

# Encouragement for Real Life

## 223 Just Say No to Rushing

[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:** Welcome to Encouragement for Real Life. So glad you're here today and I am excited about a new month. Yes, it's a brand new month. That means we're gonna have a new series for this month. But before we close out from last month, our Undistracted October series, I pray that that encouraged you and inspired you. And of [00:01:00] course, you can always go back to listen to those at any time.

And I also pray that the conversation that I had with my younger brother Pat last week, I pray that that encouraged you, inspired you, and just blessed you. And I hope that it, um, also gave you some opportunity to have some lighthearted fun with us. So I enjoyed sharing that conversation and I pray that it was good for you too.

But as we're thinking about this month of November, I, I was thinking the other day, some days are so full, aren't they? Have you ever gotten to the end of a day and you just realize that you didn't even have a moment to catch your breath, let alone to catch a moment with God? I get it. Life moves fast these days, doesn't it? Or maybe it's just me. But I think it's all of us. But what if it doesn't have to be this way. What if it didn't have to move so fast?

Well, today, we [00:02:00] are kicking off this brand new series for this month of November. Now, of course, this series can be appropriate for any month, not just November. But think about November, No-vember. No-vember. We are gonna say no to a few things this month.

So this series is titled Just Say No and these um, are, like I said, appropriate for any time of year. And the series probably isn't what you think it's about. Living

the full, abundant life that God has for us often requires saying no to the things that steal our peace and our joy and our focus.

So over these next few weeks, we're going to talk about this and some of the sneakiest thieves that keep us from living freely and fully. And we're starting today with one that slips in almost [00:03:00] unnoticed. Rushing. Yeah, rushing. So let's talk about how to say no to the rush and say yes to God's peace. So if you're ready for more of God's peace in your life, yeah, I am, then let's get into this episode.

**Julie Lefebure:** Right off the bat, I am gonna do something new for the next few weeks. To continue on our undistracted October thought about living undistracted, I'm pulling out a little nugget or a tool or just something that is going to help us have a focus of living undistracted, from my book *Right Now Matters*.

Now this one is appropriate. So appropriate for this month. You know, we're gonna be talking about stopping the rush, saying no to rushing. And in my book, I [00:04:00] share something about busyness, and you know, busyness and rushing tend to go together. And we know that busy, right, we hear the word busy, everybody says it.

How many times if you've asked someone, how are you? What do they say? Oh, I'm busy. And how many times have you said that to someone else? How you doing today? Oh, I'm so busy. Yeah, busy is a buzzword. Busy is so overused that it doesn't even mean anything anymore. And I used to think the busier that you are, the more important you are. And that is so untrue.

So if you're along those, those lines of thinking too, let's reframe our thoughts here. One simple step that I took to remove busyness from my life, was that I removed the word busy from my vocabulary. Now I know that sounds silly. That sounds kind of juvenile. That sounds too simple. But I wanna challenge you [00:05:00] just for even today and if you can extend it beyond into the week, take the word busy out of your vocabulary. Don't say the word busy. And you're gonna find how hard that is. And you're gonna find how often people use that word.

So I talk about this here and so instead of using the word busy, oh, I'm so busy, or my life is so busy, I substituted that word with the word full. Instead of, I live a busy life. I live a full life. Watch how your demeanor changes. When you take

the word busy out of your vocabulary. Your life will be less busy, but it will be more full. And you can think of other words to use instead of busy. But this is the perfect kind of reframe for our thinking today.

We're not busy people. We are full people. We live full and abundant lives, not busy lives. Busy is negative, full is positive. So try that little reframe today.[00:06:00]

Alright, so let's get into this. I mean, you know how this goes, right? At least I do. You try to fill your morning with maybe too many things and before you know it, you're rushing around your home trying to do it all before you grab your stuff and head out the door to wherever you're going. Or maybe you open your Bible and you race through your time with God, checking it off your list for the day. And here's one more. The season you're in has you switching from one task to another, to another, to another. You are going in all sorts of different directions and one minute going one way, another minute going the other way, and you just can't keep up. Your schedule is so full. I get it.

