

# Encouragement for Real Life

## 250. The 10-Minute Reset You Can Use Anytime

[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 had a day start slipping away before it even really began? Maybe you woke up late, or maybe everyone needed something from you before you even had a chance to think straight. Maybe you saw a message that unsettled you right away in the morning. [00:01:00] Or maybe your mind was racing before your feet even hit the floor. I can relate. And then by mid-morning, you already felt behind. Already irritated, already tired, already carrying some heaviness that you didn't want, nor did you expect.

And maybe you've had this thought of, "Well, I guess today is already ruined." I get it. But what if that day really isn't ruined? What if a difficult moment does not have to define the whole entire day? What if you really don't need to wait for a new day tomorrow? But what if you could find a reset for right now in the moment that you're in?

Well, if this sounds like something you could use today, let's get into this episode.

[00:02:00]

Welcome to the Encouragement for Real Life Podcast. I'm Julie Lefebure, and I am so glad you're here today. We are in week two of our May series, Simple Shifts for Everyday Life. Because no matter how grounded you are, or no matter how much you love God, or no matter how strong your routines are, there will still be moments when life feels messy and out of control, and heavy, and frustrating, and overwhelming. These type of moments do not indicate that you are failing or that you are a failure, but these kind of moments simply mean

that you're living a real life. A real life that you and I, every day, we get the opportunity to live.

I've had many of these moments where [00:03:00] I thought that the whole day was going wrong. In fact, just, oh, I think it was probably three weeks ago, I woke up already feeling behind. And I made the mistake of checking my phone. I checked it right away, and I saw a message that immediately put something heavy on my mind and on my heart. And before I even got out of bed, I could feel that my thoughts were starting to spiral. And that's not a great way to begin the day. No.

And then the morning just kept stacking on top of that, just one thing over another, over another, and things were just not going smoothly. And I was more irritated and frustrated than I wanted to be. I felt rushed, I felt distracted, I felt agitated, and I can remember thinking something to the fact that, "Well, I guess today is [00:04:00] just gonna be one of those days."

But a little later in the morning, I felt something different. Almost like a little tiny nudge. I don't know how to describe it, but it was a nudge not to try harder because that, that's what I would normally do. Not to fix everything that was wrong, even though I wanted to, , desperately I wanted to. But I felt this nudge to just stop and to reset.

In my years of life, I, I know that stopping and resetting, something just, sometimes even imagining just hitting a pause button helps me. I wanted to change the course of where I was headed, probably more figuratively than literally. I had a lot on my plate for that day. But I just stopped and I stepped, I stepped away [00:05:00] for just a couple minutes and I, I just took a breath and I just prayed a simple prayer. God, just help me begin again. Help me start over. I, I don't want to do this day like this anymore.

The thing was that, you know, really nothing around me changed instantly. My circumstances didn't change. My, my list didn't change, my responsibilities didn't change, but something in me did. I felt more grounded, more encouraged, and less reactive.

And I just knew that this was gonna be a change that I needed to make for the rest of the day. And the rest of the day, you know, it didn't go perfectly. It didn't feel perfectly. [00:06:00] But it didn't feel lost anymore. And more importantly, I didn't feel lost anymore.

And then I took it one step further because I had my own copy of Made For More, my new devotional that just released gosh, a month ago now. Um, and I read that day's short devotion, which helped me put everything into perspective. It's just what I needed.

Now, I'm guessing you've had these days, and maybe you've had one recently too, where you start the day off with good intentions, you started off strong, you had a great cup of coffee in the morning, whatever. You know, but , you wanted to be patient and present and focused, and you desire to stay connected with God, and, and then something happens. [00:07:00] A frustrating conversation, maybe even before you left the house. Or your plans changed, or you saw a stressful email, or you look around your house and it's just chaotic. It just feels chaotic and looks chaotic. Or your energy crashes. Or your emotions begin to rise, and you don't want them to. And before long, you feel like you are reacting to life instead of really living it abundantly.

Yeah. I know for me, there have been many days where I just thought, "I just need to get to bedtime. I just need to make it to bedtime." That's no way to live, is it? No. And while there are certainly days where grace looks like simply just making it through, there are also many days where what I really need is not survival. I need a reset. [00:08:00] Not tomorrow, not Monday, not after vacation, even though vacation sounds really great right now, but now.

And maybe you need permission for that today too. You do not have to stay stuck in the tone of the morning. You do not have to stay stuck where you're at right now. You don't have to let one hard or difficult moment shape the next six hours. You are allowed to begin again at 10:30 AM, at 1:15 PM, or even at 4:40 PM, even at 9:00 PM. You can begin again.

But many of us don't, right? We don't. We just push through. We just try to get to bedtime. You just try to get home so you can just numb out for the rest of the day. [00:09:00] But why don't we do this? Why don't we? Why, why, why don't we welcome a reset?

