

Ep 245

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,

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.

Hey, everybody. Welcome back to the Daily Grace podcast. This is Krystal, and I am joined as always with my friend and neighbor, Shelby

Shelby: I know we're sort of neighbors now. We were like eight hours away and now we're like 20 minutes away. Yeah, so fun. It is so fun

Krystal: So we just wrapped up a summer series, and so we're getting back into the swing of things this fall. So we're going to actually start off with our favorite [00:01:00] things. This summer we made it very quick, 15 seconds or less. We're going to take not, you know, much longer, but we're going to talk about our favorite things. There's something we do in every episode to talk about something we are loving and using lately. So Shelby, what is your favorite thing this week?

Shelby: My favorite thing is something that I literally thought would never be my favorite thing, and it is a coconut smoothie bowl from a smoothie shop near my house. I'm not a smoothie person, I just don't like them, not a fan, I just want iced coffee.

Krystal: Are smoothie bowls a thing?

Shelby: But yeah, so this is, it's a smoothie in a bowl, so you eat it with a spoon, but then it also has toppings. My problem with smoothies is they're all one taste and all one texture. So this has toppings on it, so you can kind of like choose your bite. So there's like granola, or there's this coconut cream stuff that they put

on the top, or like cocoa nibs. My husband talked me into trying it. He'd been really loving them and it turns out they're amazing and I have to stop myself from going to get one every single day. [00:02:00]

Krystal: That's so fun. So it's almost like a yogurt shop where you can add stuff like frozen yogurt.

Shelby: Yeah. And they have suggested combinations, everything's healthy. I don't really know how to pronounce any of it. So I mostly just like points and I'm like, yeah, that one with all the stuff on top. That's the one I want.

Krystal: Oh, that's the one that's dangerous. Near your house too.

Shelby: Yeah, yeah. But at the entrance to our neighborhood. You can turn left to the smoothie place or right to an ice cream shop, so I'm just like, hey, at least I'm not going to an ice cream shop. But we do go there too sometimes. It's a better option. But what about you, Krystal? What's your favorite thing?

Krystal: So my favorite thing is actually, it's a new product that we have at Daily Grace. It's our pastel highlighters. So that's how I knew about the company before I started working here. It was the highlighters.

And so when I saw these and saw they were double sided, I had to have them. And so I love them. They don't bleed through. I like the colors too. There's just some, it's just very aesthetically pleasing to be able to have the colors on the same page. And one side is just like a normal highlighter. The other side is almost like a felt tip marker.

And so it's nice for taking notes in a journal. So that's it. That's my favorite thing. [00:03:00]

Shelby: They are such pretty colors.

Krystal: So pretty. And they don't roll. That's another thing. They're kind of square. Yeah. So they have flat sides. When you lay them down, mine just roll off the table. These just stay where you put them.

Shelby: I love those too. That's a good favorite thing. Well, let's talk about today's topic. Today, we're going to talk about how to start a season well. And there's a lot of reasons that we want to talk about this and we timed this, hopefully, in a season where maybe you're starting something new or things are just returning to a regular rhythm.

So, Krystal, what are some of the reasons why you really wanted to address this topic?

Krystal: Yes, so I think 1 reason it's important to talk about this. We're just busy people. And I think women in particular have a hard time saying no, when we enter into a new season. sometimes as we're going from summer to fall, there's just new things happening.

We get excited and we just like to overload our play. And so, When we talk about starting a season well, we're talking about going in with intentionality, not being on [00:04:00] autopilot, not saying yes to everything just because we can. This may not sound like an inherently theological or biblical topic, but hopefully as we talk, we'll kind of dig into the spiritual implications of what it looks like to head into a new season.

So this could be a new season, like going into the fall, or it could be a new season of life. Maybe you've Had a new baby. Maybe you're an empty nester. Maybe you're moving. That's a huge new season that both of us have walked through. And so, like you said, it's very timely because we're going into the fall.

This is actually going to release the week that our kids are going back to school. And for me, that is always the hardest season to walk into. I have good intentions. And then I get really busy and really overloaded very quickly and so I think for a lot of people the fall is hard for some. It's summer going into summer is a difficult season. Do you find that there's a season that's hard for you to start well?

