Ep 166 - Finding Relief from the Pressure to Do it All

**Shelby:** [00:00:00] 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, and I want to invite you to come join me and a few of my friends as we chat about the truth of God's word in our everyday lives.

Many of us feel the pressure to do it all. We want to be the best Christian mother, wife, friend, coworker, and church member possible. And we want to serve the Lord well with our time. But in our pursuit of doing all of these things well, we often overlook the fact that we have God-given limits our season of [00:01:00] life, our capacity and time itself, limit what we can and can't do.

Today, we're chatting about how to live within our limits for the glory of the Lord and how in that we can find relief from the pressure to do it all. Come join us in this conversation.

hey everybody. And welcome back to the Daily Grace Podcast. This is Shelby, and as always, I am so happy to be here, talking with you about how the truth of God's word impacts our everyday lives. And I am joined today by Krystal who is a staff writer here at the Daily Grace Co, and a very good friend of mine.

**Krystal:** Hi!

**Shelby:** If you listened to last week's episode where we answered the question, where is God in times of crisis, then Krystal is a familiar voice to you. And I know that you'll be really excited to hear from her again. And today, Krystal and I are going to talk about finding relief from the pressure to do [00:02:00] it all.

And this conversation was inspired by none other than our very own lives. We certainly find ourselves feeling pressured to be the perfect wife, mom, employee, sister, daughter, friend, homemaker, church member, et cetera. The list goes on and on, and this kind of pressure leads to stress burnout. And really ultimately it leads us to a lot of inner conflict. And even some condemnation, when we find that we can't live up to the quote unquote superwoman standards that we've set for ourselves. So we're going to talk about this topic in light of the gospel and according to the truth of scripture, and we hope that it's going to be a really helpful conversation for everyone, and that includes ourselves.

But Krystal can you start us off by sharing a favorite thing? What is something that you have been using and loving lately?

**Krystal:** Yeah.

So my favorite thing is actually an app. So it is the step Bible app. Um, it's something I've been using in just [00:03:00] my personal like Bible study time, because I love having a lot of resources available, but sometimes. Having a bunch of books it's not always possible.

And so having this app has been really nice and it's so simple, which is why I think I love it so much because you could pull up the text and you can click on each word of a verse and it'll give you original language, it'll give you related verses.

I think it's a really good cross-referencing tool because it gives you just multiple places where you can see either that concept or maybe that verse quoted somewhere else. Um, and so if you see an old

Testament reference in the new Testament, you can go to the app and it'll tell you where it comes from. And so to me, it's just really helpful to have a really accessible, really easy to use.

And I've just learned so much using it So that's my favorite thing. The step Bible app.

**Shelby:** That sounds so cool. I I have never even heard of that but I'm going to check it out. Yeah, that sounds great. and before I share my favorite thing, Krystal, because this is only your second time on the [00:04:00] podcast, I thought we'd ask you a little, get to know you question. So can you tell us a little bit about your background and what you did before you came to work at daily?

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**Krystal:** Yeah. So before I came to Daily Grace, I was actually on church staff for 12 years, which is crazy to think about, cause it's like a third of my life. So I really kind of grew up in some ways, like in my

faith while being on staff, I started off as an intern in kids ministry. That was my background in education was. human development, family sciences. so, I thought I was going to. be teaching, writing content for kids.

And So so that's kind of where I started And I joke that I kind of grew up with the audience that I was kind of ministering to. So I started off with kids.

and then I ended up serving in women's ministry for the last few years, being on church staff, but I got to just kind of jump around and serve in multiple capacities at a church, which I loved. I learned so much on the job. Um, but my heart really is ministry to women

and that women would just know and love God's word, that they would be [00:05:00] able to, handle it rightly, And that they

would be able to You know, grow as a disciple and make disciples in the process.

And so that's like such a joy to be able to get, to use those talents and those giftings and just the passion in the context of, of writing at daily grace. So it's been a joy to see how God has kind of shaped me really for this role here.

**Shelby:** Yeah. And I can just say that, you know, you've really only been on staff here for a few months, but we have seen those passions come out so much and appreciate everything you bring to the table and absolutely love having you on the podcast. So thanks for sharing that with us.