What gets lost in these rushed moments like these? What? What gets lost? Well, it's our peace, our connection with God, us staying present, and even [00:07:00] relationships. We stop building relationships when we're rushed. Nothing robs us of our joy and peace faster than rushing. So true. And most of the time we don't even realize that we're doing it.

You know when, when our children were young, when they were still living in our home, and that was many years ago, I miss those days, but many years ago, I would wake them up each morning and I would make them breakfast because that was important to me. Because I grew up, my mom made breakfast for me every morning. I had eggs and bacon and toast every single morning of my high school life. So this was important to me to wake them up, get them breakfast, and after they were ready for the day, then, you know, after they got ready for the morning and ready to leave the house and the day I would make the 20 minute drive to get them to school.

And those mornings were usually rushed, [00:08:00] sometimes hectic, sometimes chaotic. And one morning God got my attention. I, I don't remember how exactly He did it, but on the way to school, it was one of those mornings when I just felt like a failure. A failure as a mom because I was almost, you know, hurry up, time to get out the door, racing out the door. I wasn't the loving mom, the patient mom, that I could have been. And He revealed to me that our mornings could be much more peaceful.

See, I, I was adding stress to myself and in turn to our mornings as I rushed around trying to do, just, you know, "one more thing" before leaving our home. And God showed me that morning that my job every morning was to create a peaceful morning for our family, not a rushed one, not a stressful one. The very [00:09:00] next morning I stopped all that I had been doing before I stopped all the rushing and I, I stopped all the hurrying and I stopped all the doing, and I did what I could to change the atmosphere in our home. Alyssa and Zach, our two children deserved a peaceful start to their days, and I was the one to make that happen.

You know, we as moms and we as women, we often set the tone in our homes. We often set the atmosphere around us. It's kind of a powerful thing. Not intentionally powerful and not, you know, lording it over someone, but we can set the tone for a lot of what happens in, and, around us, in our homes and in the workplace. Friend, it, it makes a difference in how we start the day and how we live each day, how we begin our days. So my mornings are [00:10:00] still peaceful, not stressful. I, I guess you could say that I set a boundary back then for my mornings.

You know, even when our, our grandsons have spent the night and I take them to preschool uh, the next morning I create a relaxed and peaceful space to start their day. It's so important to me. I don't wanna give them a stress filled day start. I wanna give them a peaceful one. And so I stop the rushing.

And of course, you know, we all have days when it's, it's not so peaceful or relaxed because of other circumstances. Yeah. But if it's up to me, I refuse to rush. And I invite you today to do the same with every part of your day to stop the madness of rushing. So just say no to rushing.

We may think that rushing is a [00:11:00] pace problem, but actually it's not. It's a spiritual problem. Allow me to explain why. When we rush, we are often living, like everything depends on us, right? We may not think of it this way, but rushing is often fueled by control or fear or our own striving. Spiritually it reveals whether we trust God's timing or whether we feel like we have to make everything happen in our own strength, and in our own timing. Rushing makes us think if I don't hurry, it won't get done. Or instead, we could say, God has this and I can walk at His pace. Totally two different thoughts there.

This reminds me of Isaiah chapter 30, verse 15, and in The Message [00:12:00] Translation, in the paraphrase, Message paraphrase, it says this, "Your salvation requires you to turn back to me and stop your silly efforts to save yourselves.

Your strength will come from settling down in complete dependence on me, the very thing you've been unwilling to do."

Yeah. Wow. You know, we who follow Jesus sometimes forget that we don't need to save ourselves. Jesus already did that. He's already done that. He did all that work for us. We are saved, period. Yet we do these quote, like the scripture says, silly efforts to attempt to do what we think we need to do. Yet our strength doesn't come from our efforts they come from depending on God. Right?

Think about this, we show that we aren't depending on [00:13:00] God when we rush. You know, whether it's in our salvation, or whether it's racing to do the next thing, or it's we're trying to beat the clock, or we're rushing from one thing to the next. We can't live a peaceful life that way. And we're showing that, yeah, we are more dependent on ourselves than dependent on God when we rush.

Rushing, replaces quietness and trust with panic and pressure. And I don't know about you, but I do not need any panic or pressure in my life. I'm guessing you don't either.

