

## Episode 200: 200 Episodes and One Grateful Host

**Julie Lefebure:** [00:00:00]

Welcome to the Encouragement for Real Life podcast. I'm Julie Lefebure, your host. Life is remarkable, sometimes raw and always real. And some days we could use a little extra encouragement for our real lives. Here you'll find that. Along with personal life impacting stories, helpful life hacks, timely inspiration, Biblical insight, and a fresh perspective.

The Encouragement for Real Life Podcast equips you to be a light in this world and to shine bright wherever God has you. I'm glad you're here today.

**Julie Lefebure:** Well, I cannot believe that I am saying this, but welcome to episode 200 of the Encouragement for Real Life Podcast. Whether you have listened since the very beginning or you're just finding your way here [00:01:00] now, I am so glad that you're a part of this moment. 200 episodes of showing up, of seeking God in the every day and just encouraging each other in real life.

And you know, really it's, it's not about the number. It's about what God has done through each one, through each episode. And so today we're celebrating this milestone together with some stories, a few surprises, oh, some behind the scenes glimpses. And most of all, a whole lot of gratitude. So are you ready?

Let's get started.

**Julie Lefebure:** Like the infamous hymn proclaims, "To God be the Glory, great things He has done." Oh goodness. God can use [00:02:00] anything to make a difference in the lives of others. Including a podcast with a host who at one point had no idea how to launch a podcast, let alone, to continue one week after week for 200 episodes.

You know, this was never my goal to, to make it to 200. I just simply wanted to encourage women, and this podcast is one way I get to do that. I'm so grateful for how God has just used this to encourage thousands of women in their real lives. And I continue to be blown away by the messages that I receive and the stories that I hear from women just like you and me who've been impacted by listening. It humbles me to my core.

But this is all God's doing, my friend. And I am thrilled that He asked me just to partner with Him [00:03:00] in it. What an honor and what a blessing. But just for fun, I thought it would be just interesting to share some stats about the Encouragement For Real Life podcast that probably won't make big headlines, but are interesting nonetheless.

And here we go. Since the beginning of these episodes , from the very first to 200, women or people in 99 countries have tuned into the Encouragement for Real Life podcast. Interestingly, 79% of the listeners, they listen on mobile devices, which makes sense, and 98% are women. And, this is interesting, tuesdays from 4:00 to 5:00 AM is the most listened to hour of the week. So there you go. God is so good, isn't He?

Well, [00:04:00] mid-May, I asked you through social media to just take three minutes to answer three questions regarding the podcast and generously you did that. And I really shouldn't have been surprised because that's what you do. You show up and you've continued to show up for 200 episodes. Maybe you haven't listened to all 200. No. Or maybe you have, I know someone who has. But it's because of you and of course, God, that this podcast exists. And we'll get into that in just a minute. But thank you. Thank you for answering the questions that I, I posed. And it's because of you, you really helped me form this celebratory episode. And so I am so grateful for you.

You also asked me some great questions too, uh, which we will get into shortly. And I [00:05:00] really appreciated that. Because it really got me thinking about this podcast journey. And you also shared how the Encouragement for Real Life podcast has impacted your life. So here are just a few of your responses.

This was one. This is a quote, and it's from Desiree, and she said, "Julie's podcast has been one of my go-tos. She speaks to my heart every time, and each episode meets me where I am." Thank you, Desiree.

Long-time listener Kim said that the podcast is always life enriching, and she said that my family interviews are her favorites.

And Susan had this to say. "I have found the podcast very uplifting and meaningful. It has depth, great scripture references in various translations, and makes me want to spend more time with God." That is so heartwarming [00:06:00] because that's really what I desire, is for women to spend more time with God.

And Amy said that, "It's as if the Encouragement for a Real Life podcast was designed just for me. It's what I need each week. Thank you." Well, you're welcome Amy, and thank you.

And one more. Phyllis shared that, "I've learned tips to help my day be more fulfilling. Life doesn't have to be so stressful." And you're right, Phyllis. Amen to that. Life does not have to be so stressful.

And when I asked about your favorite episodes, this has been fun, the overwhelming majority said, like Kim said just a minute ago, that you are enjoying the interviews with my family and my friends. And a couple of you have mentioned how impactful episode 186 was with my husband Bill and hearing about his, just hearing his [00:07:00] perspective on his bicycle accident, and that really touched you. And so I'm grateful that that impacted you.