Shelby: Yeah, I think probably going into the fall is hard to start well, and, you [00:05:00] know, I think mainly it's because I'm watching Instagram and I'm watching all the people around me and they're teaching me that what it looks like to go into the fall well is like, you know, your summer fun is kind of winding down,

maybe small groups are starting back up at church, you're getting some more normal routine in your life, and so, Everything should be in a routine, like you should have a meal plan, you need to start back up your workout routine, you need to have your fall capsule wardrobe figured out, just all these things, and so, fall feels stressful for me, because I see all these other people around me falling back into routine, and then I feel like I'm behind, like I have to quickly get all into the same routines that they're in, otherwise, I'm not gonna be able to keep up with them during the season.

Krystal: Well, Instagram will tell you you have to start in July. Planning for those routines in the fall, so it's like you don't even really get to enjoy the season you're in because you're continually looking forward. There's no sustainability, right? So I think for us, we want to think about how to start a season well with intentionality and focus on.

Pursuing faithfulness [00:06:00] over busyness because for me, I fall into the trap of busyness. I can look at my calendar and think I have a lot of good things that I'm doing. Therefore, I'm being faithful. We just don't want to confuse the two.

Shelby: Yeah, I think that's important to talk about because. I think a lot of times our drive and our want to be faithful leads us somehow into busyness.

And so really kind of dissecting the difference between these two, I think is really helpful. Can we just talk about that for a minute? Like, what is the difference between faithfulness and busyness? Yeah,

Krystal: I think busyness tends to glorify ourselves. It's, it can be, it can glorify ourselves, maybe not always.

it's often rooted in pride, like I have to do it. If I don't do it, no one else will, uh, I've been asked to do this thing, so I need to say yes. So it's about me, maybe more so than anyone else, whereas faithfulness. Is upholding the glory of God. You know, we are pursuing the things of the Lord. We're pursuing him in his word.

And so I think to be able to look at those two, [00:07:00] hopefully will allow us to see, am I busy or am I being faithful with what God has entrusted to me?

Because we can almost see. Business as a badge of honor, you know, if someone's like, how are you doing? I'm so busy. I have all these things

Shelby: And so important, Everyone needs me, right? Totally. I fall into that.

Krystal: Yeah. And how really are we like, no, I don't have a lot going on. You know, you almost feel like there's something wrong if you're not busy. That's just kind of the society that we're in. And so I think we all have to fight the tension of not being too busy, but also not being lazy or not being faithful with what God has entrusted to us.

It really is a fine line. So we're not here to talk about this perfect balance, right? The work life balance, like the woman that could do it all, that's not what we're talking about. We want to talk about how we could be faithful with what God has given us. And to be good stewards, like that should be our goal, is to be faithful stewards with the time he's given us, the resources, and just to remember the gospel [00:08:00] in this, the freedom that we have, so then that way we're not held to legalism, like I have to do things the right way, or I have to be busy, but really, because of the gospel, we have freedom in how We steward our time and how we steward our resources.

our time is limited, you know, and we're never going to get that season back. I always think about that when I am sitting on the couch watching Netflix. I'm like, this is time I'm not going to get back. Am I being faithful to steward what he's given me? Yeah,

Shelby: I think as women, we can feel like we're either doing too much or we're doing not enough and I don't know if we ever feel satisfied like, Oh, I think I'm doing just the right amount of things right now, but I think our measuring stick by which we decide whether or not we need to be doing more or less is usually off, just speaking personally.

I usually measure my life trying to figure out am I doing enough or am I doing not enough by comparing myself to others around me. I'm like, what are others doing for their job, for their church, for their family, for their home, and am I doing that same amount of stuff or am I doing less than that amount [00:09:00] of stuff?

The answer is usually less, and so then I'm like, oh, I'm behind, not a great caretaker or wife or mom or friend or whatever. but then another measuring stick that I use is just simply trying to manage my stress and my guilt. And so I'll just think okay, the ruler of my schedule is am I stressed?

If I'm stressed then I need to be doing less things. But then I become guilty because I'm not doing enough and so the ruler of my schedule is my guilt. And so it's stress and guilt just constantly. I have this back and forth where I like to quit everything and then I start everything and then I quit everything and then I start everything.

And so this idea of Faithfulness, I think, is just pausing and considering, you'll notice, and you said this earlier, that everything I just said was all centered on me. How do I feel about what I'm able to accomplish and what my schedule looks like right now? But we just want to stop and pause and consider, hey, what would it look like to have a new measuring stick for this?

