

RISE UP AND SHINE – Episode #70: We Are A New Creation



FULL EPISODE TRANSCRIPT

Ashley

This is Episode 70. We Are A New Creation. You're listening to the rise up and shine podcast with Claudine and Ashley as an empty nester and a mom with young kids, we have both shared very similar and very real struggles. From chaos to coaches, we now help other women live an authentic and meaningful life. So tune in weekly for girl talk and tips on how you too can rise up and let your light shine bright. This is the rise up and shine podcast.

Hello everyone. And welcome back to the rise up and shine podcast. I want to start off with a very special verse in the Bible that is very dear to us. And it's going to set the tone for this episode and our topic today. And it is in second Corinthians chapter five verse 17 says, therefore, if anyone is in Christ, the new creation has come. The old has gone. The new is here. And today in celebration of upcoming Easter, we wanted to talk about being a new creation because of the resurrection of Jesus. We have this very incredible gift that we are a new creation, but because of his death, his burial, his resurrection, and we want to talk about what even practically that looks like in our own lives because Claudine and I both know we have done a lot of work in our lives and we have really transformed ourselves, really taking this verse to heart and even deeper in our own personal lives. And we wanted to share a little bit about that today with you listeners. And we also wanted to talk about some practicals that you can use in your day-to-day life to help you feel live, be your new creation and taking this gift to your life and just living it to the full yeah.

Claudine

Ashley, there's so much to this. There's so many layers. I remember, you know, I've been a Christian for almost 30 years or just 30 years, I guess. And there was such a transformation right at the beginning, right? There was so many things that I was doing that I turned away from right. Then I knew these are not honoring God. These are not Christ. Like I need to change from this. And so at the very beginning there was this big transformation, you know, no more was I saying curse words no more. Was I, uh, drinking to the point of being drunk? There are so many things that I changed, right? When I made the decision to follow Jesus and it was a radical transformation radical. And then as the decades went and as we share often here, there came a point for me about 10 years ago where I needed to transform again. And so we're talking about so many of the practicals and the principles that help us transform no matter what stage you are, if we're just learning about God, we're learning just about Jesus and celebrating the resurrection and the new life that he gives us through him. Or if we have been a Christian for quite a long time, and we're still looking to make some transformation, maybe in our marriages, maybe I've been a Christian A. Long time, but we really want to make a new change in our marriage or with our finances. Maybe we want to make a new change with our financial wellbeing? That's the word there's so many ways we continue to transform. It's a never ending journey. The Christian life, as we become more and more, um, conformed to the likeness of Christ. And so it's exciting to talk about this because it is Easter and it is a time of celebration, a time of newness, you know, I'm down in Southern California still. And today we are walking on our property and there was all these little tiny, tiny yellow flowers in our grass. And I'm sure they're weeds. I don't know what they are. They shouldn't be in our lawn, but they were really pretty, they were little tiny and it just felt so springy today. And it was just a beautiful day.

Weather-wise the sun was shining, crisp blue skies. And I was just like, it's just so much newness and I love it.

Ashley

Yeah. Claudine when I was 15 is when I decided to make Jesus Lord in my life. And I personally didn't feel like there was a huge transformation because I was always the good kid doing the right thing, doing what I ought to do. So I really noticed as I grew up and had more responsibilities, got married, had children, um, a house to take care of and you know, more relationships, friendships and all that. It, it, I really saw, Oh my gosh, my need for Jesus was it felt that much greater because now life was just that much more complex. And I had so much to balance and juggle and I didn't know practically how to do that. I wasn't equipped for that. And so I really saw how I was not living that life to the full, you know, in those points, in those stages of my life. And earlier, you know, when I was a teen, it was like, Oh, everything's great. And you know, and just happy go lucky. And you know, that was the attitude I carried. I was very positive and saw the good in everybody and did, did good, did the right thing and followed the rules. Right. And so, but really, as I got older, I, I really struggled. I really, really struggled. And so this, um, I remember coming out of my last bout of depression several years ago. And I remember when Easter came, I felt this, um, sense of gratitude. I mean, I've always had good the gratitude, but it was to a different degree this time because of the challenges that I was going through and the transformation I was going through, I just really understood the depth of the love that God had for us, you know, to have his son die on the cross and go through that abuse and insults in that horrible time and then raising for our benefit. You know, I mean, putting all of our sin on him and being able to raise up again. And so we have the opportunity to raise up to a new creation as well, you know, in Jesus. And it was just so spectacular because it was a deeper understanding and a deeper gratitude, as I mentioned for that. And for Easter, you know, I mean, Easter is just Easter just is so much more significant to me with what I've learned. And even these practicals we're going to share, you know, it's, there's so much that so many gifts that we have the ability to access when we do this work right when we do the work and we can really be that new creation.

