

REAL AND TRUE

Hope for the Restless Heart



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Chloe & Linda Grabeman



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*Dedicated to every longing heart and restless soul
searching for truth, satisfaction, and purpose
in this life.*



HERE'S THE DEAL

We've both been told we have peaceful, gentle spirits and we hope this book reflects those qualities. You don't have to read these chapters in order. Rather, read them as you need to. If you are feeling weary, then read the chapter on renewal; if fearful, read the chapter on courage. Wherever you need a heaping dose of hope, you'll find it here.

vii

Introduction DON'T EVEN THINK ABOUT SKIPPING THIS CHAPTER!... xi
You won't Understand the Book

One NEW DEEP 19
What is This Hope Thing?

Two WHY GEORGIA 25
Thirsty for Perfection

Three	ON THE WAY HOME 37 <i>Thirsty for Change</i>
Four	WAR OF MY LIFE 47 <i>Thirsty for Salvation</i>
Five	IN REPAIR 59 <i>Thirsty for Belief</i>
Six	MY STUPID MOUTH 71 <i>Thirsty for Forgiveness</i>
Seven	DREAMING WITH A BROKEN HEART 81 <i>Thirsty for Love and Identity</i>
Eight	WAITING ON THE WORLD TO CHANGE 91 <i>Thirsty for Order</i>
Nine	NO SUCH THING 101 <i>Thirsty for Clarity</i>
Ten	STOP THIS TRAIN 109 <i>Thirsty for Renewal</i>
Eleven	BOLD AS LOVE 119 <i>Thirsty for Courage</i>

Twelve	BIGGER THAN MY BODY	131
	<i>Thirsty for Purpose</i>	
Thirteen	NEON	143
	<i>Thirsty for Quiet</i>	
Fourteen	THE ICING ON THE CAKE	155
	<i>What Now?</i>	
Fifteen	AWESOME CHEAT SHEET	161
	<i>Dog-ear This Page</i>	
Sixteen	IN CASE YOU WANT TO KNOW	171
	<i>Citing for Conversations</i>	
Seventeen	ADORED BOOKS	173
	<i>Influential for Us, Suggested for You</i>	
Eighteen	AND WE HAVE TO THANK	175
	<i>Couldn't Have Done It Without...</i>	
Nineteen	BIOGRAPHY	179



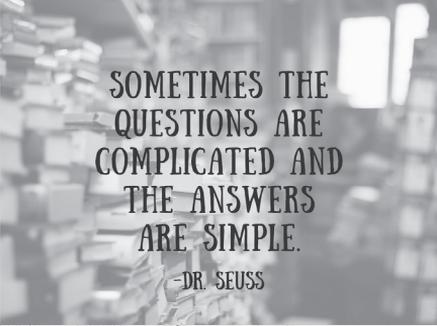
Introduction

DON'T EVEN THINK ABOUT SKIPPING
THIS CHAPTER!

You Won't Understand the Book

Welcome to hope. Have you been seeking it? Longing for it? Afraid you'd never find it? Well you have. If you could use some rest, some hope, some truth, you're in the right place. The door on the front cover says, *You're Welcome Here*. So come in. Put your feet up. Grab a beverage. Relax.

xi



SOMETIMES THE
QUESTIONS ARE
COMPLICATED AND
THE ANSWERS
ARE SIMPLE.

—DR. SEUSS

We all get restless for hope, for meaning, for peace. We get caught up in things that drag us down or tie us up. Things that call us away from who we

are. But not only do we run to things not worthy of our time, we stay too long at things that are good... and end up worn out and spent. Ever been there? That's when we know it's time to rest. If that's where you are, come unplug with us for a while.

Would you like an
adventure now or
shall we have our
tea first?
-Peter Pan



xii

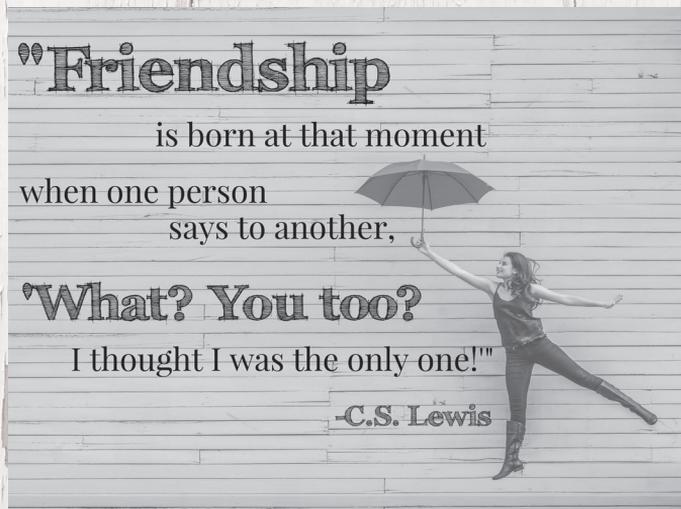
Join our conversation, because no one likes being left out. We'll even give you a name in this conversation. *Restless Heart*. Because we're sure you are like us. Once in your life you've probably asked yourself, *Is this all life is? Am I doing it right? Can I ever stop those voices in my head?* You may be anywhere from twenty to eighty years of age, but whatever your age or heart situation, we welcome you into a friendship with two other hearts who have felt that same longing.

