

The Grief School

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Episode : S11E224 -

Ken Guiroz Interview Part 3



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the grief school
**THE PLACE
WHERE YOU
LEARN TO
GRIEVE**

with Sharon

Sharon ([00:02](#)):

Friends, welcome back. We are back with Ken Giros on part three. He and I both strongly felt moved to continue on this conversation, and I love that, that we're doing this. Mm-Hmm. <Affirmative>, we wanna talk about the spiritual aspects in grief. And it's really, I, I think this is really cool that this is coming up right now. I just posted a TikTok about the emotional release, just releasing the emotions, and someone just came on there and said, hold on to Jesus. Put all your faith in Jesus and it'll help you through. And again, I I'm opening with that because this is it. A lot of people wanna give us that advice when we're so down and broken. And number one, some of us aren't Christians. Number two, a lot of us are Christians, but a lot of us are looking at God going dude, you said you were gonna protect me here.

Sharon ([00:52](#)):

Right. The, the, the third one is like, for, for example, like with my sister Erica, she loses Austin drowns in 2006. In 2000 15. I'm calling her back to tell her that Donovan has died in a motorcycle accident. And she, her, one of her first comments to me was, I already gave one. How is he doing this again? So there's times in our grief that we start to question our walk. We question our faith. We question our, our Bible and our reliability on God. And so we really wanna get into that. So my first question to you is, were there low moments and what was the lowest moment that you had with God?

Ken ([01:38](#)):

Well, you, you hit it on the head because that you do look to God and Yeah. And yes, sometimes you accuse, I, I'm not the accusing type personally, for me it was just dismay. It was just utter. I just went silent. Right. I just, I didn't wanna shake my fist to God. Yeah. And some people are bold enough or just whatever, they have personality to do that, you know, it's like, you love me down. Yeah. I just, I just felt like, I dunno what to say. Yeah. This is crazy. Yeah. And, and I just went silent. I went numb with God and stopped going to church, stopped, couldn't open my Bible. Really didn't pray. I did hang onto a verse a day. You know, I've got that app that pops up, <laugh> right on my computer, so I least read a verse. And I, and I, you know, I tried a church here and there.

Ken ([02:31](#)):

You know, we, we quit the old church that you and I were a part of after a while, and then I tried some church hopping. It didn't work. So I thought, okay, I'm gonna take a sabbatical, church sabbatical for a year or so. So we did that, and then we tried it a couple local places, and I just felt like it was, it just felt, it felt off. It just, yeah. It just did not feel right and didn't feel good at all. So then we, we sabba eyes even more and yeah, it was very, numb is the only word I can think of. Very numb at that time. But then somebody told me about a place called Reality LA down in Hollywood. It was just church. And the music that they said was incredible. So I thought, well, I'm gonna try it. And I went there and the auditoriums in, in the complete dark during the music, and the band is in the dark.

Ken ([03:24](#)):

They have little reading lights for their music. But so the whole auditorium's dark and the instrumentality, the, in the, the, the band's incredible. It's not rock, it's not hard. Clang, rock and roll. It's kind of, it's really good music. Really good music. Kinda Mumford and Sons, I dunno if you know them, they kind of, that kind of a vibe. Little bit of a Americana vibe and, and, and, and really beautiful lyrics. And, and Joyce came with me the first time or two, and I started getting this tug, like this very emotional

feeling when I'm, when the music's going. But she kind of didn't dig it. So I said, well, screw it. I'm going by myself, <laugh>. And I just went down there by myself and I start this pilgrimage. And Sharon, I, I started giving myself to the music and the lyrics, and I start crying like a baby during these spiritual songs. And remember, nobody can see me. And I'm, I'm purposely not sitting near anybody. It's about 500 people in auditorium. And, but I I'm finding it beautifully dreadful. Yeah. Like dreadful as hell, but in a beautiful way. Right. Just weeping and, and, and just connecting with God. Now, this is terrible to say.