Because I think it is when life feels off or like a challenge, we usually do one of two things. We speed up or we shut down. We rush harder, push through, try to force productivity, we stay tense and agitated, or we mentally check out. We scroll, we numb ourselves, we complain, we withdraw. And neither speeding up or checking out usually restores our peace. It does not.

And this is where a reset matters. A reset, it doesn't have to be a big dramatic production, like, "Oh, I'm gonna reset." No, it's simply an intentional pause that just helps us come back to ourselves [00:10:00] and to God.

So I offer you the 10 minute reset. Are you ready? It is three things for 10 minutes. Rest, realign, and refocus. It's so simple to remember, and it's so powerful enough to help us through the day.

So let's look at this. Step one is to reset. The first step is just so simple, but it's to kind of focus a reset right now. Not tomorrow, not next week, but right here, right now, where we are. A reset, it means to just stop letting the last 10 minutes decide the next 10 minutes. It means that you interrupt the spiral, the downward spiral, you interrupt it. It's like you just cut it and it stops. [00:11:00] And you step out of reaction mode. Because when we are spiraling, we are in reaction mode. And we come back to ourselves. We come back to God. We just center ourselves back on what's most important.

Now, this might look like stepping into the bathroom and just taking three slow breaths. I did this not that long ago when I was frustrated about something. Yeah, just checking in the bathroom and taking three breaths, slow breaths. Or maybe it could look like walking outside for two minutes. Or washing your face, splashing your face with water. Or putting your phone down. Or sitting in your parked car with the sun streaming in. Or standing at the kitchen counter and whispering, "Lord, help me begin [00:12:00] again."

Sometimes I think the most spiritual thing that you and I can do is to reset before we react. And this reminds me of Psalm 46:10, which says, "Be still and know that I am God." It's a stillness that ... The stillness isn't the whole reset, but it's where the reset begins. And I always want to involve God in this because He is my reset. And so I just, I, I involve God into this process of just pausing. Lord, help me begin again.

So yes, the first step is reset, and once we reset, the next step is to realign. Now, realign is, um, it just helps us in these stressful moments so they don't distort our [00:13:00] perspective. We start believing some things that we would not normally believe, uh, in moments like this. Like we believe like everything is falling apart. Or we say things like, "I can't handle this". Or like, you know, "The whole day is ruined," or, "Nothing is working. No matter what I try, nothing is working." Or, "I'm failing again," or, "I'm a failure."

You know, feelings are real, but feelings are not always reliable. I have said that so many times. Feelings are real, but feelings are not always reliable. And I

think of Philippians chapter 4, verse 8, because it tells us to think on what's true and noble and right and trustworthy and all of those things. I'll link that, that, um, scripture in the, the show notes, but it says to think on what's true.

[00:14:00] So ask ourselves, what is true right now? In these moments, what is not true right now? What might God want me to remember in this moment?

So maybe what's true is that this moment is difficult, but the whole day is not ruined. Or maybe what's true is I feel overwhelmed, but I am not alone. God is with me. Maybe what's true is I don't need to solve everything right now, but God is right here with me and helping me figure it out.

Realignment is not pretending that everything is just fine and perfect and dandy and all rainbows and sunshine. No, realignment is choosing truth in the middle of what is not fine.

So for an example, when you're realigning our things, when I start to spiral, I [00:15:00] can get I just get really frustrated. I get really frustrated and I get down on myself. And I'll say things that I would not normally say to myself, like, "You're an idiot." Or, "Why can't you do this right?" Or, "You should be farther along than this, " or ... But none of that is true. I am not an idiot. I don't need to be farther along than I am right now. I shouldn't have this figured out by now because it's just not that, that's just not true. I am figuring things out with God's help as I go. But I don't need to have everything figured out right now. It's not true.

In my resource library, I have this tool that I use often, and it's called ... Let me pull it back up again because I forgot. It is called Lies We Believe versus Biblical Truth. It's a free tool in my resource library. Yes, Lies We Believe versus Biblical Truth. And I use this often when I start to say lies to [00:16:00] myself, and I replace it with God's Word and something else that I could say instead. You can find that, uh, absolutely anytime you want to, it's always on, on my, on my website. And I'll link to it in the show notes. But it is so important to realign our thoughts after we already do a reset.

So then let's go to the third step. The third step is refocus. So we are, uh, resetting, we are realigning, and we are refocusing. And this is when we ask what matters most right now. What matters most in the next hour? Not everything on the list. Not what's gonna matter next month. Not everyone else's expectations especially those of us who are people pleasers. But just the next faithful step. What matters right now?

Maybe it's send one email. Maybe it's make one meal, [00:17:00] or take one walk, or apologize, or take a rest, or start again. And I'm reminded of Proverbs chapter 16, verse 9 that says, "In their hearts, humans plan their course, but the Lord establishes their steps."