Okay, I'll share a favorite thing. so my favorite thing this week is a book I'm reading. It's called Rethinking Sexuality: God's Design and Why it Matters by Dr. Julie Slattery. And what I love about, this book is that it is not just a list of rules, I feel like. When we were thinking about, um, sexuality, often we think about a list of rules, but this book goes really in depth on [00:06:00] explaining why it matters that we live by God's design.

And, you know, our culture is asking a lot of really big questions about sex And sexuality right now. And it's becoming a point of decision for a lot of people in their faith. And so I think this book explains very well.

The biblical view of sexuality And why it's important to hold to it, even when the culture isn't. Um, so it's a needed book. It's an eye opening book and it's actually a topic that we want to address more in depth soon on the podcast. So if those are some questions that you've been asking around that topic, uh, you can be looking forward to a few episodes on that soon. But for today, we are going to talk about finding relief from the pressure to do it all.

I thought just for a second, can we just talk, Krystal, about how this pressure impacts you and I because I know that we definitely feel this and struggle with it. In fact, when I told my husband that this was the podcast, topic for this week, his eyes got really wide and he looked at me across the kitchen and he [00:07:00] suggested that after I write this episode, I may need to go back and listen to it and take some notes because He knows that I'm just chronically over committed and usually stressed.

But what about you, Krystal, how do you feel about this topic? Do you feel the pressure to do at all?

**Krystal:** Yeah, absolutely. I think I feel the pressure to do it all I think it comes from honestly looking horizontally at other people and then comparing myself to them. And so I can look back on various seasons from life, whether it's going to college or getting my first job, or getting married and having kids like I can look back and see how I would look to friends who were already in those seasons of life.

And if I'm honest, now I tend to look at social media, and even looking at people that I don't even know. There there were these perfect women living their best life and working full-time jobs. Their six kids perfectly dressed, you know, and, and I know that I've only seen just a brief snapshot of their lives, but that [00:08:00] pressure just seems to grow. As I scroll through social media.

**Shelby:** Yeah. Have you seen, we released a resource, not that long ago. it's called redeeming your phone time and it's just a little.

Yeah, it's just a little booklet, but I've heard from so many people that, you know, obviously this comparison thing is something that happens a lot on social media. There's a lot of different ways our phone just impacts us.

So I know that's not what you're talking about at this moment, but I have heard from so many people that that has been life-changing to go through that booklet. So I thought I'd just mention it really quick. Okay. But go on ahead with what you're saying.

**Krystal:** Yeah, no, that's good. and I think there is a lot of wisdom in getting counsel from older, wiser women that have gone before us. But the difference for me personally is that, I turned seeking wisdom into comparison very easily, and I allow them to become the measuring stick of success, which means it's constantly changing, right? Based on who I'm looking at.

But I think there's a lot of different places that we tend to feel that pressure. [00:09:00] And even in childhood, I know many of us probably felt that pressure to get good grades or to excel in sports.

And we don't even recognize how that carries over into other areas of life. Um, until we have set just such high expectations for ourselves, and we feel like we've failed if we can't meet or exceed those expectations.

And I think something that I've been told pretty consistently throughout my life is that I have a really high capacity. So whether it was work or school, I was praised for being able to juggle a lot of things at once.

And I do think that's part of how God has wired me, but if I'm not careful, I take that to a really unhealthy place by either taking on too much

responsibility, uh, with too little time or I allow it to become my identity and find my worth in what I can or can't accomplish.

So trying to do it all and stretch beyond the boundaries that God has given us as humans means that we are actively pushing against how God [00:10:00] made us. He didn't create us to be limitless and to run on little to no sleep.

So in trying to do it all, we potentially have less margin for the things that God has called us to for our flourishing. And this means we could become ineffective in the kingdom because we are living what we think we should be doing rather than pursuing the things that God has called us. I think no matter the stage of life that we're in, we have to constantly fight the temptation to look to our right and to look to our left for validation in our life choices. And so we have to find ways to block out all of the noise, to be able to discern God's voice.

**Shelby:** Yeah, I'm just going to echo a lot of what you just said. I think that we learn pretty quickly in life. What gets us positive attention and affirmation and in our culture, in the U S it's usually doing a lot of things And doing them all well. And so we end up sacrificing anything and everything else in our lives, our mental well-being, our physical, well-being [00:11:00] our emotional well-being in order to be productive.

And really the end goal on that for us a lot of times is to be praised for our productivity in one way or another. And I think that for me, me, the pressure to do it all comes from a fear that the less I do, the less valuable I am.

