A full-page background image featuring a tree on the left side. The tree's trunk and branches are visible above a horizontal line representing the ground. Below this line, the tree's roots are exposed, spreading out in a complex network within a dark brown, textured soil. Above the ground line, there is a patch of green grass. The sky is a clear, light blue, and a bright sun is positioned in the upper right, creating a lens flare effect.

Growing
Through
Heartbreak
to Strength

DEPTH

JODI ROSSER

With Jesus, the places of our deepest hurt can become sources of unexpected hope. Jodi Rosser has lived this firsthand and now she's sharing how you can experience the same. With the voice of a friend and the wisdom of experience, she'll come alongside you wherever you are today and help you move toward healing one step at a time.

Holley Gerth
Bestselling Author of *What Your Heart Needs for the Hard Days*

When it comes to heartbreak, Jodi Rosser is an unintentional expert. Having experienced the grief of a miscarriage, divorce, and the loss of her friend to cancer, Jodi helps you see that your greatest heartbreak can catapult you to your greatest growth. If you feel lost, broken, or far from God, I highly recommend this book. Jodi's gentle voice, application of Scripture, poignant questions, and sweet prayers will help you navigate your own path of tragedy to find the Father's love. Grab your coffee and settle into *Depth*—you won't regret a moment of it.

Jennifer Dukes Lee
Bestselling Author of *Growing Slow* and *It's All Under Control*

Depth is the book we all need when life hits with unexpected pain. Drawing from her own deep experiences with loss, Jodi is the compassionate friend who sits with us in brokenness and vulnerability while gently pointing us to hope. Each chapter is a tender step backed by scriptural truth to make your way through losses you never saw coming. If you've ever wondered how in the world you're going to make it through your excruciating loss, *Depth* gives you steady encouragement with the needed nudges not to waste this place of unwanted pain.

Lisa Appelo
Author of *Life Can Be Good Again: Putting Your World Back Together After It All Falls Apart*

If you've experienced deep disappointment, a sudden crisis, unexpected grief, or unwanted pain, read *Depth: Growing Through Heartbreak to Strength*. This book is filled with poignant true stories, powerful biblical principles, practical action steps, and all the encouragement you need to overcome obstacles and recapture hope. Jodi Rosser's vulnerability shines through every page. Buy one copy for yourself and ten more to give away.

Carol Kent
Speaker and Author of *When I Lay My Isaac Down*

When suffering and hurt come into our lives, it's easy to wonder what's the purpose in the unexplained pain. Jodi Rosser compassionately invites us all to lean into God as He transforms our deepest heartaches into our greatest strengths. Written from a framework of biblical truths and understanding, this book is a must read for anyone wanting hope in the midst of hardship. God is the good and gracious Author of our stories. And He's not done yet.

Becky Beresford

Author, Speaker, Coach and Host of the *Brave Women Series*

Jodi Rosser has written a book that I wish I had when I grieved the loss of my daughter many years ago. If you are walking through heartbreak, grief, or disappointment, then this is the book for you. Jodi tenderly encourages each hurting heart with godly truth and points them back to our loving Father.

Sandra Maddox

Speaker, Children's Author, Contributor for *Chicken Soup for the Soul: Grieving and Recovery*

Tears filled my eyes as I read *Depth*—tears of both pain and joy. Have you ever felt deep heartbreak? Then you are in good company with Jodi Rosser. With honesty and vulnerability, she shares her sorrow through miscarriage, divorce, and loss of a loved one so that you can find hope in God again. I hope to share *Depth* with many women and plan to keep this book close at hand.

Noelle Hackney

Depth Launch Team Early Reader

Grief does not discriminate, and its reach knows no boundaries. *Depth: Growing through Heartbreak to Strength* is a resource for everyone. Each chapter begins with scripture and ends with prayer and a grief truth. Grief is a journey no one should walk alone. Jodi is the friend who grabs your hand and walks the road with you.

Wendy Pope

Speaker, Author, Founder and Executive Director of
Word Up Ministries

DEPTH

DEPTH

Growing Through
Heartbreak to Strength

JODI ROSSER

REDEMPTION
P R E S S 

Depth © 2022 by Jodi Rosser. All rights reserved.

Published by Redemption Press, PO Box 427, Enumclaw, WA 98022.

