

Encouragement for Real Life Podcast

245 You Were Made for More Than Just Getting Through the Day

[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.

Have you ever reached the end of the day and thought, I just can't keep doing life like this? Not because everything is falling apart. Not because you don't love God. But because deep down it just feels like you are just getting through your days. You're just trying to keep [00:01:00] up. You're trying to make it to tomorrow so you can just do it all over again.

I get it. And if we're being honest today, a lot of us women are living right there, right now. If this sounds familiar, well friend, this episode is for you. So if you're ready, let's get into it.

Well, welcome back to the Encouragement for Real Life podcast. I am so glad you're here today and I'm excited that this month we are starting a brand new series called You Were Made for More. And this actually coincides with the release of my new devotional book titled Made for More 365 Devotions for the Woman Who Refuses to Settle.

And I'm really excited about this [00:02:00] series because I think it speaks directly to something that many women feel, but don't always know really how to put into words. That space, that weird space, where you love God and you're doing what needs to be done. You're showing up in your life, you're doing, um, the things that you know you're supposed to be doing, but deep down it just feels like you're mostly just surviving it. Like you're going through the motions of life. Like you're on autopilot. Keeping up with responsibilities and holding everything together on the outside, and meanwhile inside you are tired. A little,

maybe a lot disconnected. Maybe even wondering, is this just what life is? Because I see so many [00:03:00] women doing everything they're supposed to be doing in quotes, "supposed to do", and still they're feeling like something is missing.

Friend, if this is you, I want you to know, first off that you are not failing and you are not a failure. But I also want you to know that you were never meant to live stuck in survival mode.

Survival mode is just one of those weird, um, things that some of us don't even know we're living in it. But it may look like, yeah, just going through the motions. Feeling disconnected from people, from life. You feel like you're kind of living in a fog. Uh, too tired to dream - you just like, what's the point. You feel spiritually dry. And maybe you're just justifying it by calling [00:04:00] it just a season when really it's become your normal.

Sometimes survival mode doesn't look dramatic or tragic. Sometimes it just looks like being responsible, dependable, and worn out all at the same time. The thing is, it doesn't happen overnight, but over time, we can easily find ourselves right here in survival mode, running on autopilot, not really living life. We've normalized feeling depleted. We've accepted shallow living because deeper living, it just feels too far out of reach and quite honestly, it's just too much effort.

We're distracted. We're over full, and we are definitely mentally scattered. We've started believing that abundant life [00:05:00] is for everyone else but us. And a big one is that we confuse abundant life with an easy life. So when life becomes hard, it becomes a challenge, it's difficult, we assume abundance must not be possible for us.

But the thing is, abundant life does not mean perfect circumstances. The world says it does. But not God. He never says that. It means a full life in Jesus Christ,, even in the middle of real life. Real life that's rarely ever perfect, right? Yeah. Real life is. Is any day ever perfect? Maybe a few here and there, but that's real life. And Jesus meets us in our real life.

And it's good to remember that Jesus [00:06:00] never promised us a trouble free life, right? He didn't. But He did make it clear that He came to offer us more than an empty, drained, barely holding on existence. And I think this is where something needs to shift for us. Because somewhere along the way, many of us stopped expecting more. Not more ease, not more perfection, not more stuff. Definitely not more accumulation. But more of Jesus. More of the

spiritual things from Him in our everyday lives. We stopped believing that abundant life was actually available to us. To you. To me. Right here, right now. Yeah. Not someday when we arrive in heaven, because we think that, yep, abundant life will happen when I get to heaven. No, right here, right now. Jesus came to give [00:07:00] us an abundant life. We're gonna talk about that in a minute. That doesn't mean for later. That means for now. Right in the middle of our sometimes messy, often challenging, and always real lives. Right here, right now, today.

Let's look at that scripture in John 10: 10. And we've looked at this, gosh, maybe a couple weeks ago, three weeks ago. Um, we looked at this scripture in the past in, uh, past episodes. But in looking at it again today, let's read it from The Voice Translation. This is what it says. "The thief approaches with malicious intent looking to steal, slaughter and destroy. I came to give life with joy and abundance."

If you look that this verse up in, in online, look at or in your bible, different translations, you're gonna find different words. Like it may say, I gave you a [00:08:00] full and satisfying life, or a full and abundant life. I really like The Voice Translation 'cause it says to give you life with joy and abundance.

