

# ENCOURAGEMENT FOR *Real Life*

## **142. Are You Tired of Missing Out on Life?**

You are listening to episode 142 of the Encouragement for Real Life Podcast titled, Are You Tired Of Missing Out on Life? Welcome to the podcast today! Thanks for tuning in. Recently I spoke at a women's conference and taught a workshop titled, "There's Got to Be More to Life than This." Have you voiced or thought these words lately? One woman shared with me after my workshop how she felt like she is missing out on life. Could I ever relate! I remember that sinking feeling a number of years ago of how life felt like it was passing me by and I was missing it. And there was nothing I could do about it. But friend, there IS something we can do about it. Stay with me here through this episode, and together we'll find help, encouragement, and hope for our real lives today. There IS more to life than this. Let's get into this episode to find out.

Her words confirmed what her expressions and body language were saying. She said, "I'm tired of missing out on life." Her job was demanding, her family needs were overwhelming, she said she had no joy and peace, and she felt as if she was hanging on for dear life by a single thread--unsure how much longer it would hold her.

Maybe you can relate. I know I could. Her words were ones I could have said time and time again some years ago. I felt her pain and I wanted to take it all way for her. In those passing moments of our short conversation, I pointed her to the One who could handle it all--God. But she already knew that. She knew God could help her, and she believed He would. But in the waiting is where she found herself. Not only was she tired of missing out on life, but she was tired of the waiting.

### **Maybe you can relate to that, too.**

Waiting can be difficult. Waiting can feel like it's wasted time. Yet we all experience it sooner or later. Waiting is common to us all, and maybe, like this woman, you're in a season of waiting now, too.

This episode really isn't about what we do in the waiting (that will be an episode for another day, but I believe it's important we address these seasons of waiting also). But sometimes in the waiting, we lose our focus. We lose our direction and forget where we're headed. She was so stuck in the waiting that she was missing out on life right now.

We know life is a gift, right? We desire to live this life to make a difference in it, correct? I mean, who ever says, "I'm going to waste this life, and I'm going to just take up space here." Or "This life I've been given means nothing. I'm setting out to make my life and everyone else's life miserable." I just don't believe these words originate in anyone. We each know this life we've been given is important. And I believe we all set out with hearts desiring to make a difference in it.

But sometimes, as they say, "life happens," and one day we may wake up to the reality we are sleepwalking through life, or we are settling into situations and circumstances we never wanted, or we have completely lost our joy and peace. And we wonder how in the world we got there. How did we ever end up in this space? Whether it's in a waiting season, or a full season, or a challenging one, instead of making a difference in this life, we end up missing out on life--the abundant life Jesus came to give us.

We miss the priceless moments happening right in front of us--our child's proud moment of tying his shoes for the very first time, our friend's silent plea for encouragement, our spouse's loving glance. We miss the beautiful sunrise to end the day, the lively melody from the songbird in the back yard, the smile from a stranger in the grocery store aisle. It may be a big blessing or a small one. But the reality is this: we are missing more than we realize.

### **This isn't God's design for our lives.**

He doesn't desire for us to miss any part of this life, nor His peace, provision, or presence. But speaking from personal experience, so often we do. Why is this?

It's because we're living distracted.

There are numerous things that can cause us to live this way. I mean, after all, we live in a culture of distraction! Distractions are everywhere! Just as I've already mentioned, varying seasons of life can distract us. We also experience external distractions such as physical challenges, relationship challenges, and everyday life kinds of challenges. Technology and social media entice us from living our best lives. And our own thoughts keep us pinballing from one thing to the next. Yet, some of us are distracted by our pasts or the unknown of the future. Distractions tend to run and rule of lives--and we may not even realize it!

### **It's no wonder we are missing out on life!**

It's no wonder, just like this woman, we are losing our peace and our joy! We can't keep living like this, can we? I mean, this life is precious, it's important, and it's too valuable to not live it the way God desires us to live it. As I say often, "Life is too important to live it distracted."