And some happily shared that you have watched the beginning of episode 195 with my friends, Sheila and Karen, over and over whenever you've needed a laugh. And you know, I have done the same thing. I pull that up every now and then, and I just chuckle. Right. "Good luck with your teeth." Of course, Sheila said it much better than me. But if you have missed those, episode 186 or 195, I highly encourage you to just take a listen to those when you get a moment.

Nadine said that she has appreciated the episodes where we discuss staying in the moment and being reflective. Yeah I can, I can relate to that too.

And Deb also commented that she likes the monthly series that we've been doing, [00:08:00] namely, uh, most recently the Spring Cleaning for Your Soul and The Bloom Where You're Planted Series. And I've really enjoyed those too.

You know, I I'm grateful that these episodes are meaningful to you and that God is just encouraging you through them. I mean, after all, that's the intent and the reason behind this podcast. I'm also thrilled that you are enjoying hearing from the people who are near and dear to me, who have influenced my life greatly. And that's kind of my focus this year with my guest episodes. And I might even continue that next year. We'll see. We'll see what God does with that. But you'll be hearing more in the months to come from some special people in my life. So, so stay tuned.

Now onto some of the questions that you asked. And this will help get into just some heart behind the Encouragement for Real Life podcast. So the first [00:09:00] one is, how long has it been since you started doing the podcast?

Well, a story here. I attended the Northwestern Christian Writers Conference it was in the Twin Cities back in 2021, which is hard to believe. That's four years ago. But God stirred in me so much at that conference, including the foundations of my two books Right Now Matters and the Right Now Matters Bible study. Also stepping out into a greater role in ministry and the beginning of this podcast.

But months prior, a number of people just randomly, not so randomly, but it felt randomly at the time, and separately had asked me if I had ever thought about beginning a podcast. Well, I had, but in my mind it was such a mountainous task to even try to think about doing it. And so, because I knew [00:10:00] nothing about the ins and the outs of, of starting a podcast, let alone keeping one going. But this is what God does with me. I've just found this, that when He gives me a vision or plants a desire in my heart, that He tends to, to quickly make it happen. And I just hang on for dear life. I hang on for the ride because I just never know. I know it's gonna end well, but in the middle of it, I'm just clinging onto Him for, for my, for my life.

But, incredibly, after I got home from that writer's conference in July that year, God put one, one piece in front of the other, and within three weeks I launched the Encouragement for Real Life podcast. And it just amazes me how God can just do all that. But He does, and it, it, it just floors me. But, so on August 9th, it'll be our fourth anniversary of this podcast. [00:11:00] Wow. You know, it's true though, that time flies when you're having fun, and I love doing this podcast. It, it's such a fun part of my life and of ministry. And I'll get to that in a minute too.

The second question, um, is did your podcast start before or after you wrote your book? Well, uh, the podcast began, like I said, in August of 2021, and I began to seriously write my first book Right Now Matters in 2023. I had a few chapters somewhat done, um, a couple years prior. But really, I really dedicated 2023 to finishing that book. So from March that year until October, Right Now Matters came to life. And then we published the Right Now Matters Bible study just two months later in December of 2023. So the podcast came first and then the books.[00:12:00]

The third question is, how did you dare step out to start this ministry? And I love this question because really I see this podcast as ministry. Really though, I mean, I guess everything I do is ministry, right? Everything that we do is ministry. Yeah. Doing ministry isn't limited to a church role or a title like I once thought. But it can happen anywhere - in a kitchen, a coffee shop, a hospital room, online or on a stage, or through a podcast. And I see ministry as just

living life serving and encouraging and leading in ways that reflect God's love and truth. And to help others grow closer to Him. You know, I am just an ordinary woman who [00:13:00] loves Jesus and is focused on helping others grow in God's love and grace. So, yeah, this part, this podcast is part of ministry. I didn't set out for it to be that way, but it is.

Same with the quarterly women's events that I host locally and the Abundant Life mentoring sessions that I offer, uh, the Bible studies I lead and whenever I'm asked to speak at an event or, or to a group. I mean, all of this is ministry. And I, I look back at it all, all of these areas and I, I see that I just followed what God led me to do. Just one thing at a time. Not all at once, thank the Lord. 'cause I couldn't have done that. But I look at it, you know, the events began and then the speaking engagements came from that. And then the podcast. And then the [00:14:00] books. And then the Bible study. And then now, most recently the, the mentoring options that I offer.

