

# Final Edit

[00:00:00] **Shelby:** Welcome to Daily Grace. We believe the Bible is true, trustworthy, and timeless. And we want to help women like you know and love God's Word. The Bible shows us who God is and who He is changes everything. My name is Shelby.

[00:00:28] **Krystal:** And I'm Krystal. And we want to invite you to come join us as we chat about the truth of God's word in our everyday lives.

[00:00:36] **Shelby:** Hey everyone, and welcome back to another episode of The Daily Grace Podcast. This is Shelby, and as always, I have my friend and co-host, Krystal, here. Hey, Krystal!

[00:00:47] **Krystal:** Hey, Shelby!

[00:00:48] **Shelby:** We have an episode today that we've been preparing for several weeks now, and I actually feel like it's pretty providential, but it's taken us longer than usual to prep this one because the more time we've had the deeper we've really gone on this topic. And I feel like the better our content is gonna be on it. But basically in this episode we're just gonna be talking about, "Why not me?" How do we celebrate others when they get what we want? And how do we deal with the emotions that we feel when we see others around us getting the things that we desperately desire?

[00:01:21] We all experience that. We experience it. Krystal and I do. So we're gonna walk through that. But first, as always, we have to do our favorite things. So at the top of every episode, we just share something that we are using and loving right now. And, Krystal, I would love to know, what is your favorite thing this week?

[00:01:36] **Krystal:** Yes. So my favorite thing is something I think might be one of your favorite things. Mainly because I learned about this from you. So when I go to Starbucks, I typically don't get food with my drink. I feel like you typically

[00:01:48] **Shelby:** I always get food.

[00:01:50] **Krystal:** Every time I've been with you, it's always been like a combo.

[00:01:53] So I, this morning was getting a drink and I was kind of hungry, and I feel like drinking coffee on an empty stomach doesn't always go well for me. And so I got the egg bites from Starbucks. My first time ever. Normally get like a breakfast sandwich because the egg bites look so small, and I thought "Oh, is it like worth getting?"

[00:02:11] It was totally worth getting. It was so good. It was the bacon and say the name of the cheese.

[00:02:18] **Shelby:** Gruyère. How were you

[00:02:22] **Krystal:** feel com. Grier. Gruyère? I can't think of it because now I've only heard you say it. but I was hoping you were gonna volunteer that, but, yeah, that's the kind I got. It was so good and I was full afterwards. I was shocked. But it was really good. So that's my favorite thing. It was from this morning, but I feel like I'll go back and get it again.

[00:02:41] So that was the influence from you? Cause I saw you get it once and thought I would try it.

[00:02:46] **Shelby:** Yeah, love the egg bites. My favorite thing this week is an Amazon purchase. It is like these little cross body bags. Have you seen girls wearing these? They almost look like a fanny pack, but they're cool. So I don't know if they're a fanny pack or not, but I got it for my birthday off Amazon. It's super cheap, like \$13, but it's just big enough to fit, a couple small things in your phone, maybe a couple cards if you need those, your ID, Chapstick, and you can just throw it on.

[00:03:19] And then your hands are free when you're out and about rather than carrying like a big purse you have to put on your shoulder. It has been life-changing for me to have free hands, like at the grocery store, or wherever I am, instead of having to have a purse. So my cross body, I figured out, it's called a belt bag, I guess, but I wear it over my shoulder rather than as a belt, but I'll link it.

[00:03:40] **Krystal:** And I like, too, that it's like right in front of you versus a shoulder bag. We have to flip it around, like if you have kids with you or like your hands are full. Like it's nice that it's just like right in front of you. So

[00:03:49] **Shelby:** Yeah, specifically like just flew and was in the airport and just having my ID or whatever. I needed handy while I was like lugging my bag. It was so handy.

[00:03:57] **Krystal:** Yeah. That's awesome.

