

## Encouragement for Real Life Podcast

### Episode 206, Summer of Abundance Week 5: Be Where Your Feet Are

[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:** Thank you for joining me today in week five of our Summer of Abundance series here on the Encouragement for Real Life podcast. I pray that you are enjoying this adventure, this series of learning how to live a full life in this season and beyond.[00:01:00]

So far in this series, we've covered a lot of territory, uh, and we've covered four abundant life elements. Those are identity in Christ, renewed mindset, intimacy with God, and last week we talked about spiritual surrender.

So today we look at one that is near and dear to my heart, purposeful presence. And if you've spent any time here with me, you know that this is a subject that I can talk on all day. But don't worry, we won't be here all day. But, I love this subject so much because I think it's so relevant and important to today, to our lives, to women's lives today. In fact, so much that I wrote two books about it.

Staying present matters, my friend. And being where our feet are matters. Because when we rush past today and rush past this moment, we miss the [00:02:00] abundance that God has for us in it. And choosing to be purposefully present allows us to thrive in our abundant lives, the lives that He came to give us.

So let's learn how together. Let's learn how to live this way, be purposefully present, and by doing so what that will do to our lives and the lives of those around us. So if you're ready, let's get into this episode.

**Julie Lefebure:** What pulls you away from the present moment? Think about that for a moment. Is it the past? Maybe the future? Maybe your own pinballing thoughts? I can relate to that. Maybe it's your phone. Numerous women, just

[00:03:00] like you and me, struggle with staying present. They feel distracted, scattered and behind, and they are pulled in a million different directions.

How do I know this? Well, because I have talked with hundreds of them. I have heard their stories and have understood their heartache and their frustration, feeling like they are missing out on life. They, they try their best to stay present. But distractions continue to entice them away on the daily. Their minds are either consumed with the past and are stuck there, or their thoughts are fixated on the future. Maybe the the what ifs and the, I can't wait till whens. But because their schedules are jam packed, they have a tendency to multitask and they take on more than they can handle, attempting to [00:04:00] tackle more than one thing at a time. And this just compounds the problem altogether, and it leaves them feeling exhausted, physically, mentally, emotionally, and I'd even say spiritually.

The pace of life, don't you agree, has just gotten nearly out of control. It's gotten so fast. And this age of technology bombards our brains even more than, than we can expect or, or handle. The information that we receive on a day-to-day basis, our brains can't absorb it. Our brains, were not designed to absorb all the information that we receive day in and day out. We're not only on overload, but we're feeling overwhelmed and overpowered. There's got to be more to life than this, right? Well friend, if you're feeling any of these ways, you've come to the right place today. And I believe God has a word for you regarding purposeful presence.[00:05:00]

In fact, this is the key right here, staying present. And it's the fifth element of abundant living. And I would say that it's probably more important than most of us realize. Because when we can't stay present, we can't begin to live out the abundant lives that Jesus came to give you and me. And He talks about that in John chapter 10, verse 10. And we've talked about that before.

But distractions pull us away from our purposeful presence, don't they? So much so they, they distract us to the point that we miss much of our own lives and we miss what is happening around us. We can't live abundantly when we are living distracted. Bottom line. It's impossible.

And allow me to just share from personal experience that even those of us whose identity [00:06:00] is found in Jesus can still struggle with this. And I, I've been a follower of Jesus since April of 1991. That's a long time. Yet for years, I could not stay present, no matter how hard I tried. And I share in the introduction of my book Right Now Matters of the instance at my son's soccer game that God used to wake me up and shake me up due to missing an

important life moment. A moment that I will never be able to get back. And it still grieves me today that I missed that moment. But I walked away from that game knowing that God was calling me to partner with Him, to figure out how to stay purposefully present. I knew it wasn't gonna be easy. Literally, I needed to learn a new way to live, but I had no other option and I had no other [00:07:00] choice if I was going to live my life the way God wanted me to.

And purposefully present is the key. You see, when we miss the moment, the very moment that we're in, we miss God and what He's doing in our lives. Yes, God was with us in the past. We know that. And He promises that He will be with us in the future. But His presence is with us right here and right now.

Abundance isn't found in what was or the next thing. It's found in right now, when we're present with God, when we're present with others, and when we're present with ourselves. This is why right now matters. Purposeful presence matters. To be where your feet are and for me to be where my feet are. And if our feet are here in the here and now, which they are, then our minds need to [00:08:00] be right there too.

But how? I mean, our thoughts just go to a million different places, especially us women. , We could be thinking about five different things at one time, it seems like. So how do we wrangle our thoughts? How do we wrangle our minds to stay present when they wander off on their own so easily and so often?

