

## Endorsements, Dr. Michelle Bengtson, *The Hem of His Garment*

“In *The Hem of His Garment*, Dr. Michelle well articulates walking through the journey of physical, emotional, relational, or spiritual pain. She guides us through solid biblical examples from Hannah to Job how God walked with them through their painful journeys. Whether you are hurting from the past or in the midst of current pain *The Hem of His Garment*, will guide you to victory for His honor and glory.”

**Donna Fagerstrom**, author, speaker, worship leader, pastor’s wife

“Someone near you could be in a world of pain. Invisible pain. We may look “normal.” But those of us who suffer from chronic pain are in a world of our own. It supersedes everything and everyone else, demanding our attention. Others can’t grasp our reality any more than I could before it happened to me. It has to be experienced to understand. Even doctors can’t relate. So, we experience a hollow loneliness without wanting to burden others or exhaust ourselves trying to explain the unexplainable. As a chronic pain sufferer, and licensed therapist with comprehensive education on the subject, I have treated countless fellow pain sufferers. I wish this book had been in my hands years ago, because it would have been required reading for each patient or a pain sufferer’s loving family members so that they could understand better. *The Hem of His Garment Reaching Out to God When Pain Overwhelms* by Dr. Michelle Bengtson is a true gift. It completely explores the annihilating effects on our lives and those we love, as well as offer hope for the spiritual damage that aches to be healed, with Biblical references and a myriad of suggestions. Bengtson nails it. She doesn’t just describe the problem; she offers a book full of possible ideas. For yourself, or a gift, and especially for someone newly diagnosed. This book is Hope in your hands.”

**Deborah McCormick Maxey PhD**, licensed Marriage and Family Therapist, licensed professional counselor, certified traumatologist

“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*

“*The Hem of His Garment* is an unapologetic call to action amidst suffering combined with a deep dose of grace for those who are encumbered by trials. Dr. Michelle Bengtson is not a white coat diagnostician but a chemo chair sufferer who has endured each kind of pain she addresses. This book is honest, relatable, and practical - a weapon in the arsenal of anyone enduring pain!”

**Tera Bradham DeNeui**, Founder of the Heal Ministry and author of *Swimming for Freedom*

“Pain. There’s no getting around it, we’re all going to experience it. Dr. Bengtson gets that. She’s been there too. With its sweet transparency and beautiful, relatable vulnerability, there’s a refresh in her biblical take on pain. Physical, emotional, relational, spiritual, financial—all the pains. *The Hem of His Garment* offers the wisdom we need, the truth to help, and a gracious

hand to hold. Exactly what we need to get through any kind of pain, as well as to offer support to those we love enduring pain.”

**Rhonda Rhea**, TV personality, award-winning author of more than 20 books

“Ongoing physical, financial, and emotional challenges can be difficult to reconcile with the goodness of God. But *The Hem of His Garment* somehow manages to hold space for these hard feelings while also steadying your journey.

Dr. Bengtson extends a gentle and joyous offer of liberation from the doubt and uncertainty that can come from prolonged suffering. Her brave choice to share vulnerable and uplifting stories made me feel understood on a deep level.

With a noticeable desire to genuinely help, Dr. Bengtson leads us through a mindset recalibration. Like a pilot making small but crucial adjustments, we learn to trade our guilt, impatience, and discouragement for God’s love, grace, and power.”

**Jo Ann Fore**, personal growth mentor and author of *When a Woman Finds Her Voice*

“Grounded in biblical principles, Dr. Michelle Bengtson eloquently takes us on a journey through the different types of pain and the consequences of it in our lives. She pulls back the curtain on our common misperceptions of pain’s purpose and points us to hope in Jesus, the Man of Sorrows. Dr. Bengtson’s up close relationship with pain gives weight to her words of encouragement to remain steadfast and focused on the Lord. Her chapter on Lament is especially powerful as she gives us a way to reframe complaints into life giving lamentations. Journey with her ‘through the valley of suffering, onto a ridge of faith, down a road of hopeful petition, and up to a peak of praise.’”

**Jessica Van Roekel**, author of *Reframing Rejection*

“Pain is an inevitable part of life, but often it is self-limiting. Eventually, healing comes and you find a reprieve from the pain. As a physician, I know this is not the case for many. Thousands 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

“Dr. Michelle’s courage, compassion, and faith fills every page of *The Hem of His Garment*. As a fellow pain sufferer, I’ve cried out, ‘God, can’t you give me a how-to guide?’ God has answered this prayer for those who are walking through the valley of pain. Drawing from the experience of her own sufferings combined with biblical truths, Dr. B provides a step-by-step guide on how to walk through the darkness of pain yet radiate the glory of God. This book addresses the tough questions many silent sufferers want to ask but rarely discuss with others. Readers will find encouragement, support, and the inspiration to carry on amid their pain.”

**Shonda Whitworth**, author of *Appeal to the Courtroom of Heaven* and co-founder of Fortress of Hope Ministries, Inc. ([fortressofhopeministries.com](http://fortressofhopeministries.com))

“Dr. Michelle Bengtson links her arms with yours and guides you through your journey with pain, whether it be physical, emotional, relational, spiritual or something else. She reveals the deeper lessons of beauty she herself gleaned in the midst of her own painful experiences. With her help, you'll discover a deeper level of God's presence as you learn to overcome.”

