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Sheryl Griffin’s mission is to share hope. In 2007, Sheryl suffered a severe panic attack, which led to the diagnoses of post-traumatic stress disorder, along with panic and anxiety. This led her on a quest to find answers to the many questions she had regarding her past, her choices, and things that happened to her. She slowly began to recognize patterns in her life:

1. Always taking responsibility for others choices and behaviors.

2. Putting things under the rug-never confronting.

3. Ignoring red flags in relationships.

She began to journal at her doctor’s request, and she soon realized God had a much bigger plan than simply helping her find the answers to the questions she sought. It is a plan that she never dreamed of, but it has become a purpose and passion in her heart. The purpose is clear: to share the message of hope and all that comes with it; grace, mercy, freedom, and forgiveness.

Sheryl tells her story, as well as other topics, at retreats and conferences at women’s and family events to large and small groups. Her book, *A Scarlet Cord of Hope,* chronicles her journey and serves as an encouragement to others struggling with depression, stress, anxiety, and guilt. Through her own testimony, Sheryl helps others break free from shame and fear through the love of Christ and a biblical perspective.

Originally hailing from Northern California, Sheryl has lived in Tennessee since 1996, with her husband Doug whom she has been married to since May 1996. They have two children.