Initial Edit

**Intro :** [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 am 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.

**Shelby:** When you think of summer, what do you think of pool parties and barbecues, hot sticky, weather an ice cream cones, or stress and chaos as your teams change for kids and parents alike. Today, we're going to help you get your summer started off on the right foot. We all went to have a summer full of joy and rest. So let's talk about how you can have the summer fun you desire, no matter your age or stage of life. And how you can keep Jesus in the good news of the gospel at the center of your summer plans. This [00:01:00] episode is an easy listen and an enjoyable and lighthearted kickoff to summer. Come join us as you talk about how to plan for a fun and gospel centered summer.

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

**Shelby:** Hey everybody so glad to be with you today.

**Krystal:** And it is the end of May, which means Summer is right around the corner. And so today we are going to talk about how to plan for a fun and Gospel centered Summer. So it should be a lot of fun, but before we jump in, Shelby, what's your favorite thing this week?

**Shelby:** Okay. Yes. My favorite thing, I just said this before we started recording, but I'm having a refrigerator revolution in my life. So I don't know if you've ever looked inside someone's refrigerator and it's crammed full of things. And it's just a tea you're raising your head. Yeah. So your refrigerator mess too. I'm glad I'm not the only one but you know, we've got kids and so we have all sorts of different things, pouches [00:02:00] and drinks and stuff for their lunches. And so our fridge had just gotten overwhelmingly full. We were at Costco the other day and I saw these clear fridge organizer bins, and I thought, that could be really helpful for us. So I grabbed a couple and I brought them home thinking, oh you know, this will be a little bit helpful. Literally it's like changed my life. I can see things in my fridge. I'm not like buying something and then forgetting about it. Cause it's getting shoved behind other things.

Every time I opened the fridge, I'm like happy in that is not a normal feeling for me. So I know not everyone might have Costco available to them. So I'm going to link something really similar that I found on Amazon. If you too, want to have a refrigerator revolution, you can go and check those out. But super simple thing, but something that is making a huge difference in my life right now.

**Krystal:** And doesn't it make grocery shopping, more fun whenever you like open up your fridge and it's all organized and you have a place. Cause we just organize our pantry and also have clear bins so you can see [00:03:00] everything and it just makes your heart happy. So...

**Shelby:** It does, It's just helpful.

**Krystal:** So my favorite thing this week is a podcast that also has a Facebook group. So it's The Lazy Genius Podcast. And the Facebook group is the Lazy Genius Collective. And I love this podcast so much. So, Kendra Adachi is the one who hosts it. So when we were talking about planning for this episode, as we were talking about, what does it look like to have a fun gospel centered summer? All I kept thinking about was The Lazy Genius. Cause she talks about how you should be a genius by the things that matter and lazy about the things that don't. And so I just think that is like my summer to a T what are the things I can be lazy about things that just don't matter? What are the things that could be a genius about and just be really smart with time and energy and in the Facebook group. I mean, talk about a revolution, the amount of things I've bought off of Amazon, because someone said, I need a solution for this very specific issue. And then there'll be like 50 comments saying, "Well, this is what I've tried, this is what I've tried." And I've [00:04:00] just had so many things that I've been able to buy as a result of recommendations from this group. So that's my favorite thing is The Lazy Genius Podcast.

**Shelby:** That's super cool. You know, I've heard several people say that they really enjoy that podcast and Kendra. So when you say like lazy genius, is she talking about simple, hacks for everyday life? Or what kinds of things does she talk about on there?

**Krystal:** Yeah, so some of the things that she'll talk about is like principles. So one of them is decide once. So if you go to a lot of baby showers, what's one gift that could apply to all different baby showers, or I do it with kids birthdays so I will give like a $10 bill with a really fun card that my kids make. And that is the gift that we give every kid at birthdays because it's something easy. I don't have to think about it. So it's just ways that you could apply principles to make your life a little bit easier. But she's also great about saying, Hey, if it doesn't work, does it work? It might work here, might work there. And just, there's a lot of freedom in it. And I just, just appreciate being able to apply [00:05:00] principles in that way and just make life easier. I'm all about that. And especially for this summer, I'm all about that. So I highly recommend it.