Toll-Free (844) 2REDEEM (273-3336)

Redemption Press is honored to present this title in partnership with the author. The views expressed or implied in this work are those of the author. Redemption Press provides our imprint seal representing design excellence, creative content, and high quality production.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any way by any means—electronic, mechanical, photocopy, recording, or otherwise—without the prior permission of the copyright holder, except as provided by USA copyright law.

The author has tried to recreate events, locales, and conversations from her memories of them. In order to maintain their anonymity, in some instances she has changed the names of individuals and may have changed some identifying characteristics and details, such as physical properties, occupations, and places of residence.

Unless otherwise indicated, all Scripture quotations are taken from the NIV are taken from the Holy Bible, *New International Version*®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Scripture quotations marked esv are taken from the esv® Bible (*The Holy Bible, English Standard Version*®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked NLT are taken from the Holy Bible, *New Living Translation*, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked BSB are taken from the *Berean Study Bible. The Holy Bible, Berean Study Bible*, BSB Copyright ©2016, 2018 by Bible Hub. Used by Permission. All Rights Reserved Worldwide.

Scripture quotations marked NASB are taken from the *New American Standard Bible*® (NASB), Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. www.Lockman.org

ISBN 13: 978-1-64645-804-2 (Paperback)

978-1-64645-806-6 (ePub)

978-1-64645-805-9 (Mobi)

Library of Congress Catalog Card Number: 2022910549

Dedication

*To the woman whose life
has just been shattered,
to the hurting heart
whose whole world changed
in an instant,
to the grieving soul
who struggles to get out of bed,
I understand. I see you.
I am one of you.
I wrote this book for you.*

Contents

Foreword By Kathe Wunnenberg	xi
1 When Your Heart Shatters	13
<u>Seek God and invite Him into the pain.</u>	
2 Closer Than You Think	21
3 One Word Can Change Everything	29
4 God Provides	37
<u>Tearfully allow yourself time to grieve and process the emotions.</u>	
5 Facing the Emotions	45
6 The Power of Words	53
7 Empty Arms	61
<u>Replace your finite view with God's infinite perspective.</u>	
8 The Smallest Details	69
9 Cracked Pot	77
10 The Bigger Picture	85
<u>Embrace God's character development in the midst of the chaos.</u>	
11 Growing Deeper Roots	93
12 Embrace the Chisel	101
13 The Bless in the Mess	109
<u>Never lose sight of God's grace.</u>	
14 A Divine Appointment	117

15 Be Vulnerable	123
16 Offering Forgiveness.....	131

Give praise to God even as your heart breaks.

17 Change Your Focus	137
18 Praise Him in Your Storm.....	145
19 The Gift of a Day	153

Trust God is good when your mind is doubting and you don't understand.

20 Why, God?	161
21 Detours.....	169
22 His Timing, Not Ours	177

Honestly share your story and help another hurting heart.

23 Me Too.....	185
24 Better Together.....	191
25 Hopelifter	199
26 Your God Story Is Powerful	207
Acknowledgments	215

Appendix A

Ten Verses to Help Encourage Your Hurting Heart	219
--	-----

Appendix B

Ten Steps to Help You Through the Holidays	221
--	-----

Endnotes.....	223
---------------	-----



Foreword

By Kathe Wunnenberg

“God, use my hurt to bring hope to help others!”

This was my heart’s cry many years ago in the midst of gut-wrenching grief. After years of infertility, a miscarriage, and adopting a child, I discovered I was pregnant. My joy quickly turned to sorrow when I learned my baby had a fatal birth defect. For twenty-eight more weeks, I carried my unborn child, knowing God could heal him, yet trusting Him with the outcome that would glorify Him the most. After a long, intense labor, John Samuel was born. Within a few hours heaven’s gates opened and welcomed him into the arms of Jesus. His brief life has touched multitudes around the world, and the ripple effects will only be known in eternity.

Little did I know when I cried out to God to use my hurt to bring hope to others, that He would open the doors for me to write, speak, and start a Hopelifters ministry. Amazingly, Jodi Rosser read my devotional book, *Grieving the Child I Never Knew*, after the loss of her baby. Although Jodi and I didn’t officially meet until years later when she invited me to be on her podcast in 2020, God connected our hearts long ago through heartbreak. This made

it easy for our friendship to ignite into an intentional, growing, purpose-driven connection, which it is today. We also share a passion to encourage brokenhearted women who need hope and have a story to share that can help others.