Ken ([04:55](#)):

Preaching it was very hard Yeah. To listen to. Yeah. And it wasn't the preaching itself, he said guy was fine. Yeah. But it was just the idea of somebody up there pointing his finger. And that's how it felt to me. Yeah. I just, and Sharon, it got so bad. This is terrible to admit. I actually left during the sermon <laugh>. Yeah. The guy, I would see the guy from the back of the stage start walking up. I would duck out, go to my car, set my alarm on my phone for 40 minutes. Oh yes. Couldn't hear it. I was like, he, I'm here for the music. Yeah. I know. Maybe the sermon is the price of admission. Yeah. That's kinda, I, I talk, tried to talk myself of it. I just couldn't hear it. I just, and again, nothing wrong with him. Yeah. It was just preaching this idea of even that word preaching again.

Ken ([05:47](#)):

Yeah. Just you're you're telling me something. Yeah. And, and you know, every preacher is a little bit pushy and a little bit, I think pretty much 99% of them to me are, you know, full, maybe not full of themselves. That's, that's derogatory. They're, they're just a little too confident. Yeah. And I'm just not so sure that they really know what they're, that they're quite as sure as certain as they should be. But anyway, I don't wanna get, I don't wanna criticize. For me, I couldn't handle it. I just couldn't handle it. And so I went for the music, and the music brought things out of me that I never knew were in there. Mm-Hmm. <affirmative>. Yeah. Now, there was, there was a point, I don't remember how far along, but I think it was after, maybe after the Dexter letter when Luke was in prison, maybe after some other mishap or bad thing that happened.

Ken ([06:41](#)):

I don't remember what it was. I was feeling extra melancholy and I was up close to the front of the auditorium. And I remember this lyric came on something like, I am who you say I am or something affirmative, an affirmation like that. Or God is My Refuge or something like that. And I'm, I just got tears coming down my my face. And I remember seeing it, thinking like I had to look up. So I must've been close up. And I looked up and, and I, I said to myself, I believe that I, I actually believe that. And I, it was like I glommed onto this affirmation and I sang it. I sang it with, with vigor. God is my refuge. And, and I, I don't know, it was, it was that moment when I said this, you know, I said, my life may not look even remotely like a Christian life.

Ken ([07:47](#)):

You know, if you look at the, the fruit or whatever you want to call it, it, it's not even in the ballpark of a Christian. But frankly, I don't get, I don't care. Yeah. I believe that. I don't know what that means. I just, that I believe, and I don't know anything else. I don't know anything else, but that I can hold onto. And, and it may not sound significant, but it was, for me, it was significant too. Yeah. Have that moment where it didn't matter what all this stuff in your life looked like, you know, you could, you could accept that. Yeah. And and that was, that was the turning point for me spiritually, because then I could say, you

know what? Screw it. Here's my life. Yeah. Here's all the horrible things about my parenting and my family and, and all my, you know.

Ken ([08:58](#)):

Okay. Okay. It's now, it's in the public. It's, it's out there <laugh>. Yeah. But, but God, you, I dig you. Even though all this stuff is gone. You, I I, I still love, I you kind of mystifying me at this point. You kind of screw with my head. But I'm kind of I dig you. I dig you. Yeah. And I know that sounds so weird to say it that way. No, I did. I was like, I love God and I can be with God. And even if it's not, even if it doesn't turn my life around or give me all this fruit or blessings, I, I want one thing in life. I did wanna stay married, so that was there. But the second thing I want, you know, the first thing really that I want is I want to be with God and whatever that looks like. So that was, that was the turning point for me. And, and the music somehow brought it out of me.

Sharon ([09:48](#)):

It, so it was the music that actually healed you, not the sermon of the preaching that you, we would think you would need. And that's, I guess that's also where I'm getting to with my, for me, Austin dies. I'm gone for two weeks. I come back to church, like just anxious to get back to church. 'cause I know all my brothers and sisters are gonna guide me and lead me. And, you know, they all came and it was, you know, giving me the scriptures, which I think is very intellectual because when someone walks up to you and says, read chapter, you know, they're Oh, yeah. Actually going to your brain and your brain's not broken. What's absolutely broken is your heart. So I can distinctly remember, and I'll never forget this, standing in the back of the church and a sister standing next to me, she never said a word. She just put her arm on my shoulder and I cried through every saw.

Ken ([10:38](#)):

There you go.

Sharon ([10:39](#)):

And I didn't go there for the scriptures. I didn't go for, I wanted to be there because I felt like it was my home. Right. And I needed that. Plus I needed to be away from my family by that point. <Laugh>, I needed my brothers and sisters in Christ. But what they were giving me, I didn't need that. Yeah.

