

## Rebuilding Your Life When Everything Has Fallen Apart

The Wall is a popular TV game show. Contestants are chosen because of a heroic act or some dramatic situation they have endured. There are ups and downs to this game of chance, and decisions and willingness to take a risk determine the outcome. But winning isn't the focus of this devotional. The game is a platform for telling inspirational stories of everyday people making an impact on this world.



One of the contestants on The Wall (season 3) was Rebekah Gregory. Rebekah was standing at the finish line of the 2013 Boston Marathon when two homemade bombs exploded, right behind her. The blast lifted her into the air, landing her on top of her son and several other people. She was pinned to the ground, her left leg on fire, and lying in a pool of her own blood. God made Rebekah a human shield to protect her son and others. The bombing took three lives that day, and another 260 people were injured. Rebekah spent three months in the hospital and endured 76 surgeries, including the amputation of her left leg. Rebekah is now a motivational speaker, turning her personal pain into a mission to help others heal. Her message is about how God can use difficult, even tragic situations, for good.



Rebekah's story immediately won over the TV audience, who pulled for her success on the show. Together, Rebekah and her husband won a record \$1.4 million on The Wall. Knowing how she rose above the situation, everyone wanted her to win. What was most heart-warming was not the money, but her relentless motivation to help others cope with crises in their lives. She said, "I didn't survive all this just to play it safe. I'm grateful to be alive and fired up to use what I've lived through to remind people what they're capable of." She also said, "I'm doing this in honor of those who didn't survive the bombing." "God can turn even the most tragic situations into something good. The Bible says, *And we know that in all things God works for the good of those who love him, who have been called according to his purpose (Romans 8:28).*

Rebekah talked about not letting down her spiritual guard and how her hope and resilience were rooted in her faith. "My leg isn't my life," she said. "We don't seek to be spared life's troubles; we seek to rise through them with our faith intact." None of us lives without significant challenges. Growing up, Rebekah had endured childhood abuse. Now, God spared her life at the Boston Marathon bomb attack, giving her the motivation and platform to help others in their times of struggle. Her foundation (Rebekah's Angels Foundation) provides mental health support for hundreds of children and their families. "I speak about what it means to rebuild your life when everything has fallen apart — and how resilience isn't just something we're born with. It's something we choose, over and over again. ... While my story made national news and brought support from all around the world, most families struggling with trauma don't get that kind of support." Her foundation seeks to "help them get the tools they need to truly begin again to find their peace." "I vowed with the rest of my life to use the platform I have been given to do my part in changing the world for the better."<sup>1</sup> Rebekah said on her website, "My story isn't just about what tried to take me out. It's about what couldn't." That is resilience.

How about you? How do you use overcoming the trauma in your life to help someone else? What is your platform? It doesn't have to be on national TV or a nationwide motivational speaking tour. It can be as personal as a one-on-one relationship that encourages someone else to rise above their circumstances. Help others to choose resilience.

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<sup>1</sup> Many quotes in this devotion are from, *Taking My Life Back*, by Rebekah Gregory.