**Shelby:** [00:00:00] Hey everyone. We went to let you know about a brand new resource recently released by the daily grace code that we think you'll love. It's called Fix Your Focus, a 52 week guide to help you put God. First, in this episode, we're talking a lot about slowing down, assessing your schedule and your wellbeing and making adjustments where needed. And this resource is perfect to help you do just that. Fix Your Focus will provide a weekly step-by-step guide for you to center your life on God. It's going to help you organize your to-do list and prioritize how you spend your time. It's going to assist you in preparing spiritually for the week ahead and the tasks ahead. It's going to guide you to journal, to pray and to meditate on scripture every week. And it's going to encourage you to participate in spiritual disciplines, like serving, fasting, rest and fellowship. If this sounds like a tool that you'd love to incorporate into your weekly routine, then head down to the [00:01:00] link in the show notes or to the Daily Grace Co.com to check it out.[00:02:00] [00:03:00] [00:04:00]

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'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.

**Krystal:** Hey everybody. And welcome back to the Daily Grace Podcast. This is Krystal and I am joined by my wonderful co-host Shelby.

**Shelby:** Hello, everyone. Super glad to be back with you today.

**Krystal:** And we are really excited for this week's topic because it's really a continuation of our conversation from last week. You know, last week we looked at 1st Corinthians 12 and we discussed spiritual gifts. And our hope in that conversation [00:05:00] was to look at the topic, using a wider lens. As we looked at the function and purpose and gifts from really a global perspective within the church.

I know our conversation helped me a lot, even in how I view view my own gifts. It's less about me in what I can do and more about how do I get to be a part of building the kingdom. So I'm really excited for today's discussion, but before we get into our topic shall be, what is your favorite thing?

**Shelby:** Okay, my favorite thing this week is actually a set of scripture memory cards from the Daily Grace Co. There's several different options where you can actually write on your own scripture that you're working to memorize or just to meditate on. We also have several amazing sets that have verses already written on them. And guys do not sleep verse cards. These are easily some of my favorite products that we offer, because I don't know about y'all, but I can read the Bible in the morning and forget it by 9:15 when I'm just a few [00:06:00] hours into my Workday. But right now the ones I'm loving are the ones that I can write my own verse on. I've been meditating on Psalms 62, 1 through two, like during the Workday. And so I've got that on here right next to my computer. And it's such a simple, practical, inexpensive tool that is making a massive impact in my life. And so, run . And find you some scripture cards to get you through your day,

**Krystal:** What's neat about those cards too, is they're black and white. And so if you enjoy coloring, you can color in like the floral design. Did you know that?

**Shelby:** Oh my gosh. Did not put that together. Now I have a weekend project.

**Krystal:** Well, the reason I figured that out is I was looking at the page description and looking at some of the images because the photography is always like beautiful on the, product descriptions. And then I saw one that was colored and one that wasn't. And I was like, oh my goodness. You can color in your own. I was like, I could color code my own, verse cards based on, topic or book of the Bible. And I just thought that was such a neat thing. So if you enjoy like adult coloring [00:07:00] books or doodling, like that's just like a fun bonus on there.

**Shelby:** Love that. That is amazing. And I hadn't even put that together. So thank you for mentioning

**Krystal:** So fun.

**Shelby:** Krystal, what's the favorite thing for you this week?

**Krystal:** Yeah. So my favorite thing is a book. It's called Refresh and it's written by a couple and their names are Shauna and David Murray. And there was actually another like companion book called Reset, that's written just by David Murray. And so it's kind of like a companion, like men's and women's version of the same content, the tagline is " Embracing a grace paced life in a world of endless demands." and just as we've been preparing for this episode, I actually went back and revisited this book and forgot just how good and how helpful it is. And so I'll talk about it a little bit more later in the episode, but just going back and rereading it. That has been my favorite thing this week.

**Shelby:** Yeah, okay cause I've heard you talk more about this book and I actually heard, it mentioned a couple other places too, but it's a newer book to me. So I'm really intrigued to learn a little bit more about it and maybe add it into my lineup. Although, admittedly, I have way too many books stacked up to [00:08:00] read right now, but let's go ahead and get into our topic for today.