So if I'm not doing it all at church, then I'm not valuable to my church body. If I'm not doing it all at work, then I'm not valuable to my coworkers and bosses. And if I'm not doing it all at home, that I'm not valuable to my family.

And I find that if I don't actively fight it, then I'm entering each day with the mentality that today I am only as good as what I accomplish. And so for me, it's less about trying to Keep up with what others are doing. And it's more about trying to make myself appear and like, feel really just inwardly really important and accomplished. And the sad thing is that this cycle never ends, right? Because that validation only lasts for a moment and then we need more.

So we end up having to do more [00:12:00] and more and more, and eventually we become over committed and overworked and overtired and just kind of like over it all together. But there is a way to break this cycle and that way to look to scripture, to look to God's word and to see what it has to say about this topic in the instruction that it gives us.

So let's transition into that. Let's start talking about, why do we need to know what God's word says on this topic? How is that going to impact the way that we live our lives? What are your thoughts on that? Krystal?

**Krystal:** Yeah, so there's this phrase, Corum Dayo, which is Latin for before the face of God or in the presence of God. And as believers, we are to live Quorum Dayo, we live our lives in the presence of God. So I think there's a sense in which we already kind of do this because through the work of Christ, he's made a way for us to be in his presence.

But then there's this other sense where we seek to do this through our obedience, to his word, And by loving others and loving the Lord. But if we're not careful to create that space and margin in [00:13:00] our lives, it's going to lead to burnout. It's going to lead to exhaustion or anxiety, and it causes us to lead a life that in many ways is opposite of the abundant life that Jesus invites us to.

As image bearers, how we reflect him matters, you know, are we reflecting him in the ways that we can and should, or Are we trying to go beyond the balance, that he has given us in his goodness? Are we trying to be God in our lives by doing more than we should? Do we act as if we're limitless or in control?

And I think those are things that we have to think about as we, we tend to feel that pressure to do it all.

**Shelby:** Yeah, I really like that phrase, Quorum Dayo, and what it means. And I'm going to throw another Latin phrase in there because I feel like the opposite of that is like Carpe diem, like seize the day. so I feel like maybe my mentality, a lot of the time is like Carpe diem seize the day when really it needs to be Corum dayo Before the face of God.

And I think that that's kind of the heart of the conversation that we're getting at, [00:14:00] um, that how we spend our time and how we spend our days, just shifting it from like how much can I get done today to how can I love And serve the Lord today? And that includes honoring the limits that he's given me.

And so like the funny thing for me with that is that I can sometimes think that I'm pleasing God or like reflecting him by being hyper productive

And for me, I know I struggle with that because sometimes I think that by being hyper productive, that is me like glorifying the Lord with my life. that it's only through me doing a lot for him, that I'm going to please him and honor him. When in reality, he would be

most glorified in my life when I'm living in accordance with the limits that he's given me, like he is aware of my limits and I just want to like, maybe give an example, of what that looks like because sometimes having this conversation can feel abstract. And so I'm going to give a, quote, unquote hypothetical example, but I feel like this has happened so many times in my life. but let's say that I have like [00:15:00] a very full schedule and then someone from my church comes to me and they ask me to volunteer, to work with a program.

That's feeding those who are hungry. So my thought process might go something like this: the first thing I think is like, I don't have time for that. I just really don't. But then my second thought is, but the Bible says that I should feed the hungry And I do want to, engage in this ministry because I see the work that they're doing.

And I think it's really important. And then I think, oh, I bet this person is asking me because they don't have anyone else to help. So if I say no, then like, who will do it? The church needs me to do this. Jesus needs me to do this. I have to do this.

So I say, sure, I'll help. And I've just overextended my schedule because I've decided that jesus can't possibly feed the hungry without my help.

And so that's the conclusion I come to, which is just utterly ridiculous. Here's the alternative. Okay. Same scenario. I have a full schedule. Someone comes to me and asked me to volunteer with a program that helps feed the hungry I realized I don't have [00:16:00] time to volunteer for this because I'm already volunteering in other areas.

And so I recognize my God-given limits and that they are for my good, but I stop and consider: is God asking me to change where I spend my time volunteering. I seek counsel. I pray. I realize no, the answer to that is no, I'm not being called to change where I'm spending my time. But just like before I realized that the Bible asks me to feed the hungry and I want to honor this command.