[00:04:00] All right, well, today we're gonna be talking about, just like Shelby said, what do we do when others get what we want? Because if we're honest with ourselves, that probably happens more frequently than we care to admit. Because, if we're in difficult seasons of life, we might ask questions like, why? Why is this happening to me? Why me?

[00:04:19] But then on the flip side, when we see good things happening, but to others, we feel that ugly twinge of jealousy. And then we start asking like, "Well, why not me? And so we do ask those questions of why when things just turn out differently than we had hoped or we expected.

[00:04:35] And there really is, I think, a unique pain that we feel when we witness something that we've been praying for, that we're longing for, that's a good thing, but then is given to someone else. That might be material things. it might be immaterial, it might be things related to family or calling or job.

[00:04:53] And so, because this is something that I feel like we as women uniquely struggle with, we thought it would be helpful to go to God's Word, see what it has to say about it, and just apply the Gospel because there are a lot of emotions, a lot of relational, issues tied up in it. And so I think it's helpful to think about it in a biblical perspective rather than, "I wanna just shove it down." "I don't like the way I'm feeling when I experience this, so I'm just gonna ignore it. Shove it down."

[00:05:19] So to be able to bring it up, to talk through it honestly, I think is gonna be really helpful.

[00:05:24] **Shelby:** Yeah,

[00:05:24] **Krystal:** And something we always wanna do in our episodes is just be honest about the fact that we struggle with these things too. And so just to give an example of what this looks like for me, You know, when we first started thinking of this episode, I thought, I don't think I'm like jealous of many things."

[00:05:42] **Shelby:** But like I said, we had some weeks to think on this and I really started to realize that what I'm most jealous of is, and what I have a hard time celebrating for other people is when they're in a different season of life than me, specifically when they're in a season that allows them more free time and flexibility that I have.

[00:06:02] So, working full-time, I have four kids. In this season, we're planning a cross-country move, and so we literally have like almost no free time. Yet, I'll see someone who is in a different season, in any way. they just have more free time than I do and I'll think, "Man, it must be nice to just be able to go to the farmer's market on the weekend or just have an evening where you can just chill on the couch if you want to. that sounds so nice."

[00:06:28] And my response in that moment is not to like, celebrate them and be like, I'm so glad that they got that. It's just, ask the question, "Why not me? Like why don't I get the time to do that?" It's to covet what they have.

[00:06:39] You know, I could probably think of a ton more examples in my life, but like that is a specific pain I'm experiencing right now, and it has been really hard for me, and I've struggled when I've seen other people in a season where they don't have that pain.

[00:06:55] **Krystal:** One of the things we wanna talk about is how do we honor other people and honor the Lord even as we're like facing this honestly and struggling through it.

[00:07:03] I think we both wanna grow in this in different situations that we're walking through. And so I know we say this a lot, but personally I'm really thankful that we're talking through this. Then I can apply even these truths to my own life. That's so much of what we do in these episodes. We are applying it to things that we are immediately going through. And so hopefully this is helpful for everyone else as they're listening.

[00:07:25] **Shelby:** Yeah, and I think what you just said there, like, how do we honor others while still being honest about what you're feeling and ultimately honoring the Lord? Like you we're gonna hear that a lot come up in this episode.

[00:07:38] But kind of just like the one main point, if you only take one thing away from this episode, I think, it would be this: when someone else gets what we want, maybe even what we desperately want, just something that we deeply desire. We can celebrate them for two reasons. one, we can celebrate them because we can thank God for His sovereign provision in their lives, that He's given them something good. That's a good thing. And then two, even in our like perceived lack that we are not getting the thing that we desire, we can trust that God sovereignly provides for us as well.

[00:08:11] And let me just explain what I mean by that. That doesn't mean I trust that God will give me the same thing. That means that I trust that whatever God gives me today, tomorrow, six months from now is what's right for me and what's good for me because I trust His sovereignty over my life.

[00:08:29] So basically in this conversation we're gonna try to answer three questions. The first one is, what do we do with the tension of genuinely wanting to be happy for our friends when they get something that we want, but feeling unable to do that, it just feels like a tangle of emotions.