Ken ([10:56](#)):

Because the head's not broken. The heart's broken. Yeah.

Sharon ([10:57](#)):

The head is not

Ken ([10:58](#)):

Broken. And, and come on, what, what, what, what attends to the heart more than music. Yeah. What attends to the heart more than music, at least for me. Yeah. It, it, it is the south, right? Yeah. It's the medicine for me. Even today, even though I'm happy and everything is so much better. Yeah. It doesn't

matter. I still listen to emotional Christian music. Yeah. And I still cry. There's a song right now. Just yesterday, I, I went, I, I was tooling around the garage. The song came on my earbuds. The weekend is when I listened to Christian Music. Saturday, Sunday, <laugh>, Hillsong United, the absolute best, you know, Pandora Station, Hillsong United, like that one song came on and I went outside and I, the sun was setting, I I raised my hands. Yeah. I was like, I just praised God in this. I looked at the blue sky and I just, it was so beautiful. Beautiful. So beautiful with my hand, palms open to the heavens. Yeah. And it, it was like, I don't know, like a connection to, to the, to the Almighty.

Sharon ([12:03](#)):

I love that. It, it came to you through the beauty to the beauty of the music for the average griever. It's almost like they come upon this grieving experience, and it's like, if you could picture the ugliest monster ever, I mean, he's seven foot tall, he's green, he's got spikes. He drools, he's got these big giant eyes. His name is grief, and he's trying to get in your door for the average griever. We resist it, and we push back on that, and we push back on that door. We don't want grief coming in one, no one ever told us we needed to allow it. Two, we don't wanna let it in. And so we push back and we resist. We resist letting the emotions in. But what you're explaining to us is that through the music, you were able to allow it.

Ken ([12:47](#)):

Yeah. And I wasn't consciously resisting, but it, I was resisting it. Yeah. But the music

Sharon ([12:52](#)):

Was, it's not a, it's not a conscious thing. Yeah. I agree with you.

Ken ([12:55](#)):

It was the conduit. It brought me to what you're saying there, I let the monster in. Oh yeah. And the, and I and I hung out with the monster for a while. Yeah. I did. Oh, yeah. For weeks, months. And, and that was, that was the experience. Yes. The, the turning point wasn't really, it was, it was dramatic in a way, but it was a very slow evolution. But yeah. The monster, at least for men, I think too, that men, I don't know. They, they just, they, they, they, they make it, they, they antisize it. That's not a word, but they, they numb it. They don't really admit it. Yeah.

Sharon ([13:32](#)):

Well, they, we've been told that you stop that crying. Are you a big boy? Are you a baby? Yeah. We've been told that since day one, Ken. We've been told we don't let that in. How, how are your other church friends? How I'm calling 'em, brothers and sisters? How were, how did they show up for you?

Ken ([13:53](#)):

I'll be honest, Sharon. I, I cut them out of my life. I, they didn't show up because I didn't let them again, I didn't really want to talk to anybody. I know that's, that's probably super unhealthy. But for me, Sharon, it just, I didn't want to talk to anybody. There was once friend Vince, you know, Vince spoke vi Vince was with me the longest. But even I felt like I wore him out with my grief. Mm. I feel like I just completely, and here's the guy that's most with me. He's most patient, most has this, you know, the same story. And I, I even run him off. I, and I was like, screw it. I don't need anybody. I don't want anybody. I'm going to run

every friend off pretty soon. I'm gonna run my wife off. I'm gonna run God off. I'm just gonna completely, I'm just a mess. Now, I, you know, so I, I just, they, they didn't show up, only because I didn't let them. And just me, you didn't let for me, Sharon, I just didn't want them, them or need them. Yeah. Yeah. I needed to come to some point of resurrection myself.

Sharon ([14:57](#)):

Yes.