**Shelby:** Yeah. Just that tip that you just mentioned right there? I'm like, why have I not thought of that before? That's such a good tip, great. Okay, definitely going to have to check that out. But let's jump into this week's topic, and we are talking about Summer fun. And so you might be wondering why on a podcast that is all about the Bible and applying God's word to our everyday lives, are we talking about summer fun? I mean, that's a legit question, right? seems like maybe a topic that we don't normally cover, you know, and we have tons of fun when we're creating and recording this podcast, but we don't usually talk about fun. We're usually talking about the serious stuff, the hard stuff, the confusing stuff, those parts of life and how the Bible speaks to them. But I think that summer is the perfect time to stop, and remember that God gives good gifts to his people. And the gospel [00:06:00] is the good news that Jesus saved us from sin and death, but also that he saved us to life. So in Christ we have joy, we have rest, and we experience the goodness of God. And you know what? I think backyard barbecues, and beautiful blooming gardens, and lazy days spent in your pajamas watching movies, are all ways in which we experience the joy and the rest in the goodness of God. So we just want to take some time to talk through that and celebrate those things this summer in an intentional way. And here at the Daily Grace Co. we say this phrase a lot, the gospel changes everything, and it's really true. Even Summer's the gospel even changes our Summers, you know, it impacts every moment, every circumstance, every relationship, just everything in our lives. And if you've tuned in for the last few episodes, we interviewed several guests and we asked each of them, what has the gospel changed for you? And for many of them, the answer was simply everything [00:07:00] because how can being brought from death to life, not impact every part of you. And so today we're just going to talk about how the Gospel impacts Summer fun. And we want to start by defining Summer fun. And to us, we decided summer fund means two things. It means joy and rest. So throughout this episode, we are going to talk about how to plan for a fun and gospel centered summer of joy and rest. And we want to take some time to talk through what we mean by joy and rest. So Krystal, can you start us off by defining rest? What is rest in light of the gospel?

**Krystal:** Yeah. So Greg Alison has what I think is a really helpful, really full definition of rests. And he, he offered a dictionary called the Baker Compact Dictionary of Theological Terms. And so here's his definition of rest: Intentional suspension of ordinary work for the purpose of refreshment and [00:08:00] relaxation. Such repose is not the cessation of activity, but the purposeful substitution of one activity for another. And he gives some examples here of what that might look like in the Christian life, both in a physical sense, and a spiritual sense. So first he says rest from having to achieve favor before God, through one's best humid works because Christ's righteousness is imputed through faith. And so imputed just means that we are credited his righteousness. And then he says, rest from worrying about life's necessities, because one trusts that God will provide one's needs. And then rest from humanly imposed legalism that acts as a straight jacket, enjoying instead freedom in Christ. And then he says, lastly, future rest from wearing labor for Christ in the rewards of the life to come. And I think this provides us with just a clear biblical perspective on rest in light of the Gospel. And so when we say that the Gospel [00:09:00] changes everything, this is what that looks like. Through the work of Christ we've been given his righteousness, and now we can walk in freedom from the bondage of sin and death, and we can rest in what Christ alone has accomplished for us. Augustine has this quote that I came across recently, which says, "You move us to delight in praising you, for you have made us for yourself. And our hearts are restless until they rest in you." I mean, Christ himself invites us to rest in him. And so in Matthew 11:28, he says, come to me, all you who are weary and burdened, and I will give you rest. I think sometimes as women, we feel this twinge of guilt when we stop to, for whatever reason, just stop to rest. But Jesus doesn't tell us to work and hustle and earn our rest. It is an invitation from the one who made rest possible for us.

**Shelby:** Mm, that is such a good definition of rest [00:10:00] because I think naturally, just based on society, I might define rest as like the absence of having a deadline or the absence of like, having to immediately do something. But that's such a different definition. It's richer and deeper, and the Gospel changes rest for us. And I love that, and I want to take a moment and define joy for us next in light of the Gospel. So, first of all, I think it's important to remember that joy is a fruit of the spirit. We see that in Galatians 5, 22 through 23. So apart from the spirits work in us, joy is not going to grow in our lives. And that's significant. That right there should define for us where we go when we are lacking joy or seeking joy. But when I think of joy, I also think of John 15 because Jesus gives us the secret to complete joy there. John 15:11 says, "I have told you these things so that my joy may be in you and your joy may be [00:11:00] complete." So what are these things that Jesus is telling them so that they might have complete joy? Well, what he's referencing is the first 10 verses of John 15, and these verses might be familiar to you, they're the ones where he says, "The one who remains in me, and I in him, produces much fruit because you can do nothing without me, and remain in me and I in you. Just as a branch is unable to produce fruit by itself, unless it remains on the vine, neither can you, unless you remain in me." Those are verses 4 and 5 of John 15. So the things that Jesus is talking about that bring complete joy where receiving his love remaining in his love, which will result in us keeping his commands and producing fruit for the kingdom. And so that's the secret to true joy. I love how simply it's broken down in those verses. The secret is abiding, remaining, being fruitful. And even in that passage, it talks about being [00:12:00] pruned. There's joy in being pruned. And God's saying, "Hey, I think there's some things we need to cut out or change in your life." And so just being continually connected to Christ produces in us, complete joy. And so from that connection to Christ then flows all other joy joy in the everyday. Joy in times of celebration. Joy our relationships. But even beyond that, what I love is that in the Bible, joy is described as both a state of being, but also an action. Joy is something that we do. We express our joy with our actions, and that includes simple joys, and good things that we enjoy over the summer. So what we're not saying in this episode is that to enjoy your summer, you need to have an extravagant vacation, and just super big, exciting summer plans. What we are saying is you need to be rooted in Christ and from that flows, the ability to truly enjoy your life in your [00:13:00] summer.