[00:08:44] We wanna be happy for them, but we almost can't because we're just so frustrated, we're envious or all kinds of different things. So how do we handle that? How do we untangle those emotions? Two, we just wanna talk about what's the real heart issue here? Can we get down to the root and figure out what's really going on?

[00:08:58] And then three, we're gonna talk about like, all right, it's the moment: like you're scrolling on Instagram and somebody makes a post and they're announcing that they've gotten some wonderful thing, that is the thing that you want. what do we do in that moment? Like, how do we handle that moment in a way that honors our friend, is honest with ourselves, and also glorifies the Lord?

[00:09:19] So let's just kick off with that first question, Krystal. What do we do with this tension that we feel? We wanna be happy for our friend? But it feels impossible because we're so disappointed that we haven't received the thing that they have.

[00:09:30] **Krystal:** I think in this whole conversation, one thing I think we need to remember is that we're not alone in this. If we think that we're alone in this, that's when we experience shame. That's when we don't voice it. We may not even pray about it cause we feel like, "I shouldn't feel this way."

[00:09:47] So again, like I said earlier, like, "I'm just gonna shove it down, pretend it's not there, and I'm gonna put on an outwardly happy face."

[00:09:53] But that's super unhealthy, right? And so, that is only going to foster bitterness. That's gonna create distance, between you and the Lord and you and others. and so we have to just remember that other people experience this same tension. We know the right response is to be happy for our friend. We know the right response is to be content with where the Lord has us, to trust him with the provision.

[00:10:17] But it can be really hard. So I think not minimizing the struggle that this is can help you to start to untangle some of those emotions. I feel like as we've been talking about this topic, the examples from me that I've come to mind have been surrounded, Have been rooted in ministry, honestly, opportunities in ministry.

[00:10:38] I really enjoy teaching the Bible. I love getting to lead other women. There was a season where that just wasn't happening for me. I didn't feel like the opportunities were coming my way. but they were for other friends in my life. And one of my favorite things is to be able to see the Lord using my friends in the giftings that he's given them in their passions.

[00:11:01] It's so fun to cheer them on. But it is so hard when you are wanting that same thing for yourself, and it just seems like it's not happening. and I have this one memory that I honestly have kept coming back to as we were planning this episode of literally a five minute delay.

[00:11:19] If I had emailed someone five minutes earlier, then an opportunity potentially would've been afforded to me. But it was given to a friend who had emailed six minutes before me, and, for months, all I kept thinking was like, "Why, Lord? Why did I get stuck at that light? Why did I get to my computer too late?"

[00:11:39] All of these things, instead of thinking, "Lord, I am so thankful that my friend has now been given opportunity that she hasn't had before." But I wasn't thinking that. I was thinking about myself. I was thinking about just why the Lord wasn't giving something to me instead of celebrating my friend.

[00:11:55] And then I started thinking, "Am I not good enough? Am I not faithful enough in what You have given me?" I just started, started believing a lot of lies that honestly came out of the timing of an email. Like, something very simple, but I attributed so much meaning to it, that it really started to hinder my relationship with others.

[00:12:14] And I started to distrust that the Lord had good in mind for me and that what He had me in currently was for my good. And I can almost trace where I'm at now to that moment. And I see the opportunities He gave me that would not have been afforded to me if I had taken that other opportunity. And so I see that in hindsight, but I really wish I was, honestly, mature enough to step back and say, "Okay, Lord, this doesn't make sense to me. But I'm gonna trust you in it. And I'm gonna celebrate my friend in this."

[00:12:45] But I just wasn't there yet. I had to really work through some sin issues in my own life to be able to really identify just some of the disconnect that I had and even just believing that God was good.

[00:12:55] And so I think we often don't wanna say that because we know that He's good. But sometimes we don't feel that. And we honestly need to be able to voice that and say, "God, I don't feel like you're good right now. Will you help me in this?"