Perhaps that is you.

The book you hold in your hand, *Depth: Growing through Heartbreak to Strength*, is living proof of God's faithfulness to use your pain for purpose, transform your hurt into hope, and grow you through your heartbreak to strength. Like a friend sitting across from you having coffee, Jodi Rosser's authentic sharing, personal stories, practical insights, prayers, and truth to replace lies will encourage and inspire you. Her friendship with Jesus and her deep faith is evident and contagious.

I believe we go through what we go through so we can help others go through what we went through.

God used my heartbreak to strengthen me and also Jodi. God used Jodi's heartbreak to strengthen her, and it will also strengthen you.

I am praying 2 Corinthians 1:3–4 for you. "May the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God." May God touch multitudes through this book.

Turn the page and begin your healing journey.



When Your Heart Shatters

*He heals the brokenhearted
and binds up their wounds.*

Psalm 147:3

I still remember every detail like it was just yesterday.

Alone in my car, I started fidgeting with the volume button on the CD player. Not even the worship song could take away how I felt as I drove to my doctor's office for my sixteen-week appointment. Another red light, another delay on the road to finding answers. It seemed like an eternity for the light to turn green. These last couple of weeks had felt the same. My mind started racing once again. *What if something is wrong? What if my gut feeling is correct?*

I hit the gas pedal as the light turned green. I needed to get to my doctor's office as quickly as possible. When I was there four weeks earlier, my doctor confirmed that everything was fine with my baby. But now, I could not get past this persistent feeling that there was a problem. Even though I did not have any negative symptoms, I just sensed it in my core.

Tapping my finger on the steering wheel at every stoplight and stop sign, I counted down the minutes. I thought back to the first time I was pregnant. From high blood pressure during my first tri-

mester to complications that led to bed rest the third trimester, my pregnancy with my oldest son, Kyle, was anything but uneventful. Thankfully, this pregnancy had been different. My blood pressure was normal; the heartbeat was strong. Both the doctor and I were thrilled there were no complications at twelve weeks.

I remember smiling as I pictured Kyle's sweet face when we told him the exciting news weeks earlier. He could not wait to have a baby brother or sister. He wore his new "I am going to be a big brother" T-shirt proudly as I snapped a picture of him in our family room. I attached the picture, along with the twelve-week ultrasound baby picture, to an email sharing our thrilling news with everyone we knew. Our family was growing!

I wish I felt that same excitement now.

As I pulled into the parking lot, I could not get my mind to slow down. *If something were terribly wrong, my body would have shown me. I would be cramping or bleeding. Since I have no signs of trouble, then I must be fine. Then my baby must be fine too.* Oh, how I wished this logic would calm my anxious heart. As I put my car in park, I hoped I was about to get some answers.

Lying alone on the bed in the exam room, I could not wait for the doctor to arrive. The room was quiet and sterile. Honestly, it was too silent; I just wanted to hear the sound of my baby's heartbeat. The ten-minute wait seemed like hours.

As the door opened, the doctor asked me how I was feeling. I told her my concerns, so she immediately placed the Doppler, a baby heartbeat monitor, near the top of my belly. We both listened intently as she moved it up and down my stomach. There was no sound from the baby. Moving it to the left and to the right, there was still no heartbeat. Sadly, the only sound in the room was the Doppler picking up my own heartbeat, which was speeding up each second.

Panic began to rise inside me as all my worries and fears were becoming a reality.

After five long minutes, the doctor stopped and calmly told me

she wanted to look at the baby on an ultrasound. I was anything but calm. My heart was pounding, and my mind was spinning out of control. *Oh no! What if my baby stopped growing?* Scared, I realized I probably should not have come to this appointment alone. Tears filled my eyes as I tried to make sense of what was happening.

The doctor led me to the ultrasound room next door. As the technician immediately showed the sonogram, my eyes focused on my precious baby. Knowing where to look for the heartbeat, I stared closely at the monitor. My heart shattered when I did not see a heartbeat flickering on the screen. My whole world changed in an instant.

I was devastated.

My hopes and dreams for this new life were over before they even began.

Tears started streaming down my face.

My heart was breaking.



Have you ever felt heartbreak? Deep heartbreak?

Maybe you have lost a loved one to cancer or suicide, and you miss her every day as you are filled with deep grief.