So we're going to talk about, what does this really look like? These have been kinda like the theological concepts behind what we're talking about. But we're going to talk about what this really looks like. So Krystal, what are some practical ways that we can plan for joy and rest this summer?

**Krystal:** Yeah, I think we each need to figure out what that looks like, what brings us joy and, what brings us rest. So even by us defining both of those things, we can now look at our own lives, look at how God made us. And plan for space in our schedule to enjoy God and the gifts that he has given us. Summer can be a really busy season for some people. It might mean adapting and creating solutions for new challenges, like summer camps and vacations and childcare. But for others it means freedom and flexibility. And then there's going to be people that summer doesn't really change much anything for them. But regardless of how our summers look, we can go into the season with intentionality. And so one of the things that we have done is we've put [00:14:00] together a resource that you will receive if you are subscribed to our newsletter. And it provides just really practical questions for you to consider as you plan your summer. So when we're talking about planning, your summers, like Shelby said, it's not about what we're actually doing, it's not the vacation, it's not these extravagant things. But it's about just finding ways to enjoy God as we seek rest and joy. Even in those ordinary moments of the day. So I think for most of us, our summers are probably not going to be filled with back to back month long vacations, outside of a few activities. I think our Summer's going to be pretty low key, but we're also aware of the Season that we're in as a family. And so we've made decisions based on what's reasonable for us at this stage of life and just what's going to be life-giving for us. So I, I think it's really tempting to look at what our friends are doing over the summer, but we have to make decisions that are best for our family and fight for what matters most. So [00:15:00] if you haven't already click on the link in our show notes or go to our website and subscribe to the newsletter to receive that summer planning resource.

**Shelby:** Yeah, that resource is going to be so helpful, because I know all over Pinterest and Instagram, we see these like bucket lists of fun summer activities. But this is going to be so much more than that. It's going to help you think through your Summer routine and rhythm and how you can plan for joy and rest for you and for your family, your friends, and your season of life. And you know, that's going to look really different. Maybe you're a college student and the Summer is an internship, where you are going to be just working really, really hard, um, to learn new skills or maybe you're going to have the summer off from school. Maybe you're a young mom and, the Summer is going to be really no different because your kids aren't home from school in the summer. Or maybe your kids are a little older and you're, dreading Summer because your kids are going to be home and it's going to be challenging. So I know that there's so many different seasons of life here. We really created this resource to be [00:16:00] beneficial for anyone who uses it.

**Krystal:** Yeah, totally. So Shelby, what does the Summer look like for you coming up? Do you find that your rhythms change, do your daily routines change? What's that going to look like for you?

**Shelby:** Yeah, for us a Summer means that my oldest two children are out of school right now. They're just about to finish up kindergarten and second grade. So their schedule changes quite a bit. And having them home during the day means I have four kids home during the day while I'm working. And so that changes our home dynamic quite a bit. And so, finding the right Summer childcare for us is always like a stretch and a really big deal. It's something we're working through right now at this very moment. But in exchange for that, like the kids being out of school means that we can stay up later. We can sleep in longer. Honestly it means my grocery bill is way higher because all the kids are home eating snacks all day. You know, and then there's other things outside of my family dynamic that change as well. So my Bible study small group that meets [00:17:00] on a weekly basis throughout the year, it takes a break. And so, I really love what my pastor encourages over the summer, is like relaxed, spiritual community. So we're planning to like casually do a Bible study on our own. And then just meet once a month to kind of just fellowship and hang out and talk about what we learned through that study rather than having these weekly meetings where we're going deep into scripture together. But that relaxed spiritual community actually goes a long way to build these relationships, and I'm really excited about that. And then, you know, the summer is different for us too, in that we plan trips to see family who we don't normally get to visit because cousins are out of school and we'll be able to spend time with them. And then something that we haven't done in years, cause you've had like too many small kids for me to really feel like it would be, a restful and joyful thing to do is we're planning a family vacation. And I'm really excited about that as well.