So what is Jesus referring to with this abundant life that He's talking about here? I can't help but notice that He contrasted, stealing, killing, and destroying. I can't help but notice that the thief approach, approaches with malicious intent, looking to steal, slaughter and destroy. So he contrasts stealing and slaughtering and destroying with His own life-giving words, His own life-giving mission, what He came to earth for. He came to give us life and life with abundance.

The enemy of our souls he wants women to be drained and distracted and discouraged [00:09:00] and disconnected. And sadly, many of us have fallen right into his trap. Because some of us are really drained and we are distracted, and we are discouraged, and we are disconnected.

But Jesus, on the other hand, He offers life that is full and rooted, rooted deep in Him and overflowing with His presence. What a life that is. And Jesus when in conversation with His Father um, we can see this in John chapter 17, verse 3. He describes real life this way. Check this out. It says, "And this is the real, an eternal life that they know you, the one and only true God and Jesus Christ, whom you sent." And that was from The Message Translation.

Real and eternal [00:10:00] life. Did you catch that? That they know you. The one and only true God and Jesus Christ, whom you sent. So real and eternal life

is knowing God and knowing Jesus. That's it. That's really an eternal life. That's pretty amazing.

Yeah. It's all about His presence and our relationship with Him. Abundance, it begins in the soul before it could ever show up in our circumstances. And this kind of life, it's not earned. It's nothing we can purchase. It's just received. We just receive it and we walk in it, day in and day out in the good and in the not so good.

When Jesus said that He came to give us life abundantly, He wasn't talking about a prettier planner, a cleaner house, an overflowing bank [00:11:00] account, or a life without hardship. None of that is included in that. But He was talking about life grounded in Him. A life marked by peace in the middle of chaos, purpose in the ordinary days, and a joy that isn't dependent on our circumstances. Plus a hope that doesn't fall apart when life gets hard or feels like it's falling apart.

Now I know this message isn't just true because it sounds encouraging. 'Cause it does sound encouraging, right? But I know it because I've lived the tension of loving God and, and still feeling like I was just trying to keep up with my life. Actually it was just two weeks ago. Life, um, felt like it was crashing down around me and [00:12:00] my husband was the only one that knew it. And I don't think he knew to the extent how I felt like it was crashing down around me. I could not keep up. I couldn't do it. Not only was I overwhelmed with, um, demanding tasks, preparing for the release of my new book. There's a lot that goes into releasing a book, especially when you're doing it on your own. Um, with a little help. I'll put that in there too. I did have some help. But I was not only that, um, not only re the, the, the tension of releasing my new book, I was also caring for my grandchildren. Which I do every week. So that was not out of the ordinary. and I was just trying to be available for those who needed me.

I was dealing with decision fatigue from the numerous decisions that I was making that week. Mainly a lot of it with the book. Um, I [00:13:00] had way too many things on my to-do list. Way too many things. And I kept adding to it because I kept thinking of things.

And to top it all off, uh, my dear friend passed away from cancer the morning that I was planning to go and visit her that afternoon. That crushed me. I didn't make it to see her one last time. And that, I think was my breaking point. I think so. It was all too much. It was all too much. And when I couldn't keep the tears in any longer, I, I stood in my kitchen and in that moment I, I realized that I wasn't doing anything wrong in my life, but life was just [00:14:00] heavy.

But the thing is, what I remembered in that moment was that I didn't need to carry all of that weight on my own. Sometimes abundant life looks like letting go and allowing Jesus to step in. To carry what we cannot carry. To give us His strength when ours is empty, and, and to simply just trust that His presence is enough. His presence alone is our peace.

I knew I didn't have to perform my way to Jesus. I just needed to turn to Him. And so I did in that moment. It's not that I hadn't been turning to Him before, but I think I was relying more on myself in all of those things than inviting Him in. And , uh, I, I've, I've talked about this before, about [00:15:00] letting go and letting God, it's not letting go and just flippantly trusting God, um, to handle and to do our part. But to let go of what we can't handle and let Him handle it.

And sometimes this is the step that we miss. That we don't turn to Him, that we try to do it on our own. But thankfully, Jesus continues to offer His abundant life to us again and again and again. Not a one time thing. And not a, if we don't choose it the first time, it's over. No, He continues to offer it again. The thing is my, my circumstances didn't change, but I did as I invited Him into those circumstances.

