

Encouragement for Real Life

248 There Is Power in the Wait with Marcia Cramer

[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.

Welcome back to the podcast. I am so excited that you're here today and I pray that you are having a fabulous day.

We have been in this series all month long called You Were Made For More. We've been talking about, oh, I guess just the truth that you were made for more than just getting through your days, more [00:01:00] than just running on empty and more than just settling for less than what God has for you.

And today's episode is such a special one because it's our guest episode for the month, and I'm joined by my friend Marcia. We have been friends for so many years and our conversation just truly brings this message to life in such a meaningful way of being made for more. We talk about what it looks like to trust God in seasons of waiting and how He works in the in between and in the times of transition. And even how when it feels like, like nothing is happening that God is still moving.

There were a couple moments in our conversation that really hit home for me. And you'll, you'll know. You'll know when you listen or watch. Um, and I have a feeling that they are going to hit home [00:02:00] for you too. So wherever you are today, whatever you're doing, I just wanna invite you to just lean in and listen and allow this conversation to encourage your heart.

So let's get into it.

Well, welcome to the Encouragement for Real Life Podcast. Marcia. I am so glad you're here.

So am I. So exciting.

Yay. Thank you for being my guest this month.

My pleasure.

And happy birthday month.

Thank you.

Just a few days ago.

Yes.

Yeah, I wanna hear all about it. Oh, so, um, yes, every, month I have a guest on my podcast who has impacted my life, and Marcia is certainly one of those people. Um, gosh, how long have we known each other?

2010.

I thought you were gonna say 2000 years. [00:03:00] 2010?

I think so.

Is that when you started?

I think, well, 'cause I think I started before you. And then you,

I just remember giving you a tour at the mission. Yeah.

Okay. So I think I started in 2009.

I was in 2009 too. So we started the same year. So we used to work at the same local mission. Um, Marcia, uh, kind of

was at the shelter.

Yeah. And I was at the day facility. So, um, yeah, that's how we met.

That's a long time ago.

2010. Wow. Wow. That is a long time.

It is.

And I had no idea where we would become good friends like we are.

Yeah. Well we you know, we didn't see each other really, 'cause we were so busy in our own realms that we didn't see each other except for meetings.

Right.

And then who knew?

Yeah. And I remember sitting at the dining room table in the, [00:04:00] um, shelter for uh, you and I would meet often. And then I think that's how we became good friends.

We would meet and then what it's, you would come over early

Yeah.

For other meetings.

Yeah.

And then we just kind of got connected. Yeah.

Yeah. I love how God does that. I, I love how He did that for us.

I know.

Yeah.

And look at all these years later.

Yes.

It's pretty awesome.

It is pretty awesome. And so, uh, Marcia and I still, we meet, uh, I don't even wanna say meet. We have dinner together. Unless we miss a month, it's, it's once a month. Mm-hmm.

And we try not to miss.

We try not to miss.

We try to reschedule.

Yes. Yeah.

So very much.

And I love those, yeah, love those evenings together. Yeah.

The best.

Yeah. We pick right up where we left off last time, so, so thank you.

Absolutely.

Thank you for impacting my life how you have and just being just a breath of fresh air in my life. And I can always count on you [00:05:00] to, to shoot me straight,

mm-hmm

and to encourage me. You, you are always the loyal, um, person that I just know will, will encourage me when I need it the most. So

Thank you. That goes both ways.

So thank you. Thank you. Thank you, God, for, for the gift of your friendship. Yes. Yeah. So there might be someone listening that doesn't know Marcia Cramer. So I would love for you to share, um, just a little bit about you and, and what, what your life looks like right now.

Gosh, right now my life is total transition. And I'll get to that in a second. But, uh, as you kind of heard before, um, we moved here in 2008 from the East coast

and, um. Yeah, so we've been here 'cause you know, we wanted to be closer to water. 'Cause that's when Cedar Rapids, um, flooded. Oh. So

I'm like, wait a minute.[00:06:00]

No, no. Cedar Rapids flooded when we interviewed and when we moved here. And, um, yeah, Bruce is my husband. We've been married 30 years. And, um, he just wanted to be closer to water. So we moved here and we absolutely,

Because really this area has no water. So, but, but because it was flooding, that's why she says that.

