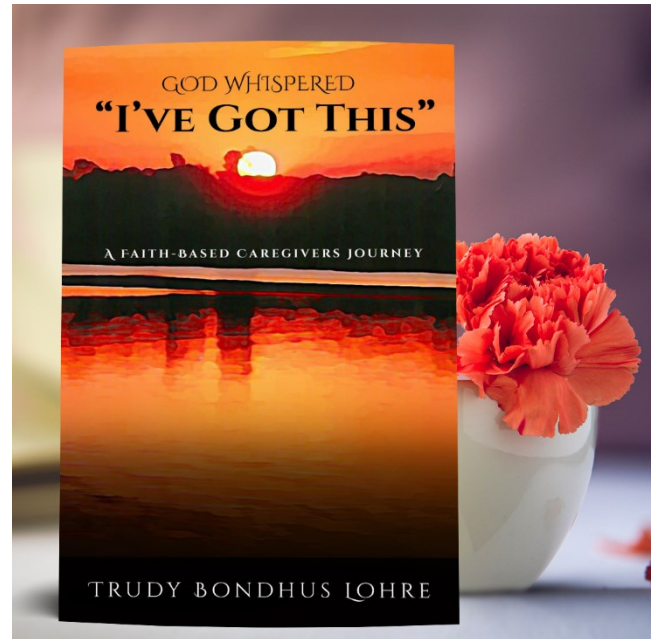

Sometimes I struggled and doubted, but in my darkest hours, I gently heard God whisper, "I've got this."

God Whispered "I've Got This" is a documentary of my real-life faith journey, where I tell my story as a caregiver. I share personal struggles when, at times, our lives were hanging on by a thread. Each time we thought we had risen to meet the challenge, we faced a new health battle just around the corner.

I speak to the many emotions I experienced as a caregiver while watching my loved one heroically fight each battle with determination and relentless gratitude. He always focused on the positive side of things, and although they were hard to find in many instances, he never stopped looking.

Sometimes I struggled and doubted, but in my darkest hours, I gently heard God whisper, "I've got this." I describe my personal faith journey, sharing both the good and bad days. But thankfully, God sustained me throughout each and every struggle. He gave me my gift of caregiving and brought me through the valleys to the mountain top where He revealed the beauty and absolute peace of the final sunset.



Trudy Bondhus Lohre

This book was written with love and gratitude as Trudy Bondhus Lohre shared her journey as a caregiver. Her faith has deepened over the years, and with each health struggle they faced, she relied more and more on God to help her find the strength to provide the care Jim so desperately needed. Their love for each other and their faith gave them the will to never give up despite the odds.

Her goal is simple. She wants to let people know they are not in this thing called "life" alone. No matter the struggles - this book was written to give the reader the same hope God so graciously gave her.

Everyone has a story to tell, and she is blessed to be able to share hers. And she thanks you for walking with her on her faith journey as a caregiver.

God Whispered "I've Got This"
A Faith-Based Book for Caregivers
By Trudy Bondhus Lohre
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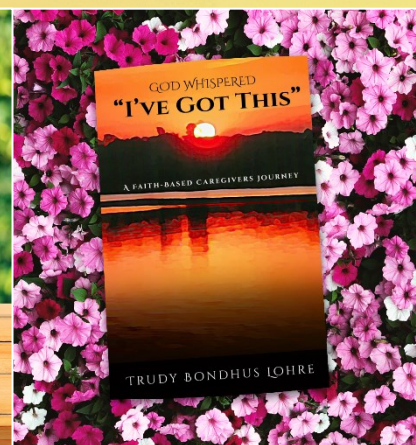
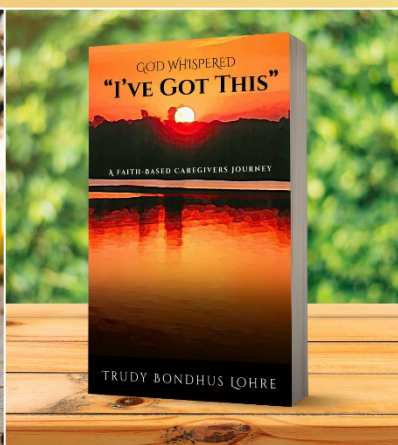
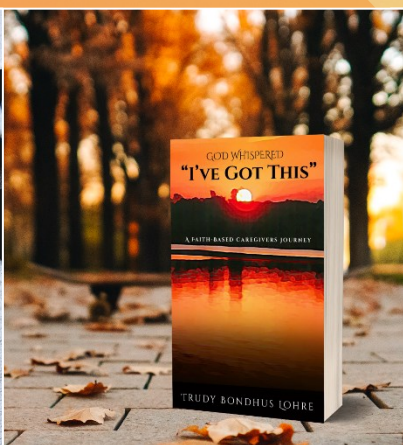
To contact Trudy Bondhus Lohre directly email truloh10@gmail.com
<https://www.fuzionpress.com/trudybondhuslohre>

