

Show Notes: Episode 21 Old School with Darla Czeropski – On Overcoming Barriers and Embracing Freedom

Our guest is Darla Czeropski, author of 'Just Say Hello' and founder of Oh So Free Ministries for Women. She shares her journey from the trauma of her past, including abuse and divorce, to a path of emotional and spiritual healing through her deepened relationship with God. Discussing the importance of tearing down the metaphorical walls we erect in our lives, Czeropski emphasizes the key role of relationships, particularly our relationship with Jesus. She recounts the satisfaction and transformation she experienced while writing her book and launching Oh So Free Ministries, which now aid other women in similar circumstances. Lastly, she highlights that understanding and applying scriptures in our life is more essential than merely memorizing them.

Oh So Free: A Conversation with Darla Czeropski

In this conversation, the host discusses spiritual and emotional healing with guest Darla Czeropski, author of 'Just Say Hello' and founder of 'Oh So Free Ministries for Women'. Darla shares her personal experiences of trauma, bad choices, and divorce that led her to find freedom through God. She speaks about the healing power of establishing an intimate relationship with God, rather than focusing on religious practices. The conversation also covers the importance of mental healing, the influence of trauma on physical health, and how telling one's story publicly aids the healing process.

00:00 Introduction and Welcome

00:22 Meet Darla Czeropski: Author and Spiritual Guide

01:30 Darla's Journey: From Trauma to Freedom

02:02 The Power of Community and Connection

02:31 Sharing Personal Stories: The Impact of Abuse and Divorce

03:43 The Healing Power of Writing and Sharing

04:28 Darla's Story: From Fear to Faith

06:48 The Consequences of Unresolved Trauma

08:09 The Struggle with Control and People Pleasing

10:45 The Journey to Healing and Transformation

13:09 The Importance of Relationship with God

17:17 The Birth of Oh So Free Ministries

30:40 The Power of Scripture in Everyday Life

35:53 Conclusion: The Journey Continues

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13:09 The Importance of Relationship with God and Others

13:52 The Power of Writing and Sharing Personal Stories

14:11 The Journey of Writing a Book and Starting a Ministry

19:59 The Power of Vulnerability and Transparency

28:24 The Importance of Accountability and Community

29:24 Looking Forward: Future Plans and Aspirations

35:53 Conclusion: The Power of Sharing and Healing

Connect with Darla:

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