Claudine

Yeah. Well, and I love what you shared. You alluded to John 10, 10, you know, that scripture, it says the thief has come to steal and destroy, but I, Jesus have come to give him life to the full. And I've shared that before I came to a point in my life about 10 years ago where my life was full, all right. But full of all the wrong things, full of depression and debt and disease and despair. And I knew there was a point where I knew Jesus did not come for this. This is not what he came for. This is not what he died for. He didn't live or die for me to have this kind of live life. And I don't believe that any of us were put on this earth to merely exist, right. Where you were meant to thrive, we're meant to fulfill our purpose. We're meant to become more. We're meant to be in relationship with God and to really live these full lives full of glory, to glorify him, you know, and in essence how we live our lives, who he is. And so for me, it was a radical change. The principles were there, the principles were in the scriptures and it was learning the practicals about how to make that work. And that's what we'll be sharing today, but it's so true. Like we

have the opportunity to live the lives of our dreams. We really do. God is our partner in this life. I mean, he's our Lord, but he also does just sitting on the couch. Like I don't sit there and wait for him to make my life happen. For me, he's like get up and do something with it, right? Like the good store, do something with your life, have a marriage that glorifies me and that what you dream of have children that you have relationships with great relationships, the way you dream of it, let's do it together. And I love that. And when I figured that out 10 years ago, it was revolutionary for me and my life has completely transformed. So it's really exciting. And Easter is a great time to celebrate that renewal, both the spiritual renewal and the physical, mental, emotional renewal that came for me much, much later.

Ashley

Oh gosh. Yeah. Yeah. I remember sitting by the poolside, um, with my family and I was just thinking, gosh, like by outward appearance, I have the quote unquote dream life, right. I'm married to a wonderful husband. I mean, we've had our challenges, but we're, you know, healthy. We have two healthy children, healthy, happy kids. Um, you know, I mean, I was able to stay home with the kids, be a stay at home. Mom. My husband has a great job. So, uh, but I remember just sitting there, you know, the sun was out shiny, nice and hot summertime. My favorite, but I just was like, gosh, I'm so unhappy. What, there is more and I was just racking. My brain, Jesus came so we could have life and have it to the full, but I'm not feeling that so missing, like what is going on? I don't understand why it's there. I just couldn't figure out how to feel it, how to grab it, how to, you know, access it and going through these scriptures that we're going to share also in just these practicals, it was such a huge transformation. And I got to this point, like I get it now. It was all over the Bible. I mean, God said it over and over and over what H what to do so we can have this freedom so we can have this peace, you know, and I want to break it down clotting to two different parts that we can focus on. The first one is the fruits of the spirit, right? When Jesus died and resurrected and he ascended to heaven, he brought us the gift of the Holy spirit. And then the other one I wanted to focus on was the mind of Christ. And so the fruits of the spirit, this is in Galatians five 22, three 23. It's love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self control. How many times have I not felt like I have self-control.

Claudine

And how many times have I not felt that I had peace?