So I guess to directly answer the question, how did I dare step out in this ministry? I just followed God's lead. I just wanted to be obedient to what He called me to do or what I felt He was calling me to do. But He's done it all and I just followed. Sounds simple, but it's not. But you know, if we just do that, if He just leads and we follow, life is a whole lot more simple, right?

Uh, the fourth question, if you could have done one thing differently regarding the podcast, what would it be? Well, I'd have to say that I wouldn't have been so fearful to begin. 'Cause, you know, you know fear, right? You know. It can have a paralyzing effect on us, and often it [00:15:00] does. And it did for me initially. Uh, mainly because of all of the unknowns of the podcasting world. But the thing is, we also know that when we face the fear and do it anyway, doing it afraid, so to speak, fear dissipates. Fear flees. I mean, it eventually goes away. We can either let fear win or we can let our faith win. And when we follow through with anything God calls us to do, even when it's scary or feels uncomfortable, we, we know that we just, when we do it, God gets the glory and we get the growth. So it's a win-win all the way around. So I love that question too.

Uh, question five, how do you come up with the content for the episodes and what's the process of broadcasting it? Yeah, good question too. I love these questions. [00:16:00] Um, I first of all pray and I ask God what you might need that week or that month. And I also look at, at my own life and what I might be dealing with or what situations I'm walking through that, that I could encourage you in, in your own real life. So once I get a confirmed idea, then I jot down

some notes, uh, on the subject and maybe I do any research that I might need, and then I come up with an outline and then record the episode.

Then I, I let my editor know Cyndi, uh, she's my podcast editor, and she takes it from there and she edits the episode and makes it look and sound amazing. She's so good at what she does. Then I upload it to all the outlets, so it's ready to go on Tuesdays. Then I share it in all of my social media outlets, so you know it's live. So, [00:17:00] yeah, then the process begins all over again for the next episode. So it is a process and I get in a rhythm and it's, it works well. Um. Yeah it's just, it's just a process and it, like I said, a rhythm and it's good. I really enjoy it.

But I have a special treat for you today. Mm-hmm. You get to meet and hear from Cyndi herself today. The one who helps me. The one who edits everything that I say on the podcast and makes it sound better than what I could do. I wanted you to be able to meet the one who helps me put these together, who helps put the podcast together. And so we sat down just earlier today before I recorded this, this full episode. We sat down and, um, just through our screens and we hit record and we chatted. So I think you're gonna enjoy this. Allow me to introduce to you Cyndi Staudt

[00:18:00] Well, welcome Cyndi. I'm so glad you're here today. Thanks for meeting with me for a few minutes so we can chat and I can introduce you to the, uh, listeners of the Encouragement for Real Life Podcast.

**Cyndi Staudt:** Yeah. Well, thanks for having me. It's exciting.

**Julie Lefebure:** Yes. This is so fun. So, Cyndi, tell us about you, who you are, what you do, all of those kind of things. Just let everyone know who you are.

**Cyndi Staudt:** Yeah, so I, um, I wear a lot of different hats in my life at this moment. Back in 2021, I retired from kind of my career to pursue, just things that God was calling me to. So, I, I guess what pays the bills for me mainly is teaching fitness classes and doing personal training. And that's what kinda my career was. I was a wellness coordinator for a local hospital system, , when I retired. But now I am a mentor and coach for survivors of trafficking and domestic violence. I have [00:19:00] launched four books. And I write for a nonprofit that does work in South Africa. So I'm just doing a lot of different things in addition to editing podcasts.

**Julie Lefebure:** wow. And how did you get to ever start editing podcasts?

**Cyndi Staudt:** Well, I felt God was calling me to, maybe start a YouTube channel or I do these little things I call 'em Sips of Scripture. It's just like one or two minutes of what God showed me in my quiet time for the day. But I'm not overly skilled at technology, so it was intimidating for me. And in one of the authors groups I was a part of, somebody had posted saying she would like to have an intern to learn how to edit podcasts and she would pay a little bit. But mainly it was for me to, to do that and to learn how to do kind of the technology side of it. And I'm like, this is perfect. Where I don't wanna do a podcast, but it's very similar, the things that I would have to do. So I, applied and interviewed for that, and [00:20:00] she hired me.

**Julie Lefebure:** Wonderful.

**Cyndi Staudt:** And I found that I really enjoy it. I think the creative side of writing takes a lot of that brain. So the personal training, the podcast editing, it's more like task oriented. So it feels like it gives my brain a break from the creative work. So, it's still doing kind of things in that creative space, but using a little bit different parts of my brain.