[00:13:07] And that's where being honest with the Lord I think comes into play. And so I think for me, that's one of the most important things to remember is that you're not alone.

[00:13:15] And that we can go to God with our questions, with our concerns, trusting Him with where he has us.

[00:13:21] **Shelby:** I think you've mentioned some really important things, because on the surface we might just think, "Oh, I have such a problem being content where I'm at. Like, I'm a discontent person."

[00:13:31] But you're mentioning like, hey, maybe that discontent is rooted in some really big questions. Like I think you said something along the lines of, "Maybe I didn't get that role because like I wasn't good enough. Or maybe, God isn't actually good."

[00:13:45] And so just stopping, which we've already mentioned, but to be honest with yourself and with the Lord about "Hey, what's under my discontentment or the fact that I'm struggling to be thankful and grateful for what my friend has received. There might be something more there."

[00:14:00] And that's kind of what we wanna go to next, is just talking about the heart, like of this struggle, the root of it. And I'll just tell you right now, this is uncomfortable to talk about. It was uncomfortable for us to wade through this and think about the root of ours. But you know, I think the opposite of celebrating a friend is coveting a friend.

[00:14:22] And I wanted to just share the definition of covet. It says, "To desire, wish, long for, or crave something to a fault or detrimentally." And so, when I read that, it was kind of a light bulb moment for me that coveting what my friend has, it's actually detrimental. It's actually hurtful and harmful to myself, potentially to my relationship with the Lord if I'm not honest and going to Him

and asking for help with those things, and just definitely to just like my own inner thought cycles. It's definitely detrimental there.

[00:14:59] And so as I kind of dug more into coveting, I think at the root of it, it's just a misplaced passion. It's this desire of our heart is all of a sudden directed towards the thing that we don't have that we want, instead of the desire of our heart be being directed towards the Lord and serving Him, and loving Him, and honoring Him, and desiring to know Him, and desiring to live a life that's on mission for Him.

[00:15:27] And so if I can go back, kind of to my earlier example of basically what I covet is like flexibility and free time when others have that, right? My desire is for free time and being able to relax. And so the conclusion I make there is if only if I had more free time, like then I'd be happy, then I'd be complete, then life would be what I want it to be.

[00:15:51] Now is free time enjoyable? Very much so. Like totally. I'm not gonna argue with you on that, but is free time and flexibility the source of happiness and joy? No.

[00:16:04] So it's like my desire in that moment is misplaced. If I want happiness and joy and peace, well that's found in the Lord. Psalm 16:11 says, "You fill me with joy in your presence."

[00:16:17] And so you can see how this coveting is, these desires that God gives us, which are good, like a desire is good, but it also needs to be pointed in the right direction. And that's a choice that we have to make. So for me, this was very convicting, and especially as I think about those of us who maybe what we covet is a really good thing.

[00:16:39] Maybe it's a relationship. We desire marriage. Maybe it's a family, a pregnancy. Maybe it's a job that serves the Lord, like you were talking about, krystal, like ministry. Just being able to likeshow people the truth of God's Word. But I think all of those things, still, our passions could be misplaced and we could end up desiring that thing more than we desire the

[00:17:02] **Krystal:** hmm. I think that's where discernment comes in, and that's why we need to be honest with the Lord and go to Him quickly in prayer, because on the outside, me wanting to be in ministry looks like a good thing, me wanting those opportunities. It's not actually a bad thing, but when I wanted it more than anything, and it consumed my thoughts, it consumed my prayers.

[00:17:26] I think that's where I need to step back and say, am I trusting the Lord in this? And if not, how do I still manage that tension of, I want this good thing, but it's not what the Lord has for me. Like how do I navigate that? And so I think we all feel that in different capacities, different situations.

[00:17:44] And so when we are on Instagram, I don't know what it is about Instagram. I think it's so visual that you just see the curated, "Oh gosh, their house is amazing. Or look at their kids all dressed up for Easter in these clothes." Like you see all these things and you feel that twinge of, oh, that's what I want and I don't have it.

