



LAUREN BURNS

Speaker,
Author & Podcast Host

At seven years old, I was abducted by my father and taken from Dallas, Texas to Jordan—hidden in a foreign land and cut off from everything familiar. With every legal door closed and every lead exhausted, my mother refused to give up. She clung to relentless prayer and fierce hope.

Then, in a miraculous turn of events a group of ex-military men agreed to do the unthinkable. They planned a covert international rescue mission to bring me home. It was dangerous. It was impossible. And it worked.

The real redemption began when God met me in the aftermath—restoring what had been shattered, healing wounds no one could see, and turning trauma into testimony.

Throughout those harrowing months, my mother was not alone. Her closest friends, Bev and Rick Lambert, became

Today, I share this story to remind others: no matter how hopeless the situation may seem, no life is too lost for God to redeem. When faith, community, and divine intervention collide—rescue is possible.

Why this story matters

- Demonstrates God's power to redeem even the most traumatic circumstances
- Encourages women to believe that no story is too broken for God to heal
- Speaks to issues many women face: fear, anxiety, father wounds, control, forgiveness, and identity
- Challenges women to trust God with their pain, release bitterness, and walk in forgiveness

Grammy-winning artist Miranda Lambert, along with her parents Bev and Rick, share a special connection to my story. They were the first people my mom called when I was taken, and her daily support through my kidnapping, rescue, and healing that followed. The Lamberts are more than friends—they're chosen family.

“ I was just a little girl when Lauren was taken, but I remember how deeply it impacted our family. Her story is one of the most powerful examples I've ever seen of faith and courage, Lauren's story is incredible. I've watched her walk through pain and come out stronger, using her voice to help others find hope and healing. ”

Miranda Lambert

CURRENT WORK

- Host of The Redeemed Podcast - A platform sharing powerful stories of redemption through Jesus.
- Author - Memoir in development (Fall 2025 submission), centering on faith, trauma, and miraculous rescue.
- Speaker - Frequently invited to speak at conferences, churches, radio and podcast

SPEAKING TOPICS

- Letting God Rewrite Your Story: How to stop living from the wounds of the past .
- Set Free to Live Free: Discover the freedom that comes when we choose biblical forgiveness
- From Wounded to Whole: Heal the hurt of father wounds by embracing the perfect love of your Heavenly Father—the One who never fails or leaves.
- From Control to Covering: Trade nagging for intercession. Learn how to pray over your husband and trust God to move



Get in Touch!

Available for conferences, church events, retreats, and podcast interviews

Lauren Burns
Podcast Host | Author | Speaker

SPEAKING EVENTS

- She Will Women's Conference
- Summit Church San Antonio
- Mentoring Moms Ministry
- Home Church Women's Ministry
- His Tribe Retreat
- Podcast features across faith-based platforms