Another thing that rushing does is that it makes it hard to hear God's voice. My pastor a few weeks ago said these profound words, and I wrote them down because I didn't wanna forget 'em. It's a short sentence, but it was profound. He said, "we can't listen if we can't hear." Yeah, I'll say that again. "We can't listen [00:14:00] if we can't hear." God often speaks to us in stillness, not in chaos. And when we live in a constant state of hurry and rushing, we leave little room to notice God's little nudges, or His whispers, or His quiet invitations. We will miss God every single time when we're rushing. Every single time.

Also, rushing tends to fill up every moment, right? It, it leaves no space for reflection or prayer or being attentive to the Holy Spirit. We become ineffective women for God , when we're constantly rushing.

This takes me to, Psalm 46, verse 10 in the New Living Translation. And in the first part of that verse, it says, "Be still and know that I am God." And [00:15:00] sometimes I, I just say that to myself, be still and know that He is God. That be still part is so important. When we remember that God is God and we aren't we can finally slow down and be still. We can receive what He has for us when He has it for us, which includes His provision, His presence, and His peace.

Also, when we're rushing, we often treat people as interruptions instead of priorities. I've been guilty of that. But you know, when we look in scripture, we

see Jesus never rushing. He never rushed. He walked slowly. He noticed things. He paid attention to the small details. We see how He walked intentionally slowly, um, to notice Zacchaeus in a [00:16:00] tree, to stop for a bleeding woman in a crowd, to engage children that others tried to shoo away.

There's this account in the Bible when Jesus, when He was on his way to Jairus's house, a woman who had been bleeding for 12 years touched His robe. Out of faith, she reached out and touched His robe. She just thought, if I could just touch the hem of His garment, I will be healed. And Jesus stopped to speak with her.

You can read the full account, and it's one of my favorite accounts in the Bible. It's in Mark chapter 5, verses 25 through 34. And this is the moment that just beautifully illustrated that Jesus didn't rush. Even when the situation was urgent of Him getting to Jairus's house, He paused, acknowledged this wonderful woman and ministered to her before continuing on His [00:17:00] way. If Jesus the Savior of the world, never rushed friend, we don't need to either.

Rushing keeps us task focused rather than people present. And we miss the needs of others that are right in front of us, right before our very eyes. Spiritually, this matters because relationships are an important way that we live out our faith every day.

And also rushing often reveals that something other than God has become our priority. Sometimes we rush because we love productivity more than peace. I've been guilty of that. Or because we love being needed more than resting in being loved. Or because we said yes to too many things, trying to [00:18:00] prove our worth. We think that the more we do, the more valuable we are. And all of these things are ultimately spiritual heart issues.

And maybe today God is revealing to us that it's time to give these to Him, to give all of these issues to Him. When God is first our peace reflects trust, not panic, and our peace invites us into a space with Him that is restful and joyful.

So if any of these examples hit home with you today, I invite you to just take a moment, just a moment now pause this and, and just sit for a moment and ask God to reveal to you why your pace is so rushed. Why it's a rushed one. Why are you hurrying so much? What is it? What is at the heart of your rushing? If you ask Him, He will reveal [00:19:00] it to you. And don't be surprised when He does, because He certainly will. Maybe it, it will be right away or maybe not, but He will definitely reveal it to you.

Rushing is not God's pace for your life. I'll say that again. Rushing is not God's pace for your life.

So what do we do? Maybe we're realizing I do rush throughout the day. I, I do run through the grocery store. I do race down the freeway. I do go five miles per hour over the speed limit. Whatever it might be. But when we, when we realize, yeah, I have a problem with rushing, what do we do? How do we begin to step off the treadmill of life and to fit in the pace that God designed for you and me to walk in, for you and me to live in. How can we stop our hurried tendencies and this habit of rushing. [00:20:00] Let's say no to rushing.

But it's hard to, when it's been a part of our lives for longer than we care to admit. Right? So the first thing I think we need to do is to identify our rush triggers. What causes us to rush? Is it certain times of day, like mornings or nights, or during work, during, um, a certain time of your day? I don't know. Might be some, something specific for you. Is it a certain situation that causes you to rush or is it your inner talk? The inner narrative like, oh, I'm so far behind.