Ashley

Oh, yes. You're right. So, I mean, really, if we think about this, uh, am I feeling those things? Do I really feel that right now in my life with what's going on? And that's a great question to ask ourselves, am I feeling these things? Am I being patient? Am I feeling love? Am I even expressing love? Am I filled with joy? Do I feel peace? Especially during the pandemic and you know, Claudine, I know you're dealing with a lot of stuff with your home and trying to stay at your home and you know, myself with having the kids here doing school and starting to be able to trickle into school now in person, which is great. But

especially when you go through hard times, are we still filled with peace? So our goodness kindness, there is a lot of lack of kindness going on in the world right now. And it is just devastating, right? Yeah. Gentleness. And that I took, even with my own children, am I speaking and loving them and behaving in a way that shows the gentleness. And really when you think about it, these are all characteristics of God. You know, our job is to reflect God's character. And so are we really feeling these things, the self control, a lot of that goes into coping as well. When we go through hard times or this pandemic that has been hard for probably all of us. I can't say all of us, my husband actually said it. It's been great for him. His life didn't really change much. Not too much for him. Exactly. Most of us, normal people. It was a huge challenge for us to deal with this law for the past year. But self-control, I was drinking more coffee or drinking more wine or eating more chips or watching too much TV or, you know, a lot of that stuff just to kind of relax, you know, quote unquote relaxed. But really I was just coping and trying to ignore all my uncomfortable feelings about the situation and trying to just kind of feel good, but what happens is we just feel good in the moment briefly, but long-term, we don't, we don't feel good. We're not feeling all these things. The fruits of the spirit. Yeah. That's all I have right now.

Claudine

That's such a great point. I mean, our lives are transformed by the Holy spirit and by the gifts of the spirit. And one of the reasons you and I do this show is because we had both been Christians for awhile. And all of a sudden we both hit walls and God was asking us to go deeper, deeper in our faith, deeper into our belief system. And you talked about having the mind of Christ. And we realized there was a lot in our minds that was not of Christ. And that's where the work had to begin. Right? There were belief systems, there were limiting beliefs and negative thinking, stinking thinking that we both had, um, unbeknownst, because it becomes so ingrained. It becomes our default way of thinking. And those Robbins said that love joy and peace that we want to feel that we should be feeling. And I know when I hit the why I had to dig really deep and figure out what is going on, how did I get here after being a Christian for 20 years? Why am I hitting a wall? Why am I not feeling any of these things? And I was sharing this with a client recently, we were talking and I was sharing my story and just how it was so difficult at the time I was surrounded by a lot of well-meaning women. But the answers were like, are you praying? Just have faith. And those weren't practicals like, yes, those were great points. Absolutely. We need to be praying. Absolutely. We need to have faith. But meanwhile, I felt like it was drowning in my life and those comments did not help me. In fact, they made me feel worse. I was like, okay, now I'm not even doing this, right. I'm not even being a Christian correctly, apparently because you know, they're giving me the most basic answers and they must think I'm not doing that. After 20 years, I was like, believe me, I'm doing all these things. And I have faith in God, but my life right now has fallen apart. I don't know how to get up. I have fallen and I can't get up. And that is a really sad place to be as a Christian to be so depressed or anxious, or really struggling when Jesus came to give us so, so much to give this these great lives. Not that there'll be problem free. There will be problems in life, maybe trials and challenges, but we should be able to overcome them. And I didn't have the practicals. And I didn't realize that so much of my thinking and my belief system was already ingrained and programmed in me that I wasn't even aware of. And we talk about awareness all the time. Um, but I didn't even realize that. And so as a Christian, really, again, having the mind of Christ, you know, we talk all the time about Romans 12, two be transformed by the renewing of your mind. Our minds are renewed. The more and

more we read his words, that's what renews my mind and really identifying those things that are set against that. Which for me was plenty in there. There was so much, we talk about all the time, you know, the, the inner voice, the inner critic, constantly speaking in our year that we're not good enough or will never be enough, or, you know, all those things that most of us women struggle with. So there's a lot there and just having the mind of Christ.