**Krystal:** Yeah. So, like I said, last week we talked about spiritual gifts and we looked at it from a high level perspective. And today we really want to take a closer look at how we can operate within our giftings to serve the local church without burning out or growing weary. So, Shelby, why do you think it's important for us to talk about weariness as we use our gifts?

**Shelby:** Yeah, well, the reason we chose to add this episode in, after the episode we did last week, is because this is the natural question that follows. As soon as people start using their gifts, they might be like really hyped up and excited about it. And then they realize, wow, this is harder than I thought. I'm getting more tired than I expected to be. I do enjoy this, but I'm also struggling to balance this with my life. And so people are just wondering how can I both use my gifts and not be eternally exhausted from using my gifts? And we get it. Krystal and I, we get it. We both [00:09:00] have to wrestle with that question and what that means for us in the way that we serve within our local church bodies. And additionally to that, Krystal and I have both been in a role in churches where we've overseen groups of volunteers. And so we've helped other people wrestle through this question. And honestly, we've seen people get tired and just keep going without changing anything. And that's super unhealthy and we've also seen people get tired and quit, and that's also super unhealthy. I think we are all going to get tired physically, emotionally, spiritually, and mentally, because we live in a fallen sinful tiresome world. And the work to be done to advance the kingdom of God. Here is immense in none of us, this is the most important thing, none of us are God. He does not tire, but we do. And, you know, I think the most obvious place to go in scripture when we're talking about using our gifts without growing weary is maybe Galatians 6, 9-10. And I'm going to talk about this verse a little more later, but I want to pull one thing out of it right here [00:10:00] at the beginning. So let me read these verses really quick. They say, let us not get tired of doing good for, we will reap at the proper time if we don't give up. Therefore, as we have opportunity, let us work for the good of all. Especially for those who belong to the household of faith. And that word, tired, I kind of did a little word study on it to see what does scripture really talking about here? It's actually not talking about physically tired. The Bible is not saying don't get physically worn out, mentally drained from what you're doing. It's saying don't allow yourself to get spiritually tired. Don't lose hope. Don't allow yourself to get so discouraged with doing the good work of using your gifts in the body of Christ that you become disillusioned. And you begin to wonder if it's even worth it to keep going. So even when we are physically, mentally and emotionally tired, what we're going to find in this episode is, spiritually we always have our reason to be encouraged, to have hope and to continue on. But that doesn't [00:11:00] mean that we shouldn't make adjustments so that our pace and our rhythm with which we are using our gifts, is one that is sustainable. So our question today is maybe not as much, how can I use my gifts without ever growing weary? But what do I do when I get weary? Because one thing that isn't an option for believers is quitting using our gifts. We learned that last week, and if even one person in the body of Christ isn't engaged and isn't serving, then the body isn't functioning as it should. And so our goal today isn't to give you a formula that you can use to never grow weary, but it's to encourage you to make some adjustments rest a bit when needed, but not quit when you're tired. So I'm going to give you a little bit of a roadmap here. Here's where we're going. In this episode today. We're going to talk about the reasons we grow weary. We're going to talk about how to prevent and combat weariness. We're going to give you some practical tips, if you are weary right now using your gifts, you're tired. And we're going to talk about how the gospel impacts this [00:12:00] conversation, and that might be the most important point, right there. So let's start by talking about the reasons that we might grow weary. Does scripture, Krystal, give us any reasons that we might grow tired while we are using our gifts.

**Krystal:** Yeah, so I think there's a few places that kind of speak to that because we're looking at God as our creator, God, he is limitless. He is powerful. And then we look at ourselves in light of who God is that we are created. We are dependent creatures. And so. Psalm 1:27, I think is a great place for us to go. In verses one to two it says, unless the Lord builds the house, those who build it labor in vain, unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest eating the bread of anxious toil, for he gives to his beloved, sleep. I love this Psalm, especially in the context of our discussion, because it speaks to a major reason that we grow weary, which is operating out of our own strength. We live [00:13:00] in a society that values and rewards independence. And yet our faith in Christ should reflect the opposite. It should reflect that we value dependence on him. Yet we see that it is vain, we see vain come up a lot in these two verses. It is worthless. It is empty for us to try to do anything apart from God's strength. And then at the end of verse two, we see that God gives his beloved, sleep. Meaning that we are given the opportunity to display our dependence in the way that we rest, and in the way that we trust him. Even with the work that he has entrusted to us.

