

242 10 Things You Are Allowed to Be Bad At

[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 back to the Encouragement for Real Life podcast. I am Julie, and I am so happy that you're here today.

We are right in the middle of this Top 10 series this month, and I have to tell you that I have loved hearing from so many of you already with these first two episodes. [00:01:00] In episode one of the series, we talked about the 10 things that are not actually emergencies. Because apparently not everything in our lives requires immediate panic. Who knew? Right?

And last week we talked about the 10 things that, uh, you can stop doing the hard way. Because some of us have been treating hard like it's a spiritual gift that we haven't mastered. But we don't, do we.

And today we're taking it one step further. Today's episode might feel a little uncomfortable at first, but I promise it's going to feel absolutely freeing. Because today we're talking about something that most women secretly believe that they are not allowed to do, and that is to be bad at things.

So just let me say clearly from the very beginning here, there are things that I am not good at. Not that I'm [00:02:00] growing in this, or not that I'm improving. I mean, this is not my lane. And for a long time I thought that that was a problem. Because somewhere along the way we picked up this quiet belief that we're supposed to be good at everything. A good mom. A good wife. A good friend. Good at keeping the house under control. Good at responding to texts promptly. Good at meal planning. Good at remembering appointments without three reminders. Good at being patient all the time. Good at having perfectly consistent, quiet time with the Lord.

And if we're not good at something, well clearly the solution is to try harder, right? Isn't that what we do? We see someone else doing something effortlessly, and instead of thinking, oh, that's her gift. Yeah, she's really good at that. We think, [00:03:00] why am I not like her? Why can't I do that? We see the color coded planner, the Spotless kitchen, the woman who wakes up at 5:00 AM to journal and drink her lemon water. And here we are hitting the snooze button twice and reheating yesterday's coffee and suddenly we feel behind in life.

So today, as part of this Top 10 series, we've already talked about what's not an emergency and what we can stop doing the hard way. Today we're going to talk about something that might even be more freeing, 10 things that you're allowed to be bad at. So if you're ready, let's get into this episode.

Julie Lefebure: Let me say here from the start [00:04:00] that being bad at something doesn't make you bad. Friend, it makes you human. I wanna say that again. Being bad at something does not make you bad. It makes you human. And you are exactly that. You are allowed to be human, and that is how God created you. To be human. To be You. To not be someone else. To not try to be someone else. He's gifted you with specific gifts and talents that only you can do. And we're gonna get into this here a little bit deeper.

But why is this such a big thing for us as women? Why is this so hard for us to accept that we might be bad at something. We might not be good at a particular thing, and sometimes I feel like we've been taught that we just need to keep, like I said, keep trying harder, keep figuring out a different way. [00:05:00] Keep, uh, just doing it again, and doing it again and doing it again when we don't even find joy in the things that we're not good at.

So I think that it's so hard for us as women because we compare ourselves constantly. Whether we, whether we admit that or not, we do. We see someone's highlight reels and how perfect they're doing this thing that we can't do. We internalize our own expectations, and we think that competency equals our worth. If we're competent in a certain area, well, that means we're worthy. But that's not true.

And we confuse gifting with identity. Because we're gifted in a certain way, that's our identity. And that's not true either. And we believe that if we're bad at something that we're lazy or we're careless [00:06:00] and we just haven't tried hard enough. We've confused I am not good at this with I'm not good enough.

We can be faithful without being flawless. Because God never expects us to be flawless. Jesus is the flawless one. We just follow Him. We can be growing without being good at whatever the thing is. And we can be called without being competent in every category. And here's one amazing truth that we are not expected to be good at everything. If God wanted us to be good at everything, He would've equipped us to be good at everything. But God equips us in however He calls us. So it's okay to be bad at some things, and it's good to celebrate the things that we are good [00:07:00] at.

So let's get into this list, the 10 things that you are allowed to be bad at. You Ready? All right.

The first one is being organized all the time. Now some women, they thrive on color coded planners, and they have their sticky notes and their, their stickers and their, uh, they're just organized in a way that I just can't relate to. And some do not, like me. I do not color code my planners. But that doesn't mean either one is bad.

But here's a reframe. You need systems that serve you, not systems that impress people. So it's okay if you don't have a color coded planner too, and it's okay if you do. But you need a system that serves you not to impress other people.

Number two, is you can be bad at cooking gourmet meals. [00:08:00] You can feed your family without being a five star chef. Let that be freeing for you today if that speaks to you. The reframe is nourishment matters more than presentation. And I'm gonna get into that one here in a little bit.

