



***The Hem of His Garment:
Reaching Out to God When Pain
Overwhelms***

by Dr. Michelle Bengtson

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*To schedule an interview or request
a copy of the book, please contact:*

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**Discover Help, Hope, and Healing through God's
Redemption of Our Pain**

Those who experience chronic pain know all too well that pain reaches far beyond the physical body. Pain is felt emotionally, spiritually, relationally, and even financially for many people. While healing can seem so far away, the tenderness of God's love is near and offers victory for all who call on His name.

Having experienced the trials and hardship of long-term illnesses herself, author and podcaster, Dr. Michelle Bengtson gives hope to the hurting in her new book, ***The Hem of His Garment: Reaching Out to God When Pain Overwhelms*** (Revell, August 2023). As a board-certified clinical neuropsychologist, Michelle offers a unique expertise that combines years of clinical study with deep biblical application to give readers a more holistic understanding of their pain and their place in God's Kingdom.

Understanding of the loneliness that accompanies the journey through pain, Michelle is an encouraging companion and points readers toward the God who heals and delivers. Michelle is available for interview and can discuss:

- How to have a relationship with God, even in the midst of pain
- Biblical role models we can look to during our best days and our worst days
- Why the cliché "God never gives us more than we can handle" doesn't line up with Scripture
- Promises from the Bible that we can rely as we move through pain
- A neuropsychological approach to understanding pain, and how our thoughts impact our physical, mental, and spiritual health

"When pain ravages our lives and the enemy tempts u to become angry and blame God," writes Michelle, "we encourage ourselves by knowing, recalling, and affirming the truths of God's Word, especially those that rebut the enemy's lies."

**Get Connected**

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About the Author

Dr. Michelle Bengtson is an international speaker, a national and international media resource on mental health, and the bestselling, award-winning author of *Hope Prevails*, the *Hope Prevails Bible Study*, *Today Is Going to Be a Good Day*, and *Breaking Anxiety's Grip*. She is also the host of the award-winning podcast *Your Hope-Filled Perspective*. A board-certified clinical neuropsychologist in private practice for more than twenty years, Dr. Bengtson blogs regularly and offers a wide variety of resources on her website, DrMichelleB.com.

PRAISE for *The Hem of His Garment*

"Pain is inevitable, but enduring it alone is optional. Dr. Michelle Bengtson is a voice of hope who will speak into your struggles, a helping hand who will point you to Jesus, and a wise guide who will lead you through whatever you're facing so you can embrace more of what our good God has for you."

Holley Gerth, bestselling author of *What Your Mind Needs for Anxious Moments*

"Thousands of people suffer from daily pain. For some it is physical, and for others it may be spiritual or emotional. How do you maintain hope in the midst of chronic, unrelenting pain? *The Hem of His Garment* is an honest and transparent look at pain. Dr. Michelle Bengtson gives the reader permission to ask hard questions and practical guidance on how to seek God during times when you feel the most wounded. A beautiful gift for every person living with pain."

Dr. Sandra Dalton-Smith, physician, bestselling author,
And host of *I Choose My Best Life* podcast

"*The Hem of His Garment* sings hope in the minor key. It is an honest, profound, and deeply moving labor of love that will invite you to weep, worship, and pray. This book is a treasure for those who live in constant pain--and for those who long for a resource to give to friends and family who are hurting."

Carol Kent, founder of Speak Up Ministries, speaker,
And author of *When I Lay My Isaac Down*



Sample Interview Questions for Dr. Michelle Bengston *The Hem of His Garment*

- Thanks for joining us, Michelle. You've experienced many years of chronic pain, yet remain so hopeful for both yourself and the people you minister to. Where do you draw that strength from?
 - People who experience pain often feel stuck and don't know how to move forward. What are some practical ways that we can begin to move through our pain?
 - There is a common cliché that says, "God never gives you more than you can handle." Is there any truth to this? What does the Bible actually teach us?
 - As a neuropsychologist, you have studied the brain extensively. How do our thoughts impact our health?
 - Have you ever experienced healing in way that you didn't expect? What did this teach you about God?
 - The title of your book, *The Hem of His Garment*, references a story told in Matthew, Mark, and Luke. Will you share that story with us? How do we apply the lesson of this story to our own lives?
 - Pain can teach us so many lessons. How can we frame our thinking around pain to understand what God is trying to teach us?
 - Waiting for healing can be the hardest part of any illness, especially when we put so much faith in the Lord. How do we cope through the waiting? What encouragement can you offer to someone who feels like they're ready to give up on God?
 - The lies about pain tell us that we'll always be in pain, or that pain is our new identity. How do we seek truth when lies like these seem so abundant?
 - Where can our audience go to connect with you and purchase a copy of *The Hem of His Garment*?
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