My measuring stick is, am I being faithful?[00:10:00] How do I feel? And I think that that gives us a ton of freedom because I don't know if we're ever gonna feel great about our schedules. And I think even talking about this faithfulness thing, it's not like, hey, if you're faithful with your schedule, you'll never be stressed out again.

Right. Your plate will never be overflowing or you'll never feel bad when you compare yourself to others. But it's just saying Hey, I actually don't have to use those things to measure how I spend my time. I can just measure my faithfulness.

Krystal: Yeah. Cause faithfulness might be saying yes, but it might be saying no to something.

And I think we always equate yes with being faithful, especially when it's a good opportunity. Maybe it's a ministry opportunity. We think we always have to say yes, cause it just looks good on the outside. So why don't we go to scripture? Let's see what this looks like. This idea of faithfulness. over busyness.

I think this is a good example for us to look at something on the outside that looks good, but actually isn't what faithfulness is going to look like. So we're looking at Mark 1 and we're going to read verses 32 through 39. So this is Jesus and the disciples are very early, obviously in the book of Mark, and it says when the evening came after the sun [00:11:00] had set, They brought him all those who are sick and demon possessed.

That's Jesus. They're bringing all these people from the town. So it says the whole town was assembled at the door and he healed many who were sick with the various diseases, drove out demons. He wouldn't permit the demons to speak because they knew him. Very early in the morning, while it was still dark, Jesus got up, went out, and made his way to a deserted place, and there he was praying.

Simon and his companions searched for him, and when they found him, they said, Everyone is looking for you. And Jesus said to them, Let's go on to the neighboring villages. I might preach there too. This is why I have come. So it's interesting because we can look at that and think, well, why wouldn't he want to stay and help these people?

Isn't that why he came? He says, no, I've actually come to preach the gospel. I'm going to continue on. So I think this is just a good example of. Not always looking on the outside and assuming this is what faithfulness is looking like for you for me It has to look the same because it's not he knew his mission was he's very clear about it He's very committed to it And so he didn't want to get distracted with [00:12:00] things that were gonna prevent him from doing what the father and good things like those Healings were good But we can consider what if he never went on to those other villages?

What if he only stayed there, kept healing, but never went on to those other towns? They never heard the gospel. I mean, that that's just a very different path. But he knew that's not what he needed to do. He knew he needed to go on. So I think it's just a good reminder for us to know what our mission is, and just to be committed to that and not to look to the side, not looking at other people, not looking at Instagram, but really understanding what it is that the Lord is calling us to.

Shelby: Yeah, that's a really important point you're making because it would be hard to be faithful to something that we don't know what we're being faithful to, right? And so Jesus knew his mission. It was to come. To proclaim the gospel and so he went town to town and did that and I love that example Because it's like even you can see how he made different decisions in different moments Like I think right before that says he stayed up like late into the night like healing people and he was tired But then he got up early in the morning to go and pray but then he was like, hey, I have to I have to go [00:13:00] I have to leave now and so you can see how like all these intentional decisions to do things were there And we're not saying like, hey, we should copy Jesus exactly, but we're saying, hey, what we learned from him is like to live on mission.

And so the question is, what's our mission? You know, and I think sometimes we get really into wanting to know my exact mission and we want one very specific, to our stage of life and to our place that we're living in all of this, our calling. Yeah. I'd love to get in and talk about that more because that can get really confusing.

People feel like they want a very. Specific, written in the clouds, mission from God to be committed to. but that's not been my experience in life. My experience has been that scripture gives us the mission, but then what that looks like as we live it out changes season by season. And so in every season, no matter what season you're in right now, I think that we can say that our mission is Matthew 22 verses 37 through 39, this is Jesus speaking and it says, And he said to him, You shall love the Lord your God with all your heart and with all your soul and with all your mind.

[00:14:00] This is the first and greatest commandment. And the second is like it. You shall love your neighbor as yourself. And so, as we think about, hey, what is it like to be faithful in my season? I think this is the mission that we need to have in the back of our minds. Not okay, I'm gonna do all the things that everyone around me is doing and that's how I'm gonna be faithful.

No, actually, this is what it is to be faithful. To live on this mission. So the focus changes from how can I get all that I want out of this next season to how can I faithfully love the Lord and others in the next season.

So, with that kind of in mind, Crystal, how can we just start a new season well?