Yes. That's really funny. It was, yeah. Um, probably not funny at the time, but funny now to say that.

It was funny at the time. Okay, okay. Because we didn't get flooded out. Yeah. So it was still bad, but still. Yeah.

Um, so and I, uh, have been working social service kind of things, running the homeless shelter, which is still a social service, um, teacher by background. Um, just lots of other stuff. But always, always helping. Always managing, helping. Figuring things out. Um, so that's kind of some of the stuff that makes me tick.

The rest though is, uh, some of the stuff, you know, but [00:07:00] the rest of the world doesn't know too much yet. The transition side is I am getting ready to retire this year after a lot of years of working.

Yeah.

And I'm so excited. It's scary. It's exciting. And it's all the emotions you can come up with in between.

Mm-hmm. I bet. I bet. So that's exciting.

It is. Yeah, it is.

So I know the last time we met for dinner, um, you were talking about it and I could just see the excitement, you know, in in, but yet also the nervousness of just like, what's this gonna look like?

Mm-hmm.

But, and any time we go through a season of transition, we don't know what to expect.

Right, right, right. And, yeah. God has it every step. Yeah. I just have to remember to trust him. Yeah. And I'm not good at that.

You have good, you have moments where, where you're really strong at trusting as we all do.

Yes.

And then there's moments [00:08:00] where we're just like,

You're right. Absolutely right. Yeah. And I do trust Him. But Oh, some days I'm just like, but what's going on? So,

Yeah. That's exciting. Yeah. So you and another friend of mine are retiring this year.

Oh, nice.

Yeah, she's retiring in May. Mm-hmm. And you're retiring in

Hopefully June.

In hopefully June.

Yeah. Yay. So I get the summer hopefully to do stuff.

Yeah. That's great. Perfect timing. Well. Obviously as you're facing this transition, I assume God has been teaching you a few things. What is, what has He,

No, not at all.

What has he been teaching you lately? I would love to know.

The, the latest teaching at 3:00 AM this morning. Oh gosh. Because you know, that's my time, that's His and my time apparently was, um, trust the timing. Let

it go. Trust the timing. [00:09:00] 'cause I was kind of freaking out about the, uh, not having medical set up, uh, so I can retire, transition into that part easily.

So, uh, three weeks ago I put in for paperwork and haven't got it yet. So I've been fighting and battling that. And it was trust the timing. I got you.

,That could be perfect for all of us. No matter what we're going through.

Mm-hmm. Uh, yeah, yeah, yeah. We, Bruce, and I'll say that to each other often, trust the timing, and we're like, yeah.

Yeah. Don't want to. Yeah, we wanna fix it, don't we?

Yeah. I think in our world now, we've had this conversation before too. In our world we live in now, everything is so instant. And you want it now. And you want it because you know, my plan is I want it now so I can do this or that or that. And it's like, yeah, I got other [00:10:00] plans for you. Hey, y'all watch this. Yeah. So yeah, that was my 3:00 AM this morning lesson.

And His plans are always better, aren't they?

They are. Yeah, they are.

You'd think we would learn, don't you? Maybe?

At this age you think I would've learned something. But no. Oh, I know. Uh, you can't get ahead of God and you, you know, we try and you can't.

Yeah, you're right.

You can't.

You're right. Yeah. True. So, clearly then what is your faith? I mean, your faith has probably been really stretched. Um, so what does it look like in a real practical way? You, you really just talked about that, about just trusting, right? Yeah. What else can go with that? What else?

Yeah, the trusting is huge. Trust, the timing. Trusting God, His timing, that all goes together. Mm-hmm. And the other is. I'm still healing [00:11:00] from some past issues, past things that have happened from, uh, inside various aspects of my life that, that, oh, how do I even wanna say it? We've talked about

this a little bit. Getting back to, I don't wanna say what God really is, but getting back to the core of worship, the core of learning and what that, that looks like in a basic way, so that the growth can happen again in His timing. Yeah. But you gotta get, I had to get back to the basics. Yeah. For me.