Tell the negative committee that
meets inside your head to

**SIT DOWN AND
SHUT UP!**



Oh, and we have names too. We are Expectant Heart, a twenty-something, and Experienced Heart, a Baby Boomer. To break the ice, here are some silly little things about ourselves: Kind of like eating spaghetti or corn on the cob on a first date, we want you to know exactly who we are—without any false illusions—right off the bat. Meet us and our quirks. We think you'll like us. Isn't that where friendships often begin? We'll do age before beauty. So here goes:



Experienced Heart

- *Thrilled that 60 is the new 40.*
- *Bleached blonde and appropriately wired for that stereotype.*
- *Slightly to seriously disorganized. Wrote notes for this book on the vomit bag of a plane.*

- *Madly in love with my husband; passionate about my three children.*
- *Way too fond of pink and pretty things.*
- *Convinced that God shows up, even in hard times.*
- *Pinching myself that I get to write a book with my daughter.*

Expectant Heart:

- *Lover of all things coffee, Gilmore Girls, the color green, and Ben Rector related.*
- *I find quite a lot of joy in finding new music and telling people about it.*
- *If you have; a) a quick wit, b) mastered the art of sass, or c) make me laugh, we will be quite good friends.*
- *The jumpiest person you will ever meet.*
- *Currently a student at Lee University living in the library.*
- *I'm still awestruck that God truly delights in me.*
- *Equally as giddy to be writing a book with my momma!*

There is one more voice in this book, but that voice has no age. He is Eternal Heart, and here are a few wonderful facts about Him:

Eternal Heart:

- MORE IN LOVE WITH YOU THAN YOU COULD EVER WISH OR IMAGINE.
- ALONGSIDE YOU WHETHER YOU FEEL HIM OR NOT.
- AWARE OF YOUR WORST FAULTS AND BIGGEST MESS-UPS . . . AND LOVES YOU STILL.
- WAITING TO TALK WITH YOU ANY TIME AND ANYWHERE.
- THE TRUE AUTHOR OF THIS BOOK.

*This isn't a normal book. Instead of pages upon pages of endless text, it is chock full of pictures and graphics, songs and tweets. And we unabashedly admit that portions of this book are not original, but they are used in a new and fresh way. In *Steal Like an Artist*, Austin Kleon said, "Nothing is completely original." How true that is, because he is simply restating what Solomon said centuries ago when he penned, "There is nothing new under the sun" in Ecclesiastes 1:9. So, enjoy our collage of what we've tweaked and made our mark on; adaptations of things we've loved combined with thoughts straight from our hearts. Not every word, picture, or tune will fit your life. That's ok. Take in what you like and leave the rest.*

One last thing...

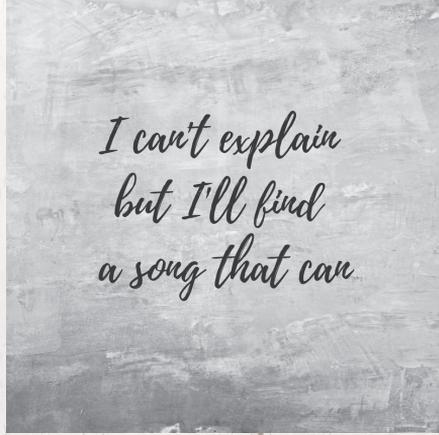
Why Music?

As you read this book you will find that music has been added for your discovery. Here's the reason. You may or may not notice all our chapter titles are John Mayer songs. I have had a lifelong love for John's music. My guitarist brother Carey idolized the man, so I can honestly say I grew up with John. We are buds. In our younger days, if you ever overheard a conversation between Carey and me, we were probably talking about John's incredible song writing and guitar skills. It was a family obsession. Growing up with Carey, constantly surrounded by his music or other artists, his love for music slowly became mine too.



In my opinion, music is one of the most powerful forces in this world. In the words of my dear friend Sophie, "Even people who don't have anyone in their life feel accompanied by music. It's like the therapist that doesn't have a consultation but is there for you 24/7." Lyrics can give language to the moments of life that leave you speechless. They can help you heal, give you joy, and bring back the light of hope in your life. Music has been one of my main sources of communication in my walk with God.