**Shelby:** I love what you're saying, Krystal. I love that Psalm too, he gives to his beloved, sleep. Like, oh my gosh. As a mom going to sleep at night with a house that's like messy and projects that are undone. That brings me a lot of comfort. But okay, just practically for a moment. Walk me through this because I feel like we hear this idea, a lot of operating in our own strength. Or operating in the Lord's strength, but it's a little bit of an abstract idea. So what does it [00:14:00] look like to not operate in your own strength, but the Lord's, like what is the difference between these two things?

**Krystal:** Yeah, definitely. So I think it identifying when you're operating out of your own strength can be difficult. But seeing when and how you tend to rely on yourself is really important. So I think first, we just can take time to reflect on how we are using our time as we use our gifts. I think it's helpful to talk to those that are closest to you, whether it's a spouse or a roommate or a friend, because sometimes we can be too close and we can't see our situation as clearly as maybe someone else can. But operating out of dependence on God means fighting the lie, if I don't do it, no one else will. And that is such a burden and such a self-centered view of ministry, because we are essentially telling the God of the universe, I guess it's up to me. And of course, we're going to grow weary when we hold that way on our shoulders. But instead we can take comfort in saying, God, it is up to you, which means that we are seeking [00:15:00] God's wisdom and strength and prayer and saying not my will, but yours be done.

**Shelby:** Hmm. I love that. And I feel like something that you just mentioned is so important and I probably is going to resonate with every single person listening to this. But often when we're serving, we can have the idea that if I don't do it, no one will. But that is just not a biblical idea. Even if we go back and look at first Corinthians 12, which we spent so much time breaking down last week. A couple of the verses in there, verse 19 says, but as it is, God has arranged each one of the parts in the body just as he wanted. And then verse 21 says the eye cannot say to the hand, I don't need you, or again, the head can't say to the feet, I don't need you. And so it's almost as if, when we have this belief that it's all up to us, that we're not considering either of these verses at all, we're living totally outside. And it's almost as if we're saying, Hey, yeah, I know that I'm an eye, I know that God has placed me as an eye on purpose, but I've [00:16:00] noticed that the hand over there isn't really showing up on Sundays, to serve. And so I am going to go ahead and be and eye a hand, don't worry guys, like I got this, but obviously that just doesn't work. And so it is okay for each of us to do our part in the body and leave the rest, not in the hands of other people, but in the capable hands of God.

**Krystal:** Yeah. And I love that analogy too. Like, I love that he always uses the body as an analogy for things like this. Cause what a weird body that would be if your eye is trying to be a hand, like it just doesn't work. And so it shows the body of Christ, is designed to fit and work together. So I love that. And I think another reason that we can grow weary is that we operate out of duty rather than delight. Maybe we feel obligated or we feel guilty, so we say yes to whatever is asked of us. But if we're conditioned to have this kind of response, we will grow weary. And then when we look at delight as seen in scripture and we see it a lot in the Psalms, it's often tied to [00:17:00] God's commands and to his law. And Psalm 1:19 is all about the Psalmists delighting in the law of the Lord. So when we seek to obey him. We're going to delight in him. And that includes delighting in him over delighting in the role that we have or delighting, and serving those people or really anything that isn't God himself. I mean, Shelby, I don't know about you. I've really struggled with serving out of obligation or duty.