Well this takes us to our key scriptures for this week, which guide us to truth about this subject. And aren't you thankful that we have God's Word that we can hold in our hands to be able to, to learn from Him and, and His wisdom?

So the first one is Ephesians chapter 5, verses 15 and 16. And I'm gonna read it in The Voice Translation. Now I have to clarify, I, I use this in the book too. This translation makes me chuckle because it uses a word that I rarely say, and some people probably won't like it. But [00:09:00] I chose this translation because I can relate to it. And so this is what it says. "So be careful how you live. Be mindful of your steps. Don't run around like idiots as the rest of the world does. Instead, walk as the wise. Make the most of every living and breathing moment because these are evil times."

See what I mean? I have been known to be an idiot, quote a time or two, and maybe even recently. But the reason why I chose this translation is because I can relate to it. I, I can call myself that. No, it's not great to call ourselves names. But I can relate because sometimes I just do idiotic things. And the, the part of "be mindful of your steps", that hits me every time. Am I mindful of my

steps? And also in verse 16, when it [00:10:00] says, "make the most of every living and breathing moment." Do I do that? Do you do that? This is living intentionally, not on autopilot.

You know, God does not want us just coasting through life. No. He wants us to make the most of every single moment that He gives us. It matters how we live and what we do with the time we're given on this Earth. Presence requires wisdom and attention, not living in a passive way.

The next scripture is found in Matthew chapter 6, verse 34, and in the Contemporary English Version it reads, "Don't worry about tomorrow, it will take care of itself. You have enough to worry about today." Amen to that.

Yet, don't we fret about the future? [00:11:00] Or we worry about our kids or our parents or the world? Or what the years ahead will look like for us? Don't we worry about tomorrow?

Don't worry about tomorrow. God's Word is very clear on it. Do not worry about tomorrow. And I'd also add, don't fret about the past. Friend, it is over and done with. We are to live in today, the beautiful gift of today. Even if it's not perfect or what we expected it would be. And I know you know this. I know this too. But still, sometimes we get caught up in it. But worry does nothing but rob us of the peace and joy of today.

No wonder God doesn't want us to worry. He doesn't want us to live that way. He does not want us to carry the burden of worry around with us. It's like putting on this huge backpack and it's so heavy that we just [00:12:00] can't carry it any longer. That's what worry is. It just burdens us so much. Each day has enough grace and purpose of its own. You know, if we'll just slow down and be present to it, be present in it, that's the key.

So let's look at purposeful presence in three categories. The first one, I think it's just, it's, it's just key. It's, it's the one that I think the other two hinge on, and it's present with God. Do we start our days with God? Or do we start them with something else like maybe our to-do list or we grab our phones right away. You know, maybe we have our phone on our nightstand or somewhere nearby and we, we wake up with our phones. What if we did something different? What if we invited God into every part of our day? And when we do, that keeps us present with Him.

It may sound kind of funny, but I find myself talking to God even out loud throughout my day. [00:13:00] If someone was with me all day long, I don't

know if I'd do it, but you know, since I work from home, it's something that, yeah, I just talk to God all day, even out loud. So what's one way that you can be present with God today? Think about that.

The second is present with others. This is key. This is huge too. Gosh, when we are with others, do we give them our undivided attention? Do we make them feel like they are the most important people in our lives when we're with them? Or do we not do that? Or do our phones or our thoughts, take us to places, take our attention and rob us of the moment that we're in with that person?

You know, just the other night I was so deep in thought about something specific that when my husband was talking to me, I barely acknowledged him. I acted like I heard him, but he knew I wasn't hearing him. And I knew that I wasn't [00:14:00] either. And so once I just accepted where I was and I apologized to him, 'cause he's more important than the thoughts that I was having. You know, I'm still a work in progress. We all are. And we can give each other grace. I'm glad we can. So how will you be present with others the rest of today? Think about that too.

And then the third is present with yourself. Do we ever check in with ourselves? Like by asking questions like, how am I doing? Really? What am I feeling right now? What do I need? Or do we just race from one thing to another? Never taking time to just be present with ourselves. Hmm. It's a thought, isn't it? When was the last time that you did something just for you? Can you do something like that soon? Because [00:15:00] being with ourselves, being present with ourselves is important as well. Because we can't live abundantly when we are unable to stay present.

I recently watched two families sitting near us in a restaurant having dinner. And lemme just tell you, uh, two vastly different scenarios. One family was immersed in their devices. Even the young children had them. And I just watched. Didn't judge. But just watched. Before, during and after dinner, hardly a word was spoken between them.

Yet the other family, they had children also about the same age as the first family. They were talking and laughing and I could tell that they were enjoying their dinner out, and each other's company. They were actively filling out the kids' activity pages from the restaurant together. [00:16:00] No phones or devices were present. None were out on the table.