**Krystal:** I feel you on a lot, especially vacations. Cause it is a lot of work to get all of your luggage. All of your kids. Keep track of everyone and everything. [00:18:00] And so that's going to be fun for y'all to be able to have that vacation. I think we're going to try and do a vacation too, but man, on the childcare front too, I feel you on that. And I think even though, with the kids being out of school, it does change our daily routines. But I really love that our mornings aren't this mad dash out the door. I really enjoy the slower unhurried time that allows for connections, especially over meal times, because during the school year for us, our breakfast is dictated by how much time do we have, and what do we have? And then obviously lunches at school, and then dinnertime changes based on whatever activities we have, whether it's sports or church. And so the Summer just affords for us an opportunity to go eat at a park and go play or get donuts for breakfast, or just have the time to enjoy each other's company without having to work around a schedule. And for us too, my husband's schedule is less busy because he's in seminary. And he's on our church staff. And so if we want to travel and [00:19:00] have a family vacation, the summer is really the only time for us to do it without it disrupting his classes or his work schedule. And then the summer is just less busy at our church. And so, I think for us in general, I try to establish a flexible routine rather than a schedule. I'm like built to have a schedule, but I recognize this summer does not always work for that. And so we try to have like a routine where, like right now our boys after school, they have a list of things that they do. They read for 10 minutes, they are creative for 20 minutes, and then they play for 30, things like that. And they can do those things in whatever order they want. And they have flexibility within that. And it just gives them a time to unwind after school. And this Summer, I'm hoping to adapt that into a version that still provides structure without it being real rigid. Because again, the beauty of Summer in this stage of life for us in particular is just that flexibility.

**Shelby:** So I'm really intrigued by your kids after school list of things to do, because my kids have a list of chores to do after [00:20:00] school. It's shoes away, pick up the living room

**Krystal:** have chores. They have a set of chores that they have to do before they could do these other things, because I'm not packing your snack, not getting out your water bottle. Like those do. So there are chores involved for sure.

**Shelby:** Yes. Okay. That's good to know. I was like, you're such a fun mom. And here I am a list on the fridge of chores have to do everyday.

**Krystal:** Oh gosh. That's so funny. Definitely chores, definitely chores. So what does it look like for you personally, Shelby, to pursue joy and intentional rest for this Summer.

**Shelby:** Yeah, I think this is going back to the fact that like joy and rest is going to look different for each of this. And so I'm like a super driven type A, always need to be busy and doing something type of first person. And so fun and rest for me, doesn't look like it does for other people. Even I'll use my husband as an example, he's like super chill, go with the flow type of guy. And so to me, rest is like uninterrupted time to [00:21:00] complete a project. And joy, to me, is being around people I love. And even more than just being around them, going to do something that's outside of my home that's new and fun. Like an adventure that is just like joy to me. Now my husband is the opposite. Rest, to him, is doing absolutely nothing, but laying on the couch and looking at the back of his eyelids. And joy to him as being at home with his closest family and just relaxing. And so I think it's okay for this to look different for different people. But I'll just tell you like something that I'm going to do to pursue joy and rest this summer, and this is going to tie back to my favorite thing, is that I'm going to work on organizing my kitchen because it's sadly a fairly disorganized at the moment. And so, but I'm like really excited about it. It's something that I really want to do, and even more than that, I've talked to my mom about coming over on a Saturday and helping me tackle some of the bigger parts of that, like my pantry and things like that. And so that, to me sounds so fun and so restful and [00:22:00] I'm so energized by that. In the midst of saying all this, I'm going to be also careful to say that, none of us are robots that can, even if we find working and doing something to be restful, I think that it's so important also to include the discipline of Sabbath in our life. And that's something I'm learning, and I say discipline, because it's not easy for me and not something that I want to do. But lately I've been trying to schedule a day where I don't have any errands. I don't do any chores. Other than just like the basic things it takes to keep the house going and keep the kids taken care of. I don't do anything else that day. And it's hard. It's hard all throughout that day, I'll have the temptation to be like, oh, we should go do this or take care of this or start this project. But I just know that that Sabbath rest is rejuvenating and refreshing, and I need that to be able to continue on for the rest of the week. So that is an aspect of rest, that is more a discipline maybe for me, but something that I'm trying to implement as well. But what about you, Krystal? What does [00:23:00] pursuing joy and rest look like to you?

**Krystal:** Yeah, so I'm kind of built in a similar way. I love me a good project. So actually this summer, I'm hoping to work in our yard a little bit. I really enjoy gardening and being outside. And in our neighborhood, there's a lot of people that love to take walks and bike rides. And so I meet a lot of people just by working out in the yard. And I just, I really enjoy working on creative projects, especially around the home. But then even in determining what joy and rest looks like for me personally, I also have to take into account what it looks like for my kids and for my husband. Because I want to make sure that we all find ways to experience rest and joy, because I think my husband and your husband would get along fantastically.

