

**Forgiveness, Freedom,
and a Little Holy
Side-Eye**

GRACE
FOR
Grace

Nicole T. Terrel

NICOLE T. TERREL

Grace for Grace

Forgiveness, Freedom, and a Little Holy Side-Eye

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This book is dedicated to anyone still walking the slow, sacred road of forgiveness, especially those who know exactly why they were hurt and can explain it in detail if asked. Yes, even you, carrying those receipts, timelines, and screenshots. Nonetheless, something in you has shifted. The weight has grown heavier than the wound itself and you are ready to lay it down, one layer at a time.

I pray these pages walk gently beside you as you let go of what was and trust God with what remains.

Contents

<i>Acknowledgments</i>	ii
Introduction	1
1 Why Forgiveness Matters	7
2 The Original Study	17
3 Forgiveness in the Bible	25
4 Same Table Different Menus	35
5 Making Room for Both	44
6 Lines in the Sand	55
7 When Wounds Have Names	66
8 What I Know for Sure	82
<i>About the Author</i>	94
<i>Also by Nicole T. Terrel</i>	97

Acknowledgments

There are books that are written from research. Then there are books that are written from the inside out, from the places that cost something, and from the seasons that required more grace than you thought you had capacity to give. This is one of those books and it did not make it to these pages without the people I am about to name.

To my beloved Nana, there is not a day that passes where your absence is not felt. You were the living breathing example of everything this book is trying to say. You gave grace freely, received it gracefully, and never once made either look like a burden. You were not perfect, but you were faithful, and somehow, in your hands, those two things never seemed to be in conflict. You were the matriarch, the steady prayer warrior, the one whose faith built the foundation we all still stand on today. I can hear your voice reading scripture and still feel the peace that filled the room when you prayed. Nana, this book is part of your legacy too because watching you extend grace to people who did not always deserve it, planted something in me long before I had the language for it. You were the first picture I ever had of what grace for grace looks like in human life. I am still learning from you and still trying to catch up to the example you left behind. Until we meet again, your life continues to testify, and this book is one of the places where that testimony lives on.

To my husband, Landon, thank you does not feel like it is enough, but I will start there and just know I mean every word of it. You have seen me in the middle of my process, not the polished version, not the finished version, but the real, unresolved, still working-through-it version. You supported this work even when it required me to be honest about things that were not easy for either of us. You have been my safe place, my steady ground, and the living proof in my life that two imperfect people can choose each other through the hard things and come out on the other side more whole than when they went in. This book exists, in part, because you believed it should. Thank you for being my partner in every sense of the word. I love you.

To my children, you are the reason I kept going when staying in a comfortable silence felt easier than telling the truth. You did not always know you were inspiring me. You were just living your lives, asking your questions, watching more than I realized, and being exactly who God made you to be. But every time I considered stopping, something in me remembered that you were watching. I wanted you to see what it looks like to finish what you start, to be honest about hard things, and to trust God with what you cannot carry alone. You are my greatest testimony that grace moves forward through generations. I love you more than these pages have room to hold.

To the precious reader. Yes, you. The one who picked up this book because something in the title, the subtitle, or the cover felt like it already knew your name. This book was written for you. Not for the person who has figured it out. Not for the one who forgave easily and moved on without looking back. But, for the one who is still in it. Still sitting with that name. Still asking God for the grace to mean it when they say the

words. You are not behind. You are not doing it wrong. You are exactly where the journey requires you to be, and grace is already meeting you there. It is an honor to walk this road with you.

With love and grace.

Nicole T. Terrel

Introduction

Have you ever noticed what your body does the moment someone says the word forgiveness? Truthfully, for some of us, the moment someone says the word, a bunch of emotions start doing jumping jacks in our chest. We might feel convicted, triggered, or tired before we even get started down the path to forgiveness. For me, sometimes it felt like forgiveness was one of those church words that sounded holy but felt wildly unrealistic. I understand that when someone has been hurt deeply, forgiveness can feel less like freedom and more like asking them to pretend nothing happened. And dear heart... we are not doing that here.