[00:18:03] And so what do we do when we see something that we want and we see on Instagram or whatever it is in real life when someone gets something that we want? I think we all know what our immediate reaction is typically in those moments. I feel like for me, it's a good gauge of where I'm at spiritually and emotionally.

[00:18:20] Just in that split second moment, what are my thoughts? What are my feelings? What is it that I immediately think of when I see that? Is it happiness for the other person? Is it like that twinge of jealousy? If I'm honest, that's typically where it goes. Is it frustration like, "Oh, that's what I want, Lord, why don't I have that?"

[00:18:39] And I think too, like I said before, like that starts to develop almost a distrust towards the Lord. Like maybe He's not good to me like He is to others.

[00:18:48] **Shelby:** Can I share my like, honest gut reaction? And I only noticed this when we started writing this episode. I noticed that I like stuffed the emotion like we've been saying not to, but this happened literally earlier this week. Somebody posted something. I honestly couldn't even tell you what it is in this moment right now, but I remember thinking it was probably a vacation, it was probably free time.

[00:19:08] I remember somebody posted something and like it made me feel just upset, like more frustrated that they had it and I didn't. And, but I stuffed the emotion and I remember I set down my phone, and then one of my kids came up to me, and I like responded to them in such like an irritable way because my frustration like came out at them. Instead of me addressing like the frustration within myself and to the Lord, I just vented it out.

[00:19:33] And I just noticed that as we were preparing this episode, but it was pretty eye-opening in that moment.

[00:19:38] **Krystal:** Yeah. And it's funny because I, when you shared that like free time flexibility was something that you struggle with. I don't know why we always say this, "Oh, I don't think I struggle with that." And then I saw on Instagram, of course, a video of someone who's a stay-at-home mom and they were just, outside in nature and having a picnic.

[00:19:58] Meanwhile, I have like cups of coffee and stuff everywhere and it like, feels like total chaos and it just felt like such a like opposing image. And immediately I thought, "Oh, must be nice to have all that time. It must be nice to be able to go do it." And like my brain started to like detail all the things are not right about my life.

[00:20:18] And yet I was perfectly content with those things two minutes before I saw that post. And then all of a sudden those things came to the surface. I was like, "Man, am I as content as I thought that I was? When I'm confronting those things, it really exposes where we're at, exposes what's most important to us.

[00:20:35] And so, when we get upset with others or when we are upset and those people, typically it's what it is. They don't know that we're upset. We're like, "Oh, good for you! Congratulations emoji!" You know, like we can outwardly look like we are the supportive friend, but inwardly, we're disappointed, we're frustrated.

[00:20:50] When we feel those things, that's when we have to seek wisdom outside of ourselves because wisdom of this world is "Well, if you want it, go get it. Or you cut someone down." Like there's all these things that we see where it's "Well that's not honoring to the Lord. that's not how we live as believers."

[00:21:07] And so how do we respond, in wisdom? I think James addresses this really well. He talks about wisdom a lot, in his letter, but James three, specifically versus 13 through 16, it says, "Who among you is wise and understanding? By his good conduct, he should show that his works are done in the gentleness that comes from wisdom."

[00:21:28] Oof, gentleness. When I saw that, it was like dagger to the heart.

[00:21:31] "But if you have bitter envy and selfish ambition in your heart, don't boast and deny the truth. Such wisdom does not come down from above, but is earthly, unspiritual, demonic. For where there is envy and selfish ambition, there is disorder and every evil practice."

[00:21:49] I mean, these are some bold words. This was a passage the more I read, I was just like, "Oh, this is like hard to stomach." But it shows how important it is. Like, looking at the wisdom of the world versus the wisdom that comes from above. Like it is diametrically opposed. And it, reveals itself in how we respond to others.

[00:22:08] And what's interesting is, right before this, James is exhorting us to control our tongue and be aware of how we talk about others. So in verse nine, he says, "With the tongue, we bless our Lord and Father, and with it we curse people who are made in God's likeness."