**Shelby:** I told my head literally I was like, I think you'd get along with Krystal's husband.

**Krystal:** 'Cause I feel like their ideas of rest are very similar and then for you and me, our ideas are very similar. So I know early on in marriage, I [00:24:00] learned, I mean, when I say early on, a week in, maybe on our honeymoon. He loves, on Saturdays, just sleeping in, reading his Bible, reading books all day long. I want to go out, I want to explore, I want to go do something I want to go to Lowe's pick up lumber, I want to like go to a coffee shop. And so we learned very early, oh, our ideas of rest are very different. So how do we serve one another and love one another as we, strengthen our marriage, but also find ways for just us personally to recharge. And so, I know for him, I can kick him out of the house at any time. It does not matter when. And let him go to a coffee shop to read and it just recharges him. He loves it. But he's learned that if he tries to do that for me, without any warning, it causes a lot of stress because then I have to figure out, well, where am I going to go? What am I going to do? Am I going to read, am I going to journal? Like how do I get all my things done that I had already planned for the day? And then it just becomes this whole thing. So he has learned, okay, if he wants to like serve me well, he can go to [00:25:00] Lowe's with me. Or he can like help me with the project or help me out in the garden. Like things that maybe aren't his preference, but it's a way that he can serve and love me. And for our kids, they love to read, but my oldest can spend hours by himself, like my husband, just read. And yet my youngest, he's kind of like me. He wants to spend time around people. And so I have to learn how do I love them through the Summer and provide those opportunities for them to rest. But I think one thing I love about Greg Allison's definition of rest is that it encourages us to be purposeful in how we substitute our normal day-to-day responsibilities with something new or different. Because like, when you were explaining your husband's idea of rest, like that sounds terrible to me. Like that does not appeal to me. Like I don't do well just being still, and yet that's okay, we all experience rest differently. And it might be different for me than my husband and my [00:26:00] kids. And I think I just want to find ways to be more purposeful for our whole family. And then for me personally, I just want to find ways to be more creative this Summer. So whether that's gardening, or painting, or building something for the house. If I don't plan in for that, and if I'm not intentional with that, I will always push it aside. There's always going to be something more pressing on my to-do list, which sometimes can feel good to accomplish, but it doesn't really provide the rest that I need.

**Shelby:** Mm, that's so good. Yeah, I love everything you just said. And I feel like the dynamic in my marriage is similar to yours. And so we've kind of developed, even without thinking about, it on Saturdays, I asked my husband what do you need? And he might say yeah, I need two hours, or some space for him to rest, but he always asks me like, what would you like to accomplish today? And so we know just like we have different, you know, kind of ideas for how we want to spend that free day. But we almost always, and I don't even think we've done it intentionally, it's just been something that we've realized we [00:27:00] need to do over the years. We almost always ask those questions on Saturday mornings. And so we can just plan our day accordingly. And so I love that idea, like taking into account, like what are the people around you need for sure. And yeah, you were hinting there at the end on being intentional, because if we just go into Summer being like, yeah, let's have a great summer, let's have fun. The reality is, there's so many pressing things, so many just busy tasks and things to be done that we might not actually have a great summer if we don't plan for it. And so. I thought we could just talk for a second about what it looks like to be intentional about planning for joy, and planning for rest. And what I was thinking about what this looks like for me, oddly enough, I think that intentionality in the summer, for me, looks like letting go, and just enjoying the moment. And I know that might seem counterintuitive when you're asking about being intentional, and I say, I just, I'm going to be in the moment. That's what I'm going to be intentional about. But for me, intentionally choosing to step outside of my normal rules and [00:28:00] rhythms and routines that we have. One thing we've started to do in the Summers, is to just set up a little pool in the backyard for the kids. And honestly, they have started spending so much of their summer out there in that pool. Which means they are constantly tracking mud and grass and water in the house. My laundry quadruples, because it's like towels and outfit changes and swimsuits. But I love the joy that the pool brings them more than I hate the mess that it creates. And so while in my busier seasons, I might have to put some boundaries around like, no, we actually don't have the time for that today. In the Summer it's just embracing that moment. Embracing loose rhythms, and flexible rules that allow for joy and rest. More than our structured school month schedule might allow for. And, you know, just like practically for us, it looks like keeping a little cash on hand so that we can buy ice cream, when the ice cream truck comes around our neighborhood .And it looks like saying yes to [00:29:00] hanging out with friends and family, even if it means the kids are going to get to bed late that night. And it looks like setting aside, a lot of times, what makes the most sense for a big family, with a lot of little kids in order to just embrace fun in spontaneity. But in the midst of all that, I just want to say to the rhythm and routine that I don't give up his time in the word in prayer, and the rhythm of just being with God. But one thing that we're going to try this summer is to create a summer bucket list. And this is not something that I've wanted to do for the past many years, we've had little, little kids, babies, or I've been pregnant, and just seemed like too much. But now that my youngest is approaching two, and we have just a little bit of flexibility, I'm excited to plan some activities. And realistically, it's going to be like one, maybe two activities per month, nothing extravagant that we can enjoy as a family or with friends. But you are the most intentional Summer fun planner, Krystal, that I know. So I really want to hear from [00:30:00] you, what are your plans for an intentionally joyful and restful summer?