So I reach back out to the person and I ask hey, is there another way that I can get involved? That doesn't involve my time? And she says, Yes, you can donate food.

And I think I can do that. In fact, I can mobilize my entire small group, which is a way that I currently feel called to volunteer at my church. We can all donate food together, and then I will trust that God is big enough to handle everything else. And you know what? I believe that God is glorified through that more so than if I would have forced myself to do one more thing in the name of loving Jesus. [00:17:00] Of course, we have to be careful about using this excuse to not do anything, but ultimately choosing to not do it all is about letting God be God and realizing that we are just a small part of what he is doing.

**Krystal:** That's so good. I think all of us probably have an example that we have in our heads. Like, as you're talking, I'm like, oh, that's actually a really helpful way to process because we feel like it has to be an all or nothing. We feel like we have to say yes or we say no and we feel really bad about it really guilty.

And so to be. able to say, no, we can

still participate in the mission of God, no matter where we're at in life, it just doesn't have to be 20 hours a week or whatever the commitment might be. So I think that's a really helpful way to be able to process with the Lord. What it is he's calling us to

**Shelby:** Yeah. You know, I have this paper on my desk and I look at it every day and I wrote it because I struggle so much with doing what I just said with like, trying to live outside of my limits, but it just has a few different phrases on it. And here's what it says. [00:18:00] I think these are good reminders for all of us.

It says in the grand scope of God's plan of redemption, I am a very small piece. My efforts today don't make or break God's eternal plans and purposes. My goal today is not to live up to the expectations of people, but to love my savior. I'll never be qualified to do this job yet by the grace of God, I will be equipped.

And I will not pretend to be someone I am not, I have nothing to lose by admitting that I'm a sinner, may my failures point to the savior. And, here's the verses that inspired those statements for me. Well, first of all, they are inspired by my just constant over-committing and overworking because I felt like those statements weren't true. I felt like I did have to live up to expectations that I was like kind of the, make it, or break it for God's plan on the earth.

And that's just not true. so let me read Ephesians three, seven through nine. This is Paul speaking and he says, I was made a servant of this gospel by the gift of God's grace that was given to me by the working of His [00:19:00] power.

And this grace was given to me the least of all the saints to proclaim to the Gentiles, the incalculable riches of Christ, and to shed light for all about the administration of the mystery, hidden for ages in God who created all things. So these verses are written by Paul, like I just said, and he had just finished describing the wonders of the gospel. and then he goes on to talk about how inconceivable it is that he is the one who gets to proclaim this message to the world. But I think the way he frames the work that he's been called to do is really. And can help us all as we consider what we are filling our schedules with and how we are doing the things that God has called us to do.

So he says that his role as a servant, he uses his time to serve the Lord. He says that he was invited to serve the Lord as a gift of God's grace. Earn it, it's not like something that he is doing because he is so supremely gifted at it. And he says that the gift was given to him by the [00:20:00] working of God's power.

So what he's not saying is I work so hard And I do as much as I possibly can and I study a lot And I preach a lot and I travel a lot. And Paul probably did do a lot of those things, but I think he's got a really good grasp of what's really going on here.

He does what he does by the grace of God, through the power of God, as a servant of God, because without God, he is the least qualified. And I think that attitude changes a lot for me. When I can live in that place, it puts me and the things I do in perspective, it shifts me from doing, doing, doing, doing to just enjoying that I get to partner with God in what he's doing. And I think that that principle applies to everyone.

Even if you're not in ministry, like Paul was whatever you do, whatever your season of life, you are a servant of the gospel.

in your home at your job. While you're loving your kids, doing the dishes, chit chatting with your neighbors, running errands, as Christians, all that we do, we do as . A servant of the gospel.

[00:21:00] And we do those things by the grace of God, through the power of God and as a servant of God. And that gets our focus off of. I do the things I do because they benefit me because I get recognition because God needs me to, and he can't do this without me.

And so instead it gets our focus on the Lord and we're doing all things just in service and unto him. And when we do that, it becomes so much easier to live within the limits of time, within the limits of our season of life, within the limits of our emotional and our physical and mental capacity, because all the things that we do, they aren't about just being productive. They're instead just a way that we glorify God.

**Krystal:** Yeah, I think we have to learn to say yes to the right things by saying no to good things that just aren't good for us at that time. They're not right for us in that season. And I think that's really difficult to identify what we should say no to, and just learn how to navigate that. But I mean, thankfully we know we're not the first ones to have ever struggled with this because we do see it throughout scripture.