Ashley

Right. And, you know, as you mentioned, our belief system, a lot of our belief systems keep us from experiencing the freedom in Christ. Right. You know, because it's not that it's not there. It's just, we keep ourselves stuck, you know, because we are focused too much on either these limiting beliefs or labels, even that were told to us, or that we tell ourselves because we're really hard on ourselves. Um, but we keep ourselves just, um, like sub-par, you know, we just, we keep ourselves down and keep ourselves back because of the things we've recite in our heads, but there is freedom. God doesn't want us sitting around beating ourselves up emotionally, you know, and saying all these horrible things. Like, he definitely wouldn't say that to anybody else, you know, but somehow we feel like it's acceptable to say it to ourselves for why it makes absolutely no sense, but we do. And we have been so ingrained, you know, our brains have just been conditioned to think that way, because we've done it for so long. And that's why sometimes it can feel impossible to even change that, you know? And, and you think about the word repentance. Sometimes that could be a really strong, scary a word, Oh my gosh, you have to repent because sometimes things feel good or we like it. Well, I don't want to give that up. I don't want to give up watching TV all day long. You, I don't want to give up snacking on my chips, but the belief behind it, or the reasons why we're doing those things is really what we need to address. Those things are really just symptoms, right? Of a deeper heart issue that's going on. And if we want to experience the fruits of the spirit and this freedom and this life to the full, these are things that we're going to have to kind of, you know, throw off of ourselves and really work on and do the hard work and be diligent and intentional. Because I mean, one of the things, even more recently, I was having a harder time with my self control. I thought I just had no self control. And it's like, no, I'm behaving that way because I'm telling myself I have no self control. So if I keep telling myself, then of course I'm limiting myself. Right? And I talk like this with my kids all the time and I build them up and encourage them. But for myself, sometimes I go back to those old patterns, those old habits, and we do that all the time. And so we have to remember that we it's there, the freedom, the fruits of the spirit, that life to the full is right there. We just have to do our part to be able to access it and feel it, and God will just make it flow overflow even.

Claudine

Yeah, it's so true. It, in so much that we believe is from our childhoods, maybe a parent or a teacher sibling, or a friend told us something. And now 20, 30, 40 years later, we still have that tape playing in our minds. And for me, that aha moment 10 years ago was wait, God said, I'm a new creation. I can be transformed by the renewing of my mind. Jesus came to give me life to the full. So whatever I learned between zero and 10 can be undone. And we talked about it a little bit, um, a week or two going about having a fixed mindset. A lot of times we think that we think, well, I was born this way, or this is just the

way I am. And so our mindset is fixed and that's the power that God gives us, that we have the ability, the power to change, change our mindset, change our emotions, change our behavior and be transformed and really live lives to the full anything we want. We can have, we have to work for it. And it's difficult to change, right? It's super uncomfortable. Our brains don't like change. They like comfort. They like ease. Um, they like safety and change can be difficult. I mean, it's scary. It's scary getting out there and having changed. My husband and I were just talking, you know, we're getting ready to transition back up Northern California full time. But a lot of things have changed. We're going to be living in a completely different area. A lot of our close friends have moved over the last few years where like, this is going to be really different. We're not just slipping back into what we had a year ago. Pandemic it's really different. And for the first time I usually do really well with change. Usually it's really easy for me. And for the first time I started going, Oh, this is going to be hard.

Claudine

Like I'm getting older and things are getting harder. It's not, you know, when you're in your thirties, Ashley, like you things you're a lot easier. But I was like, Oh my gosh, I'm gonna have to find a new grocery store. And then you post office and then you everything. And, um, it was the first time that I had a thought like, Oh, this is going to be hard. Like, we've moved so many times. I never look at it. We moved to Tommy across the country. I'm like, Oh, this will be a piece of cake. I'm just going back. But I'm going to be like 20 minutes from where I was living. I'm like, Oh, this change is hard. Right. But it's not as hard when we lean on God. And we have him in his word, it's much harder when we try to do it on our own. But with him, all things are possible, right?