**Shelby:** Yeah, absolutely. I have too, and I want to share a story on that in just a minute, but I think something else really important to point out about Psalm 1:19 is that in there, the Psalmist both says I delight in the law of the Lord, but also help me. He's constantly asking God like, Hey, help me love the things that are important to you. Help me center my affections on the things that you want them to be centered on. And so sometimes there's an aspect of delighting in serving that involves [00:18:00] you saying like, Hey God, I need your help. I need you to move my heart to love the things that you love and to enjoy the things that you've called me to. But yeah, absolutely. I have struggled with serving out of obligation or duty. In the past, I have been in situations of serving where I've been asked to do more than I know is like humanly possible for me. But because I really worried about people's opinions of me, and didn't want to let them down, and wanted to be seen as someone who loved the Lord and was willing to do whatever it took, I said, yes when I know I should have taken no. But then also, conversely, since then, there've been times where I've hesitated to use my gifts because I'm afraid of that happening again. And so I started, after that time, saying no more than I said yes. And being very slow to say yes, which I think it's a good habit to have, but just to be totally honest, I am still trying to find the right balance in there of when to say yes, and when to say no and examining my [00:19:00] motives and what's going on there. But one thing I'll say in that, is I've not allowed myself to not serve at all. I've said I'm going to serve in some capacity in some way, even if it's for a season and then taking a break. I've always kept serving in the midst of that.

**Krystal:** yet I feel like it is normal for a lot of people, especially women in the church, to experience burnout and weariness because they want to honor the Lord. They want to do something that's glorifying and beneficial to the body. And so they'll just keep going and keep going without ever stopping and recognizing like, is this what God has asked of me? And so I appreciate you just sharing that story, because I think a lot of us can relate to that. And going back to that book that I mentioned earlier called Refresh, it lists several warning signs that, you know, it's helpful for us to be on the lookout for including like physical, mental, relational, and spiritual symptoms. And I want to say too, we're going to go through some of these, but it's not just limited to weariness and using your gifts. Because this address is weariness and burnout just in general. And so here's some that are mentioned in the book, and these are [00:20:00] not by any means exhaustive. But some of the physical symptoms to be looking for, some warning sign, are you lethargic? Are you exhausted, tired? Maybe you're overeating or you're not eating enough. Some mental warning signs might be that you're struggling to concentrate more than normal. Maybe you're becoming more forgetful or having obsessive thoughts. Some emotional symptoms might be that you're just feeling sad all the time. You are excessively worrying about things that you don't normally worry about. This is a big one, I think, taking on additional burden of others in an unhealthy manner. And then some relational warning signs are irritability, frustration, inability to maintain friendships. And then the last categories they have are moral and spiritual warning signs. So maybe your current media intake is not something you would have tolerated in the past, or maybe you're romanticising or minimizing sin. And then attending church or serving has become a chore.

**Shelby:** I love that you're mentioning all of these things, because I feel [00:21:00] like as a Christian, when I start to feel any of these, sometimes what happens to me is I think, oh my goodness, I need to hide this. This is unacceptable. I should be stronger than this. I should be more put together than this. People are depending on me, which only then perpetuates this cycle of burnout and stress. But what you're saying is like, Hey, these are warning signs that you should stop and maybe assess what's going on. And so I think viewing those in that way, instead of like, oh, this is something bad. It means I'm not mature as a believer. It means that I shouldn't be in ministry. Those thoughts not true. What is true is like, Hey, maybe something needs to change here.

**Krystal:** Yeah, and honestly, I mean, you hit on what I struggled with the most in reading through these was, as someone in ministry, I was like, I have so many of these symptoms and I immediately felt shame. I thought, I am not a strong enough believer or I am not mature enough, so I was just, like you said, kind of perpetuating by hiding instead of bringing it into the light. And so I think [00:22:00] it's really tempting to hear some of those and be overwhelmed with, I have a lot of those symptoms, but here's what's really helpful. They kind of have three diagnostic categories, as you're thinking through these warning signs. Because again, we struggle with some of these at different times. It's just a matter of to what degree. So what they suggest is thinking through these three questions, how, wide? How deep? And how long? So for how wide, you know, the symptoms listed, how many of these do you experience? If it's more than half of those, and again, this is not an exhaustive list, but if it's like a good majority, then you should pause and consider what needs to change. How deep? So of those symptoms that you're able to recognize, you should rank these from intensity, from one to five. So five being, I experienced this all day every day. Cause that helps you to, to say, well, I'm anxious sometimes. Or I worry sometimes but to say like, this is something that's all day, every day. That's a very different thing than just like an occasional worry. And then how long is our last category? [00:23:00] So, they mentioned it's common to have a hard day or even a hard week, but if these are symptoms that have been consistent over the course of several weeks or even months then it really is severe enough to take action.