Did you catch that? Notice the word steps. God often leads us just step by step. Not in huge leaps, not in huge jumps. It didn't say that, that God establishes their, their jumps or their leaps or their, uh, their monumental moments. No, He just establishes our steps. Our steps. So [00:18:00] all's we need to do is just focus on the next one. He just leads us step by step, not all at once. Just step by step. Just the next step. It's all we need to focus on. That is enough.

Maybe you're a mom. Maybe you're listening in and the morning was chaos. A reset could be just to take two minutes in the pantry and breathe. Realigning, you could say that, you know, chaos does not mean failure. And your refocus could be just to love the next person that's in front of you. That's it. I'm gonna love the next person in front of me.

Or maybe you're at work and everything is just - feeling urgent and you gotta get it all done right away right now. The reset could be just a step away from the screen and take a breath. [00:19:00] The realign is to say, "Not everything is equally important." And then your refocus could be, "What truly matters before lunch? What do I need to do right now before lunch?"

Or another example, maybe you're emotionally drained. Your reset could be just to sit in the car before going inside. Just to sit for a moment. And to realign, you could say to yourself, "Tired does not mean weak. It means I'm human." Refocus would be, what would care look like right now? If I was gonna care for myself, what would that look like right now?

So it's reset, realign, and refocus. And let me say this. If you find that [00:20:00] you often need these kind of resets, I wanna tell you that this does not mean that something is wrong with you, or that you are just too weak to handle life, because that's not true. It just simply means that you are carrying a lot right now in this season. And it may mean that life is really full. And it may also mean that you are human, because you are.

The last thing I want you to do is to shame yourself for, for needing to come back again and again, and to do a reset after reset. There are many days after I started applying this to my life, there are many days that I need to reset more than once, and that's okay. Even spiritually mature people need resets. Even peaceful people need resets. Even strong women need resets.

So I invite you the next time that you [00:21:00] catch yourself thinking, "This day is ruined", try this instead. Try a reset, where you just pause. You do something different. You just stop the motion. You stop the activity. You realign. You realign your thoughts with what's true. And you refocus when you just do the next step. That's it.

10 intentional minutes may change more than trying harder for the next 10 frantic hours. And once you start doing this more often, and periodically, and you're gonna get good at this. You probably don't need 10 minutes. But I was just a little bit more gracious in the time it may take just to reset, and to pause, and to realign, and to refocus.

Would you just pray with me for a [00:22:00] moment and thank God that we are never alone in this? We are never stuck in this? Let's pray.

Heavenly Father, Your peace is available for us in every single moment. And, uh, these moments are often not perfect ones. And so Lord, I just ask that You would teach us to reset, to turn our thoughts back to You in these kind of moments, to realign our thoughts with truth, and then to refocus on the very next step that You have for us.

Lord, we don't wanna stay stuck in moments of spiral and frustration where it can lead to the whole entire day being affected by those. But Father, we want to just pause and invite You into these moments. We know that, Lord, with You the day can be fruitful and peace-filled and [00:23:00] abundant. And so we give this to You today, Lord. We thank You that You are always with us. In Jesus' name, we pray. Amen.

I want to tell you another story when, um, this was probably, I guess it was around Christmas time, something happened that really, um, bothered me. And I, I, it was really out, it was out of my control. And I, had to, I talked it over with my husband and I, um, I just knew that this could have affected me for weeks. And I, I had to do, I didn't have to, I chose to do this reset, realign and refocus exercise. Because it wasn't just a moment in a day, but it was an ongoing situation that I really had to deal with. But it came to a head on this day. And so [00:24:00] I, uh, had to choose, I stopped. I stopped my spiral thinking, and I had to choose a different thought. I had to somehow make this work because it wasn't gonna go away in a day. It was beyond me, like I said, it was out of my control. But even in those circumstances, we experience something really big, we can still do this tool as well.

And so I, um, realigned my thoughts and I just kept looking at the next step. I had to take my thoughts off of the negative part of the situation and just align it to , how God would want me to, to operate in it. And so I wanna encourage you, yes, even in the big life moments, and you know it's bigger than a moment, we can still apply the reset, the realign, and the refocus.

So I encourage you this week, encourage you today, if you need a [00:25:00] reset right now, walk through these steps. You will find that your day will be much more peaceful. And start practicing this for when your next time will come that you do need to reset, and you'll know what to do. It's such a big help. And it's so simple, and it makes all the difference in the world.

So next week, we will, continue in our simple shifts for everyday life in our series here, and we're gonna be talking about four small choices that shape your life. 4 small choices. You may be surprised what these four choices are.

So I invite you back next week and bright and early on Tuesday morning. The lives that we long for are often built just with one small silent choice, one at a time. So come back next week.

And remember this today, a difficult moment does not have to become [00:26:00] a difficult day. You can begin again. So thank you for being here. Until next week, God bless you.

Thank you so much for joining me here today. You can find more at [julielefbure.com](http://julielefbure.com). And until next time, stay encouraged.