[00:22:00] And I don't think we can talk about this topic without bringing up Mary and Martha. It's just such a good depiction of what we're talking about.

And so in Luke 10 verses 38 through 42, it says while they were traveling, he being, Jesus entered a village and a woman named Martha welcomed him into her home.

She had a sister named Mary who also sat at the Lord's feet and was listening to what he said. But Martha was distracted by her many tasks and she came up and asked Lord, why don't you care that my sister has left me to serve alone. So tell her to give me a hand. And the Lord answered her. Martha, Martha, you are worried and upset about many things, but one thing is necessary.

Mary has made the right choice and it will not be taken away from her. I love that. She's like go tell her to know, think that I've, I so much. But I feel like the way that we hear this story taught a lot of the times, it's just [00:23:00] simply like, don't be like Martha, you know, but I I think the problem here. is not with her tasks. It's that she was being distracted by And I think we see that in Jesus' response, He says, Martha, you are worried and upset about many things.

He doesn't say, Martha, you shouldn't take care of your responsibilities. No, in that moment we see Martha was doing a lot of good things that they were preventing her from saying yes to the right thing.

And we see Mary saying yes to the right thing in that moment, which was to rest and to sit at the feet of her savior. And so, you know, a lot of us desire enjoy really full lives, but we have to evaluate what it is. That's filling our lives. What is on our calendars, what takes up our time. And so our lives could be full and yet not be filled with the right things.

**Shelby:** Yeah, I think you're making a really good point, but what I struggle with is [00:24:00] knowing, like, what are the good things that I need to say no to? And like, what are the good things that I need to say yes to you? So can we like dig into that just a little bit? more

**Krystal:** Yeah. You know, I think it's really hard. It's, you know, it's going to look different for everyone because God's created us all so different. You know, we have different giftings And personalities, even capacities.

And then, you know, for us, our schedules change frequently in our house with ministry and kids being in activities now. And so we're constantly reevaluating to make sure we're doing the right things for our family in that season. So I think it takes a lot of prayer and just making the best decisions we can with the information that we have.

Ultimately I believe we all have the same calling, which is to be a disciple and to make disciples, But God has given us all different contexts to live out that calling. So for me, when I recognize that calling of discipleship and acknowledge the context [00:25:00] and the stage of life that the Lord has placed me in, it helps me to better discern saying yes to the right things. And then I have to give myself grace to change my mind.

I think there's times where I realize I have way over committed and I'm drowning, but I feel obligated to do every single thing.

That's on my calendar. Now, this doesn't mean that we just like jumped ship and abandoned all of our commitments and responsibilities, but it does mean that we are first and foremost accountable to God for how we spend our time. And some of my favorite conversations in ministry was when I would grab coffee with a leader And say, Hey, I think you're doing too much.

Can I give you a season of rest from leading. And I love the, I got to be the person to give them that gift of rest because I could see they desperately needed it, but they didn't want to give up the good things for the right thing. So for them, it was just a [00:26:00] rhythm of rest.

And I think we often see rest or living at a slower pace of life almost as a hindrance in life. And I think that's a really unhealthy state to be in. And I've seen that personally in my own life. But I love how Jesus is really intentional with rest in ministry and how he was intentional to spend time with people. And throughout the gospels, we see that Jesus retreats from the crowd to be alone and to pray though, often people find him.

So he's not alone for very long, but, we see towards the end of mark, chapter one in verses 35 through 38, it says very early in the morning while it was still dark. he being Jesus got up and went out and made his way to a deserted place. And there he was praying Simon and his companion searched for him.

And when they found him, they said, everyone is looking for you. And he said to them, let's go onto the neighboring villages that

I might preach. This is why I have [00:27:00] come. So Jesus allows his, his prayer to inform what's the next right thing for him, which is to go onto the villages and continue to preach the gospel. And he had his eyes fixed on the mission and he knew his purpose in life. And we see that his decisions reflected that.

**Shelby:** Yeah, I think Jesus is a great person to look at. And something that I always think about is that his ministry didn't start until the age of 30. I think that we have this idea that we need to start young and go fast and never slow down and always, things should always be increasing and growing and ramping up. But in scripture, so often things unfold. Slowly. And I don't know where we get the idea that God does everything fast Certainly he sometimes works fast and I have definitely had seasons that I felt like were stretching seasons, where I felt like God was asking me, you know, to maybe do more than I had done in the past, but he was working in and through that.