**Krystal:** Well, no pressure.

**Shelby:** No pressure. Just that I know, I'm not saying ever, but that I know.

**Krystal:** Well, it's something I always have good intentions, whether they actually pan out is a different story. But it's about being flexible and being willing to shift when it's just not working, because I always have very lofty goals and expectations. And then two weeks in I'm like, Nope, that's not going to work. And so we just have to cut it down and figure out what is going to be best and what is going to be most life-giving for our family. And so I'll share one thing I'm going to do for myself, personally. And I've never done this before. It's a work in progress. But I'm going to create a purpose statement for myself, which sounds super nerdy, but I do it a lot with projects that I work on and Bible studies. I thought, okay, well this might actually work for me personally. And it's something I'm going to try to put in my journal. So I look at it every week as I planned out my. So here's what it is, again, it's a work in [00:31:00] progress, but here's the first part. This summer, I will seek opportunities to slow down and be present with the Lord and with my family. And the reason I have this is like, I just don't slow down. That's not something that's in my nature. And so I have to be intentional to find ways to do that. Otherwise I'm very prone to burnout and anxiety. So the second part is that I will rest in God's grace for me as a working mom. So this will be the first summer that I am working full time since having kids. And so I need to remember God's goodness, in this season that he has me in. And hopefully combat any guilt that I might feel when I just can't be as flexible as I've been in Summers past. And honestly, I'm not a great planner when it comes to summer, we are a little bit more spontaneous. I try to have general things that our family will do over the summer, but then we'll just decide on a Thursday that we're going to go out of town the next day. And so really it's a weekly rhythm that we just try to hold to, and something really flexible. We also do a bucket list, [00:32:00] but I'm going to try something a little bit different this Summer. The Summer is like the Summer of trying to do things. So we'll see how it goes. But I'm going to try to make a list. Normally I have the boys help me this time I might just take what I know that they will enjoy and make a list for them. And it's going to be fun yet, very attainable summer activities like snowcones or getting ice cream, going to mini golf. Things that just won't stress me out. And I'm going to write them on Popsicle sticks and let them choose one just each week on Friday. And so then that way the kids aren't arguing over what things we're going to do off of the list. Cause they always have opinions about that. And then it's something that they will look forward to hopefully just like a fun surprise. But there is one tradition that we started last year that we're gonna keep this year. And this is from The Lazy Genius Podcast, this is where I got this idea. But we do an opening and closing ceremony for Summer. So for us, it's a way, just to shift gears and kick off the summer by celebrating and [00:33:00] having fun as a family. So for our opening ceremony last Summer, and actually, I think it was our closing ceremony too, we went to Dave and Busters. So we had dinner, and we played arcade games, and it was something the boys knew was going to happen. So as the school year was coming to a close, they knew they had something fun to do at the very end. Because the last month of school, it's just hard, you know, they're getting tired, they're getting antsy. And so for them, it was just something fun that they could look forward to. And it's not super extravagant. It's just right down the road from us, but it's still special for them at this age, So it's something we're probably going to change up as they get older, but for now pizza, and arcade games, it's just their favorite thing. And so it's still a lot of fun.

**Shelby:** Yeah, I love that. That seems like doable for me. That seems like something really fun. And I do like the idea of marking new seasons. Of just like saying, Hey, this is like fun. Like we're going to have fun this Summer as a family, and celebrating our kids, they worked so hard in [00:34:00] school, you know? So just celebrating that. And you know, obviously we're both in a season of life with young kids, but the ideas that we're sharing can apply to any age or stage of life. I remember when I worked full time and had no kids and people would make all this big deal about summer. And I would just think, what is the big deal? It's no different for me. I wake up at the same time I go to work the same. The only difference is like it's hot outside. Like that was the difference for me. But I think that was the wrong attitude to have. Really having kids has forced me to see the value in varying my rhythms in different seasons. We are not machines. We need rest. We need work and we need play. And it is good to determine like, Hey, this is going to be a season of rest, joy, play for me over the Summer. And you know, we actually have some really cool bonus podcast episodes that we're going to be releasing on our Instagram account at Daily Grace Podcast. We did short interviews with people in all different seasons of life for them to share with us. Hey, what does your Summer look like? How do you pursue join rest [00:35:00] over the Summer? So we've got some people who are single. We've got people married with no kids. We've got people married with young kids, and people married with older kids that we're going to be interviewing. So check out those interviews. There's going to be life stage specific with some really just practical, good tips for you there. Those will be posting all this week on our Instagram.