Krystal: I think you could sound like a cop out, but honestly just stopping looking and assessing where you're at can really do wonders and really look at what it is that you're wanting. This season looks like, what are ways you want to grow spiritually and how do you want to be faithful with what God has entrusted to you?

So looking at the time he's given you, it might look different in this season than last season in the fall. For a lot of people, they have less time, but for some, they have more time. Again, it's going to look [00:15:00] different from person to person. considering the energy, I mean, I remember. I was actually telling my small group this when I had my firstborn, I was like, I'm going to keep the same reading plan.

I'm going to read four chapters a day. When that baby comes, I'm going to keep going and I'm going to go to church and all the things are going to stay the same. And I read one chapter, Philippians four for six months, pretty much. It's like all I read. and obviously I got more into rhythms as time went on, but the Lord really humbled me and I just realized I didn't have the time and energy that I had before.

And being aware of that. I think. I think there's wisdom in that to pursue faithfulness when the Lord knows the time and energy that you have that season. And then resources and relationships, all the things that he has given to you, are you being faithful with what he has given you in that season? I think just considering what that looks like for you personally, will help you to start a season well.

Shelby: Yeah. I love that you mentioned that because even in our season, you know, we're just a few weeks into moving across the country. And so my time and energy feels short. It's taking a lot. I have time and energy just to invest in our kids to help them kind of through this [00:16:00] transition. And so a lot of the things that normally I would be doing on the side help keep our life quote unquote, on track.

I just can't do those because my kids need it. And so there's a lot of things that would make me feel more comfortable if they were done and organized and

prepared, but I just can't do them in this season. And so. I'm just like you said just adjusting there and I just want to call back to a previous episode that we have with Jen Pollock Michel where she talked about reimagining productivity and so if anything Krystal is saying is really resonating with you and you want to go a little bit deeper on that a lot of that episode was just talking practically through like.

How do we live within the time and resource constraints that we have in our particular season? So if you're wanting to, hey, I think I need to dig into that more. Like I have some constraints, how do I work around those and live faithfully in those? We will link that episode in the show notes because I think it'd be super helpful to you.

Krystal: absolutely. So, I think as you're thinking through your time, energy, resources, relationships, it may be good to [00:17:00] consider, too, how you respond when responsibilities or duties arise. And so, when I, you know, am going into a new school season, I feel the responsibility to do everything that's asked of me from a teacher, especially as a former teacher.

I know how valuable those parents are, but I feel the responsibility to do it for both my kids all the time, every time it's asked of me. Is that what I need to do in this season? Maybe but maybe not but half the time. I don't even consider it. I just say yes So it may be good to ask are you fulfilling roles or duties just by default?

Maybe you're on autopilot. You've always done it. So you're just gonna continue to do it, but it's wearing you out. It's not creating space for the things that God is calling you to do Loving God, loving neighbor. I've been in seasons where I've been Serving maybe six days out of the week at church, and I wasn't spending time in my community I wasn't establishing relationships with my neighbors and there was a lot of things that I felt like I needed to create space For that and so I had to pull back on good things that weren't the best thing for me And just being aware of when [00:18:00] you say yes by default Again, that is me.

And once you're aware of it, you recognize how much you do it or how much you've done it in the past. And then even just think about, are you able to tie that question, if someone's coming to you and asking you to do something, can you tie it to a command or something in scripture that you really feel like.

This is something I need to do in order to be faithful, or is it maybe this is for someone else? It doesn't always have to be you. I think that's important to remember, especially when it comes to ministry just because someone has asked you to do it doesn't mean it has to be you just because you can't always mean that you should know again. We're not saying say no to everything and don't do anything.

There's just being wise in the times we say yes and the times we say no and to continually evaluate with each season.

Shelby: Yeah, and I think I'm the opposite of you. My default is no. I always think somebody else will take care of it. I'm too busy. I can't commit to one more thing, you know, and so I lean towards saying no more than saying yes.

And so I think in both of those, [00:19:00] you can just ask, like, hey, what would faithfulness look like here and not, being extreme on either side. So, I know there's probably some people listening who are like, yeah, my default is no, when it's the evening or the weekend, I'm just not going to do it, I'm not going to be involved.