GOD WHISPERED "I'VE GOT THIS"

BY TRUDY BONDHUS LOHRE

My true story walks the glorious peaks and the dark and often hopeless valleys of this thing called life.

~Trudy Bondhus Lohre



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GOD WHISPERED "I'VE GOT THIS"

A FAITH-BASED BOOK FOR CAREGIVERS

BY TRUDY BONDHUS LOHRE
BOOK EXCERPT

My true story walks the glorious peaks and the dark and often hopeless valleys of this thing called life.

~Trudy Bondhus Lohre

It amazes me how as humans, we think we are in control. The truth is we can really mess things up when we go it alone. But if we genuinely believe in our soul, the lifeline of "Let Go and Let God," we will not have to go it alone. God never promised us a life with no trials or troubles. But He did promise to walk by our side through our trials each step of the way. Each life walk strengthens us and helps us realize how thankful we should be for all the good times. Being thankful for the blessings in life pleases God and better prepares us for the next trial that He will guide us through if we just let Him.

About a year ago, I read a bible verse that helped me understand my faith journey for so long. This verse will again be referenced later, bringing even more light to my story. The verse was from Psalm 32:7 NIV, "You are my hiding place. You will protect me from trouble and surround me with songs of deliverance." Note it doesn't say that we will never experience trouble—but rather that we will be protected while enduring our troubles. This verse gives us hope that God is always there by our side, whatever life throws at us. We can find solace and comfort in His hiding place, which I interpret as our time of prayer spent with Him.

As Psalm 23:4 tells us, "Even though I walk through the valley of the shadow of death, I will fear no evil for you are with me; your rod and your staff, they comfort me." Our faith walk is neither perfect nor easy, but I believe each bend in the road is there for a purpose. We can choose to walk this life by our own strength, but my sincere hope is that this book will help you realize what I have realized. We have so much strength available at our disposal from our Lord and Savior. We need to ask for His help while thanking Him for the blessings right in front of our eyes. Doing so will make our journey on earth much more enjoyable. It will be easier to handle the hard times and have eternal outcomes we could not achieve alone.

Sadly, I lived so many years without realizing this and trying to go it alone. But now, at my age, I have survived trials, battles, and disappointments, and I proudly wear the scars from each. I have learned that I am not in this alone. This endeavor of writing a book has been on my mind for several years. I always felt I would fall short, and it wouldn't happen. Also, with each passing year, my life kept adding more and more chapters to my unwritten book. How could I possibly write everything I had faced, let alone have people want to read my journey? But months ago, it was as if God spoke to me. I had an overwhelming feeling that if I asked for His help with every word I wrote, maybe my book could become a reality. But given that I am in the fourth and final quarter of my life, I figured I needed to get off the bench and start playing. With God's help, I needed to begin writing now to beat the final buzzer. None of us know how much time we have left, but I have a story to tell that I believe could help you through your journey. I pray that you enjoy my writings, and the pages will bring you hope, comfort, and God's peace in whatever life has thrown your way. As you read my book, I hope you realize that we all fall short. But remember, God never says, "Okay, you keep messing up, and I'm done with you." He never gives up on us. Never.

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Trudy Bondhus Lohre
Author

truloh10@gmail.com