Ken ([14:58](#)):

And I, and again, I didn't plan it. I'm just saying, I even now be, I'll be honest, I'm 63. I just, I don't have many people in my life. I don't want many people in my life. Yeah. Not, not that way. Yeah. And, and that may be bad, but I have a few friends, Vince and I, by the way, have reconnected in this beautiful way. Yeah. He, he's my bud. He, he, in some ways, Vince is, is is my brother, you know, my brother in a capital B sense, right? Yeah. You, you have your sister. Yeah. I probably, somebody, maybe a handful of, of sisters. Yeah, true sisters. Capital SS sisters. Yeah. I, I bet you do. I have, I have one, a couple brothers, capital B Brothers. I'm developing one. He's in Canada when I, you know, I actually baptized him many, many years ago. He is an amazing guy. And Vince, you know, or kind of, I just, I don't know. I know it's bad, but I wanna help people. And I

Sharon ([15:51](#)):

Just told I hear, I hear you a hundred percent. Okay. I'm, I'm actually where you are. Okay. So I hear you a hundred percent. And I don't, and no judgment, trust me, brother. No judgment. So when Austin dies, I made a conscious decision in my mind. And this is, this is my thought. I kid you not, I can lean on God or I can turn from God. 'cause I was like, God. Like, I literally was like, God, this child was 10 years old. How did he drown? Like, I'm a good person. We're a good family. We feed the poor. You know, we're the pillars, you know, here. And I decided to lean on him. And I looked for him in every aspect as we were going through the funeral world process. That was me. And I have permission to share this story, so I'm gonna share it. Brittany had just got baptized. She was 17 years old, and she couldn't fathom a God that would allow a 10 year old child to drown. And she really turned, she really turned. And, and with anger, what advice do you give to the person that's there to making that decision? What advice do you give to them?

Ken ([17:00](#)):

Yeah's a great question. Sharon, I think you gotta, you gotta feel the grief. I think you gotta go there. You've got to the music. Let me go there. I ne I, I, this is crazy. You and I would not be having this conversation if it wasn't for Christian music in a dark auditorium where I could cry that we wouldn't, I wouldn't be a healed person. I, I don't think, yeah. I'd be a stunted individual who hadn't processed his grief. I, I think you just have to go there. And again, if, if you shake, if you're a shaker fist at God, it blaming him. Okay. Fair enough. Yeah. I, it's okay. Yeah. I'm more of a job. Not, not that. I don't want that sound weird, you know, job didn't, he kind of was like you don't wanna do that. Yeah.

Ken ([17:46](#)):

I gotta be, gotta be careful. Yeah. It's me. It's just my personality. It's, there's not right or wrong, but if you are the hand, the fist shaker, the hand waver, the whatever I just think you have to own it with God.

Yeah. With God. And let and be real with him. Read Ecclesiastes for 10 years if you have to. I'll be honest, it's still the, our, our favorite book. Yeah. I, I, I'm, I'm rediscovering Jesus. And you know, I've still struggled with organized religion, I'll be honest with you, but I'm realizing Jesus struggled with organized religion. Yes. Jesus was so critical of organized religion. I'm not gonna get into that. 'cause I don't, I I don't have my thoughts fully worked out. Yeah. I, I'm gonna in my news, don't

Sharon ([18:32](#)):

Worry. I'm not asking you any questions. Yeah. <Laugh>

Ken ([18:35](#)):

In my newsletter though. I'm talking about it. You know, just thing, observations. Think about it. The sinners were super comfortable with Jesus. The woman caught in the act Yeah. Of adultery. He just is like totally vibing with her. Yeah. I'm like, are you kidding me? Yeah. Who is this guy? I like this guy. This religion I most times see and that I was a part of, I, I'm not, I'm not vibing with that so much. Yeah. But Jesus, I, I love this guy. But anyway, back to your question. I think you just gotta be real. You gotta be honest. If you're gonna hire, you know, you and, and sit there and hear, let you say some crazy to you. Yeah. Say it. Yeah. Like, yeah. Pay someone that will listen to it. Your wife may not want to hear it. Yeah. Fair enough. She probably, probably shouldn't say it to her. Your best friend won't want to hear it unless you feed him three or four beers and then he is too drunk to care about it. Yeah. Don't, probably don't wanna do that. Pay someone Yeah. To listen to your crap and say the crazy stuff. Go to a place where say it out

Sharon ([19:39](#)):

Loud and then

Ken ([19:41](#)):

Out True. Out loud.

