

Encouragement for Real Life Podcast

259 When Time Feels Like It's Moving Too Fast

[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.

How often have you thought or said lately, like, "I can't believe it's already July," or, "Where is this year going?" Or, "How can my kids be this old already?" Or, "Didn't we just celebrate Christmas?" I can't be [00:01:00] the only ones who have said or thought similar things. I assume that you have, too.

Life is going so fast, isn't it? Uh, my goodness, um, I just looked at my grandsons the other day, and I can't even believe that, that they're as old as they are. And my little granddaughter, she's already six months old, and how, um, I looked at the calendar and then, my goodness, half the year is over. And we did our, our check-in at the beginning of July in, in the previous episode, looking at, you know, just really where has this time gone. And I'm realizing how quickly the year is moving, and it's all just... It's all just a bit much. It's sometimes too much for me to take in.

And some days, you know, I get really sad that the time is passing so quickly, and I desperately wanna slow it down. So if you can relate to any of this, I invite you to hang with me here for [00:02:00] just these next short minutes, and we're gonna, we're gonna find some help and hope. So let's get into this episode.

Well, welcome to the podcast. I am Julie, and I am happy that you're here today. We are going to find some hope and encouragement for our real lives right where we are.

But, you know, I have just really noticed lately, maybe it's as I've aged or I'm getting older or I remember my parents saying this, that they said, you know, that time was just going so fast. And at the age I was at, I thought, "No, it's not. It is not going fast." But now I'm at their age when they said that, and yeah, time is going fast. What is it? Is it an age thing? Is it, uh, that our lives get so full that we just try to cram in too [00:03:00] much? Now, even my parents' age or my parents' generation, I don't believe that they crammed their lives as full as , how I - cram my life full.

And .. i don't want this trend to continue for even, you know, the next generation behind me and the next generation behind them. I, I want it to, to kinda turn back and, and to have a slower pace of life. But is it technology? Is it, what is it that's causing us to feel like life is just going so fast?

But I'm finding that the things that I love always seem to go by quickly. The things that I enjoy doing go by quickly. Like a beautiful summer evening. Man, that goes by fast. Or a family vacation. You know, you look forward to it. It's gonna be seven days long, and it feels, after you're done, it feels like it was two days long.

Or the years when our children are little, and I, I love , that season, and it just seems like it's so long ago. [00:04:00] Or a s- a specific season of ministry that, that we're in or, or something that you just absolutely love, or a conversation with someone you love that you just want it to last forever. But you know it doesn't. Do you feel like that, too? Do you ever feel like that, the things that you love seem to pass by even quickly, even more quickly than, than the other things?

You know, as I mentioned, my grandchildren are, um, growing so fast. You know, my kids grew so fast. And I, I was a stay-at-home mom, but I, I worked. I, I had a at-home business, and that allowed me to stay home with them, and I'm so grateful that I had that opportunity. And I remember driving them to school. I've talked about that on the podcast. Uh, driving them to school and enjoying that time with them and going to all their sports and all of their activities, and I wouldn't miss a thing. And, but I feel like it all blinked. You know, 18 years just went by so fast.

And now I'm looking at my grandchildren, and the oldest one's gonna [00:05:00] start kindergarten in the fall, and I'm thinking, "How can this be?" It's just going so fast. And I'm grateful I get to have the time with them that I do, but boy, it's going fast.

And you know, my favorite month of the year, I think I shared this last month, is June. And now it's behind us already. And I remember thinking about the 6th of June. I thought, "Okay, it's going slower now. I can, I can take a breath." And, and the next thing I know, knew it was over. And now here we are into July.

And you know, the reality I've shared before, too, is that I feel like I'm getting older faster than I want to. You know, I, I want to... To me, I s- I feel like I'm still in my 30s, but the, the age, my age does not say that. But I feel like I am. And so I, I feel like I'm aging faster than I want to. And there's nothing I can do about it. And I'm not gonna, you know, go out and do all the things that try to make me look like I'm 30 because I'm [00:06:00] not. I want to just live the age that I am well. But it's going very fast.

And it feels like sometimes the, the-- when our chapters become memories, you know, our first reaction is often sadness. And I have really experienced that. You know, I really experience sadness. You know, - like when our, when our kids left the, our home and they moved out, there was some sadness there. And I, I wanted them to come back, but I knew that wasn't gonna be the best for them. You know, I knew they had to move on, and my heartstrings were stretched and, you know, now I'm, I'm just reliving that all over with my grandchildren.

It's, it's just, it's just the different seasons of life that we walk through, and -- it, it can bring some sadness when we look back and, and wish what we had was still here. But it's... I, I just appreciate, just appreciate the memories that we have, right?