The songs I have provided in each chapter have all taught me something and helped me get through the hardest of seasons. I have listened to them countless times,



letting the lyrics wash over me, quenching my thirsty soul. This is our desire with the different forms of media that bind our book together. We want you to connect in every way possible to the many ways God communicates with us.

xviii

Love,
Expectant Heart

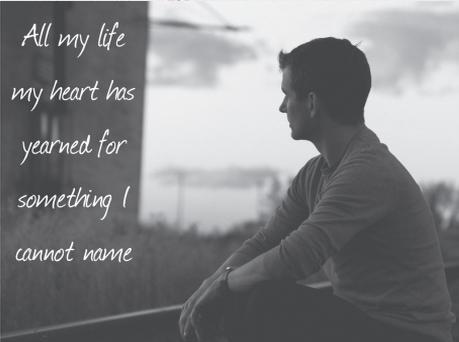
P.S. Look up complete *Real and True* playlist on Spotify!

NEW DEEP

What is this Hope Thing?

Dear Restless Heart,

Get ready. If living life on your own terms hasn't worked, then you are in the perfect place to read this book. If you are sick of big promises and self-help formulas, keep turning these pages. If you've tried to fill your life with this world's hope and found it fictitious, disappointing, and exhausting, then it's time to experience the real thing.



*All my life
my heart has
yearned for
something I
cannot name*

*We'll address
questions that
matter at the
end of the
day...with hu-
mor, honesty,*

and different perspectives. Maybe you've tried living by the world's rules. You've taken your best shot at its beliefs and so-called benefits and found them empty. Maybe the accepted cost of success is just too high for you—the striving too intense, the satisfaction too momentary. Then you're on the right track.

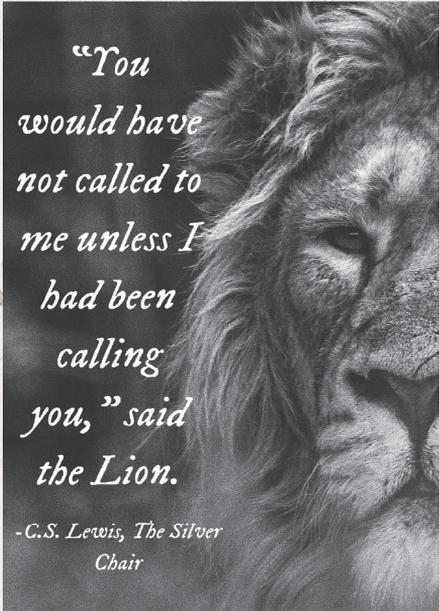
Because it's not all about you and it's not all dependent on you. Here's the shocker: Whatever you have dreamed of, whatever you have run after, you've also been pursued. But not only pursued. Desired. Longed for, in fact. To give you hope. Real hope. True hope. Calm in place of turmoil. Certainty instead of questions. Unchanging truths in place of temporary fads. You're going to be surprised at what you find in this book. But it's all good.

Love,
Experienced Heart

HOPE POINT #1 - There is more to this life than you ever imagined—more joy, more meaning, more hope, and it's all offered to you.

Dear Restless Heart,

Do you ever get sick of yourself? Ever feel like you're always a disappointment? Do you catch yourself striving to "get your life together" but constantly falling through the cracks? Then it's time to lay your efforts down. Welcome to *Real and True*. We want to tell you about a hope that can't be found in the fleeting things of this world, because well, we've been there. We've been restless. We've felt the fear when faced with the future. We know the shame and failure in comparisons. Struggles with love, courage, and forgiveness have been familiar scenarios on our yellow brick road. And we know the quest for renewal can be everything but restful.



*"You
would have
not called to
me unless I
had been
calling
you," said
the Lion.*

*-C.S. Lewis, The Silver
Chair*

No matter what your lifestyle, whether you're a Baby Boomer experienced heart like Momma, or a twenty-something expectant heart like me, restlessness is all too familiar. Our desire is that you come to know the

heart of our steadfast, loving hope and his heart for you. It's time to close the window of the old whispers saying you're a disappointment, and open the door to the hope that calls you by a name you have all but forgotten. So please come in and rest for a while.

Love,
Expectant Heart

#madehopeful



*Hope is the
thing with
feathers that
perches in the
soul and sings
tunes without
the words and
never stops at
all.*

-Emily Dickinson

Song List -

1. *Grave* - For King and Country
2. *I Have this Hope* - Tenth Avenue North
3. *Now More Than Ever* - Brandon Heath
4. *Fierce* - Jesus Culture
5. *The Lion and the Lamb* - Big Daddy Weave
6. *Washed by the Water* - NEEDTOBREATHE

"Nothing teaches about the
preciousness of the Creator as much
as the emptiness of everything else"

-Charles H. Spurgeon

23

DEAR RESTLESS HEART,
SO DON'T YOU SEE THAT WE DON'T
OWE THIS OLD DO-IT-YOURSELF LIFE
ONE RED CENT. THERE'S NOTHING IN
IT FOR US, NOTHING AT ALL. THE BEST

REAL AND TRUE

*THING TO DO IS GIVE IT A DECENT
BURIAL AND GET ON WITH YOUR NEW
LIFE. GOD'S SPIRIT BECKONS.*

ROMANS 8:12-14

LOVE,
ETERNAL HEART