But I think a lot of [00:28:00] times too, I might just need to slow down a little bit or even just slow down enough to where I'm living within the limits that God has given me. I think a lot of times sets the pace for our life by our just natural limits. Yet we try to outrun that.

And so I think a lot of times the question I ask myself is how much can I do in a day? How much could I possibly get done?

But some better questions to ask might be, What season am I in? do do I actually have the time for? What do I actually have the mental and emotional capacity for it? Cause that's even different than having the time for something.

And what is God asking me to do based on Scripture and the leading of the Holy Spirit? That might be even the most important question, there. And so here's one thing that I've been doing to just make this really practical. And I've been doing this specifically in motherhood, although the principle can apply to any area of life.

When I realized I'm becoming kind of strung tight and I'm on the edge of burnout in [00:29:00] an area of my life, I will list all the things that I am requiring of myself that have led to that point. So as a mom, That might look like.

Okay, well, I'm expecting myself to have healthy home cooked meals on the table every night. I'm expecting myself to keep a clean and organized home while having four young children running around in it. I'm expecting myself to have family discipleship. Every day, I'm expecting myself to have one-on-one time with each of my kids. And I'm expecting that my kids can be involved in extracurriculars because they enjoy them.

And that list, I mean, that is scratching the surface, right? That list can go on and on. Then I can go through each thing on that list. And I can ask myself, is this mandated by scripture? Or is this just something that I'd like to do, or maybe even have been influenced by the culture around me or by others to think is more important than it actually is?

And so, once I can answer that, that question, then I can begin to put the first things first by what is mandated by Scripture. And then based on that I can [00:30:00] decide, okay, what are the things I can cut even if I don't want to. And can I tell you something right now? My home is like sort of clean and kind of organized, but I definitely like wouldn't want to, invite you over right now.

My kids are not in any extracurriculars right now because we simply cannot make it happen. We get dinner on the table every night, but I'm honestly not super concerned about what percentage of it is green and what percentage of it is coming from a McDonald's bag.

So, you know, like those are just things that I have had to let go of and say, um, you know, in this season I have to put the first things first and lean into loving, discipling, and caring for? my children and building a relationship with them.

And then maybe one, day when I don't have four kids eight and under, I'm going to be able to add those other things back in and I'd like to, but for now I'm limited. and knowing what scripture asks me to do that really helps me know what to prioritize and what to put first and what I can just completely let go for now

**Krystal:** So good. [00:31:00] So even in a busy season of life I mean, you have a full-time job, like you said, you have four kids eight and under, uh, life is busy. So what does it look like for you practically to disciple your kids in this season of life?

**Shelby:** Yeah for us, you know, I think it's actually pretty simple. One, it's just leaning into like every day conversations that we have. Maybe it's something that the kids have heard at school and they have a question about, and we're able to say, all right, Hey, let's look together about what God's word says on this topic.

or with our youngest ones, you know, maybe there's struggling with obedience or with really big emotions. And, um, we're able to just stop and pray with them and say, you know what? On your own, you cannot share, But with Jesus's help, you can. but then like just practically something we do is just every night before bed, just have a family discipleship time.

It is probably between 10 to 15 minutes long just with the ages of our kids. And, right now we're going through two card sets actually from the daily grace code. We're going through the attributes [00:32:00] of God kids card set and the big truths for little kids card set. So every night, We talk about an attribute of God and we read the scripture on the back and talk about it.

And then we also talk about, a theology term from the big truth for little kids and my kids are actually loving it. They get a lot of joy out of like picking the card for that night and looking up the verse. So it's pretty simple, really. but that's what we have time for in the season. It might look different in different seasons. Do you want to share about what you do with your family right now, Krystal?

**Krystal:** Yeah, so ours is actually in flux right now, cause we just started up soccer again. and so it takes up our evenings in a different way than it did last time. Cause it's like, again, scheduled to change. we actually utilized dinner time, for.

a lot of what we do and then whenever we are now, when we're eating dinner, when my kids are older, um, and so we actually use a new city catechism and we just work through different questions that way. And I've told my friends my six-year-old probably knows [00:33:00] more theology and more scripture than I did at 18 because I became a believer in college. And I'm just like, man, like the Lord can use like five minutes a day to just instill really big truths that. are gonna just create a foundation of faith for them.