**Shelby:** I feel like a really important step in this process is coming out of denial. Because what we want to do is deny that we're experiencing these symptoms, or we want to minimize them and say, it won't be for much longer. I can see the light at the end of the tunnel.

I'm just gonna adjust my schedule a little bit and then everything will be fine. And coming out of that denial can be really hard. I think we feel like if I stop denying the struggle that I'm having, that I'm going to have to face it. And I might need to face the fact that, maybe I need to take a break. Maybe I've taken on too much. Maybe I'm not quite as capable as I thought I was. Or maybe I'm actually serving in a place that isn't the best fit for me, maybe I need to make a change. And so I just want to give everyone listening permission to come out of maybe [00:24:00] any denial that you've had and just face all of those questions. The Lord can walk you through those, step by step by step. I can promise you that. I know Krystal and I have both had to walk through that. And so that would just be my encouragement as you're listening to that list. Maybe even go back and listen to it again with fresh perspective and new eyes and just think, what should these am I really truly experiencing?

**Krystal:** Yeah, no, that's so good. I mean, the Lord is big enough to handle all of this. And so I will say too, when you kind of come out of that denial, and recognize that you have a lot of warning signs that are leading to burnout or you're already there, which was the case for me, I just didn't know. I was already there. You start to see everywhere. And so something that you thought was isolated to maybe one area just infiltrates in so many other spaces. And so I think just being patient with yourself and taking the time to process it in community and processing it with the Lord is so helpful. [00:25:00] So, we will link that in the show notes for anyone who is interested in wanting to read it, because I do think it's really helpful tool.

**Shelby:** Yeah, absolutely. And we want you to check out the free resource that we offered. With last week's episode, gonna offer it again with this week. It's kind of a spiritual gifts assessment. It's going to walk you through figuring out why and where and what spiritual gifts you have. But it's also going to walk you through some conversations around weariness and maybe help you determine if you're feeling that. You could use this independently, but honestly we think that this would be a great thing to sit down with someone who knows you well. A friend, a family member, maybe a mentor, and just talk through these things. So check out that free resource as well. That's going to be really helpful to you. So we set a lot so far about the reasons that we could grow weary and even some practical tips, but I feel like what we're saying is that we typically grow weary when we put ourselves at the center of our serving. When we serve for us, when we want it to be about us, we want to do it in our [00:26:00] own strength, or according to our own desires. That is just a recipe for disaster. And that's what we learned last week, right? That if we get anything about our spiritual gifts right, we need to get the why right. And if we aren't sure if we have the right why, when we're serving, when we're using our gifts, a good checklist for us might be in first Corinthians 13. I love that after Paul goes through the gifts and first Corinthians 12, and talks about using them in unity. He ends first Corinthians 12 with, and I will show you even a better way. And then he goes into first Corinthians 13, which is the love passage. And I know we love to read these verses at weddings, but maybe a better time to read them would be when we're weary in using our gifts to kind of check our why. Because Paula is saying no matter how you're using your gifts, if you're not using them in love, then it's useless. And so first Corinthians 13, 1-3. Here's what those verses say. [00:27:00] If I speak human or angelic tongues, but do not have love, I am a noisy gong or a clanging symbol. If I have the gift of prophecy and understand all mysteries and all knowledge, and if I have all faith so that I can move mountains, but do not have love, I am nothing. And if I give away all my possessions, and if I give over my body in order to boast, but do not have love, I gain nothing. And then he goes into describing what love is. And so this is our checklist. Like if you are serving and you're weary, I want you to go through this and just say, Hey, when I'm serving, am I doing it patiently? Am I doing it kindly? Am I doing it in a way that isn't boastful or arrogant or rude or self seeking? Am I doing it in a way that isn't irritable? Wow. Ouch. Like gonna need to work on that one. Some other things he says about love or that it does not keep a record of wrongs, that it finds no joy in unrighteousness, but rejoices with the truth. And here's the big ones that it [00:28:00] bears all things believes, all things, hopes all things, and endures all things. Oh my goodness. So many times if I'm serving for myself about myself through myself, if I would go through that list and if I would say, hey, let's work on a few of these things. Lord help me with these things. I feel like my serving would dramatically change ,and I feel like I would begin to do it in the Lord's strength for the Lord about the Lord. I'd let go of the outcomes that maybe I'm hoping to get. And instead I would just focus on being and doing what the Lord has called me to do. And so I think the bottom line is a lot of times we need to change our perspective on why we serve. And we want to get into that a bit more here. So what is the biblical perspective that we should have when we're serving, Krystal? And how does that guard against getting weary?