Yeah. You know, I've just heard a lot of people say that similar thing about getting back to the basics. Mm-hmm. What does that mean? What does, getting back to the basics, what, what describe that in your, your life.

In my life, it's getting back to, oh my [00:12:00] gosh. Um, it's so many things at once.

Gimme a second.

Sure. Yeah. I know that's, I just threw it out at you. But I'm like,

No, that's okay. You're good. 'cause it's a, it's a true ask. Yeah. Um, getting back to basics is finding a place uh, within myself, within a church, where growth happens. And I feel like I'm being pie in the sky when I say that 'cause everybody wants that. But where the Word is preached, where you can feel like you learned, you can feel convicted and you can follow along in the Bible that that is exactly what it's saying. From here to here, to here to here. Does that make sense?

Yeah, yeah, yeah, yeah. Yeah. That's, mm-hmm.

Yeah. That's, and that's, that's a journey.

Yeah, it is. Mm-hmm.

It's a big journey.

I appreciate you sharing that.

Yeah, absolutely.

Yeah. I've heard a lot of people say that. Maybe God's [00:13:00] telling me something through the back to the basics.

You never know.

Yeah, I know. Yeah. I'm really glad you said that. Yeah. So, and amongst all these things that you're experiencing and the, you know, the season of transition that you're just kind of starting to wander through, what has brought you joy? I would love to, I would love to know. And I know you said off camera that it was something funny and I was just, I can't wait to hear what it is.

Well, the short, short version is we had to run to another state for a funeral uh, several weeks back and we were able to reconnect with some people that we hadn't seen in 20 years, and that brought me joy. Mm-hmm. But from that we had to stop at the I 80 truck stop

oh yeah

for gas and everything else. Mm-hmm. And so I've never been in there before. Oh, never. Oh, that's a treat.

So we're wandering around.

It's kinda like a Buc-ees only less.

It's a small [00:14:00] Buc-ees . Yes. Yes. And that's what exactly I said, oh, this is a, this is a baby Buc-ees

There we go.

And I found something, um, some flip flops that have Iowa grass on them. It's not real grass, but it's, you know, the grassy, turfy, whatever.

Like on the top of them where you'd put your feet?

Yeah. And I found those and I burst out laughing. This is only after we've been on the road for seven hours or more. And um, I'm like, my sister-in-law will laugh hysterically at these. And of course I don't buy anything right away. So the next day. We go get the convertible outta storage, we put the top down and we drive to the I 80 truck stop so I can buy those shoes, those flip flops, for for my sister-in-law. And then with that, because she loves Buc-ees, I found some Iowa [00:15:00] jerky that I bought for her. So we just sent that out to her today.

Oh, how fun.

So she'll get it Wednesday and for her birthday, and I can't wait because I can already see the smile on her face and the laughter in her eyes. So that's what's,

I love it.

A lot of joy. That was a really long story for that.

No, I love it.

I'm sorry.

No, I, I think those moments that we even help create for someone else. Mm-hmm. I just think that's just priceless. And it brings you joy, obviously, to make someone else.

I told you it was weird, but

No, it's not that weird.

Those shoes are just, they made me laugh so hard.

I thought you were gonna give 'em to yourself and I'm like, that doesn't sound like you.

No.

But. I love it.

Nope.

Your sister-in-law will be, it'll be perfect. Oh, that's wonderful. Yes. I love that story.

I'll let you know when she opens it on Wednesday.

There we go. Yes, please do. Inquiring Minds wanna know. Yes. Uh, that's great. I love moments like that. Yeah.

[00:16:00] Uh, this month on the podcast, uh, the theme has been made for more. And we've been talking about, , you are made for more and, uh, the different things that we've walked through of not settling and just going through

the motions. And so I would love to know has there been ever been a time in your life where you realized that you were made for more than, than how you were living at the time?