Number three, it's okay to be bad at responding perfectly in conflict. You may not always say it right the first time when you respond in conflict. But a reframe is that repair matters more than perfection. And that's so true. And that humbleness tends to come out when we're not, not being perfect.

Alright, the fourth one is keeping a spotless house. You live there. You live in your house. It's allowed to look, lived in. It's okay. You don't have to have it perfect all the time. A reframe [00:09:00] is that peace in your home matters more than polish. And I've said that for years. I want people to walk into my home and feel Jesus's peace. Not a uh, sanitized, organized, , put together home. I want them to feel peace more than I want them to feel like they can't sit down and touch anything.

Number five is having all the answers spiritually. You know, we're all growing in our faith. You can love Jesus and still have questions and actually that's a

good thing. If you still have questions, you're still seeking, you're still yearning, you're still wanting to learn more. The reframe is that faith grows in honesty, not in performance. Just be honest. Honest with what you have questions about and take them to Him.

Number six is socializing constantly. [00:10:00] Phew. Yeah. You are allowed to be awkward or introverted or quiet. You don't have to be the one to socialize consistently and constantly. Here's the reframe. You don't have to perform to belong. Thank goodness.

Number seven, it's okay to be bad at managing everything alone. You might not be good at doing it all, and friend, that's okay. The reframe is that delegating is maturity, not weakness. Delegating is maturity. To ask people to help you. It's not weakness. That's wisdom actually, too.

Number eight is being patient 100% of the time. As we've already talked about. You are human. You're not going to be patient a hundred percent of the [00:11:00] time. Nobody is. I think Jesus was. Yeah, but we're not. The reframe is apologizing models humility. When you're not patient and you apologize, humility comes through and that's a beautiful trait and a beautiful, a beautiful gift to give to someone else.

Number nine is sticking to every routine perfectly. Falling off of a plan does not make you incapable. It's, it's okay to fall off a plan, to not be able to continue. You know, I'll, I'll use this as an example. Um, I started off really strong this year. My plan is to read the Bible in a year. And then I became sick, uh, the first part of February and, and my eyeballs even hurt. I couldn't read during some of those days. [00:12:00] So I fell off my plan. I have planned to catch up, but I'm way behind. And for a twin, just an inkling of a moment, I thought I was a loser because I couldn't keep it going. But that's what I wanna say. Falling off a plan does not make you incapable. The reframe is consistency is built, not born. You just get right back on and do it again. Which is what I plan to do to catch up with my, my, my Bible reading plan.

Number 10 is being everything to everyone. It's okay that you're bad at this. You will disappoint someone. You will, and I will. And that does not make you unloving or uncaring. And the reframe is that boundaries protect what matters most. Yeah, we set up some boundaries and they protect what truly matters to us most. It's okay that we disappoint [00:13:00] someone. It's okay to be bad at that. We don't have to be people pleasers.

So let's pause here and take a breath. If this episode feels like a relief, then let it be. If something on this list that we just went over made you exhale just a little bit saying, okay, it's all right that I'm bad at this, pay attention to that. What is that thing? Because that's pressure leaving. That's acceptance that you do not have to be good at everything. You can be bad at things, and that's okay.

And I love what 2 Corinthians, chapter 12, verse 9 in the New Living Translation says, "Each time he said, my grace is all you need. My power works best in weakness. So now I am glad to boast about my weaknesses so that the power of Christ can [00:14:00] work through me."

Yeah, the things that we're bad at those can be weaknesses and they are okay. But Christ, Christ can work through our weaknesses. Weaknesses are not disqualifiers. They're often the doorways to something greater.

I mean, think about this, Moses wasn't a confident speaker. Peter was impulsive. Martha, she struggled with comparison and striving. Paul had a thorn. The disciples misunderstood constantly. So this goes to show that God uses imperfect people. Imperfect people like me, and imperfect people like you. And He calls us to specific things. And like I said, He gives us gifts and talents that we are good at, [00:15:00] that we don't have to worry about the things that we're not good at.

