

When Pain Keeps Knocking At Your Door with Rebekah Royal

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

Author, Counselor, and Founder of Royal Life Ministries, Rebekah Royal shares her life story which is wrought with emotional pain and brokenness from early childhood sexual abuse. She relates that she repressed the memories until she was 40 years old to protect herself from the pain. Though she wasn't aware of the memories, she experienced constant pain and struggle throughout life, especially related to her relationship with herself and with her husband. Rebekah walks us through all of those struggles, and when the memories of her abuse flooded her consciousness in mid-life. She shares the details of her healing journey through counseling and how God redeemed her pain and her marriage and led her to her passion and purpose of helping others who have experienced similar struggles heal, too. This episode is engaging and inspiring – it's a must listen!

During our conversation, Rebekah:

- Walks us through her life story of brokenness and also healing from early childhood sexual abuse and other struggles and how she overcame.
- Shares her marital struggles and victories through counseling.
- Discusses her experience of how inner healing helped redeem her pain.
- Shares encouragement for those struggling with pain and brokenness and how they can heal, too.

Rebekah Royal resides in South Pasadena, FL with her husband, Tim. They birthed Royal Life Ministries, a non-profit lay counseling and teaching ministry in 2006. She began helping hurting individuals in 1991 after being trained at Grace Ministries International in Marietta, GA and being on staff for eight years. It is her passion to help others find hope and healing from their emotional pain. She is a wife, mother, grandmother of 7, counselor and author of two books. "Can God really speak through a Pelican?" and "There is a reason: When pain keeps knocking on your door." These books tell her life story of brokenness and also healing from early childhood sexual abuse. They are available on Amazon. The foundation of her counseling and teaching is found in Romans 6 and Galatians 2:20 often referred to as "The Exchanged Life." Helping the individual experience healing and freedom, as well as, understanding their true identity in Christ is her passion.

Quotes from this Episode:

"We have a lot of trouble separating behavior from identity." — Rebekah Royal

"I have learned that love is a choice." — Rebekah Royal

"If we're hurt, there's an arrow in the heart that needs to be pulled out and needs to heal." — Rebekah Royal

"God totally set me free." — Rebekah Royal

"The enemy uses fear so much." — Rebekah Royal

"We have to lean into our pain in order to heal." — Rebekah Royal

Resources:

Facebook:

<https://www.facebook.com/RoyallifeNewnan>

<https://www.facebook.com/groups/127358070767138>

LinkedIn: <https://www.linkedin.com/in/rebekah-royal-b7a6aa14/>

Golden Timestamp:

18:54-19:54 - How counseling with her husband changed her life.

29:49-30:49 - Shares how she experienced intimacy with God.

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