And so we do that. And then at bedtime, my husband will read, Bible stories. we do the action Bible with two young boys. They love it Um, and so our, really our big thing because of our schedule, we just utilize the time that we already have with them and make it just normal rhythms, versus like okay, we have to carve out an hour and a half for family discipleship every night, we have to get all this stuff out.

You know, there might be times for that, but for where we're at right now, we utilize the time that we already have with them And, just try to point them to Christ in, in every aspect of life.

**Shelby:** I love that. That's exactly what we're talking about. Just living within the limits that you have,

On this topic, I want to look at the Proverbs 31 woman because, when we're talking about like the pressure to do it all, she seems like somebody who did It [00:34:00] all. I mean, She really did it all.

She was a successful career woman, a wonderful caretaker. She kept a tidy home. She spent time serving others. And so sometimes I think that passage can trip us up a little bit because we think, oh, I am supposed to the things that she does. And I'm supposed to model my actions after. her Now, I don't think it's a bad thing to learn from the way that she spent her time.

But I think if we're comparing our accomplishments in life or the things that we do today, based on the things that the Proverbs 31 woman did in Proverbs 31, then I really think that we're missing the point of that passage, because verse 30 really clues us in on like the root of all of her good works. She was a woman who feared the Lord. Um, and this doesn't mean that she was afraid of God. It means that she honored God with her every waking moment.

**Krystal:** And I think what's interesting too, about Proverbs 31 is that it's an acrostic [00:35:00] poem. We don't see it in our English version obviously, but each line starts with the letters of the Hebrew alphabet. And so most of the time the poems in the Bible are not meant to be like a checklist for us, right?

But it really speaks to how she embodies wisdom and the decisions that she makes. And so it's less about what she was actually doing. Like you said, it's about honoring the Lord with how she lived.

Jen Wilkin has this really good quote in her book, In His image. And it says Often we must choose between two options that appear either equally wise or equally unwise.

Often the answer to the question. What should I do could go either way. Which brings us to the better question for the believer, wanting to know God's will for her life. the first question to pose is not what I should do but who should I be?

I think that's so helpful. Especially those of us that struggle to discern what to do next. And I think we get really caught up in the decisions and the details that we forget who we're [00:36:00] called to be and then who we're called to reflect. John 15 is another passage I think is helpful in this conversation. And in verse five, it says,

I am the vine. This is Jesus talking. I am the vine. You are the branches. The one who remains in me and I in him produces much fruit because you can do nothing without me.

So maybe that's what I need to write on my piece of paper on my desk. Like I can rest and remain in Christ because he sustains me. I could do nothing without him.

So I think here we see Jesus points us to a life of dependence and not independence, which I think is what we're often wanting to do.

I want to live independently. I don't want to need other people. I don't want to need the Lord. I can do it, but no, we're, we're called to abide and we're called to remain in Him

**Shelby:** Yeah. I love both those points that you just made. And I think that that's so important. So I'm just going to say it again for so many of us, the question is not what should I do, but who should I be? And we can look to [00:37:00] scripture to find like who. Does God want me to be?

Because so often with our doing, we're trying to answer an identity question about ourselves. We're trying to show who we are or prove who we are by what we do. And then also that the way to walk that out is dependence. It's like the picture of a vine being connected to the branch. I mean, there is no life in that vine without the branch.

And so I think even if we're struggling with like having an overfull schedule, feeling the pressure to do everything, The first place for us to start might be to carve out some dedicated time to be in God's word, to spend time in prayer, to spend time just getting to know, the Lord and listening for his voice and getting to know, Hey, what are the rhythms that he wants me to live by? I feel like that can begin to answer so many other questions for us.

And you know, I spoke just a second ago on how our doing is often like solving an identity crisis for so many of us. [00:38:00] and I know Krystal you mentioned that you have been kind of like an overachiever in your life, And I can relate to that as well.

Many of us, you know, we just do, do, do, do do. And the reason that We do so much is that We have to or else our identity crumbles. We have to prove that we're valuable. We have to prove that we love the Lord. We have to prove that we have changed that we're not who we once were. We have to prove that we're a good wife, mother, friend, employee, et cetera.