So, let's do a quick check right now. On a scale of 1 to 10, one being the lowest and 10 being the highest, how much peace and joy do you have in your life right now? Is it low or is it high?

When I asked this question at the women's conference, I heard a lot of varying numbers. Numerous women voiced out loud 0s, 1s, and 2s. So, I understand how low numbers can be a reality for many of us.

One more question. On a scale of 1 to 10, what number would represent how much do you feel you are missing out on life right now?

These questions are good indicators for us and help us to know where we are. So what do we do next?

### **How can we stop missing out on life?**

Realizing we're distracted is the first step.

The second is understanding what's distracting us. What's pulling our attention away from what's important, priceless, or special? If we don't know this answer quite yet, we begin to pay attention. What pulls at our attention? What keeps us away from doing what we need to do? Or what interrupts our daily routines and flow?

The third step is taking our lives back from these distractions and placing our lives back into the capable hands of our loving Heavenly Father.

It's then when we thrive and live the abundant lives Jesus came to give us.

### **Sounds so easy doesn't it?**

It does until we begin to walk it out. Then it feels like we are swimming upstream. Living undistracted is counter-cultural, and anything we do that's counter-cultural is extra challenging. Because we not only are battling our natural tendencies and habits, but we also struggle against what the world is screaming and leading us in how to live our lives.

The world will tell us it's okay to live distracted. It's okay to immerse ourselves in our phones and to tune out from what's really important in life. It says it's okay to not make a difference in this life and to just settle for a simple, unchallenging, unfulfilling life. And so many accept this kind of life advice and live this way.

But we know better. We know God has got more for us and we know only He can guide us to His best. Living undistracted is His best. For our growth, for the good of others, and for His glory.

God is our only hope in living an undistracted life. He's the one who will help us navigate the daily distractions that come our way. No matter what the self-help books and websites tell us. And I've learned, if I don't ask God to help me live undistracted, to guide me daily through the distractions every day, I will succumb to the relentless pursuit of these distractions on my attention.

### **So, are you missing out on life?**

I invite you to intentionally pause and honestly answer. To give your answer a number (from 1 to 10 like I just shared a minute ago). Then ask God to reveal to you what distractions are enticing you away from the amazing life He has given you. Then surrender those distractions to Him. Not just once, but daily. Or hourly or moment by moment, if necessary. If you find you have numerous distractions, then begin with tackling just one. Take them one at a time.

Before long, you'll find those pesky distractions won't be as bothersome as they once were. With God's help you can learn how to live an undistracted life!

I continue to pray for the woman I mentioned in the beginning of this episode who had lost her peace and joy, and who was living life completely distracted and missing out on life. I'm praying for all of us in this. For me, for you, for every single person. No one is immune to missing out on life because of these everyday distractions. But with God's equipping, we can overcome them to live the lives He desires for us to live.

If you're interested in more details and helps in how to live an undistracted life, a life as what I call a Right-Now Woman, I encourage you to pick up a copy of my book, *Right Now Matters: Empowering Right Now Women in a Culture of Distraction*. You'll find this book as a go-to resource to live a life that's not only undistracted, but also impactful. The Amazon link is in the show notes.

Also, we're taking this conversation over to our private Encouragement for Real Life Community on Facebook this week. I invite you over there to join in the conversation and be encouraged. The link to this group is in the show notes.

If you found hope and encouragement in this episode, would you please leave a rating and/or review so others can find this encouragement too? I invite you to subscribe if you haven't already, so you never miss a new episode.

Friend, God has good plans for our lives, and living distracted isn't one of them. Living undistracted will help you live the abundant life Jesus came to give you. I'm cheering you on today and every day! Thank you for tuning in. God bless you!

Links in this episode:

Find more in my book [Right Now Matters: Empowering Right-Now Women in a Culture of Distraction](#)  
[Encouragement for Real Life Community](#)

Access [my Free Resource library](#), filled with tools to help you stay encouraged in your real life

*Julie Lefebvre*