Perhaps your marriage is ending in a divorce, and you feel intense hurt from the one person you thought would love you the rest of your life.

It could be that you longed to be married, but years go by, and you are still single and feeling alone.

Maybe your heart desires to be a mom, but each month, the same negative answer comes up on the pregnancy test, and you feel disappointed.

Perhaps you've lost a friendship, a job, or a dream for you or your child, and you are feeling discouraged.

Heartbreak comes when life does not end up the way you planned or expected. These disappointments are very real and can

leave you feeling like there is a deep hole in your soul. What do you do when life takes these unexpected turns and leaves you heartbroken? How do you walk through these storms and come out on the other side stronger than when you entered the storm? How do you handle loss, grief, and disappointment in your life?

I know it is not easy. Grief is the hardest emotion to navigate. For me, it felt like my heart was being shattered into a million pieces, and I didn't know where to start or how to pick up the pieces to move forward. If you are feeling the same way, then I am so thankful you picked up this book. I want to help you heal from your heartbreak in a healthy way. But I also want you to grow deep roots as God redeems your pain. I believe depth in your faith is one the greatest gifts in the middle of the heartbreak.

I don't know where you are right now on your journey. You could be in the middle of a storm grieving a loss, just coming out of a storm healing from a loss, or facing a storm on the horizon. Wherever you are, I want to come alongside you and let you know that you are not alone. Storms have a way of making you feel lonely, as if no one else has gone through what you have experienced. This is not true.

If you are in the middle of the storm grieving a loss, I am so sorry you are going through this. I know firsthand how hard it is, and my heart is deeply saddened for you. I wish I could reach through the pages of this book and give you a big hug. I know the heartbreak is real, and it deeply hurts.

I am truly sorry that your mom passed away even though your hope was for her to be healed.

I am truly sorry that your marriage ended even though your hope was to grow old with your spouse.

I am truly sorry that you are still single even though your hope is to be married.

I am truly sorry that you are struggling to get pregnant or perhaps have miscarried even though your hope was to have a healthy baby.

I am truly sorry that you lost your job even though your hope was to provide for your family.

Friend, I understand the deep pain you are feeling because I have experienced three great heartbreaks in my life:

- I suffered a miscarriage of my sweet baby girl.
- I endured a heartbreaking divorce that shattered my dreams for my family.
- I held my best friend's hand as pancreatic cancer took her young life.

Each heartbreak challenged me beyond what I thought I could handle. Just like you, I have cried buckets of tears over these losses. Just like you, I have found it difficult to find hope in the middle of the hurt. Just like you, I have cried out to God, wondering how He can bring good out of these difficult circumstances. I have asked the hard questions too. *Why is this happening to me? Where is God in these storms? How will I get through this?*

Throughout these pages, I will share my stories with you, but more importantly, I will give you some inspiring truths God has shown me along my path from heartbreak to strength. I know the road is not easy. It involves intentionality on your part and surrendering to God. It means trusting God through times of refinement and growth even when it does not all make sense. There will be tears, frustrations, and times you want to give up along the way. But there will also be moments when you are awestruck by the God of the universe. I cannot wait for you to see how much He loves you and cares about even the smallest details of your life.

I have created a powerful acrostic for the word *strength*. Each letter presents an important action step that will help you process your loss in a healthy way. We will dive deeper into each of these in the chapters to follow.

Seek God and invite Him into your pain.

Tearfully allow yourself time to grieve and process the emotions.

Replace your finite view with God's infinite perspective.

Embrace God's character development in the midst of the chaos.

Never lose sight of God's grace.

Give praise to God even as your heart breaks.

Trust God is good when your mind is doubting and you don't understand.

Honestly share your story and help another hurting heart.

Please understand that these eight action steps take years to live out; they are not quick items on a checklist. Walking through heart-break is hard, and healing takes time and intentionality. Grief is nev-

Remember that healing is a journey, and the goal is progress.

er linear; there will be times when you are making good progress, and then a memory or trigger will cause a setback. Remember that healing is a journey, and the goal is progress.

These steps helped me along my journey, and my desire is they will do the same for you.