I need that time and space. I can totally relate to that, but then at the same time, always saying no ends up isolating yourself and really removes you from the blessing of being in community or being able to serve one another so I think you could be on either side of that coin Yeah

Krystal: I can even swing into the extreme because I get so burnt out by saying yes And I'm like, I'm just gonna say no for a year and there's wisdom.

I've been in a season of rest. I'll talk about that a little bit from serving in ministry. But you can kind of get comfortable in either one of those without ever realizing. Is this faithfulness or is this busyness? For me, it often comes back to, I'm just busy and I don't feel like I can be faithful with what it is the Lord is really calling me to.

So, it may be good just to ask, are you committing to obeying the Lord and the commands of scripture and what he's calling you to? [00:20:00] Or, are you

committing yourself to busyness, or meeting people pleasing, distraction, and stress? Now, again, like you said, obedience does not always equal an easy life, a stress free life, or a less busy life, but it means we're committing to the right things and we're committing to eternal things.

And that's life giving, so I think it's just helpful to reflect on these things going into a new season, discerning when to say yes, when to say no, because our time is limited. And yet we see that sometimes as a hindrance, but it's actually a gift. Like our limited time and abilities are really a gift.

It causes us to depend on the Lord. Like we are not God, but we try to be that in the way we spend our time. We spend our energy and resources, but it's just a good reminder, we are finite beings. Amen. But we serve an infinite God, so we get to rely on Him even as we make these decisions.

Shelby: Yeah, I think that is just it.

We have to acknowledge practically with our schedules that we are not limitless. but we also have to acknowledge that we need to steward well what we've been [00:21:00] given. And I think 1 thing that's really helpful to me when I'm trying to make these decisions is, will I commit? Won't I commit?

Is to think of, committing for a season. You could even ask that if a commitment comes up. Say, like, Hey, I'd love to commit for the next 4 months and then reevaluate after that. Sometimes I want to say no because it feels like a lifelong commitment. And so I think just having the wisdom to say you know what, this isn't forever, but I could try it out for a couple months and see how it fits in my schedule and I can re-evaluate then has been really helpful to me.

and I would even say that some of you are entering into a totally new season. This is me, like we just moved here. Everything has changed. New house, new neighborhood, new church, prayerfully soon we'll find one. And so not only like you said, is it a gift that our time is limited, but I, in some ways, think just that stress and just kind of that tension of a new season, I wouldn't call it a gift, but I would call it just an invitation to just rely on the Lord and to trust Him over and over and over again.

You know, we often think, especially as women, that we [00:22:00] hold our worlds together, you know, and there's nothing like a huge transition to remind you that you actually don't. And so that's been something that I've had to be reminded of recently. And while it feels so uncomfortable in my mind, I keep saying, I just can't wait for things to feel normal, to find our routine, to find our rhythm.

I know that ultimately, those routines and rhythms and like normalcy, That is not what is holding my world together. And so it's been a really good reminder to me to just rely on the Lord Yes, so let's just talk about a very Practical instance and when you're trying to decide and you're trying to choose faithfulness over busyness.

What does that look like?

Krystal: I'll be honest. This is probably a more recent thing for me. I don't think it's something I ever really considered, especially when it comes to ministry. You know, I was in vocational ministry for 10 plus years, and it was just like, that's just what I did. And so now on the other side, not being in the vocational ministry, it has been so humbling but so challenging to know what that looks like.

It's not my job anymore [00:23:00] to serve in the local church. So, for me, it has been, in this particular context, that's what I'm working through, is like, how do I serve in the church? What does that look like? To be faithful and not busy, first, I found a friend that I could be vulnerable with and just confess that I am a people pleaser, shout out Emily Clare, she has worked through a lot with me, but she also holds me accountable when she sees that I'm starting to creep out of that.

She's like, hey, where do you feel like the Lord has you? Like, what does this look like? But she's also not trying to hold me back. She's like, if you feel like the Lord's. you know, leading you to go in this direction, then that's great, but make sure it's the Lord and not you trying to, to step out in that.

so I think that's been helpful. And I think reflecting on these kinds of questions has been really good. It's been, like I said, humbling, but also healing to recognize that man, so much of my identity in the past has been attached to what I can do for God and not what he has done for me in Christ. So I think when I

recognize that it altered how I go about even thinking about The way I serve people the way I serve in the local church, and so that's really helped [00:24:00] me just to discern what to say yes to and what to.