Have you ever stopped to really ask yourself, *“What does forgiveness mean for me?”* When you hear the word “forgiveness,” what is the first thing that pops into your head? Is it a sigh of relief, a side-eye of skepticism, or maybe a little eye roll because you think, *“Yeah, right, like that’s easy?”* In my experience, forgiveness can feel like a spiritual Everest—beautiful in theory but exhausting to think about climbing. In the same regard, maybe for you forgiveness feels like a demand to pretend the pain does not exist or worse, like someone asking you to smile through the hurt and just move on. If that is your experience, you are not alone and this book is not here to tell you to just forgive and get over it, because we are certainly not about that life.

So, let me ask you — and take your time with this: where are you really struggling when it comes to forgiveness? Is it challenging because that one person who never said sorry is all in your spiritual space acting like nothing ever happened? Is it tough just to forgive yourself for something you replay in your mind more often than you want to admit? What about the tension of knowing what you are supposed to do while your heart whispers, but I am not ready to forgive. If this resonates with you... you are not alone and you are not wrong for feeling those feelings.

Here is what I have come to understand about forgiveness: it is not about being weak or pretending hurt did not happen. It feels more like one of the strongest things we can do in our spiritual growth journey because it honors pain, respects boundaries, and still leaves room for healing. It is not about excusing what happened, but about refusing to let it define what comes next.

What if forgiveness could feel less like a burden and more like breathing again? What if it was not about “letting go” so much as laying down the weight you have been carrying? And... what if forgiveness had less to do with the other person and more to do with your own return to peace? Let us be clear though. Forgiveness is not weakness, denial, or reconciliation without repentance. It is definitely not self-abandonment dressed up as holiness or handing someone an unlimited pass to keep hurting you. Yes, I said that. Deep breath. We are still friends.

This book is an invitation — a gentle one — to sit with these questions honestly. To hold space for your pain without rushing past it and to blend compassion with clarity. Hey, we may even laugh a little along the way, because sometimes the only way to face hard things is with a wink and a nod. At the heart of

everything we will explore is one beautiful truth from John 1:16:

“And of his fullness have all we received, and grace for grace,” (KJV).

There are many ways to interpret that phrase, but here is what it means to me — God does not ration grace. He does not offer it sparingly or conditionally. He gives it in layers. In succession. In overflow. One wave of grace followed by another; like a blessing piled on top of a blessing. Grace for grace.

Now, psychology will tell you that forgiveness lowers cortisol, reduces anxiety, and promotes emotional and physical healing. And while I believe that to be true, scripture invites us even deeper. Forgiveness is not just therapeutic. It is transformational. It brings us back into alignment with the grace that saved us — and the grace that continues to sustain us. When we withhold forgiveness, we may not be protecting ourselves — we may be resisting the work of grace within our hearts and minds. We could even be clouding the peace of the Holy Spirit, interrupting the spiritual flow God designed, or closing ourselves off from the fullness He is trying to provide. Grace was always meant to flow through us, not terminate in us. Still, let us not pretend this is easy. Forgiveness can feel uncomfortable or unfair. It can reopen wounds you thought had healed or that you assumed you would have been delivered from. Sometimes it looks like choosing grace again on a random Tuesday when you would rather hold a grudge instead. Quite frankly, do you know what? I have been there. This book is not here to rush you, but rather to remind you of something important. You do not forgive from emptiness. You forgive from fullness — the fullness that comes from Christ.

Grace for Grace is a conversation. One that holds space for your pain while gently calling you forward. One that blends psychological insight with biblical truth, tenderness with clarity, and when needed, a loving reality check. Occasionally the most compassionate thing we can say to ourselves is: Okay, beloved... let us not block our own blessings. So, if you have ever struggled to forgive someone who never apologized... If you have wrestled with forgiving yourself... If you have ever thought, I know what the Bible says, but my heart is not there yet — you are in the right place.