I caught myself saying that the other day to Bill. Um, I chose to sleep in just for a little bit and I woke up and I said to him I feel like I'm so far behind. And he reminded me, you're not behind. Yeah. Then I start to rush if I feel like I'm behind. So sometimes it's even the things that we say to ourselves that get us to rush.

The second thing I [00:21:00] think we need to do is to build intentional pauses into our day. Like maybe a two minute pause with God between tasks. You know, get up and walk around, do something before doing something else and just have a two minute conversation with God.

Or maybe walking or driving without any audio on. Just intentional pauses where you can just be quiet, be still, and just soak up , some free moments, without all the other noise of the world.

Another thing that we could do is to practice what I call holy slowness. Walk slower. Walk your errands instead of running them. Speak slower. Be intentional with your time. You know, when you're going through the grocery store, look at people in the eye instead of running from, you know, getting the milk and the bread and the, and the eggs and the whatever, the meat section. [00:22:00] You just enjoy pushing the cart through the grocery store.

Find a way to slow down and give margin between your commitments. Don't pack your day full of one thing after another, after another. Leave yourself some space in between those commitments and watch what happens. You'll be amazed. These are just some simple ways you can say no to the rush.

Let's ask ourselves some reflection questions before we move on.

Where do I feel most rushed? Hmm.

What is rushing costing me emotionally or spiritually?

And where can I add some space, some margin in my life this week?

Rushing Friend is not how we are designed to live. It's the way of the world, but it's not the way of God. Would you pray with me just for a minute [00:23:00] and, ask God to help us slow our pace and increase our trust in Him. Let's do that.

Oh, heavenly Father, I thank You for this time. I thank You for Your truth, Father, and the example in Jesus that He didn't rush Lord, and we don't have to rush. Father, a fast-paced life is not what you have for us to where we miss the real important things that are happening right in front of us.

You call us to live an abundant and full life, and rushing is not a part of that. Father, thank You for teaching us and, and opening our eyes to the reality that a rushed life is, is a chaotic, panicked filled, pressure filled life. That's not what You designed for us. And so Father, I just ask that You would help us to step off the, the habit treadmill that we've been on of these types of, um, rushing habits that we've had and that we would just trust You. That we [00:24:00] would, rely on Your strength, rely on Your peace, Your presence, Your holiness, and not on our own. Father, we give this all to You and we ask that You would continue to teach us and train us and mold us into the women that You want us to be.

Thank You, Lord. It's in Your name we pray these things. Amen.

Before we wrap up today, I want to invite you to something special that I have not done. Uh, every quarter I have a women's event and, uh, it's local in my area and I've had a number of women, just even in the last, uh, gosh, six months say, would you please do one online?



So our next women's event is going to be online, and um, I am hosting it in a few weeks on November 17th. It's a Monday evening and it's called Avoid These Five Mistakes Women Make Daily, especially [00:25:00] during the holidays. Yes, it's happening Monday, November 17th at 7:00 PM Central Time and it's an hour designed to help you live full, not frantic this season.

Now, if you already have a commitment or something else going on the 17th, this can still be for you because we will be recording it and you'll have access to the replay. So we are gonna uncover five common traps that steal our peace, and we're gonna learn how to replace them with purpose and presence.

Tickets are just \$15, and yes, the replay access is included so you can watch it any time and I can't wait. It's going to be a fun time together, and I would love for you to be a part of it. You'll find the link to register, um, in the show notes or on my website at [julielefebure.com](http://julielefebure.com).

And friend, if this episode encouraged you, would you just take a quick moment to maybe share it with a friend or share it on social [00:26:00] media. Or leave a rating and or review, either one. Uh, this really helps more women find the hope and encouragement that they're looking for right where they are. So thank you for that.

Next week's episode, it's gonna be a good one. We're talking about something that many of us wrestle with - saying no to people pleasing. Yeah. So I invite you back next Tuesday, bright and early. It'll be here whenever you're ready for it, and it's gonna be an exciting month. I look forward to journeying with you. So thanks again for being here and 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.