Just wait on maybe not a no, but just to wait and really pray about different opportunities. And so, by God's grace, he's led us to a church. When I walked in the door for the first time, I saw a sign that said it was overdoing. And so like being with the Lord over doing things for the Lord. And even when that came up with our membership process, I was like, yeah, yeah.

But also what can I do? Like, I know, yes, me, but what can I do? Because that's just so built into my nature. And every opportunity he gave was like, Show up early and be with the people and get to know them and just love them. Well, it wasn't this tangible thing. It was just like being the body of Christ.

That's how you can serve others. so I think that's been really helpful just to recognize how I could be faithful in serving, but not fill my calendar with, I have to do all these things. I have to show something for my faithfulness. I think that's another struggle is I have to show on paper, look at all the things I've done this week to be faithful.

In reality, faithfulness for me is resting in the Lord, pursuing him first, and then letting my love for [00:25:00] others overflow, because often it has not been the case. I've been dry spiritually, trying to serve others, and it's just not gone well for them or for me. So I think that's been. What it's looked like for me this season.

Shelby: Yeah, I think that's such a good Example and just that being overdoing that might be a good phrase for people to take away for the next season because very often Make a checklist of things to do, you know, and maybe not even just being with the Lord is even on that list Yeah, so that might be a really good just encouragement for people walking into this fall season you know, I was really trying to think what does it look like for me right now to pursue faithfulness over busyness?

And I think mine's a little bit different, but I just wanted to be totally honest. I think what I'm struggling with right now in the midst of our new season isn't necessarily

juggling my schedule, but Trusting that God will be present as I work out my schedule, if that makes any sense.

I think that I have to be the one to handle all of the emotional and practical challenges of walking in a new season, just on my own. And so faithfulness [00:26:00] in this season looks like trusting that God is my refuge and strength, a helper who is always in times of trouble. That's Psalm 46, 1.

And I've just needed that reminder so often, like it's felt overwhelming all the change that's happening. So maybe there's somebody else in your new season that just kind of feels that way too. Faithfulness to me looks like not charging ahead into this new season, planning it out on my own. But just relying on the Lord step by step, day by day by day, which can be really hard to do.

Right. We want to just figure it all out and get it done. , but it's actually been really good to just rely on the Lord and all of that. and so then, as I'm going through all the practical stuff of like, where will I commit my time? How am I going to choose faithfulness over busyness?

as we do get into the school year and like, get into a rhythm with the church and all of that, just remembering that I don't make those decisions alone. God's Spirit indwells me and leads me. And I trust that His goodness is in this new season just as it was in the last one. You know, we've had so many people ask us. [00:27:00] How did you make this decision to move your kids and everything, like, across the country?

And one of the biggest things for us was seeing everything good that we had in our last season of just evidence of God's faithfulness and knowing that his faithfulness wasn't going to change in our new season. It's not going to look exactly the same, but he's going to be equally as faithful and equally as good.

You know, he cannot change. And so just remembering that as we walk out this process of figuring out, like, what does it look like to be faithful as we move forward? Yeah.

Krystal: I think that's a really important part to consider is that faithfulness does not mean having it all figured out. It's really focusing on the Lord because if

we're, if we're busy, we're focusing on ourselves and our calendar and what to do, but faithfulness is pursuing the Lord.

Then I think even asking the question, what does faithfulness look like you're already taking a step of obedience because you're asking the right questions. And so I think if that's something that anyone listening is wanting to think more about, like, how do I consider, am I too busy? Am I pursuing the right things?

We have a great booklet that just recently released called [00:28:00] Breaking Free from Busyness and we'll link in the show notes. I think that's really helpful. Because it helps you to really identify the areas of your life where maybe you are too busy or even just to consider it. Maybe you come out of that and think, you know what?

I don't think I am too busy, but you at least have a framework for understanding what it looks like to be focusing on the right things instead of the wrong things. And so that's one that, again, we'll link in the show notes, but we'll encourage anyone to pick up and walk Through.

Shelby: Yeah, so everything that we talked about today will link in the show notes for you. We hope that this episode was encouraging to you whether you're walking into small changes or big changes. Things are always changing for everybody all the time, right?

But we hope that you will subscribe to our newsletter. You can do that also at the link in the show notes and until next Tuesday when we come back with a new episode You can join us over on instagram @DailyGracePodcast, thanks for joining us today. Bye