“Power is just a mask, an attempt to veil someone’s deep insecurity and detract from personal potholes. In other words, a person who is protecting deep emotional vulnerabilities may respond to a trigger by stonewalling, shutting down, or spewing harsh words. The person may intimidate or do whatever it takes to overpower another in hopes the other person will surrender.”

“Who in your life do you see as less than? Who in your life can’t you stand? Who in your life do you have no desire to understand? If we’re ever going to be Jesus’ witness, fueled by the Spirit’s power to the ends of the earth, we may need to implement a whole new operating system. Especially when we find ourselves triggered. Thanks be to God there is a better way.”

“Faux vulnerability projects an air of effortlessness, when the truth is it’s anything but.”

“Grace will find you. Grace will find you out. And grace functions to help you become whole, holy, and spiritually healthy.”

“We’re called to: Love one another. Confess to one another. Value one another. Pray for one another. Encourage one another. Forgive one another. Outdo one another in showing honor. Bear with one another, spur one another on, as well as many, many more one-anothers. If we make it, then I make it.”