Yes. All the time. All the time. This, this transition. All the time. Oh yeah, yeah. Um, then I was just, in thinking about it even more deeply, um, when I was, uh, married to my first husband and then the choice to go through a divorce and all that that entails, I think part of the decision and whatnot [00:17:00] was, there's gotta be more. I'm made for more. Mm-hmm. I, I can do more. There's more. Yeah. Yeah. And that, that was huge. 'cause I wouldn't be where I am today if I didn't have that revelation way back when. So , that was a huge catalyst for more for me.

And then this decision for retirement and the stuff that led up to that. 'cause there were some, there was some stuff that led up to that. Yeah. That I'm made for more. I'm excited for the next chapter. You know, again, made for more 'cause there's more to go.

Yeah. God has more for you. Mm-hmm. Yeah. Yeah. Yeah. And I, I can see how He's, again, I've only known you for a lot of years. What did we say? 2010? Mm-hmm. 16 years. [00:18:00] Mm-hmm. I did not know it was that long, first of all. I thought maybe it's 13 years. But anyway, I've only known you for 16 years, but, um, I've seen how God has not only given you more on your plate, not, not that. Mm-hmm. But how God has continued to show you mm-hmm that He does have more for you. And even through your different, the different jobs that you've held and, and even at the mission when we were there together, He, He just had more. He was, He was, He does this for all of us. Mm-hmm. But I just wanna see this in your life, that He was teaching you things that mm-hmm, different than what He was teaching me. Mm-hmm. But it was, you're more at the time. Mm-hmm. And, and now, I mean, I think He just does this all through our lives.

He does.

I, I love how you talked about, you know, back way back when and also now. Mm-hmm. And every space in between. Mm-hmm. I know God's just really led you.

He is. Yeah. When I [00:19:00] let Him.

Yeah. Isn't that the truth?

But thank you for sharing that too, because when you're going through it, you know it, but you don't see it. Yeah. But it, thank you for sharing what you have observed. Yeah. That's special. Thank you.

Well, you're welcome. But I love, I love that the common thing that we have, well, one common thing that we have is, you know, God, we firmly believe God has crossed our paths. Mm-hmm. And to have this, this friendship. And we, when we go out to dinner, we pray before our meal together. Mm-hmm. And one of us will pray and never fails that we are thanking God for our friendship and for our husbands mm-hmm to be friends. Mm-hmm. It is really quite a gift.

And just the time. Yeah. That we both choose to carve it out. Yes, yes. We choose. Yeah.

Yeah. And I think that's another lesson that He's taught both of us mm-hmm. Is that we need each other and it's important. Even though our lives are full we need each other. Mm-hmm. Continue to make that a priority, our time together. Mm-hmm.[00:20:00]

Do you remember way back when, when you started thinking about possibly writing a book and whatnot? Do you remember some of those conversations about that?

Probably not as much as you do. Yeah. But we didn't use those words, the right now matters, but we kept weaving in and out and around that in our own lives. And then that's what kind of popped up out of that, grew up out of that. Yeah. Not that anything special that way. But just a lot of our conversations were, 'cause you had the kids and the being present and trying to make sure you're wholeheartedly there. Those, some of the painful conversations we've had with that it's like.

Yeah, you're right. Yeah. Wow. I love reminiscing, like things like this too. I know. I appreciate you.

Kind of cool.

Yeah, yeah, that's for sure. Um, so yeah. Made for more, yeah. Mm-hmm. [00:21:00] Um, so on this subject of, um, more, made for more, what does the more look like in your life in this season?

I have no idea. Oh, I don't. Yeah, I mean I do, but I don't. Because this transition, and I keep coming back to that, but it's, there's so much transition in

the world. There's so much transition in personal lives, family lives, uh, there's just, yeah, everything feels like it's in transition and everything is about ready to happen and that you're waiting and there's power in the wait. There's lessons in the wait. And I think He has us here waiting whether we like it or not. The season for everybody, for good or for ill I think that's what it looks like in this season. The wait, the more trust, [00:22:00] the more stop, listen, pay attention, and the one that I forget to do, when you pay attention, make sure you act. Hmm. Follow through. I said do this. Yeah, I'll do it tomorrow, God. Yeah, no. Yeah, no. Do it now. Yeah, say it now. Yeah. So I think that's part of that. Yeah. What does more look like? I don't know, but I think there's power in that.