In the chapters ahead, we are going deeper. We will explore what psychology reveals about forgiveness and how it affects the brain, the nervous system, our stress levels, our relationships, and even our physical health. We will talk about trauma, boundaries, emotional regulation, and the real process of healing. There is wisdom there, and God is not threatened by research. He is the author of truth. But we are not stopping at therapeutic relief. We are going to hold those psychological insights up next to scripture and ask a bigger question: Is forgiveness just about feeling better... or is it about becoming more like Christ?

Where psychology focuses on internal peace, scripture calls us toward spiritual alignment. Psychology may aim at emotional healing, while scripture invites transformation. One explains what forgiveness does and the other reveals why it matters eternally. I believe we are mature enough in this space to explore both without fear. So yes, we will talk about cortisol, cognitive reframing, boundaries, and brain science. However, right alongside those, we will sit with the fullness of Christ and the power of the Holy Spirit. Forgiveness is not just a coping mechanism. It is a kingdom principle. If we are going to stand

on “grace for grace,” then we need to understand both how grace heals the heart and how grace transforms the soul.

But please do not worry. We are taking this one layer at a time. No spiritual whiplash intended. No emotional shame either, just truth, tenderness, and a steady invitation to let grace flow the way it was always meant to flow. Now, take a deep breath. We are about to step into deeper waters, thoughtfully, biblically, and with just enough humor to keep us from side-eyeing the entire process. Now let us pray and begin.

PRAYER

Dear Lord Jesus,

We come to you just as we are—guarded, weary, hopeful, and honest. You see every wound we carry, every name attached to the pain, and every memory that still stings when forgiveness is mentioned. Some of us are here simply because we are tired of carrying what hurts.

Lord, you know where forgiveness feels impossible. You know where betrayal still echoes, where trust is shattered, where apologies never came, and where closure feels like a door that may never open. Meet us gently here, not with pressure, but with presence. Not with condemnation, but with compassion. Teach us what forgiveness truly looks like through your eyes. Help us to separate forgiveness from fear, boundaries from bitterness, and obedience from self-abandonment.

Where our hearts feel resistant, soften us. Where our hearts feel numb, awaken us. Where our hearts feel overwhelmed, steady us. And Lord, before we dive into these pages—and before we start highlighting and underlining certain chapters—grant us a clean heart and a renewed mind. Jesus, remind us that

GRACE FOR GRACE

we do not release others because they earned it, but because you first extended grace to us freely, faithfully, and without measure. Anchor us not in what was taken, but in what you are still offering. Prepare us to receive what You want to teach us about forgiveness. Not what the world says. Not what our wounds whisper. But what You say. We are ready to learn. Well... mostly ready. Help us with the rest.

Lord, we receive your grace today.

Grace to begin. Grace to heal. Grace to forgive.

In Jesus' name, Amen.

Why Forgiveness Matters

There is something about the word forgiveness that makes the soul pause — a subtle tightening in the chest, a gentle ache beneath the surface, maybe even a hush that settles over your thoughts. You might notice a sigh or feel a flicker of emotion just reading the word itself. In hindsight, forgiveness is more than a concept—it is a turning point in many stories, including our own. In exploring its depths, we find ourselves drawn into a journey that asks us not only to remember but to feel, to reflect, and to consider how forgiveness shapes the way we understand ourselves and others.

We come to this conversation carrying different stories. Some of us are holding onto wounds from people who should have protected us. Some of us are still waiting for apologies that may never arrive. Some of us have smiled through holidays, sent polite text messages, and kept the peace publicly while also replaying hurtful words in the stillness of our minds. And some of us have whispered prayers asking God to help us forgive while also wondering why our hearts still feel so heavy.

If any of that sounds familiar, you are not doing anything wrong. You are simply human. God, in His kindness, already knows that forgiveness is not a light lift. He is not standing over you with disappointment because you have not figured it out yet. He is standing with you, gently inviting you forward, one grace-filled step at a time. Before we walk any deeper into this chapter, I want to sit with you for a moment and clear away some confusion that often surrounds forgiveness. What strikes me most is that somewhere along the way, forgiveness became tangled up with ideas that were never part of God's design. How many of us have been taught that forgiveness means pretending we are okay when we are clearly not? We may have even been told it means staying silent about our pain, so we do not make others uncomfortable. Have you ever heard that forgiving someone means allowing them back into your life as though nothing ever happened, even when nothing about the situation has changed? Few of us believed that if we were truly spiritual, truly mature, truly filled with the Holy Ghost, we would not struggle with this at all, pause... insert holy side-eye.