Ashley

Yeah. And when we focus on, this is hard, this is hard. This is hard. It, it does just keep us stuck. Right. I remember having a conversation with you and you helped coach me. You know, you're saying that you are overwhelmed a lot. You do you think that you're just reinforcing that to your brain? And so your brain is like, okay, we're, I'm overwhelmed. And then that's what happens, you know, by natural consequence, my behavior just acts overwhelmed and I'm like, I'm just going to watch TV, or I'm going to take a nap or I'm going to, and of course those aren't necessarily bad things. That's not what we're saying, but we do see, we can see something as being hard and fixate on that so much, because it is uncomfortable because we have to push ourselves because maybe we don't feel like we can do it, you know? And so then we just keep ourselves held back and really, we just need to shift that focus. So repent means, you know, from the Greek, the word is metanoia and it just means change your mind. Right? The, it doesn't have to be this big, scary thing. Oh my gosh, I'm giving up this and I'm giving up that. And it's just changed your mind, you know, change your mind because what happens is then your heart will change and you will feel better and you'll feel more joy. And your fear, you'll fear. You'll feel more peace. You know, you'll be more gentle and your behavior is going to follow suit too. You're going to start making better choices that serve you and the people around you. It's just like this natural order of things. And God said it all over the Bible. And I think when I was going through my personal transformation, it just was like, Oh, all these scriptures popped up that I had known and memorized. I'm

like, Oh, so I'm learning all the scientific aspect of it. And now this scripture pops up and Oh That's exactly what God was telling me to do all this time.

Claudine

And that's what we both do in our practices with our clients is we help align the PRA the practicals with baseballs to help align the science with the, the scripture and the principles have always been there. We're tying the practicals and the science to it so people can make lasting changes. Right. And that's, what's so powerful because you know, you read these and some people might naturally understand them. I'm a little slow, like I needed memorize. And I'm like, I want this transformed life, but I don't know how to renew my mind. How do I do that? You know, and again, obviously reading the Bible is certainly part of it, but that alone didn't help me uncover those limiting belief systems that were holding me back. You know, I didn't know how to change my mindset. And that's where coaching came in. So handy. Once I had a coach, I was like, Oh, now I understand the practicals became very evident to me. And now I practice the practicals, right?

Claudine

Claudine that's a perfect segue into our practicals. So let's share with our listeners now are you're welcome. Thank you. Um, so let's share with our listener, our listeners, these four practicals, the first one, we say it over and over awareness. And if you listen to one of the previous episodes, I also like to say discovery because it's less intimidating, right? Awareness. Sometimes it can feel scary because we don't always want to become aware. And we really have to be honest with ourselves, you know, but basically just understand and discover your thoughts and discover how you feel in your heart, your emotions, and watch yourself and try and pick up on these patterns of behavior you have, or these thought patterns that you have when certain situations might happen. Right? So a lot of times what we do is we blame our circumstances. Circumstances are completely neutral. They happen, they happen to everybody. Everybody responds different, right? That's why we can prove they're neutral. The weather is what it is. The kids are doing virtual school. It is what it is, right. There's a lot of things out of our control, but we really have to focus on what are my thoughts about it. And, and we don't stop to do that a lot of times because we just go, go, go, and we try to just push through. Or sometimes we even just try to numb out and completely avoid, um, but really paying attention in discovering, okay, I'm really, these are my thoughts surrounding this particular situation. And this is how I'm feeling. These are the emotions. And it's so powerful to even label the emotions, be very specific. There's primary, secondary emotions. There's a whole lot of emotions. So even if you want a full, detailed list, you can Google that as well. But giving a name to the emotion that you're feeling is really powerful. And then watching your patterns, right. Your behaviors. Okay. When a happens, I feel B and then I go do see, Oh, okay. So when this happens, then, you know, and just really discover and without judging yourself, being kind to yourself, if there's anything, just please be kind to yourself, but really discovering and becoming aware. And the second thing is to challenge your limiting beliefs. Because by this time, hopefully you're going to be aware of what your beliefs are and what you think about yourself or other people or relationships, situations, you name it, but challenge them. It's okay to challenge them. What if that isn't true. I always

thought I was lazy. What if I'm not lazy? What if I was lazy? Because someone told me I was lazy. So then I started telling myself I was lazy. Right. And how simple, well, maybe I'm not lazy and we can really rise up and we can push ourselves and challenge ourselves to be greater, you know, and do greater things. We don't have to be stuck by those labels.