**Julie Lefebure:** Yeah, yeah. And you're, you're so good at what you do.

**Cyndi Staudt:** Thank you.

**Julie Lefebure:** And I was at the place, I think it was in the fall when I was getting ready to put the Encouragement for Real Life podcast on YouTube. And I realized. Uh, I did my first one, edited my first one, and I had switched to a different platform to be able to put it on YouTube, a recording platform. And I just knew I needed help. And so when our friend Rachel,

**Cyndi Staudt:** Mm-hmm.

**Julie Lefebure:** our common friend Rachel, um, said, I know, I think I know someone that might be able to help you. I was so [00:21:00] excited. And so you have been such a blessing to me and a blessing to, uh, well, the listeners don't even know what a blessing you are because they haven't met you until now.

**Cyndi Staudt:** All behind the scenes.

**Julie Lefebure:** uh, Yes. And I love it that, you know, we pray for each other behind the scenes. Um. That we both, you know, share the same faith. And

that's just another part I just believe God has us, uh, working together in this way. So I am so grateful for you.

But has there been a favorite episode or a favorite series or something that you've enjoyed. Just since, well, I guess you've just started with me in November, but anything that has

**Cyndi Staudt:** Well, I just, I love your podcast as a whole. I think, yeah, it, it just always has some really simple truths. I like how you always break down, um, you know, some action steps. 'cause I think sometimes in our faith, we, like, even in, when we go to church, like we can hear a great message and be like, oh yeah, that was awesome. [00:22:00] But we don't take that next step of application. So I love how you do that in your episodes.

This most recent series on Bloom Where You're Planted, I have loved that. Just the themeing of it. I, um, a friend of mine and I hosted a retreat in January, a women's retreat and mission trip to Costa Rica, and Cultivate was the theme. So it just really spoke to me and kind of this theme I'm in, in my, my life right now. So as a series, um, awesome. Great work. And I think everybody needs to, to listen to that and bring their journals so they can take notes. And I think a favorite episode was you and your friends. I literally laughed and cried with you. So fun. So fun. Yeah.

**Julie Lefebure:** Yes, I think that's, uh, yeah. Oh, my friends Sheila and Karen, we had such a good time, um, recording that one. And Sheila is a hoot and she brought out

**Cyndi Staudt:** Those pictures. That's great. I'm like, oh gosh, I hope nobody ever brings out pictures of me in grade school.

**Julie Lefebure:** Oh, we've come a long way, [00:23:00] haven't we?

**Cyndi Staudt:** For sure. For sure.

**Julie Lefebure:** Oh. So if someone wanted to get ahold of you or just to reach out to you or know more about you, how would they go about doing that? Because four books, my goodness. And you know, all the other things that you're involved in and, and, uh, I would just, yeah, I would love to be able to put that in the show notes. Whatever, however, someone can get ahold of you.

**Cyndi Staudt:** Sure. Yeah. And um, the fun thing about the four books is the first one was kind of my book on finding your identity in Christ. The second



book I launched was a book I, i, I say ghost wrote for, um, a local anti-trafficking organization. But they, they did give me an, uh, author acknowledgement in the book, so it's not a true ghost write. And then the other two journals I released with a ministry partner of mine, Hannah. So it's just a fun mix of, of the books.

So my ministry Walking The Walk Ministries, I have a website, [www.walkingthewalkministries.com](http://www.walkingthewalkministries.com). I also have Walking the Walk on Facebook and Instagram and then also my [00:24:00] personal pages. I, I kind of post a lot of this, the similar content on both of them. But yeah, those are places you can find me. And my books are all available on Amazon.

**Julie Lefebure:** Wonderful. That's great. Well, I'll link all those in show notes.

**Cyndi Staudt:** Thanks.

**Julie Lefebure:** So thanks for joining me here for just a few minutes today so the listeners can you know, just learn a little bit more about, it's not just me doing this podcast, but that you're a big part of it and an integral part of it. And so I appreciate they get a chance to meet you.

**Cyndi Staudt:** I appreciate you bringing me on. But I also just wanna say congratulations. I was not here for the bulk of those 200 episodes and like, kudos to you. It's a lot of work that goes into it and you're really putting amazing stuff out there. So congratulations.