However, that is not what forgiveness is because it is not emotional denial. God never asked us to lie to ourselves to look peaceful. He asked us to bring our whole hearts to Him, including the broken and bruised parts, and trust Him with healing.

So, what is forgiveness then?

What I have come to understand is at its heart, forgiveness is a release. It is the sacred and often slow decision to stop carrying something that was never meant to live inside you permanently. It does not mean the offense was not serious. It does not mean

the hurt did not matter. It simply means you are choosing, with God's help, not to let that hurt have the final word over your life. And here is the part I want you to hold gently in your spirit... forgiveness is not something you do alone.

John 1:16 reminds us that from the fullness of Christ, we have all received grace upon grace. That phrase has always felt like a soft exhale to me. Grace upon grace. Not grace handed out in small, measured doses, but grace layered and replenished and poured out generously. When God invites us to forgive, He is not handing us an assignment and walking away. He is offering us access to the same grace that forgave us. You do not forgive out of your own empty reserves. You forgive out of His overflow. That does not make it effortless, of course. Let us not pretend we are all walking around forgiving people with a praise song on our lips and a gentle breeze blowing through our hair. Some of us are out here forgiving through clenched teeth, and deep breaths, wondering if it is supposed to feel this hard. The honest answer is that sometimes it does. Forgiveness can feel like climbing a hill with weights on your ankles while someone behind you keeps asking, "are you there yet?"

But here is what changes everything: knowing that God supplies grace shifts the whole posture. It means you do not have to wait until you feel strong enough, healed enough, or far enough removed from the pain to begin. You simply must be willing enough to let Him meet you somewhere in the middle. Grace does not wait for you at the top of the hill. It walks beside you on the way up, even when your legs are tired and your heart is not fully convinced. The question worth asking here is are you open to the forgiveness and grace that God freely gives, as well as open to the Holy Spirit which is already at work in the tender places? What about staying open to the faithful

process of watching your heart and mind begin to heal and transform in ways you could not manufacture on your own? There is something worth acknowledging here, something we do not always talk about in devotional spaces. Holding onto unforgiveness affects us more than we realize.

Research tells us that when we carry unresolved resentment, our bodies respond. Stress increases. Sleep suffers. Anxiety lingers. Similarly, the shoulders may hold tension we did not consciously put there. I say this not to add guilt but to offer awareness. Many of us have carried pain for so long that we forgot we were carrying it, and it became part of how we operate. God created our hearts, minds, and bodies to function best when they are not weighed down by bitterness. When scripture speaks of peace that surpasses all understanding, guarding our hearts and minds, it is describing something real that can be experienced. Peace is not just a nice idea or a greeting card sentiment. Peace protects. It settles the nervous system, quiets the mental noise, and creates space for clarity. Resentment, on the other hand, does the opposite. It erodes, slowly and often without us noticing—until we realize we have been clenching our jaw for three days straight and snapping at people who did not have anything to do with our pain. The deeper truth is we were designed to live released, not locked in an endless loop of replaying conversations that happened years ago with someone who has probably forgotten the whole situation.

In the same regard, scripture reveals that unforgiveness does not just affect our emotional health; it touches our spiritual sensitivity too. When bitterness settles into the heart, it changes the atmosphere inside us. We become a little harder than we use to be, a little quicker to assume the worst, a little slower to trust,

and far more guarded than God ever intended. The wound stops being something that happened to us and starts becoming the lens through which we see everything — even through old pain and calling it discernment. Dear heart, that is not transformation. That feels like captivity wearing a protective mask, calling itself wisdom. We were not set free to live behind walls we built out of fear. We were set free to live open, whole, and unburdened by offenses that were never meant to take up permanent residence in our hearts.