Friend, maybe you're not overwhelmed with life today, but you feel empty. You feel just like you're in a fog. [00:16:00] Or maybe you've lost your passion or your zest for life, or the things that just really that you used to have passion and zest for. Or quite possibly you just know that you can't keep living the way you're living. I don't know what your situations are today. I don't know what you're walking through. But, and I, I, I guess I don't even know what you're feeling. I wish I did. I wish we were sitting across the table from each other enjoying a cup of coffee or tea to catch up and to share our real lives with each other.

I don't know those things, but God does. And now is a good time to remember that no matter what your life looks like in this very moment, to remember that you were made for more than just getting through the day. And this more, this more that Jesus gives [00:17:00] us, it begins by recognizing where you are. This more begins by admitting your soul is tired. It begins by believing Jesus meant what He said. It begins in small daily surrender, not dramatic overnight change, because that's probably not, not reality. And more begins by coming back to Jesus, not trying harder. And that's where I was. I turned to Jesus instead of trying harder in my own circumstances.

But today you don't need to overhaul your life. I just want you to pause for a moment and ask yourself this question. Where have I been just getting through

instead of really living. And instead of fixing it, because some of us are fixers and you may be [00:18:00] a fixer, you're gonna feel like fixing it - don't fix it. Just bring that honestly to Jesus today. Just bring it to Him. He knows what to do with it. Sometimes He just wants us to recognize it.

Just like that day when my tears came, I gave it all to Jesus and I kept trusting Him with it all. Because it didn't just end that day. I trusted Him with it the rest of the day, and the next day and the next.

And you know what happened? I found His abundance again. I really never lost it, but I needed that reminder. I needed to know that I still had His abundant life. His hope and peace and strength and passion to serve Him and others well. And friend, I believe that you'll find that too.

Before we close out here today, if [00:19:00] you felt like you've just been getting through your days, I want to remind you that today it, it's not the end of your story. You are not weak because you're weary. You are not failing because you feel depleted. And this will not always be this way. But I want you to know you also do not have to settle there. And I invite you to fight with everything you have to not settle there, but to return to Jesus.

You are given this incredible life, this life that He came to give you. The enemy wants you distracted, and he really wants you destroyed. He wants you depleted. He wants you to be discouraged. He wants you to be discontented. He wants you to feel disconnected. But Jesus is over here saying, come over here, turn to Me. And I'm gonna give you this life. I've already given you this life. You're in a place where I wanna rescue you from. [00:20:00] He's not just gonna come and swoop in. But when we turn to him, He will. He will. He will start to bring life back into your, your, your being. You're gonna start feeling different. You're gonna start seeing life through His eyes instead of the stagnant feelings that you've been walking through. He's got a life ready for you that is abundant and joy filled, and peace filled.

No matter, even if your circumstances are really difficult right now. Don't settle. Don't settle for anything less than His best. Jesus still offers us this abundant life and He's offering it to you and to me today. Not someday. Not when life calms down. Not only when we get everything together. 'Cause we know that's not gonna happen. But right here in the middle of your real life and in mine. [00:21:00]

And the fact that you feel that tension, that tension, it's there, that sense that there has to be more. That's not something to ignore. That may be the very place that God is inviting you back to him. Friend, you were made for more.

And as I've been preparing for this series, which I'm really excited about, I've been thinking a lot about my brand new devotional Made for More. It's a uh, 365 day devotional book for women to help us not settle, but to embrace all that God has for us. It releases next Tuesday on April 14th. I can't believe it's almost here already. But this book was written for the woman who is just tired of getting by. The woman who knows deep down that she is made for more than survival mode, more than spiritual autopilot, [00:22:00] more than just making it through another day. It's filled with short, encouraging daily devotions to help you reconnect with God just in the middle of your, your real life, and to begin living with more purpose and peace and intention.

So if this message is speaking to your heart, I'd love for you to pick up a copy of Made For More on April 14th. You'll be able to find it, uh, on Amazon or my website or major online, retailers. You'll be able to find them there. And you can find my link, uh, on my, to my website in the show notes.

So next week we continue on in our Made for More series as we look at the subject that you were made for more than running on empty. This kind of builds upon this week's episode. So if we're feeling empty, we're gonna find some refilling and refueling next [00:23:00] week.

So come back, then come back next Tuesday, bright and early, and I can't wait to see you then. Until then, remember that you were made for more. Have a great day.

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