My prayer is that these action steps will lead you directly into the arms of Jesus, because only He can heal your broken heart and restore your soul. I also pray that the truth statements and prayers at the end of each chapter will offer you comfort and peace as you grieve and heal from your pain. I want to ignite within you a desire to grow into the person God has created you to be so you can live out your purpose. As you cultivate these deep roots, I pray God can use your hurts and pain to help someone else going through the same storm.

Friend, as I wrote this book for you, there were lots of tears shed. Some came from remembering the hurt and grief, but most were tears of hope. Hope that God can turn your pain into His

purpose. Hope that God has a good plan to grow you even when you cannot see how good can come from this. Hope that your broken story will help another hurting heart.

Looking back at my grief, books were a huge part of my healing, so I pray this book is part of your healing too! I have discovered that God never wastes a hurt. As you fully surrender and depend on God in the middle of your heartbreaking circumstance, I know God can take you from a place of heartbreak to strength. Let me leave you with this question to think about as you read through these pages: “What if your greatest heartbreak catapults you to your greatest growth?”

Each chapter ends with a prayer, and I would love to pray these words over you right now.



Let's Pray

God, I want to lift up the hurting soul who is reading this book. I know in the midst of the devastation, it is hard to see how You can redeem all of the tears and pain. Please wrap Your loving arms around her grieving heart and remind her she is not alone. Empower her daily as she begins this healing journey. Allow her time to process the hurt as she seeks You and help her develop depth in her faith. Take this heartbreak and turn it into the strength that only You can give. In Jesus's name, Amen.

Truth

Healing takes time and intentionality.

Seek God and invite Him into your pain.

Tearfully allow yourself time to grieve and process the emotions.

Replace your finite view with God's infinite perspective.

Embrace God's character development in the midst of the chaos.

Never lose sight of God's grace.

Give praise to God even as your heart breaks.

Trust God is good when your mind is doubting and you don't understand.

Honestly share your story and help another hurting heart.

ORDER INFORMATION



To order additional copies of this book, please visit
www.redemption-press.com.

Also available at Christian bookstores and Barnes and Noble.

WHAT IF YOUR GREATEST HEARTBREAK CATAPULTS YOU TO YOUR GREATEST GROWTH?

Jodi Rosser is no stranger to grief. She loses her best friend to pancreatic cancer, suffers a miscarriage, and endures a heartbreaking divorce. None of her stories get tied up with a red bow, yet God is faithful to bring purpose to her pain. In *Depth: Growing through Heartbreak to Strength*, Jodi offers hope to anyone with a hurting heart. She encourages you to discover spiritual depth as God redeems your pain.

In this book, you will

- replace the belief that your shattered heart can never be whole with the truth that God can beautifully restore the broken pieces;
- stop doubting God's goodness and trust that He has a purposeful plan beyond what you can understand;
- expand your limited perspective into God's bigger picture to cultivate deep roots as He redeems your pain;
- combat the lie that God is distant when you feel alone and cling to the truth that He is close to the brokenhearted;
- overcome shame by remembering that your brokenness has the power to change the trajectory of someone else's hurting heart.

With the voice of a friend and the wisdom of experience, Jodi will come alongside you wherever you are today and help you move toward healing one step at a time.

HOLLEY GERTH, Bestselling Author of *What Your Heart Needs for the Hard Days*

When it comes to heartbreak, Jodi Rosser is an unintentional expert. Her gentle voice, application of Scripture, poignant questions, and sweet prayers will help you navigate your own path of tragedy to find the Father's love.

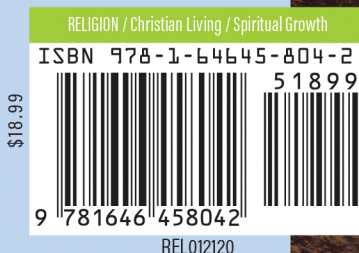
JENNIFER DUKES LEE, Bestselling Author of *Growing Slow* and *It's All Under Control*



JODI ROSSER is an author, podcaster, and speaker who serves a steadily growing audience through her podcast, *Depth*, and her blog, *Heartbreak to Strength*. Having walked through multiple heartbreaks, Jodi inspires women to grow deeper in their faith and to find hope and purpose through their unexpected storms. She lights up the most when she shares her

testimony using her cracked clay pot, a visual reminder that God shines brightest through our broken places. She is raising two sons in Southern California. Jodi loves to connect with readers on her website, jodirosser.com

REDEMPTION
PRESS



\$18.99