If we are speaking from a psychological standpoint, forgiveness could be described as an internal decision to release resentment, anger, and the desire for revenge. It does not require reconciliation or restored trust. As the daughter of a licensed social worker and mental health professional, I grew up hearing how unresolved resentment drains people. I watched how counseling helped individuals identify triggers, process grief, and establish boundaries. Personally, in my late thirties, I sought therapy for many unspoken hurts. Not because I lacked faith in God and not because I stopped praying. But because I realized there were layers of unresolved issues I had silently carried for years. Sitting in that room and saying things out loud that I had only rehearsed internally was its own form of release. It was therapeutic. It was humbling. It was freeing in ways I did not expect. So, I am not anti-therapy. I am deeply in agreement that seeking professional help is sometimes necessary and wise. I believe God can use trained professionals just as much as He uses prayer warriors, because I have lived both sides of this reality.

In a sensitive moment, I started to realize that forgiveness softens what bitterness tried to harden. It reopened what pain tried to shut down. It allowed the Holy Spirit to move freely in

me without obstruction. When Jesus connects a willingness to forgive with experiencing His forgiveness, it is not threatening, but rather Him revealing something about how the heart works. Ephesians 4:31-32 says, *“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice and be ye kind one to another, tenderhearted, forgiving one another even as God for Christ’s sake hath forgiven you,”* (KJV). Notice the order. Scripture does not pretend bitterness is not real. It names it plainly as bitterness, wrath, anger, clamour, and malice. These are not small emotions. These are the very things therapy often helps us identify and unpack. The Bible acknowledges their presence, but it does not invite us to build a home for them. It says, *“Put them away...”* That phrase implies intentionality and participation.

This is why forgiveness matters — not because God demands perfection, but because He desires freedom. Forgiveness is how you get your peace back. It is how you stop letting old pain narrate new moments. It is how you step out of the past and into the presence of God with an open and uncluttered heart. I have come to realize, from an Apostolic standpoint, that this matters deeply. I believe that after receiving the Holy Spirit which dwells on the inside me, it helps me to cultivate tenderheartedness and not bitterness. So, while psychology helps us identify the wound, scripture commands us not to let the wound define us.

One says, “Name it.” The other says, “Release it.”

And the reason is clear, *“even as God for Christ’s sake hath forgiven you.”* Forgiveness is not rooted in whether the offender deserves it, but it is rooted in remembering what we ourselves have

received. This feels like alignment and grace for grace in action. Psychology explains what unforgiveness does to the mind. It shows us the symptoms and gives us strategies. I am certainly grateful for that, but scripture continues to go deeper. The Bible does not present forgiveness as a stress-management technique. It presents it as a heart posture rooted in grace. Jesus said, *“For if ye forgive men their trespasses, your heavenly Father will also forgive you: but if ye forgive not men their trespasses, neither will your Father forgive your trespasses,”* Matthew 6:14–15 (KJV).

Now this is not a cute refrigerator magnet verse, but alignment language. Forgiveness, biblically, is not just horizontal, it is also vertical and it affects our fellowship with God. The same spirit that empowers us, is the Spirit of Christ who forgave our sins. Sit with that for a moment... because before you feel any pressure to rush, let me also remind you that forgiveness is often a journey rather than a single event. You might forgive today and need to forgive again tomorrow when the memory resurfaces. That is not failure, but the art of the process. Healing does not always announce itself with trumpets. Sometimes healing whispers instead of shouts. It shows up almost without permission, and you realize one day that the thing that used to crush you has lost some of its weight. It still stings, but it no longer owns you. And that dear heart, is progress worth acknowledging.