Sharon ([19:43](#)):

Grievers need to talk. But more importantly,

Ken ([19:45](#)):

They need to be listening to a new technique for you. Say something that's exaggerated. Yeah. Don't just say exaggerate. Just for the, just for a game. Go exaggerate. Once you've exaggerated, then you express your true feeling. It doesn't sound so bad. I don't know, just a thought that came to me just now, maybe even with God exec. Think a crazy thought with God and maybe say it out loud or maybe say it out loud. Sing it out or what? I don't know. I don't know. All I know is what I did was I went to that dark place and, and it was in the darkness. It was in the dungeon. The literal dungeon was the only place I could get feel with God. And, and it probably says something about me that I, that was the only way I could do it, but I don't care.

Ken ([20:32](#)):

Yeah. That's what I needed up in the mountain with earbuds on and singing songs that express my sentiments towards God standing at 11,000 feet looking over a valley. And I'm not saying I'm a spiritualist. Yeah. You know, just not a Christian. And I'm only, it's by the spirit. No. Yeah. This is God centric singing. Yeah. Because I don't just look at the mountains and the valleys and the granite cliffs and, and think, you know, that God is in the mountains. No, God is God to me. Yeah. Yeah. But his creation, yeah. It elevates me. Yeah. And it helps me to see, to, to be the person, the spiritual man that I am. So what, spiritually what do you do? Get honest, I think. Yeah. And maybe just clinging to Ecclesiastes for a while. Yeah. And you know what? Maybe you can't even read a he. That's fine. That's fine. That's

Sharon ([21:27](#)):

Okay. It's okay. Don't

Ken ([21:28](#)):

Read anything. Yeah. Take a sabbatical. How long? Yeah, a year. Five year. I don't, yeah. That I, I don't know.

Sharon ([21:34](#)):

Did you ever have the thought, I'm gonna just walk away from everything, including God,

Ken ([21:41](#)):

It'd be a cool story if I said I did. I didn't. You didn't. I'm just too fearful of God. Yeah. <laugh>. And I don't, I don't think I just, I, I, you know, Sharon, I, well, another podcast we'll talk about, you know, why this is true, but I really love God. Even if my life was a storm, I love God. Yeah. She loves. Storming God in the same sentence. Yeah.

Sharon ([22:04](#)):

<Laugh>. But you had the right and the wherewithal to have it out with him and have the conversations and go there and cry it out and do the, do the thing. The one thing that I think that we need to understand is everyone listening. Right? The ones that are not the active grievors are the people going through the grief. But the people that are sitting next to the grief, they're gonna struggle with their relationship with God. And it is absolutely. Okay. Yeah. It's 100%. Okay. Yeah. Oddly enough, and I don't think I've shared this with you, but the one relationship that I lost my very, very best friend of 15 years, and she wasn't just my sister in Christ. She was my soul sister. And she was, I didn't even realize what an important part, I say this and, and I have to explain it, that she played in my marriage because I would, like, she and I could talk for three hours on the color orange drapes to get in the living room.

Sharon ([22:55](#)):

And so here we would just talk about 'em. We would go look at 'em, and we would just talk and talk. And it was just so important. And she dies. And I said to Tony, Hey, should I get these orange drapes? And he was like, just buy the drapes, Sharon. And I was like, no, I need you to talk me through it for three days. Like, I didn't realize that. And that relationship changed me, and that also changed my spiritual walk. And I didn't cry it all out, but I know that I, I am definitely still figuring it out. And so mm-hmm. Grief changes you Yeah,

Ken ([23:26](#)):

It does.

Sharon ([23:26](#)):

It changes a lot of things. And it, it can change your walk, and that's okay.

Ken ([23:30](#)):

And, and you know, to your question, it, you know, some people may want to just throw it all away. Yeah. And, and I don't know, maybe in another situation I might have, but yeah, for me it was, it's just been so visceral, you know, faith in God for me has been so visceral from early teens, early teen. Yeah. It's just, it's almost like, and I feel like this is a blessing, but it is almost like it was, it's like, I have the gene. Yeah. I just have that gene. Yeah. And it's, even if, even if everything looked screwy in my life, I think I, I would still want to cling to God. I dunno. Yeah.