**Julie Lefebure:** Oh, well thank you, Cyndi. Thanks for being a part of it.

**Cyndi Staudt:** Yeah, my pleasure.

**Julie Lefebure:** Yeah. Glad you're here today.

**Cyndi Staudt:** Yep, thanks.

**Julie Lefebure:** Wasn't that fun? Wasn't that fun to hear from Cyndi? Oh my goodness. She has been such a great help to me and a wonderful blessing. [00:25:00] Thank you, Cyndi. I know you're hearing this. Because you hear all my episodes. I'm grateful that God crossed our paths just six months ago and, uh, what a blessing she's been to me. So thanks, Cyndi.

Um, here's some fun behind the scenes moments that you likely never knew. I remember around Christmas time of 2021 and New Year's of 2022, recording

and uploading those podcast episodes while having COVID, uh, not sure that I was going to make it through. That was one of the most challenging times in the podcast. One of those episodes was even late that one week because I was so sick and I had just gotten out of the hospital due to a heart issue. Whew. Yeah. So I remember talking about COVID, and I remember saying that I had it on the episode, but I don't think anyone really knew how, how awful I felt. And it was due [00:26:00] to that heart issue. But God carried me through.

Um, a few times I forgot to turn on the mic and I didn't realize it until I had finished recording. Which reminds me, I should probably just double check that now. Okay. It's good. Oh, goodness. You know, I thought I was recording at the time, but yeah, nothing came through my mic and so I had to rerecord those episodes. Learning lesson, right.

And another thing, another interesting kind of frustrating thing in the, in my, my environment is our home is in one of the landing patterns of our local municipal airport. And a number of times I have been recording a podcast at the exact same time that an airplane has flown over and the sounds of the plane above drowned out my voice while recording. So I've had to record those over too, [00:27:00] or pieces of it anyway.

And you know, I can't forget the one that the cricket chirping in the background of my office. There was one day, uh, a stealth cricket, I could not find it. First of all, I don't like crickets. But they come out in the fall and we live out in the country and so, you know, sometimes we get crickets in our home, and somewhere in my office it was hiding and I couldn't locate it. But for the life of me you know, I just kept going with the podcast and every once in a while I could hear the, the cricket chirping sound. I don't know if anyone else heard it, but I could. And he was about to drive me crazy. But I persevered through the episode anyway. And so that has been, um, a fun, well frustrating memory. I don't think many people heard it, but I certainly could.

And I think my favorite moments have been, um, just interviewing my many guests. It's been fun to invite different people on the podcast to be able to just share their insight and [00:28:00] expertise and what they love and, and a piece of their lives.

I love hearing from them, learning from them, and also sharing them with you. So just some fun, behind the scene things. Not so fun on some of those. But behind the scene things to share.

Some of the lessons that I've learned in 200 episodes, um, kind of about podcasting and life. And I kind of group these into three. Um, and they might apply to you also.

The first one just to start small and be okay with that. Yeah. Just to start small. With a podcast, and with life. And I, I think of Job. Job's, a phenomenal book in the Bible. But Job chapter 8, verse 7, and in The Voice Translation, it reads, "From your modest beginnings, the future will be bright before you." Just to encourage you in that today.

The second lesson is consistency matters more than perfection. And coming from someone who likes to have things perfect or to [00:29:00] look perfect or be perfect, um yeah, that's, that's, that one was a, has been a real good lesson. And I think of Galatians 6:9 in the New Living Translation, it says, "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." Amen to that.

And the third lesson is your voice matters and someone needs your encouragement today. 1st Thessalonians 5:11 is one of my favorite verses, and in the New Living Translation it says, "So, encourage each other and build each other up just as you are already doing." Amen. Good lessons, right? We could always learn lessons.

So what's next after 200 episodes you may be asking? Well, I'll keep showing up until God tells me not [00:30:00] to or until He tells me to stop, and I would love for you to do the same. And if you have suggestions of topics or guests that you would like to hear about or from, here on the podcast, please get in touch with me through the contact link in the show notes. There, you'll have it just a secure place where you can get in touch with me and I will get your message directly and I would love to hear from you.

But, uh, I'm thrilled to give you a first look at something that I've been crafting, especially for you this summer. Starting next Tuesday, June 10th, I'm launching a brand new 12-week series called A Summer of Abundance. A 12-Week Journey to a Full Life, and I can't wait to dive in together. I'm so excited about this. Over the next three months, the summer months, we are going to explore 12 core elements that make [00:31:00] up the abundant, joy-filled life that Jesus came to give us. We'll talk about things like identity in Christ, learning how to live from who He says we are; uh, joyful gratitude, practicing thankfulness that transforms our hearts; healthy rhythms, discovering how rest and renewal becomes sacred; and yes, even physical wellness, caring for the body that God has given us as an act of worship.