**Krystal:** Yeah, those were really fun conversations. And even as I was talking to people that were in different stages of life, I learned so much from others. And so, even if you're not married with kids, or even if you're not single, I would encourage you to listen to all of them because there's just so much wisdom and so much practical help as you look at your Summer. And so I think another thing that I love about Summer is it can act almost like a rest stop or a way just to reset some rhythms. It feels a little bit like the beginning of January when you're looking ahead to the new year. And I think the change in season provides an opportunity to pause, take a breath and reevaluate. And if I haven't been keeping a normal [00:36:00] routine for, you know, what's most important, so spiritual disciplines, or even things like weekly chores and meal planning, I feel like towards the end of the school year starts to get a little bit hairy. This gives me the space just to pause and just to plan and look ahead and think about how I want to intentionally spend my time. The Summer provides a lot of freedom for me. And so I'm not necessarily maintaining a weekly schedule, like I am normally. And so it's just the perfect time for me personally. Regardless of how much our routines change going into the Summer, we can all go into Summer with intentionality. We can think about what habits or rhythms do we want to change. How's our time with the Lord? Are there ways that we can get back into a daily reading plan, if we've dropped off. I love that you are organizing your kitchen this summer, because I always feel this urge to clean and organize, to prepare for the Fall. And when schedules ramp back up in August, I want to be able to maintain [00:37:00] healthy rhythms of rest and to pursue joy, and not feel overwhelmed by the sudden change in our routine.

**Shelby:** Hmm. I love that idea that there are rhythms of rest enjoy that we create over the Summer could carry over into other seasons. Like school's starting again in the Fall, or even the holidays. Those seasons always feel so busy and full. And so just establishing rhythms, to maybe find a break or to find joy in the midst of that over the summer. I could see how that could be so beneficial to carry over into busier seasons as well. You know, we want to close this episode by talking about how all of this ties back into the Gospel. We started talking about the Gospel and I think it would be great to end there too. So Krystal, what should we keep in mind so that we can plan a Summer that is joyful restful and Gospel centered.

**Krystal:** Yeah. So when we first started talking about this topic and talking about the Summer, all I could think about was our family vacation a few Summers ago. It was the last day of our trip, I [00:38:00] believe it was a three-day trip, and on the last day we checked out of our hotel and we just decided, let's go do something fun. Let's be spontaneous. We're going to get lunch on our way home. So we stayed at the top of this mountain, I mean mountain is like a generous word, but a large hail, we stayed at the top of this large hill. So as we're driving down the side of it, we saw this really cute little water rental place with paddle boats. I mean, it's this just tiny little place. And so we stop and we decide we're going to go on these paddle boats. Well, on the paddle boats, we were all on one, cause our boys are still young at this point. So they're in the back and Scott and I are paddling. So we're doing all this work. It is so hot. The boys weren't really impressed by it. We were like going in circles cause we didn't know how to do it. And we were just over it. We just wanted to go home. We were tired at the end of the trip. And so we start heading back to the car and we can't find our keys. And then we figured it out after like 30 minutes of searching, Scott said, you know, I think I heard a [00:39:00] noise in the water and thought maybe it was like a fish. And it was definitely our keys.

**Shelby:** Oh no.

**Krystal:** So we're stuck on the side of this mountain. It's a hundred degrees outside. It's like late afternoon, no water. My phone is at 5%. Honestly, the most stressful part of all of that was the phone and everything we have is locked in the car. And I remember just thinking to myself, what is true in this moment, because my emotions just go into overdrive. I get really overwhelmed with things that are much less than this. And so I think what is true right now, and I thought okay, God is sovereign. He is good. And we have literally no control over our situation. We don't have a phone charger. The place we're at has no address. So even trying to call someone out, we have no address. we're like go up the side of this hill, turn left. and that's where we'll be. And I knew too, in that moment that our kids would take their cues [00:40:00] from us as parents. And so if we complain, if we start freaking out, we're showing them that this is how you respond. When life doesn't go to plan. So by the grace of the Lord, Jesus Christ alone, I chose in that moment to pursue rest in him and to find joy in that moment. And so we played a lot of eye spy, we went exploring, looking for rocks and bugs. There is nothing a mile in our direction. Like that little shop was the only thing with the paddle boats. And that guy was about to go home. So we were just stuck out there. But if you ask our kids, even now what their favorite vacation was. Their favorite memory. This is always at the top of their list. I mean, it was again three-day trip and one of those days was spent on the side of the road, but we looked for opportunities to rest in the . Sovereignty of God truly. And experienced joy, where God had us. And so four hours later, we made it back into our car and started heading home. [00:41:00] But the reason I tell this story is because your kids might get sick the week of Summer camp. Your beach vacation might have really bad weather. Or sometimes I fall into the trap of having really large goals, expectations for the summer, only to have like a decently normal Summer. And then my own expectations have caused just discontent it in my heart. We must be ready to preach the gospel to ourselves at all times to remember what is true. Otherwise, we will preach a false narrative of, I'm a bad mom. I should have done more. I should have planned better. Which is what I thought when my phone was at 5%, I should have charged it. Why didn't I charge my phone? But no matter our circumstances, whether our Summers are Instagram worthy or not, we can find a joy and rest in Christ.