Yeah. I love how you said that. There's power in the wait. Like that just like,

Yeah, I saw that. I'm like, I know.

Like, wow. Yeah. Hmm. That's really good.

We'll talk about that later.

We will. We're gonna go deeper with that. 'cause now I'm, I'm thinking about all sorts of things. Yeah. Mm-hmm. And so how can we apply that to our own lives? I mean, there's power, whatever you're waiting for, there's power in that. [00:23:00] We always, we always dread it. We always think we wanna get through the wait. Well, no, there's God's power. Mm-hmm. He's showing off His power in, in the wait. Mm-hmm. Yeah. I needed that. Thank you.

You're welcome.

Yeah. Don't know exactly what I needed it for, but I, , I know I needed it.

I know, I, I, I'm still pondering it too.

Yeah. Yeah.

I'm like, okay.

Yeah. Thank you. Mm-hmm. So, on that, what, what would you, what would you say to the woman maybe right now who's listening, who's overwhelmed, she's stuck. She's waiting. She's, she's just doesn't know what to do. What would you, what would you say to her today?

It sounds trite, but it isn't. It's huge. Stop. Take a breath. Depending where you're at, what's one baby [00:24:00] step you can take right now? Baby step. Let's break it down. Mm. Just break it down. You don't even have to take a baby step. Break it down. Take that next baby step when you can. 'cause the world doesn't have to be conquered in a day.

Mm. You're overwhelmed. It's okay. It's okay. Been there, done that way too many times and pushed myself to make all the wrong decisions to make it worse. Instead of just stopping breathing and figuring out.

And the other thing that comes, that just kind of slaps me across the face too, is do that, but take two seconds, no two minutes that you don't have, but do it, how far you've [00:25:00] come. Look back to where you were. It could be a week ago. Uh, a relationship ago. Um, a kid ago. Uh. Whatever the it is, and it might be two minutes ago and that's okay. Hmm. And it could be a lifetime ago. Like I said earlier, going back to when I got divorced, that was, you know, if I've been married 30 years now, how long ago was that?

Right? Yeah. Um, but taking that time, how far I've come. Look at, like we were talking earlier, look at what I've learned. Look at what God has taught me. I didn't even realize that's what He taught me. Mm-hmm. Look at how far I've come and there's something in that to, you know, do the, okay, you got this, you, you are moving forward. You are moving forward. Look at how far you, where you've come from.

Mm-hmm. Yeah. Thank you. Mm-hmm. [00:26:00] Wow. So insightful.

Don't expect it every time.

That's, yeah. That's so important. Yeah. Just to that simple pause and just mm-hmm yeah. Thank you. Yeah. It, yeah. Yeah. Hmm.

So before we wrap it up. Um, I love this time. We could just sit and talk forever. Well, we will.

We do.

The fun thing is, is that, uh, our husbands are upstairs and, um, we're gonna go out to dinner together, this evening, so. Yay. Yeah, all four of us. It'll be, it'll be fun.

So what, what's one thing regarding the one that you just spoke to with the, just pausing and, and also recognizing how far you've come, , um, how would you gently encourage her? What's one thing that you would, uh, gently encourage her to do this week?[00:27:00]

Take one and a half minutes out for you. Hmm. Do something for you. If it's just stepping out on your porch by yourself to watch the sunset or the sunrise. Or, uh, you know, I know life gets so crazy busy when you have littles and, and just the life of everything. But take that minute for you, whether it's for the first time you're locking the door of the bathroom for two minutes. You know, for, for a minute even. But take that time for you. Go for a walk. Do something. And I know that's not gonna be for everybody. Everybody cannot do that. But there is something that you can say, I'm important enough to do this one minute for me. Or more if you can. But we can all find one minute. Yeah. For ourselves. Yeah. We are important.

Yeah.