And I think that we need to learn to meet those needs outside of. Of what we are able to accomplish, and we really need to allow the Lord to meet them, to let our value and worth and identity come from him. And I want to go to Isaiah 43 for a second. I just want to start with the title of this chapter because it's called, Israel's only savior.

And I think a lot of times we're trying to save ourselves by what we accomplish in life. We think somehow that is going to give our life the meaning and the value and the [00:39:00] acceptance that we truly need. but just starting with the title of this chapter, we really only have one savior and that's Jesus.

But Isaiah 43. was written to a very wayward Israel and idolatrous, Israel. An Israel that was not meeting the mark. They were exiled. Their exile was soon going to come to a close though. And the Lord, even amidst all their disobedience and, just the punishment that they were receiving for God, for all of their, idolatry.

This is what the Lord says to them. in Isaiah 43. and I'm just going to read a couple of verses I want to read verses one, two, four, six and seven, and I'm skipping around a little bit, but it might be a lot to read everything.

Now, this is what the Lord says. The one who created you, Jacob, and the one who formed you, Israel do not fear for, I have redeemed you, I have called you by name and you are mine.

When you pass through the waters, I will be with you and the rivers will not overwhelm you. When you walk through the fire, you will not be scorched in the flame will not burn you. I will [00:40:00] say to the north, give them up and to the south. Do not hold them back. Bring my sons from far away and my daughters from the ends of the earth. Everyone who bears my name is created for my glory. I have formed them. Indeed, I have made them.

And the words of this passage are so compelling. And I think that the reason for that is that in this moment, Israel, wasn't doing really anything right. Hardly at all. But yet these are the words God says about them.

You're redeemed. I have called you by name. You are mine. You are precious in my sight. Honored. and I love you. My son, my daughter, those who bear, my name are created for my glory. I formed you. And I made you.

And all of these names, all of these things that God says about his people, none of it is dependent upon Israel. They're a mess!

It's dependent on the Lord's goodness and his faithfulness and his love, and the fact that he's chosen them. And how much more true [00:41:00] is this, for those of us who are in Christ.

You know, Romans five, one through two says, therefore, we have been justified by faith, we have peace with God through our Lord Jesus Christ. And we have also obtained access through him by faith into this grace in which we stand and we boast in the hope of the glory of God.

And so this is where we find our worth and our value. This is how we find that relief from the pressure to do it all.

We stop allowing what we do and do not do to determine our worth and value in me instead, rest in the fact that if we are in Christ, we have peace with God. We have access to God and we have the hope of the glory of God in eternity.

And so I think the beauty of the pressure to do it all is it actually makes us realize that we cannot do It all. It is just impossible.

It forces us to choose what we prioritize. It forces us to accept that we are finite, that we are small and that God is the Lord over all the [00:42:00] earth and it forces us to find our value somewhere else.

Not in what we do, but in our relationship with the Lord,

**Krystal:** It's so good. And it's so important. And yet the irony in this is that when we're done with this conversation and be really tempted to bust out my calendar and my colored pens, I'm like, I'm going to figure this out. I'm going to have the perfect schedule. I'm gonna make sure there's no pressure.

And yet what I know that I need personally. As my next best thing is just to be alone with the Lord. Like you said earlier, you know, just carve out that time to rest and to sit at his feet, to pray, to seek wisdom from the scriptures about who God is calling me to be as his disciple and as his child,

Jesus has not called us to do more and to be better and to have it all together, he calls the broken and the weary to come to him and to find rest for their souls.

And second Corinthians 12 nine is such a good reminder that God's grace is sufficient for us. And His power is made [00:43:00] perfect in our weakness. So there's grace for us when we have that completed to do list, but there's a lot of grace for us when not a single box is checked off. And our worth is not found in a checked off to do list, but it's found in Christ.

Jesus came to free us from our self- sufficiency. And so we don't have to go searching for a value anywhere apart from God, like you said earlier, in Christ, we have all that we need, and by a spirit we can pursue wisdom and then we can rest and we can trust the Lord with the outcome.

**Shelby:** Amen. That's so good.

You know, we really hope that you've enjoyed chatting with us today about finding relief from the pressure to do it all. We hope that this has encouraged you to do just exactly what Krystal just said. Maybe your next thing, even right after this, is to just spend a few quiet moments in prayer before the Lord.

We're just so thankful to have these conversations with you each and every week. We are going to be back next week talking about another important topic. But, until then we'll [00:44:00] sign off and say, see you later.