Sharon ([24:10](#)):

Yeah. Yeah. That's a beautiful, beautiful thing. And that, I think that's great advice because people are gonna understand that they have the right to choose whatever they want. It doesn't have to come, you don't have, like you said, don't read it if you don't want. But hang on to the parts. So the one thing that I know to be true, Ken, is if the walk was always there with God and you struggle and you go through the fight, it will come back. Mm-Hmm. It will come back if it was always there. But if you were struggling before with your relationship with God, it may be a part that you need to add into your grieving journey. So just so, so profound.

Ken ([24:47](#)):

Okay. Then the cherry, the cherry on top for me was of course Lucas. Lucas coming to faith. And of course,

Sharon ([24:51](#)):

You know, okay. That was my next question.

Ken ([24:53](#)):

And becoming a Christian, and I baptized him in my jacuzzi. Yeah. Same jacuzzi we sit at these days, married, married a wonderful gal that, you know, Danica. Yeah, yeah. They have a son now you know, who's a cutie. And but you know, that was pretty cool is to, is because in, in my story, you know, I, I had in in some ways lost my faith. Yes. And my son had never had faith. Yes. And in, in our journey, he came to faith. And then I rediscovered faith. Yeah. So it, it, it was symmetrical. And every story is not symmetrical. And I don't even share the symmetry because of, to make the story more powerful. I don't think it does. It just, the story is what the story is. Right. there's plenty of tragedy in my story. A man died. Come on.

Ken ([25:42](#)):

Yeah. You cannot, you cannot sit there and say, oh, this is so beautiful. Yes. It's beautiful. Yeah. But a man, a woman is without her husband today, right? Now, as you and I talk, Sharon, she is sitting, I don't know what happened to her, by the way. I would, it'd be my life dream to receive her forgiveness, but that's not important. But she's there, right? Yeah. So there's a tragedy in my story. Yeah. And there's elegance in my story. Yeah. And, and, and they sit side by side. And, and in some ways they're connected, in some ways they're not. But anyway, you know, the fact that Lucas and I could share a faith journey and, and to this day, you know, sharing a faith journey is, is a beautiful thing. Yeah. It's, it's as beautiful as to me is it's beyond my wildest dreams. I thought of all my sons, you know, that just are not inclined towards God. It's Lucas. And yet he, you know, he really leaned into God in his way, in a beautiful way. Yeah. So that was beautiful.

Sharon ([26:46](#)):

Share with us, let's end on this note here. How is Lucas doing? Is he's back, he's married now. He has his baby and he's working, you

Ken ([26:56](#)):

Know, he's, he's doing well. You know, it's, it's, I mean, it's hard. Life's hard, right? Yeah. Yeah. I mean, he's doing well. As far as I know <laugh>. Yeah. Right. I see him a lot. We, we play pickleball. He's a really good pickleball player. <Laugh> almost better than me. No, I'm just kidding. <Laugh>, he kill me. I got two points last week though. I got two points. <Laugh>, I mean, he is doing well lives, you know, five minutes from me. His, his son is a, is a, is is really cute, you know little blonde, just white hair. Oh. You know, so it, it's, but we have a relationship, a a normal relationship. You know, we, he, he loves me. And you know, he saved all my letters. Yeah. and we have something that few fathers and sons ever will.

Ken ([27:45](#)):

Yeah. You know, you just, I mean, who, who gets this, who, who, who could be that low, you know, who could see his son's lowest point, literally his lowest point of life, and be there in that, in that visiting room. And and then see his highest point, you know, I, I'll be honest, as, as, as as, as Dan was ready to give birth, you know, that was, that was weird. It weeks. I was just dying. I was like, what's gonna happen is it's gonna actually happen. Is God gonna do, allow this? You know? And I dunno, you know, you know how you think all those crazy thoughts. Yeah. And, you know, Luke's journey is his faith journey is his yes. They're not going to church. I'm not going to church right now. Yeah. Me not going to church is a little different than him.

Ken ([28:38](#)):

He got a son to raise. I think they'll find something locally here. Yeah. if I was his age, I would, you know, I would find a church I could live with. And, and I, I think church could be awesome for young Yeah. For, for people. Right. Yeah. I, it just doesn't serve me right now. Yeah. I, and I don't know your journey, but you know, for right now, I, I love God as much as I ever have. Yeah. I, I, I pray, I, I, I just love, in my min I try to minister to people. I'm, I'm now, and I'm just starting. I'm just starting to, I'm coming out of a shell. Yeah. I have, I've been in a shell for 10 years. Yeah. 15 years. Yeah. But I'm coming out, you know, I'm the old Ken that you knew <laugh>, you know, in the ministry age.