So each Tuesday you'll hear a focused message, some biblical insight, and some practical applications. Plus, I've created helpful companion pages to enhance your journey this summer. And these pages, they can help you just journal your reflections, your prayers, and even your action steps. And you can access them and download them right now. [00:32:00] They are in my free resource library at [julielefebure.com/resources](http://julielefebure.com/resources). So, so that way you are ready when the first episode of the series drops next week.

And it's okay though, don't worry. Our regular guest episodes will still air on the last Tuesday of each month. So those will kind of feel like special bonus conversations. So you'll get both fresh teaching and motivation and encouragement and inspiring interviews every single week. So if you've ever wondered what it truly means to live fully alive, or long to wake up each morning walking in freedom and purpose and overflowing joy, well this series is for you and I invite you back. So mark your calendar for next Tuesday, June 10th. Grab your companion pages and let's [00:33:00] step into this abundance together. I'm so excited for what's ahead. So I'll see you next Tuesday as we begin our journey to truly live life to the full in Christ.

Now though, before we wrap up this 200th episode, I know we've talked about a lot, but I wanna share one thing. Did you notice the new Encouragement for Real Life podcast image? I think you probably did. Thanks to my son Zach Lefebure for creating that for me. I thought it was time, almost four years, it's time for an update for a new image. So I hope that you like that.

And I would love to just to get your feedback on that too. But it was fun to create that with him. So thanks, Zach of Zach Captures, Zach Lefebure, graphic and design and photography. I don't know his exact name, but I will link that in the show notes too, so you can check all his work out.

Okay. One more thing. Are you ready? Before we wrap up this 200th episode, I've got [00:34:00] something extra fun to share with you. I am hosting a special giveaway this week to celebrate this milestone and to say a heartfelt thank you for listening, for supporting, and for, for walking this journey with me. I am giving away an episode 200 Encouragement Bundle filled with some of my favorite creations, such as both of my books Right Now Matters and the Right Now Matters bible study, a set of the Speak Life prayer cards, a Right Now Matters t-shirt in your size, you get to tell me what size, um, a 30 minute abundant life mentoring call with me, and some fun encouraging stickers that I've created, which I absolutely love. Who doesn't love stickers? Right? Plus Cyndi Staudt, whom you just heard from, who you just met, is generously contributing one of her books for [00:35:00] this bundle. Isn't that great?

So here's how to enter. Just head to my Instagram or Facebook page, one or the other, and find the episode 200 encouragement giveaway, post and follow the instructions there. It's as simple as that. The links to those places are in the show notes.

But here's a bonus just for you. Just for you, my podcast friend. If you mention my favorite number. 17, the number 17, somewhere in your entry you'll get a bonus entry into the drawing. Okay? It could be, you could put the number 17 in the middle of a word, as long as they're together, 1 and a 7 together. Um, at the beginning of a sentence or at the end, or just wherever you wanna put it. But just make sure you put the 17 somewhere in it. Alright? And you will get that bonus entry. I'm not putting that any place else, but here on this podcast. No one else will [00:36:00] know about it but you, you my faithful friend. So this giveaway is open through June 9th, and I'll announce the winner shortly after that.

Yay. This is so fun. So this is just one small way that I can give back to you and say thank you for being here. I truly mean it, that you are a big part of why Encouragement for Real Life podcast has reached 200 episodes. So thank you.

Thank you for listening. Thank you for sharing. Thank you for letting me speak into your life week after week and allowing God to use me to just encourage your heart week after week. Most of all, thank you for walking this journey of faith with me. This isn't just my milestone, it's ours, and God gets all the glory. Hallelujah. Right? Hallelujah.

Friend, if this podcast has encouraged you at all, would you [00:37:00] just do one thing? Share it with a friend who could use a little real life encouragement today too.

So here's to the next 200, and to continuing to live the abundant, Christ-centered, encouraged life that we were made for. Keep living encouraged friend, right where you are. Thanks for celebrating with me today. I couldn't have done it without you. God bless you.

Thank you so much for joining me here today. You can find more at [julielefebure.com](http://julielefebure.com). And until next time, stay encouraged.