**Linda Evans Shepherd**, bestselling author of *Prayers Through Every Emotion* and *Make Time for Joy*

“Today's world offers instant yet temporary, destructive, and addictive coping mechanisms for pain, making God's healing balm seem out of reach. Dr. Michelle Bengtson shines a vital light on God's timeless truths for real hope in our valleys of despair to walk with God instead of away from his care. Readers find inspiration as they discover that *The Hem of His Garment* is not yesterday's miracle but today's truth to carry us through any storm.”

**Aliene Thompson**, president of Treasured Ministries International

“*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*

“I truly believe *The Hem of His Garment: Reaching Out to God When Pain Overwhelms*, is a book for everyone. Even if we haven't yet experienced debilitating physical pain, we've surely encountered emotional, mental, relational, financial, or spiritual pain, and we are surrounded by those fighting this difficult battle. Author Dr. Michelle Bengtson has packed this volume with comfort, encouragement, ministry opportunities, and even the path to spiritual healing. It's delivered with transparency and truth, built on a foundation scripture that encourages the reader to hold on when they want to give up and give in. She gives us a precious gift—a hand to hold, permission to acknowledge the struggle, and the wisdom for coming alongside one another.”

**Edie Melson**, award-winning author and director of the Blue Ridge Mountains Christian Writers Conference

“Fresh. Unpretentious. Honest to the core.

In *The Hem of His Garment: Reaching Out to God When Pain Overwhelms*, Dr. Bengtson addresses the hard and often ignored questions that engulf pain-filled seasons. Emotionally captivating and thought-provoking, this manuscript is healing wrapped in print form. This book will be an anchor to your soul and wings to your hopes. Join thousands of other readers who are discovering the silver lining when life does not seem fair or isn't making sense.”

**Tracey Mitchell**, international speaker, award-winning author

“*Through* is one of the most important words in my Life Coach Dictionary.

Daily, I walk my clients to what I call, *The Threshold of Through*, where they must make the very difficult decision to move from one side of their problem or issue to the other side.

This journey of crossing over to the other side of pain and suffering can feel like crossing the Sahara Desert, with no water, so I am continually on the hunt for nourishing resources, hydrating rations, and particularly, empathic relationships that I know will make this arduous journey more bearable.

In *The Hem of His Garment: Reaching Out to God When Pain Overwhelms*, I now have a comprehensive and compassionate resource to place in the hands of my clients. Because Dr. Michelle Bengtson has stood at her very own Threshold of Through, as both a doctor, a wife, and a weary sojourner, she understands in a way that perhaps no one else could. She's made her way through her own Sahara Desert and is now selflessly helping others.

Her keen insights, authentic voice, and medical acumen make this book different from any other book I've read on the overwhelm of chronic pain—any type of pain. Every page is tear-stained, truth-filled, and most importantly, time-tested. I believe *The Hem of His Garment* will be a classic for generations to come.”

**Janell Rardon**, MA, author and trauma-informed Board-Certified Life Coach (AACC)

“In *The Hem of His Garment*, Dr. Michelle Bengtson provides holistic, practical, and biblical strategies to help us move through our pain. Her approach to the seven different primary forms of pain including the less commonly discussed emotional pain, relational pain and secondary dynamics of pain inflicted by others is a much needed resource for faith-based medical and mental health professionals.”

**Michelle Nietert**, M.A., LPC-S, Clinical Director of Hope Helps, author of *Loved and Cherished*

“*The Hem of His Garment* is a masterpiece of help and hope in deep pain. Michelle is the guide we all need when we've endured long past the timeline we gave God or God seems silent despite our prayers. Sharing her journey of pain with raw vulnerability, Michelle shows us how to renew authentic hope and navigate suffering that seems too hard to handle.”

**Lisa Appelo**, author of *Life Can Be Good Again*

“Most people run away from pain, but Dr. Michelle Bengtson walks to it, so she can walk us THROUGH it! During the time I was reading this power-packed and practical book, I was in extreme pain: physically, emotionally, and spiritually, and Dr. Bengtson inspired me to pray, “*If I can reach the hem of His garment, Christ will touch the place of my pain with His presence, power, provision, and peace.*” I will keep a stack of *The Hem of His Garment* on hand as gifts to those who are feeling overwhelmed by the pain life's storms have swept to the shore of their life.”

**Pam Farrel**, author of *Discovering Hope in the Psalms* and bestselling *Men Are Like Waffles, Women Are Like Spaghetti*

“As a fellow chronic pain warrior, I very much related to the experiences Dr. Bengtson shared in *The Hem of His Garment*. Having struggled through depression, anxiety, miscarriage, cancer, and seeing her loved ones suffer, Dr. Bengtson understands the impact of physical, emotional, relational, and spiritual pain. In addition to providing her professional expertise, Dr. Bengtson offers the support and encouragement of a friend. Her book helped me feel less alone while offering practical strategies to persevere through circumstances beyond my control. “The Hem of

His Garment” statements at the end of each chapter particularly resonated with me by providing promises to cling to while I wait for healing. I highly recommend this book to anyone who feels like they have come to the end of themselves and is ready to try something different—to develop a courageous faith that reaches boldly for Christ and trusts Him in all things. By the time you finish, you will have greater hope, peace, and a newfound perspective on pain that will usher you into a deeper relationship with God and others. I can’t wait to give this book to the pain sojourners in my life!”

**Jen Roland**, writer, speaker, Board Certified Mental Health Coach, and  
Women’s Ministry Leader