Okay, so let me give you a real life example. Cooking. I do not love cooking. Okay? I said it. I said it. I don't wake up excited about dinner plans. I don't relax by browsing recipes, even though I have all my mom's recipes. And I have so many cookbooks. And I have so many online Pinterest pages and you name it. I have a lot of 'em. And I have never once thought, you know what sounds fun tonight? A three course meal. I've never thought that in my life. And for a long time I thought that that meant something was wrong about me. That I was, I was a failure in some way. That I just had a flaw because I didn't like cooking.[00:16:00]

Because I know women who genuinely love to cook and they take pictures of their plates. And I think, I don't even know if that looks good, number one, and I don't even wanna take the time to do all that. But they're creative in the kitchen. They experiment. They try new things. Their counters look, gosh, like something out of a cooking show. They host and everyone raves about the food and the the display and the, yeah, just the presentation. And I would watch that and think, why am I not like that? Why can't I do that? So for years I tried to measure up. I would find recipes that were way more complicated than they needed to be, and I'd attempt meals that stressed me out. And I would exhaust

myself trying to [00:17:00] make dinner feel impressive. And half the time I wasn't even able to enjoy the, the people that I was cooking for because I was so worried about whether the food was gonna turn out right. And most of the time it did not. So no wonder I was stressed. I couldn't enjoy the people that I was making this for.

And here's what I finally realized - that I was trying to be good at something that isn't my gifting, and it isn't even something I enjoy. And somewhere along the way, I had quietly decided that being a good wife or being a good mom meant loving to cook and being great at it. But that was never actually a requirement.

My family didn't need gourmet. In fact, they wanted chicken strips and french fries. Or mac and cheese and pizza. [00:18:00] But what they needed was nourishment. They, they needed consistency. And my grandsons still, they don't need me to be a gourmet cook. They just need some nourishment. They, they, they need me to be not stressed out and resentful at 5:30 PM. Yeah. And once I stopped trying to compete in in a lane that wasn't mine, dinner got a whole lot simpler and honestly, so did my heart. I'm still not a gourmet cook. I still rotate through a handful of reliable meals and my husband is okay with that. It's kind of fun when we decide that we're gonna make something together and we try something new, but it still stresses me out. And so I'm okay with all that now. Because I've learned something important - just because someone else is gifted at something [00:19:00] doesn't mean it has to be my standard. It doesn't have to be what I'm good at. Nor does it have to be what you're good at.

And maybe cooking isn't your thing. Maybe it's organization. Maybe it's hosting. Maybe it's managing schedules. Maybe it's being naturally patient. Or maybe it's keeping everything spotless. Whatever it is, here's the question, - where are you exhausting yourself trying to be good at something that was never actually your assignment to begin with? Think about that. I'll say that again. Where are you exhausting yourself trying to be good at something that was never actually your assignment to begin with?

And that leads us to something practical. Let's look at a practical reset tool. [00:20:00] This week ask, where am I exhausting myself, trying to be good at something that I don't need to be good at, something that I don't enjoy? Is this actually my assignment? Is this actually what I'm supposed to be doing? Or is this pressure that I picked up somewhere along the way?

So pick one thing this week, one thing that you've been hard on yourself about, and just let it go. You don't have to excel at everything to live an abundant life.

That would be exhausting, wouldn't it? To be excelling at everything. No, you don't have to have the best at everything to be faithful. You don't have to be the best at everything to be faithful. You don't have to be good at everything to be deeply loved by God and by others. Be bad at something might just be where God, in His grace, meets you, and that's always a very good thing.[00:21:00]

So friend, let go of trying to be good at that particular thing that doesn't even bring you joy and be okay with how God has gifted you in other ways. Take the pressure off. Yeah, life is too short to live it so stressed.

And on that note, I wanna share something that's been on my heart for a long time. In April, my new 365 day devotional titled Made for More releases. I wrote it for the woman who feels like she's just getting by, that she's just missing her days, that she's just turning the calendar and not even living through the days that she's, she's walking through. She's going through the motions of life. It's for the woman who [00:22:00] loves Jesus, but doesn't always feel like she's thriving. And the woman who's faithful, but she's very tired. And for the woman who's showing up every day, but wondering, is this what abundant life is supposed to feel like? Made for More is a daily invitation out of survival mode and into steady, a steady rooted life with Jesus that He actually came to give you and me. Not a louder life. Not a busier life. Not a more impressive life. A fuller life. A freer life. A life anchored in who God says we are. So I'll be sharing more about this soon, but if this series has been resonating with you, I think this book is going to feel like a companion for the days ahead. So I wanted to share that today so you know that that's coming and I'm really excited about it. And you'll see more on social media too.[00:23:00]

So next week's episode, we are looking at 10 things that help you feel like you, again. It's gonna be refreshing. It's going to be encouraging. It's going to be another fresh breath for your soul. So I invite you back next week. Next Tuesday morning, it'll drop bright and early and I just thank you for being here today. Friend, stay encouraged. And remember, you don't have to be good at everything. It's okay to be bad at some things. Thanks for being here. God bless you.

Thank you so much for joining me here today. You can find more at juliefebure.com. And until next time, stay encouraged.