This is the part where you might be thinking, Nicole, why are you all in my business. But it is because forgiveness matters to me more now than it ever has. Honestly, I talked to myself this way before I mustered the courage to write about forgiveness and grace. I struggled with forgiveness for decades, and now I am finally in a place where I feel free from it, and I pray this helps you feel free as well. I am a living witness that unforgiveness can

keep you emotionally tied to the moment when you were hurt. It causes a replay of conversations long after the other person has moved on and subtly shapes our tone, trust, and reactions. We may continue to show up physically in our relationships, but internally we remain guarded. I have hope today that God sees all of what we are experiencing. He sees the wounds no one knows about and He sees the prayers being prayed through tears. Looking back now, there were mornings where I woke up feeling tired from fighting battles in my own mind and God was not standing in the distance with folded arms waiting for me to figure things out. He was present, actively offering me grace upon grace, as well as an escape to freedom.

Take a few moments now and let your heart settle. Reflect on what forgiveness has meant to you in the past and how that meaning may be shifting. Ask the Lord to reveal any place where unforgiveness has taken up residence. Consider whether there is anyone, including yourself, that you have been struggling to forgive and release. Then, simply ask Him for grace to begin releasing what weighs you down in the privacy of your soul. You do not have to have it all figured out by the end of this chapter. I just ask that you remain open. God will do the rest, layer by layer, grace upon grace, in His timing and with His tenderness. As you prepare to reflect, remember that this is a sacred space for honesty and healing—no judgment, no rush, just the gentle unfolding of grace in your heart.

Reflection and Journal Prompts

Chapter one did not come to play, and if something in these pages hit closer to home than you expected, that is worth paying attention to. Do not rush past that feeling to get to the next chapter. Sit here for a moment. The prompts below

are an invitation to take what you just read from the level of information down to the level of transformation, and that journey always begins with honest reflection. So, settle in, pick up your journal, and let God into the specific and personal places that this chapter gently points to. He already knows what is there. He is simply waiting for you.

- Take a moment to sit with what you have read. No rushing. No spiritual performance. Just honest reflection.
- When you think about someone who has hurt you, what emotions surface first; anger, sadness, fear, numbness, something else?
- Have you confused boundaries with bitterness? What would it look like to maintain one without carrying the other?
- In what ways might unforgiveness be affecting your emotional health? In what ways might it be affecting your spiritual sensitivity?
- Are there places where you have gained insight into your pain but have not yet chosen to release it?
- If grace has been extended to you repeatedly, what makes extending it to others difficult right now?
- What would freedom look like in this situation? Not necessarily reconciliation, but what does internal release look like for you?

Bring those answers before God honestly. You do not need polished prayers; you need surrendered ones. If you feel a little exposed, a little seen, or even a little defensive, that is okay. Growth often begins there. We are not here to shame wounds. If it still feels like forgiveness is the hardest invitation you have

GRACE FOR GRACE

ever received, just know that it is still worth walking toward for emotional and spiritual freedom. Let's keep walking together.



About the Author

Nicole T. Terrel is a woman of Apostolic faith, firmly rooted in the oneness of God and the life-transforming power of Jesus Christ. She is a devoted wife, caring mother, and a leader guided by purpose, whose journey has been marked by moments of letting go, steadfastness, and deep faith in God. With a heart for encouragement and a passion for helping others walk boldly with Christ, Nicole writes from lived experience—where faith was tested, refined, and ultimately strengthened.

Professionally, Nicole serves as a Business Development Leader specializing in state and local government services, where she manages high-value, complex initiatives with strategic clarity, integrity, and excellence. Her career spans healthcare systems and organizational leadership where she is known for her ability to build authentic relationships, lead through uncertainty, and bring structure to challenging environments.

Grace for Grace is a book born out of God's love reminding her that forgiveness is sacred work, and the wounds that require healing are often felt deeply. Similarly, it reflects the way God

extended grace to her first, then taught her how to extend grace to others. She did not arrive at forgiveness because it came naturally, she arrived there because God kept meeting her in it —sometimes gently, sometimes directly, and sometimes in ways that made her laugh and say, *“Alright, alright... I hear You, Lord.”*

God restores by reminding us of Himself, of our identity, and of the freedom that comes when we finally lay down what was never ours to carry. In the same regard, healing did not come through heaviness alone. It came through the Word of God and through scripture that stopped her in her tracks, corrected her thinking, and lovingly called her out. Some verses felt like a soft embrace; others felt like God saying, *“Girl you need to stop, have a seat, and just forgive already.”* While that may sound humorous, it is simply how God sometimes speaks to her heart — with straight truth, clarity, and grace all at once.