[00:22:24] That might be one of the most convicting verses to me. Every time I read it, it just exposes more of what's in my heart. Like how often do I wanna gossip about someone or may speak ill of them without even realizing it as a way to almost get out the frustration. Like whatever's in my heart, right? It's gonna be in the overflow of our words.

[00:22:46] And so we are often tempted to speak ill of people, to gossip, or maybe undermine their excitement out of our own bitterness and envy. And James says, "Brothers and sisters, these things should not be this way." Because that's the way of earthly human wisdom. We look different than the world if we are in Christ.

[00:23:06] Okay, so let's look at Godly wisdom. So a few verses later, verses 17, 18, he says this, "But the wisdom from above is first pure, then peace-loving, gentle, compliant, full of mercy, and good fruits, unwavering without pretense. And the fruit of righteousness is sown in peace by those who cultivate peace."

[00:23:28] Like, even just reading that I like feel lighter, like reading those first few verse like, oh yeah, like I'm tempted to do those things.

[00:23:35] But then recognizing like, here's what it looks like to trust in the Lord, to follow the wisdom of the Lord. And he mentions peace three times here in two verses. And so for me, when I was reading these verses, I immediately thought of the fruit of the Spirit. All the ways that we see the Spirit at work in us.

[00:23:52] And so when we seek that wisdom that comes from above, we're gonna grow spiritually and then it's gonna inform how we love others, right? We can live peaceably with other people, we can be gentle towards them. We can be merciful because our thoughts and our actions, our words, they are all founded upon the wisdom that comes from God and doesn't come from ourselves.

[00:24:13] Because if it comes from ourselves, it's, "Must be nice." Or it's things that are not honoring, not of the spirit. They come from what James would say are earthly and unspiritual and demonic. Like, we wanna be rooted in the wisdom of God.

[00:24:29] **Shelby:** Yeah, I love those verses in James three. They are just piercing verses and I think perfect ones to bring up in this situation because it encourages us to go to the Lord for that wisdom that we need.

[00:24:44] And like you said, the Spirit grows that and works that in us, which is incredible to think about. This isn't something that we do on our own, in our own strength, We don't just "I'm gonna celebrate and not covet." Like it's not something in our own strength.

[00:24:57] I always think it's helpful to have just like some diagnostic questions because you might be like us and you're listening to this episode, and we originally started this episode like, "Oh, we don't really struggle with this." We're like, "Actually we do struggle with it a whole lot."

[00:25:08] So I'm just gonna ask a couple questions here. And you can think about these, we'll also put these in the show notes if you wanna pause and look at them later. but maybe trying to identify like, where is this, discontentment and this inability to celebrate others in your life.

[00:25:23] The first question would just be like, what are you craving? Like what is it that you crave or what desire consumes you? Just take a moment and really think maybe even while you're scrolling Instagram might be a good place to think about that. What is it that when you see it, you have this intense desire for it in your heart?

[00:25:41] The second question would be, how do you, or do you, kind of, gatekeep these desires? Do you kind of check them out the door and say, "Hey, is this healthy? Is this a good desire that I have? Do I desire this more than I desire the Lord in my life? And to honor and love Him and to honor my friends and people who are made in His image? So that's the second question. How do you gate keep your desires?

[00:26:06] And then the third question would just be, are you really honest with yourself and with the Lord about the desires you have and the emotions attached to them? Are you stuffing those desires and those emotions down, or are you processing through them with the Lord?

[00:26:22] **Krystal:** I think those are good questions, and like you mentioned on Instagram, that might be a gauge for how you're doing in some of these, because you and I have talked about we will unfollow accounts that bring up some of those, like they're just gonna tempt us to covet, to be discontent. So that might be you. Maybe that just needs to be something you do that's maybe a way that you're able to, just be in a healthier place as you process this.

[00:26:46] But you might also be hearing this and thinking, "I don't really know what those root issues are in my life. What are the things that are causing me to covet, to be jealous of my friends?"