**Krystal:** Yeah, I think we have to remember why we serve, and we serve because it builds up his church. And we talked about this last week [00:29:00] in first Corinthians 12 in verse seven, Paul says that a manifestation of the spirit is given to each person for the common good. So we are not at the center, but God and his glory, should be at the forefront of everything we do. And then we also serve, cause we see Christ model for us, a life of humble service, even until death. So in Philippians two verses 3-7 seven, Paul says, " Do nothing from selfish ambition or conceit, but in humility, count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interest of others, having this mind among you, which is yours in Christ Jesus, who though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself by taking the form of a servant, being born in the likeness of men." So Christ as the son of God has great authority. And yet he emptied himself for the sake of his people. In Matthew 20:28 it says that the son of man did not [00:30:00] come to be served, but to serve and to give his life as a ransom for many.

**Shelby:** Yeah. I love that verse in Matthew 20, not to be served, but to serve. But I want to address a question people might have. So Jesus gave his life in service of his people. So should we do the same? Should we run ourselves absolutely ragged for the sake of the gospel? Should we work until we're exhausted? I feel like this is the natural question because it feels like almost, we're saying two different things. Like, Hey, rest don't do too much, but also Jesus served unto the point of death. And so how do we kind of reconcile those two things and honestly, Krystal, I am not sure of your thoughts on this topic. I'd be interested to hear what you have to say, but my thoughts are that it's yes and, on these things, it's not one or the other. And so if we're talking about the example of Jesus, we see him wait to start his ministry for many, many years. We see him take breaks. We see him [00:31:00] sneak away to be with the father. We see him refuse to entertain conversations with people who hated him and wanted his demise. And yet when it was the time he gave his life. And so I think there are definitely times when God asks you to serve in a way that's persevering through hardship. And I think there are times that we can serve in a balanced and sustainable way and not be completely exhausted at every single moment. I know that I have certainly experienced both of those. And God's grace and goodness has been present and carried me through both of those. And honestly, I can't give you a formula. I can't tell you when or where or how that happens, but I think that's between you and God. And that is just one of those things that, honestly, it's a beautiful thing to be in a situation where you're like, I don't know, but with God, I'm going to pray about it. I'm going to work it out, and I'm going to wrestle it through. And [00:32:00] those are the moments that really build depth in your relationship with the Lord.

**Krystal:** Hmm. Yeah, I would agree with you. I think it is a yes, and. And obviously there's a lot kind of wrapped up in this, but serving others is inherently sacrificial, right? So, we are giving of our time and our energy and our resources when we serve, when we use our gifts, and yet we rest in Christ's finished work on the cross. And so he lived that perfect life that we couldn't, and he died a substitutionary death for us so we don't have to earn our favor before God. And it's interesting if you think about Christianity is the only religion where we do not earn our way to heaven. Jesus has earned that for us. And so our acceptance and our salvation is secure in him, which is going to help us root ourselves in the gospel as we serve others.

**Shelby:** That was a really good aside. I'm glad we had that conversation because I feel like that's a question that people, I often have. But we were talking about remembering why we serve, [00:33:00] because that prevents us from growing weary and growing discouraged. And one thing that we need to remember is that we are to serve with the eternal, and not an immediate reward in mind. You know, I find it so interesting we're talking about this. Because lately I've had a couple of people contacted me because they're in ministry and they're feeling really. And they are ready to quit. A couple of them really have said, I don't know how much longer I can do this. And so I think what they wanted me to say was like, either yes, you should quit or no, you should stay, but I don't have that insight for them only the Lord can give that. And so instead my questions were around, how have you worked to resolve maybe the interpersonal issues happening that have caused you stress? Have you had the hard conversations about putting boundaries in place where maybe more is being put on you than you're capable of? Have you asked people who know you and know your ministry well and are working alongside you for their input on maybe what could [00:34:00] change. And have you fasted and have you diligently prayed? And the answer to almost all of those questions has most of the time been I actually haven't done those yet. And so I feel like what they're wanting is like this immediate reward. They're wanting the satisfaction of a ministry that is easy, where relationships are flourishing, where they're seeing lots of fruit. But God's kingdom doesn't always operate that way. You know, a really popular attitude right now is like this doesn't benefit me, so it must not be worth it. But I think a lot of times, God, isn't asking that he's asking, are you being obedient? So at times, even if it costs you something, you may be called to continue and to persevere.