**Shelby:** Yes. And amen to all of that. Life can just be so unpredictable, right? That reminds me of a time. My first trip, my husband, I planned together [00:42:00] after we got married, like after the honeymoon we'd been married for a while we thought let's just take a short trip. I think we were celebrating, finishing, you know, another semester of college, we got married young. And so we thought let's just go to Chicago. And we booked a train ticket. It was just like a three hour train ride. But the departure time of the train was listed incorrectly on the website. And so to no fault of our own, we missed the train. And I just remember speeding towards the train because so randomly, my dad had passed the train station and said, I think your train is leaving. And so we hopped in the car, sped down there. And I remember seeing the train just like pulling off and thinking trip ruined trip ruined. And that's not an isolated experience. We've had kids screaming on flights, we've lost luggage. There's events that have been canceled. I mean, life happens, right? It just does. So the center point of joy and rest in our Summer cannot be anything other than the Gospel. The Gospel never [00:43:00] changes, never runs late, never cancels last minute. It is unchanging and sure, and secure. And keeping the Gospel front and center in all things, and even while we plan our Summer, reminds us that this isn't about achieving anything. We are not trying to achieve joy or achieve rest every Summer. For every person listening and you and I, Krystal is going to be imperfect. So this isn't about planning or executing the perfect summer. We have in Christ, perfect joy and perfect rest. Yet we know that we only experienced that in part right now, we'll experience that in full one day in eternity. But for right now we experience it in part. And so our Summers are going to be imperfect. But when we plan for a joyful and a restful Summer, we are just intentionally enjoying the glimpses of that peace and that rest, through the good gifts that God has given us. So we want to hear you say this episode is not about planning or [00:44:00] executing the perfect Summer. It is about the Gospel. So let me encourage you with this. Even if you make a great plan for the Summer, someone is going to take a better vacation than you. Someone is going to read more books than you. Someone is going to do more creative activities with their kids than you. And you will have moments of chaos and frustration and disappointment over the next few months. And all of that is ok. Because the Gospel never fails. Jesus never fails. And in Christ you are secure for now and all eternity. And that is the truth that ultimately frees you up to enjoy your Summer, enjoy the people around you in the activities that you do. That truth sets you free to experience joy and rest. And so I just want to close with a scripture here. And you briefly mentioned these verses earlier Krystal, but Matthew 11, 28 through 30 says, "Come to me all of you who are weary and burdened, and I will give you rest, take up my yoke and learn for me because I am lowly and [00:45:00] humble in heart. And you will find rest for your souls. For my yoke is easy and my burden is light." And my challenge to each of us, it's just to commit, to seek joy and rest in Jesus first this Summer. I love that jesus doesn't just say, I will give you rest, but says, come to me, and I will give you rest. In Christ we have rests from trying to earn our salvation, or prove our worth. We have hope for eternity, and all of that produces in us joy. So as you plan your Summer, start by spending time with Jesus, read the Bible, pray, create a rhythm of being with him all Summer long, let that be your first priority. And then you'll be able to enjoy more fully and deeply everything else that you plan and do.

**Krystal:** That's so encouraging. Well, thank you all for joining us today on The Daily Grace Podcast, we look forward to our next conversation where we'll talk about how to find your place in the body of Christ and how we can use our gifts within the [00:46:00] local church.

**Shelby:** Don't forget to subscribe to our weekly newsletter to receive free resources related to the podcast, straight to your inbox. You're going to get that summer planning resource today, and that is going to be so helpful to you as you're thinking through and processing everything that we've talked about, and you can click on that link in the show notes to subscribe.

**Krystal:** Until then come join us as we continue this conversation over on Instagram at Daily Grace Podcast. We'll . See you next time.[00:47:00] [00:48:00] [00:49:00] [00:50:00] [00:51:00] [00:52:00] [00:53:00] [00:54:00] [00:55:00] [00:56:00]