Claudine

That's a great one.

Ashley

The other ones, especially that we recite to ourselves a lot. And you mentioned one of them is too hard, right? This is hard. Or we say, I can't a lot. We say that often or another one could be I'm lazy. And like I said earlier, I have no self control. Well, that's not true. I'm telling myself it is, but there's a lot of those things. So those are some examples that you can start really paying attention to those patterns.

Claudine

Yeah. It's great to challenge those limiting negative beliefs, because maybe we were told when we're younger and it came from someone who knows what their perspective was, who even their motivation for saying that. I think I had, I think one of my parents told me I was lazy when I was little, but I think they wanted me to clean my room and I go like cleaning my room in the moment. So they're like, you're just lazy. I don't know. I don't even remember it. But I remember feeling labeled that, that I remember feeling labeled that way as well. And I remember in high school, I kind of flipped the other way. And then I was an over achiever, you know, then I had to Excel in everything, sports academics, which, um, that strive for perfection. We've talked about that before, where you just burn yourself out because you can't do it all. And I was trying to do way too much and do it all perfectly, which is not possible. And so I think I want it to be so detached from that label of laziness that I swung the other way in a really unhealthy way.

Ashley

Yeah. And then you could feel your worth comes from your achievements. Right. And then you feel like, Oh, this level of success, I need to achieve this. So I have value right now. And a lot of times, yeah, yeah.

Claudine

I might be in the hospital with exhaustion, but I am not lazy.

Ashley

It's so true. If we really kind of think about our past a little bit and how our home environment was or school environment, different things we experienced, we can, we can connect those dots. We can say, Oh, so I do this. Whether you are a workaholic or whether you're a people pleaser or, you know, whatever it may be. I am this because I think these situations happened. And so probably I might underdeveloped brain formulated these conclusions and okay, well then I need to do this. Like, like you, you know, you excelled to a point where it was unhealthy, you know, that's like, that's where you're getting your validation because you wanted the complete opposite. Right. But even that's just as detrimental to you as just telling yourself you're lazy and acting lazy.

Claudine

And that's exactly the point. We have to challenge those beliefs and really the only way to challenge them, just hold them up against the scriptures. You know, look okay. Someone may have told me this when I was young, but what are the scripture says? And that's part of our minds.

Ashley

Right. And I was thinking as well for myself. And I know many of us do that, do this is that we victimize ourselves. You know, this happened to me. And there are some legitimate situations that do happen to you by someone else's very poor choices or something that said to you. But I, and I like what you just said is comparing those beliefs up to the scriptures, which is our standard. You know, I mean, God, doesn't say those things about us. He doesn't tell us we're lazy. He doesn't tell that, you know, tell us that we're dumb or he doesn't tell us that we're ugly or unworthy or, you know, not valuable. And you know, he doesn't tell us these things. And so we, that's why challenging those beliefs are so crucial because there, and I'll just flat out and say it, there lies, right? The thief comes to steal, kill and destroy though. That's what he's trying to do to us, destroy us, destroy our self-esteem destroy our wellbeing, destroy our relationship with God and our families, our family look at the world right now, chaos ensues. There is anger, violence. I mean, people just hating each other for no good reason. And there's complete lack of peace out there. And it is so, um, just so poignant to see, I mean, this point, you know, I mean, we don't have to, we don't have to live in that. We don't have to be that, you know, um, so challenging our beliefs is, so is one of the most crucial steps to be able to rise up and shine and feel that life to the full, be living that life to the full and being all you were created to be, you know, so Claudine, the third one we're going to share is changing your mind, right? This is, we kind of talked a little about this. Repentance is changing your mind metanoia. And like you said, in Romans 12 two, be transformed by the renewing of your mind. And the scientific aspect of it is you're rewiring of your brain. And God has just designed us so brilliantly. And I am so thankful for neuroplasticity, how we can undo a lot of these conditions that we developed, you know, that we bought into these limiting beliefs or our certain patterns of behaving and coping and thinking. Um, we don't have to stay there. We can change that. You know, we can change our mind. We can change our life. We can change our trajec trajectory in life. We can change our relationships. I mean, my, I say this all the time, my marriage changed when I changed and it wasn't like that. I was the problem and taking all of the responsibility. It's not like that. It was that