Hmm. What a stark contrast. So which family was where their feet were? I'm guessing that you've witnessed something similar either with couples or you've

seen friends out or, uh, families. And it's interesting that we can see the, the, the difference right in front of our very own eyes.

You know, I wanna be the, the friend, the grandma, the wife, the sister who is present. I wanna be the one who sees things that others miss. And I wanna be the one to receive all that God has for me. 'Cause I don't wanna miss one single thing. And I'm guessing you want that too, right?

Have you ever just stopped to think about just how many of God's blessings [00:17:00] that you've missed or that you're missing on a daily basis from not being where your feet are? I think of this often, and it helps me to pay attention and to notice even the little seemingly insignificant things that I would've otherwise missed. And this is one big reason that I value sunrises and sunsets. Oh gosh. , If you know me, you know I love them. They are beautiful gifts from God that I used to take for granted. I talk about that in the book too.

But living an abundant life isn't a destination. It's found in how we show up today. Yeah. We don't have to master our entire lives this week. No. We just need to be faithful where our feet are. That sounds pretty good, doesn't it?

A great Biblical affirmation for this week could be, today is a gift. I will show up for it. I will make the most of it. God is here [00:18:00] and so am I.

I'll say that again. Today is a gift. I will show up for it. I will make the most of it. God is here and so am I. Maybe write this down somewhere where you can just proclaim it over your life and yourself this week. Maybe even, you can put it in your Summer of Abundance companion pages. And you can access those if you haven't already in the link in the show notes. But write it down and begin to declare that over your life.

Some reflection questions, which you can also write down on your companion pages could be, where do I most often find myself distracted or mentally checked out? Or, what am I missing today by constantly thinking about tomorrow? Or what's one area of my life where God is inviting me to slow down and pay attention? [00:19:00] This will get you thinking. Any of those, just answer some, even one of those today. Take some time this week and just reflect.

And if you are a person that likes to have action steps like I do, then I have a few of those for you too. One could be just to put your phone away for 30 minutes today and be fully present in just one moment. Whether it's with

someone or just with God or even just by yourself. Just put it away and just be fully present.

Another one is to pause twice today and ask, am I here or am I somewhere else in my mind? And then you can just refocus if you need to. That's a good one. I do that often throughout my day.

And a last one that seems to just really work for me is to set a five minute timer and sit in silence with God. You don't need to pray. You don't need to do anything but [00:20:00] just be with Him for five minutes. I think you're really going to enjoy that time. And it might be uncomfortable at first, but enjoy that time with Him. God just wants to have us spend time with Him and be present. These are all simple ways, but I believe that they will make a powerful impact in your purposeful presence today and in this week.

So before we go on any further, would you pray with me? Oh, heavenly Father, I just thank You that You desire our presence. You desire for us to just be with You, to just spend time with You and just to be present in the lives of those that You put in front of us. Lord, would you help us to be purposefully present today and in this week? Show us where we are being distracted. Show us what we're being enticed away from this moment. What, what's, what's taking our attention? What's capturing [00:21:00] us when we, we, we wanna be here, but Lord, we need help. So would You help us do that? Make us aware and help us to be able to stay present here and now. We know that You're here and we're so grateful that You are.

Thank You for these truths. Thank You for Your Word. Thank You for who You are. And thank You for loving us like You do. In Jesus name. Amen.

Well, friend, if this episode reminded you to slow down and be fully present, would you just share it with a friend, maybe text it to her or, or just send it through an email? We all need that reminder every now and then.

And if today's episode stirred something in your heart, if you're realizing that you've been living distracted, or rushed or disconnected from the moment, I want you to know you do not have to walk that journey alone. That's why I offer Abundant Life Mentoring. It's a one-on-one [00:22:00] mentoring experience where we slow down together, we listen for God's voice, and we walk with intention toward the full meaningful life that God has created for you. Sometimes we just need a little support and a little guidance in our life and some encouragement to get there. So if you are craving more presence, more peace, and more purpose, I would love to walk alongside of you. So you can

learn more and you can schedule a free 20 minute connection call at the link in the show notes. I'd love to work with you and help you achieve and live the abundant life that God has for you.

Next week we are talking about gratitude. Hmm, and the role that it plays in living an abundant life. I think you are going to walk away from that episode feeling a whole lot more grateful. So that's a good thing. And I'm excited to continue this journey with you. So come back next [00:23:00] Tuesday and if you'd like to watch the podcast instead of listening, you can always find us on YouTube as well.

Please know that I am praying for you friend and I am cheering you on today. 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.