Ken ([29:20](#)):

You know, because I, I don't know, sometimes you, you're gifted with a story and you didn't wish the story. You never would wish the story on yourself or anyone else. Yeah. But you're gifted with it. And you go, okay, what, what should I just put this under a bushel to hide this story? I mean, I can, maybe you can, I guess. I'm not sure you, I, yeah. I, I kind of feel like I can't. And I feel like this is, is is something it, this was thrust upon me. And, and what am I to do with it? What I do with it, to me matters. It matters. Yeah. It, it makes a difference. And to me, to me, God would be unhappy with me if I just put this under a shade. Yeah. And kept it to myself. Yeah. Yeah. I think it would be wrong. Yeah. It would be actually a sin for me to do it. Now, you may not feel that, you know, and I know you, you feel like I do, but I'm just saying, yeah. Let's just say a fictional Sharon, you know, I don't know. I'm not gonna judge what you do with your story, but I know what I feel like I need to do with my story.

Sharon ([30:25](#)):

That's beautiful. That's absolutely beautiful. I love that we did this third podcast, because there are so many people out there struggling in their grief with their spiritual walk. And I think that you just gave them, you give 'em hope, and that is a beautiful thing. And so I wanna,

Ken ([30:41](#)):

And Sharon, if anybody wants my 2 cents, and trust me, it's only two. Write me a letter, email me. Yes. It's on my website. And

Sharon ([30:48](#)):

It's ken giros.com.

Ken ([30:49](#)):

And just say, Hey, I, I'm a church goer and I What would you, what do you think? Whatever. Yeah, I love that kind of stuff. 'cause Writing about God is what I love most. Love parenting, love marriage, love life. But writing about God is the most intriguing to me. 'cause It's, come on it. God is the great mystery in our life. Yeah. Come on. Am I, am I right?

Sharon ([31:09](#)):

A hundred percent. He's the great

Ken ([31:11](#)):

Mystery. He's the great unknown, yet it's so fun to think about it.

Sharon ([31:15](#)):

I love that. I love that. Okay. So tell all our, all of our friends where they can find you.

Ken ([31:19](#)):

So it's ken giros.com. So my name.com, everything's gonna be there. All my, you know, this podcast, I, I hope you'll let me share it. Yeah. On my site. This, this was incredible, Sharon, us Great question. This so

much fun. And I, I, I don't know, I, this was what I dreamed of what you and I just did, is what I dreamed of Yeah. Is, is to, is to connect with somebody that I love. I mean, the fact that I, that you and I have so much history. Yes. And your husband and I, your husband's the coolest guy. <Laugh>. <laugh>. He's, he's weird. And he's cool. And he's a man's man and he's just Oh, <laugh> A knucklehead. Yeah. <Laugh>.

Sharon ([32:01](#)):

And he supports me. I was like, I don't know, I'm, I'm nervous about doing this podcast. He's like, you got this. You get in there, you know, kick

Ken ([32:09](#)):

Go girl,

Sharon ([32:10](#)):

Jen

Ken ([32:11](#)):

To Tony. Tony would love this. Well, you and I just talked about he would love Yeah. And he would connect because he's the kind of guy that would need a dark place and Christian music to get real with himself, right? Yes. Tony, that kind of guy. He would never sit there in a room and, and actually get honest. Yeah. He's a guy that he wouldn't think about it. And, and men struggle with it. Yes. More than women in general. And so I, I hope my opening up anyway, so it,

Sharon ([32:40](#)):

I love it. And I said to you last week I always wanted to know what was the difference I was gonna leave on this earth. 'cause We should leave it in a better place than we found it. And I think you and I have found the differences that we're gonna leave in this earth and we're gonna use this, our personal ministry. And I just love that. Amen. Thank you for coming today, Ken, to share your ministry with me. Thank and for all of the listeners, and I'm so welcome to put this you. Thank you. Thank you.