I changed my perspective. I changed the way I saw my husband, the things I believed about our relationship and it completely changed. And then I was just in a much better head space that when we argued, I didn't take it so personal. And I wasn't going falling into that codependency trap or the people pleasing or the nagging him. Are you mad at me? Are you okay? Is everything okay? Did I do something wrong? Like really? I was like, wow, that was interesting. But I didn't have to do that stuff anymore because it's like, okay, well I feel good. And you know how I approached it or my attitude. And I'm just going to pray and just give it up to God, because what we tend to do a lot of times is the other person is our enemy. You know, the other person is not our enemy. The enemy is the enemy. Right. But he is so crafty and turning us against each other. And so really understanding how we can change our minds, how we can have a new perspective, uh, you know, even that just is a new creation the way we think yes. Is a new creation. And so also how we talked about how God says it very plainly to us, right. And Philippians four eight. I just love this verse because it's very practical. This is probably one of the most practical scriptures that I have read. And it says, finally, brothers and sisters, whatever is true, whatever is noble, whatever, right? Whatever is pure, whatever is lovely. Whatever is admirable. If anything is excellent or praiseworthy, think about such things, think about such things, right. And then whatever you have learned or received or heard from me or seed in me put into practice and the God of peace will be with you please.

Claudine

Well, you know, that's our, that's one of our theme scriptures with our coaching practices, for sure. It's one of the mainstream practicals. It certainly would help me transform my life when I started challenging those thoughts and comparing them, holding up, up to the Bible and the standard. And is this true? And why my thoughts, I realized this is not true. Is it noble? No, this is definitely not noble. Is it trustworthy? Nope. Not trustworthy in once I started challenging my mind, my mindset and the things that I believed it was transformative. It really was. And again, holding it to the scriptures, like, what does God say about me? You know, what does the one who is perfect? Who, the one who is good, who is merciful and sovereign and Holy, what does he say about me? What does he want for me? What does he say I can do and have with this life? That's what I started choosing to believe.

So Ashley, there's so much here. We've covered a lot. You know, we're looking at Easter here, celebrating the resurrection of Jesus. Who's given us, eternity, the opportunity to spend eternity in heaven with God to have these new transformed lives, both spiritually. And of course, physically, emotionally, mentally, while we're here on earth to really have lives to the fall, to be able to really rise up and shine. That's our hope for every listener that she or he could rise up in shine in their lives and really bring glory to God. And so my challenge is choose one thing you'd like to transform, you know, think if it's your marriage, your finances, your relationship with your children, anything choose one thing you'd really love to transform and go after it, believe, use the practicals believe, pray, meditate, and really make this a season of transformation

Ashley

And I know we've talked about Romans 12 two, and I want to read the message version as we close out here today, it says, so here's what I want you to do. God, helping you take your everyday ordinary life, your sleeping, eating, going to work and walking around life and place it before God, as an offering, embracing what God does for you is the best thing you can do for him. Don't become so well adjusted to your culture that you fit into it without even thinking instead, fix your attention on God. You'll be changed from the inside out.

Claudine

Right? So listeners, we're so grateful you joined us today and we wish you a very blessed Easter and an amazing transformative life till next time.

Ashley

Alright everyone, thank you for joining in on our conversation here on the Rise Up and Shine podcast. If you haven't already, please take a second to hit that subscribe so you'll never miss an episode and while you're at it, share this episode with a friend who you know it can bless today. If you wanna visit us as well on our websites, you can catch Claudine over at claudinesweeney.com and Ashley at mindoverchaos.com our links are at the description. We also have some free resources there for you as well. So remember ladies, no matter what you are facing in life, it is never too late to rise up and shine and live your best life.