**Krystal:** Yeah. And I think, especially in ministry, that attitude could be seen as I don't see fruit so therefore it must not be of the Lord. And yet what we would see as fruit is maybe where we think [00:35:00] numbers, or we think getting affirmed in our gifting, you know, we see all these things as like fruit. And yet a lot of times that fruit is going to be the fruit of the spirit. It's going to be that joy. It's that patience. It's going back to first Corinthians 13. Like, do we see those things as we're serving? And that's the fruit, that's God working in us. And so even when we are growing weary, God's still faithful to work in us and to use us. And so it's just a matter of, how do we operate in a place of health.

**Shelby:** Yeah, and so I love what you just said, and I want to take us right back to Galatians 6:9-10 that I read at the beginning. I'm going to read it again, just to jog our memory. It says, let us not get tired of doing good. For, we will reap at the proper time if we don't give up. Therefore, as we have opportunity, let us work for the good of all, especially for those who belong to the household of faith. And I think that that word reap is so intentional there. Because it's talking about planting, sowing, growing, and waiting for the harvest. [00:36:00] And so, there may be long seasons where a seed is sprouting below the dirt, where we're not seeing the fruit of what we're doing. Yet even in that time, verse 10 tells us, "As we have opportunity, even when we can't see it, even while we're waiting for the harvest, let us work to do, let us work for the good of all." And I love that word opportunity there. It's the Greek word, Kairos. And it's not just like, Hey, an opportunity came up like, would you like to serve? It's literally means like a God appointed time. And so I love that idea that even in the spot where you're waiting for the harvest, where you're not seeing fruit, that moment might be an appointed time for you to continue serving. For you to continue working for the good of all. And that is such an important reminder for us as we're serving in the body of Christ.

**Krystal:** So as we come to a close in this conversation, I [00:37:00] just want us to read Isaiah 40 in verses 28-31, it says this, "Do you not know? Have you not heard? The Lord is the everlasting God. The creator of the whole earth. He never becomes faint or weary. There is no limit to his understanding. He gives strength to the faint and strengthens the powerless Youth may become faint and weary and young men stumble and fall. But those who trust in the Lord will renew their strength. They will soar on wings like Eagles. They will run and not become weary. They will walk and not faint. It's the God of the universe never grows weary. And he invites us into the work that builds his church." And I think that alone should quicken our hearts that God uses us for his kingdom and the spread of the gospel.

**Shelby:** Yes, that is the foundation that underlays all of this, that the Lord never tires. The Lord never wearies, that he's always on time. We have no fear that he will come through and complete everything that he has started. That is the [00:38:00] truth that allows us to lay our heads on our pillows at night and sleep. We really leave it all up to God. It is not dependent on us. I love that. Well thank you all for joining us today on the Daily Grace Podcast, we look forward to our next conversation where we will be talking about social media. Ouch. That is me already envisioning my toes getting stepped on. Okay. Just as a little precursor, Krystal, do you struggle with social media?

**Krystal:** The short answer is yes. Yes, I do.

**Shelby:** And I'll say the same for me. Like totally yes. And so we're all going to work through it together. You know, I've come a long way, but I also realize I have a long way to go. But as always, I'm excited to enter into these kinds of tough conversations and talk about how the truth of God's word applies to our everyday lives. Even Instagram.

**Krystal:** So don't forget to subscribe to our weekly newsletter where you will receive free resources related to the podcast, straight to your [00:39:00] inbox. And you can click on the link in the show notes to subscribe.

**Shelby:** Until then we will see you next time.