But today, we are talking [00:07:00] about this. We're talking about why is time going so fast, and what we can do maybe with a different perspective. What can we do? Not to be sad all the time because we know that, you know, God doesn't want us to be sad. But we're gonna look at a different perspective and maybe a shift, a reframe for our brains.

But I found this verse in Psalm chapter 90, and it's verse 12. And I think this is gonna really help us today. It's, "Teach us to number our days, so that we may gain a heart of wisdom." Hmm. Teach us to number our days. What does that even mean? So we may have a-- We may get a heart of-- -- -- gain a heart of wisdom. What does that even mean, gaining a heart of wisdom?

Well, I kind of spent some time just looking at this, uh, trying to understand, trying to figure out, okay, God, what are you saying to us here? And, and I, I've,

I've come to the conclusion that the teach, teach us to [00:08:00] number our days. You know, this is just simply asking God, you know, pleading with God for, for help to recognize the shortness and the, even the fragility of our lives here on Earth. We all know that our time on Earth is short.

This doesn't mean, um, you know, literally counting the days we have left because we can't do that. We don't know how many days we have left. Only God knows how many days we have left. But it's more so acknowledging that our time on Earth, it's limited. And acknowledging that and then using that to treat each day as the precious, non-renewable gift that it is. I think that's what it means to teach us to number our days. To understand that we aren't always gonna have today, and so how will we use it in a good way? How will we use it to [00:09:00] glorify God? Because we can't get it back. And, uh, I think this is just all part of it. Just all a part of maybe just recognizing that and then also saying, "Okay, what can I do with today?"

So let's look at the other part. That we may gain a heart of wisdom. Um, true wisdom, you know, comes from God, right? It comes from, from God, and when we gain His wisdom, I believe that that's the best wisdom we can-- We can't-- We don't want the wisdom of the world. We want God's wisdom. And, um, realizing that our time on here is short, it's, it's to understand that life is temporary and it changes how we view our priorities. It changes how we live. It changes how we, um, we act every day.

Yeah, having a heart of wisdom means living out God's truth. So we stop wasting time on [00:10:00] trivial and selfish things and selfish gains and instead focus on the things of God. Things that last. Living out our faith and serving others.

I just absolutely love that verse. Again, it's Psalm 90, verse 12 Take time today and look that verse up if you, if you have, if you can make a moment to do that. But I, I just appreciate it because it's a short verse, but it is so powerful. Teach us to number our days so that we may gain a heart of wisdom. Numbering our days, gaining a heart of wisdom. Hmm. Makes me really stop and think about how I'm living each day.

But what if we, instead of we, you know, we're, we're questioning why is time going so fast? Why are we, why are we feel like it's just spinning out of control some [00:11:00] days? Or some days we feel like, like today, for example, I got up at 5:45, did the things that I do in the mornings. I had my time with God. I, um, journaled. I listened to a podcast as I got ready. I, uh, made myself a nice breakfast. I, um, took my time. I didn't rush, 'cause that's my focus this month, is

I'm not rushing. I didn't rush and I didn't get down to my office till, like, 10:30. And I'm like, "What is going on?"

Um, but the days go so fast, is what I was trying to say. The days go so fast, and then the days turn into weeks, and the weeks turn into months, and the months turn into years. And I know you can understand probably what I'm talking about.

But instead of asking why, maybe why time is going so fast, what if we change the question? Instead of where is this time going, [00:12:00] what if we could ask another question instead. Like, how has God been faithful? How has God been faithful? Because the days that have passed, they weren't lost. They're not lost. They, they were filled with God's presence. They were filled with His provision. They were filled with His grace, His laughter, His, His, His people that He's put in front of us, and the sometimes almost invisible work in our lives.

It's a, um- It, it-- God is in every single, uh, every single moment of every single day. Those days weren't lost that we've already lived. My nose is really itchy. Sorry about that. They weren't, they weren't lost. They're not lost. We lived them. God was in [00:13:00] each one. And it's really easy to get sad about the times that we've, we've already lived through. That, the, the days that we've lived through that we want to go back to.

But what if we instead were sorr- uh, were sour- sorrowful for those past days? What if we really just saw God in them? We can look back and we can see, yeah, all those years of raising kids, God was in each one. And then, like, we can start to recall some moments that we can just appreciate, that we can notice God's faithfulness. And I, I'm grateful for those things. I'm grateful for those times. I'm grateful for the days, even though they felt like they went fast, I'm grateful I got to live them.

You know, time's gonna continue to move forward. Summer's gonna become fall. Children's gonna-- children, our children are gonna grow, and new [00:14:00] chapters are gonna begin. But every ordinary day is another opportunity to experience God's goodness. But are we noticing God's goodness? That's the key, I think, in slowing life down, is noticing God's goodness in every single day, in every single moment.

Like right now, let's just pause right now. What of God's goodness do you see right now? What of God's goodness are you noticing? And sometimes it does take just a moment of pause to be aware of it.