[00:26:55] Those often root themselves in idols and sin patterns. And so if you're wanting to just like process through that and really identify some of those patterns in your own life, we have a study called "More Than Anything". It's a study on idolatry and it's fantastic. And so if you wanna learn more about that, we encourage you to grab that. We'll put that in the show notes.

[00:27:13] But we also have a booklet called, "Meditations for the Heart," and that's gonna ask you just heart-level questions, to think through some scriptures and some questions that you can answer. and that's a great one too, to be able to really ask some of those questions like those that you mentioned, Shelby, and just go a little bit deeper.

[00:27:29] And so we'll link both of those. But those will be really helpful as you continue to think about what are the things that are keeping you from honoring the Lord and others.

[00:27:37] **Shelby:** Yeah, I love both of those so much. Well let's end with just like some gospel hope here. You know, the verses that came to mind as we're discussing this topic, to me, that just give me so much hope in Christ and in the fact that, um, in him, we are raised to new life, is Ephesians one, three through six.

[00:27:56] I'm gonna read these verses and then talk about them for just a second. It says, "Blessed is the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavens in Christ. For He chose us in Him before the foundation of the world to be holy and blameless in love before Him. He predestined us to be adopted as sons through Jesus Christ for Himself according to the good pleasure of His will, to the praise of His glorious grace that He lavished on us in the Beloved One."

[00:28:29] These verses blow my mind every single time. No matter what we feel like we're lacking in an earthly sense, in Christ we are blessed with every spiritual blessing. And I love that word, "lavish." That He's lavished on us in the Beloved One.

[00:28:47] So whatever we feel like we're lacking, that may be painful, that may be really hard. But in Christ, we lack no spiritual blessing. We are chosen and loved and cared for. Our eternity is secure. And so I feel like that gives us a lot of hope, even as we might wrestle through these earthly pains eternally, spiritually, we lack nothing. And that is such a comforting thought.

[00:29:14] **Krystal:** Yeah. And I know it's easy for us to talk about this topic in like 30 minutes, right? But this goes so much deeper. That's where being honest with the Lord, being honest with others, it's gonna be a process. And you're gonna start to see these moments of, "Oh, I recognize this about myself. I know how to process this with the Lord." And you see growth from that.

[00:29:35] And so I think, I want others to hear us say this is something you can grow in. This is not something that's like overnight. "Perfect. I can celebrate others perfectly."

[00:29:44] But as we seek to celebrate others, we can live out what Jesus says is like the greatest commandment, right? To love God and to love others. And so we can love God by actively displaying gratitude for what He has done. Just like you said, Ephesians one, and for the good gifts He has given us.

[00:30:02] And I think also to recognize His goodness in the gifts that He hasn't given us. Even if it's "not yet" or "ever." Like, recognizing His goodness in that.

[00:30:12] And we can love others by displaying that gratitude for the good gifts He's given them and celebrating them. So we must remember that He has deemed it good for others to have what we long for. It is good. And we know that because His Word says that He gives good gifts to His children and that those of us who fear the Lord lack no good thing.

[00:30:32] So what we have and what we don't have, all of it, is God's kindness toward us.

[00:30:38] **Shelby:** Yeah. That's so encouraging. Well, thank you all so much for joining us today on The Daily Grace Podcast. We're just so thankful that we can have conversations like this. This is a hard one. You know, it's probably not

something that even comes up in conversation with our real life friends that often. But we get to have this conversation with you and that is not lost on us.

[00:30:56] What a gift and a treasure and a joy that is.

[00:31:00] **Krystal:** Don't forget to subscribe to our weekly newsletter to receive free resources related to the podcast straight to your inbox. You can click on the link in the show notes to subscribe. Until next time, come join us as we continue this conversation over on Instagram at Daily Grace Podcast. We'll see you next time.

[00:31:16] **Shelby:** Goodbye.

[00:31:17] **Krystal:**