If you have ever wanted to forgive but did not know how, or felt stuck between your pain and your obedience, you are in the right place. This book was written to remind us that when we surrender our burdens to God, He meets us with grace upon grace. This is an open invitation to heal from past hurts, to laugh when God lovingly corrects us, and to trust that every step of obedience is met with more grace than we could ever give on our own.

When Nicole is not spending time with her family, writing, or working her day job, she enjoys creating faith-based content, sharing devotional reflections, faith-centered insights, and personal encouragement across platforms under the name LolaGets85. She also enjoys mentoring others and encouraging hearts to embrace the unmerited favor and grace of Jesus—while extending that same grace to others. Her content is

known for its blend of transparency, wit, and biblical truth: the kind that makes you laugh, think, and reach for your Bible all in the same sitting. She carries a particular burden for women who are navigating the complicated intersection of faith, healing, and everyday life.

Nicole is a firm believer that your testimony does not have to be polished to be powerful. That the most effective ministry often happens not from a stage but from a place of honest, grace-covered vulnerability that makes someone feel less alone in their own struggle. Whether she is writing, mentoring, creating content, or simply showing up faithfully in the everyday moments of life, her goal has always been the same: to reflect the grace that found her and extend it freely to everyone she encounters.

Grace for Grace is the natural overflow of that mission, and the introduction is where it all begins.

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Also by Nicole T. Terrel

Authoring this book required me to be the most honest I have ever been in print. And if you know me personally, you know that is saying something, because I have never been particularly shy about telling the truth. However, this kind of truth took me to a different level of vulnerability and courage. Honestly, I could not have found it without God meeting me in every single chapter, sometimes with comfort, conviction, and occasionally with what I can only describe as a gentle but firm “*Nicole, sit down and write this thing.*” So, I did... and here we are.

If these pages stirred something in you, I would love to hear about it. With love, grace, and just a little holy side-eye, please consider leaving a review on my Amazon author page: <https://amazon.com/author/nicole.t.terrel>. As well as my website: <https://lolagets85.shop/>. Reviews help readers discover new books and support independent authors like me. If you would like to be part of the lolagets85 encouragement community; where faith, growth, and grace meet real life, I would love to welcome you. You will receive a bi-monthly newsletter, behind-the-scenes reflections, early access to new releases and their companions; as well as exclusive faith tools along to help guide you through your faith journey. Join the community: <https://forms.office.com/r/2HSwxQ1qEe>



Blind Faith

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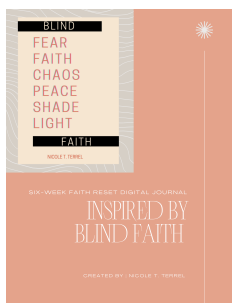
Faith doesn't always come with clarity. Sometimes, it comes with a call to trust anyway.

Blind Faith is a faith-centered testimony written for those walking through seasons of uncertainty, waiting, and surrender. In these pages, Nicole reflects on learning to trust God beyond what her eyes could see—when answers were delayed and obedience required courage.

Rooted in scripture and real life, this book invites readers to slow down, listen for God's voice, and rely on His Word as their guide forward.

It is not about certainty, but about surrender and discovering God's faithfulness one step at a time.

If you're learning to walk by faith before understanding arrives: Blind Faith was written for you.



Six-Week Faith Reset Journal

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The Six Week Faith Reset Journal is a guided system created to help you move from inspiration to intentional action. Designed with structure and spiritual depth, this journal walks you through six focused weeks of rebuilding trust, strengthening prayer discipline, deepening engagement with Scripture, surrendering control, and choosing consistent obedience.

Each week includes five daily reset pages, anchored Scripture, reflection prompts, prayer focus lines, and a dedicated weekly reflection to help you evaluate growth and realign where needed. The format is intentionally designed to build discipline without burnout by allowing space for weekend reflection and spiritual processing.