So for example, right now I'm looking around. I am seeing evidence, excuse me, of God's goodness. The sunshine outside my window, the green grass, a couple plants that I have in my office. I'm seeing God's goodness in, um, pictures that I have on my wall of my [00:15:00] family. I'm seeing God's goodness, um, just being here with you.

Where are you seeing God's goodness today? I'm gonna get to this in a minute, so I don't wanna get ahead of myself. But just keep that thought there for a minute. Where are you seeing God's goodness today? Look around. Answer. 'Cause God's goodness is around you, and it's in you.

But I'm, I'm trying a few things this, this month because, again, I feel like life is just going by too fast. I don't want a- another season to slip by without noticing God's faithfulness and God's goodness in my life. So I, I'm trying, uh, I don't even know. I've just been trying to, to do some different things in this, this month. I'm, I'm trying to pay attention to what in my life is, is good that has come from God. So again, I'm just pausing throughout the day, and I'm just trying to [00:16:00] notice God's goodness.

I believe that's a spiritual practice. Noticing. Because it takes me s- it takes me some intentional effort to do it. I believe it's a spiritual practice. I, I don't need to wait for the big, gosh, the big vacations or the big monumental milestones to see God's goodness. So I'm just asking, "Where is God showing up today? Where is He?" And I might ask Him, "Lord, where are you? Show me." And then my eyes see the things that maybe I've missed throughout the day, like the things I just mentioned.

I'm also working at saying yes to one less rushed moment. To where, again, I'm not-- I'm, I'm really trying to slow myself down. The other night, um... No, the other day. The other day, I was folding clothes, [00:17:00] and I found myself rushing. I was rushing folding clothes. Why am I rushing? I don't need to rush. I can fold clothes at a, a, at a good pace without rushing. Or taking my makeup off at night. I can rush through that because I wanna get to bed, but why am I rushing?

My constant pace could be rushing if I don't slow myself down. So I'm allowing myself maybe five more minutes on my back patio. I'm allowing myself to take the long way home. I'm listening instead of multitasking. And if you've been around here a while, you know how I feel about multitasking. I, I wanna call the friend. I wanna meet the friend for lunch. And I have been meeting a lot of friends for lunch and for coffee this summer, and it's been fantastic.

You know, -- our lives are way too short to live them rushed. [00:18:00] And the people around us deserve our unrushed attention and our unrushed selves. So I'm working at that, too.

And I'm trying to, to keep a record of God's faithfulness instead of just knowing how quickly that time is passing. And I've mentioned, um, ways I, I do that. Uh, I journal. I, um, have a journal at night that I share what happened in the day. If it's something I really wanna remember at the end of the year, I, I put it on a slip of paper and put it in our, our, our jar, our... i, I don't remember what we've called that jar. It's not coming to me right now. But our jar that has just lots of slips of paper. I gotta, I gotta bring it here and show you some time what that jar looks like. But every week, I sit down and, and write something on that, how I saw God or a thing that I wanna remember at the end of the year. So then at the end of the year, I'll open up this jar, and we'll read of all, all of the, the little [00:19:00] instances where we see God showing up or little blessings that we experienced.

Because when time feels like it's, it's flying by, I, I need to pause, and I, I want to write down the things that are important, like maybe a prayer that God answered or something that, that made me laugh or a conversation that I, I wanna remember or a, a significant way that God provided or maybe how I just saw Him in the day. Something so simple. And then instead of wondering where the year went, I, I'm gonna be able to see tangibly in my own handwriting where God was.

I'm also trying to choose gratitude instead of immediately wishing I could go back. This may be the biggest one. Because when I catch myself saying, "Ah, I wish I could go back," or, "I [00:20:00] wish," whatever that has to do with time fleeting and the passage of time, I pause and I say, "Thank you, God, that I got to live that."

And that right there has been a key for me. Do you see the reframe? Do you see the difference? Instead of saying, "I wish I could go back," we could say, "Thank you, God, that I got to live that. Thank you, God, for this memory. Thank you, God, for allowing me the opportunity to have that moment."

Instead of wishing we could go back, what if we just thank God that we got to live those moments? Instead of focusing on what's behind us, we can thank God for His faithfulness in every step of our, of the way, in every step of our journey.

Isn't that, isn't that what it's all about, right? We don't need to always think, "Ah, time is going [00:21:00] so fast, and I'm gonna... You know, I miss this. I've-- We've already gone through six months of the year. Where has the time gone?" What if we just said, "Lord, thank you. Thank you that I got to live the last six months," and start thinking about those things that you have experienced in the first six months of the year. I think this reframe totally changes everything.

And yes, we're gonna talk about this too, that time does, does go fast. We really can't do much about it. But we can, we can react to it in a different way and put it in a different perspective, thanking God for what we were able to experience.