We are. [00:28:00] Yeah. And I, I, pick me, pick me. I forget that. Mm-hmm. But we are important.

You're right. So yeah.

Put the phone down. Stop scrolling. 'cause I do that too. Mm-hmm. Um, and do one minute for you. Yeah. That's what I think.

That's good. What would your, one minute, what would you do in that one minute for you? We're all different. Mm-hmm. What would your minute be?

Probably watching the sunrise. Mm.

Yeah. Because you can see it from your house, right?

Yeah, yeah, yeah, yeah.

You can see both. Oh, yeah. Yeah, I can. Yeah. Yeah, yeah. Yeah.

God thinks three o'clock in the morning and thinks that's a really good time for us, and then my cats decide at four o'clock it's even better time for them. So I'm always up for the sunrise. Yeah. Yeah. So that's, that's mine. Yeah. Mm-hmm. And usually I see your sunrise pictures, you know? Yeah. That you take and put up on Facebook and, uh, yeah.

I haven't seen, I haven't seen any unique ones lately, so.

Yeah. They have no, they, but [00:29:00] they've been pretty, but they've been short lately. Yeah.

And, you know, even just something that gives, that's the minute for me during the day could be just stepping outside on my front steps and just inhaling some fresh air. Mm-hmm. Um. And if it's nice enough, I'll sit outside for just a minute on the steps. Mm-hmm. The middle of the day if I'm home or whatever.

Yeah. That cup of tea. Yeah. Quiet time with a cup of tea or coffee or something. Yeah.

And it doesn't have to be long. Mm-hmm. Like you said, a minute or even five, 10, whatever we, whatever we have.

Just make sure you're important to you. Yeah. Hmm.

That's another good one. Make sure you're important to you.

Right now matters.

Yeah. Yeah. Make sure you're important to you.

Yes, yes. Very much.

Well, this has been so fun and so enlightening and I, um, I just thank you for being here, for the wisdom you shared, the [00:30:00] joy, you made me laugh. You always make me laugh. And just for being such a good friend. I appreciate you so much.

Thank you. Thank you for having me.

Absolutely. Yeah, too cool. Yeah. All right. We'll see you next time. Okay. Thanks for joining us. Thank you.

This was such a meaningful conversation for me, and I pray that it was for you too. I, I know I, I don't know where you are today, and I don't know about you, but a few things that Marcia shared, uh, they really stayed with me and are still, I think they're gonna be with me for a very long time. Especially the reminder

that even in seasons of waiting and transition God is still at work. That one sentence, there's power in the weight, just continues to resonate with me.

And I think that that connects so deeply with what we've been talking about all month long that you and I were made for more. Thanks be to God for that. Not [00:31:00] more pressure, not more striving. Not more stuff. But more of God, even in the in between times and seasons.

And if this conversation stirred something in your heart, in your soul, and if you're in a season of waiting or you're feeling that pull toward something more, I would love to invite you to join me in person at my next upcoming event. It's titled, God Didn't Bring You This Far to Just Exist.

It's happening on Saturday, May 2nd from 9 to 11 at A Place for Friends in Cedar Rapids. You'll find the link in the show notes to check it all out. But it's going to be a very, very special morning of encouragement, connection, and stepping into the life that God has for you. We weren't made to exist. And we will talk about that on May 2nd. I'll also be sharing more about my new devotional that just [00:32:00] released, titled Made For More and how you and I can continue walking this out in our everyday lives.

And speaking of that, if you've been listening this month and feeling like you are ready for something deeper, something more Made for More is available now. You can find it on Amazon and most of the online retailers. And you can also find it on my website. I'll link to that in the show notes as well. But it's designed to help you reconnect with God right in the middle of your real life and begin living from a place of fullness instead of just getting through the days.

And next month we have a new theme, a new series on the podcast. We are shifting into a brand new theme titled Simple Shifts for Everyday Life. We're gonna look at small, practical changes that can make meaningful differences in your everyday life and in mine, [00:33:00] and I can't wait to walk through next month with you.

So thank you for tuning in today. I pray that God blesses you. Have a great day.

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