And I'm, I'm asking myself some questions too, and I, I wrote these down because I, I wanna, I, I wanna tangibly answer them as often as I can. Um, what do I wanna remember about this season? Do I wanna remember me being rushed, me being stressed? Or do I wanna remember the quiet moments, maybe [00:22:00] sitting outside with my husband or the walks we take at night, or the moments I get with my grandchildren that I know I'm never gonna get back? What do I wanna remember?

Another question I've been asking is, who do I wanna spend more time with? Like I - mentioned a minute ago, I have, I've had a lot of coffee dates. I've had a lot of lunch dates. And I have, um, I have kind of set those up, um, intentionally because I want some time with the people that I, I really want, that I really love and wanna spend more time with. And so I keep asking myself, who? Who do I wanna spend more time with that I haven't done that yet with? Or even more family gatherings. I wanna spend more time with my family too. So that's been intentional. I wanna remember those moments. I wanna enjoy those moments and look back on them with thankfulness.

And then the other question that I keep coming back to is, where have I [00:23:00] already seen God's faithfulness this year? And this is something that we can look back on. I mean, my husband and I did this just the other night. We looked back on the last two weeks because I hadn't written anything in that jar for a while, and he helped me remember some of the things that I forgot. But writing them down kinda makes them a, a mark that you're not gonna forget, a memory that you won't forget. Because we know at the end of the year, when we look at these things, we're gonna be like, "Oh, yeah, I remember that now." Where if we never would've wrote them down, we might not have remembered them and, and, uh, seen of all of God's faithfulness.

Because God's faithful every single moment, right? He's with us. He's guiding us. He's leading us. And we definitely see His faithfulness when we pay attention to it and mark it down, write it down.

So the next time you and I, we catch ourselves saying, "I [00:24:00] can't believe how fast time is going", let's do something different. Let's pause and let's remember saying something like, "- look how faithful God has been. Look at what He's done. Thank you, God, for allowing me to live this moment". Because gratitude helps us recognize that the very reason that time feels so precious is that God has filled it with His gifts. And no wonder we wanna go back and relive them. And no wonder we want to stay in the moment and live it right here. We don't want it to pass because it's filled with God's gifts to us. Gosh, He's so good to us, isn't He? He is, and I absolutely appreciate the fact that He is always giving us His gifts. But how many times do we miss it?

-- And we don't need to feel [00:25:00] bad about time going by so fast. We don't need to feel bad that we long for the old days. But, but let's have a new perspective with living for today, living right now, living with these gifts that God has given us now. What a difference that makes. What a difference that makes.

You know, you, you probably can't make, make time move any slower, and I can't either. But we can choose how we will live the time that we're given. We can fill it with gratitude instead of hurry. We can, um, fill it with relationships instead of regret. And we can fill it with awareness that God has been faithfully, faithfully walking us through every single day. Every grand day, every ordinary day.

I pray that this has encouraged you today. I pray that this has inspired [00:26:00] you to look at time in a whole different way, to see God's gifts that are right in front of you, and to appreciate them and thank God for them. Whether you get a jar and you fill it with slips of paper, whether you journal, whether you do, um, coffee dates and lunch dates with people, whether you, um, whatever you do, find a way where you can notice God's faithfulness. Write it down. Put that somewhere. Write it on sticky notes. Put it anywhere, so you'll be able to see a tangible record of God's goodness in your life today and in the days to come.

And before we wrap up today, I, I wanna share something that, you know, it's been on my heart and I'm really excited about for a while, that, that I've been dreaming of creating a place where women can just receive some ongoing

encouragement to grow in their faith and, and be reminded that they're [00:27:00] not walking through this life alone.

I'm calling this The Abundant Life Mentoring Group because that's the only thing that keeps coming to me, that name. And it's, uh, uh, it's, it's still, still taking shape. But I'm gathering an interest list for women, uh, uh, or interest list of women who want to learn more, um, and maybe wanna to see what it's all about, um, even before enrollment opens. And, um, it'll be opening probably next month. But if this sounds like something you would enjoy, a space to be encouraged and maybe challenged and inspired and pointed back to Jesus in the middle of your real life, then I would love for you, would love you to add your name to the list. There's no commitment at all. Nope. It's just simply a way to be the first to hear what's coming.

And as I mention often, if you are looking for a more [00:28:00] personalized support right now, Abundant Life Mentoring is already available through one-on-one sessions with me, where we can just talk through whatever season you're in and seek God's direction together. You will find information for both in the show notes, and just know that I would love to connect with you.

So thank you for joining me here today. Let's look at time a little bit differently, and let's thank God for His good gifts in our lives. I am so happy that you're here, and I am praying for you today. I'll see you back here next time. Until then, God bless you.

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