

# Faith and Heart Podcast: Episode 005 Transcript - The Slow Process of Becoming

## INTRO

[MUSIC PLAYS]

Hi, there. My name is Madison Aichele, and I'm a writer with a passion for sharing honest and encouraging reflections about God's character. This podcast is for the woman courageously choosing faith and heart in a world driven by sight and success. The woman who wants to live with an awareness of God's kind and steady hand moving through what seems ordinary, making it extraordinary. The woman who wants to experience the unhurried peace of trusting God's plan, abandoning the race toward the "next big thing" and, instead, choosing to settle into the God thing. Get cozy if you can, lay your burdens down even if it's just for a moment.

Welcome to Faith and Heart.

[MUSIC FADES OUT]

## MAIN

Have you ever been asked to close your eyes and visualize a future version of yourself? She's usually further along, doing something you could only dream about now and a perfect picture of peace and prosperity. She's not afraid or unsure, much like you might be at this moment. It's encouraging to think you could be her one day. You hope you will be. But you open your eyes and look around. You're nothing like that perfect 'you.' There's so much space between the present and that picture in your head, and you wonder, could I ever reach that level, or will it only ever exist in my mind?

I understand exercises like that. I've been asked to do them in the past. It can be helpful to have a picture of who you want to be, where you want to go, and what you want to do. Direction can be a magical thing when held with open hands. But there seems to be this massive pressure, at least this unspoken rule that once you have the picture in mind, you have to figure out how to bridge the gap between now and what will be. That's where overwhelm steps in and says, "this can never be done. There's too much." A host of other unwelcome voices pipe up, like fear, doubt, and self-criticism. You can't see a way forward, and you wish you could close your eyes and live in the hope of what could be instead of where your feet are.

Friend, who you are right now matters deeply. Where you are on your journey is part of the slow process of becoming. There are no quick fixes, no shortcuts that give way to sustainable and

long-lasting growth. You are who you need to be. That woman who lives in your head? She might seem magical, but you are exactly what we all need. Not the perfect version that skipped the hard work, the devastation, the rich joy, the leaps of faith. We, the world, need you in all of your lived-in wisdom, the one who had no choice but to trust the slow work of becoming something new, a masterpiece signed by our Ultimate Creator.

It's easy to wish away all of our todays while we dream of our tomorrows. But there is good work happening here, growth that is priceless and couldn't happen any other way. Waiting and trusting doesn't always look or feel glamorous. It's not always an easy choice to keep showing up diligently and faithfully, day by day, step by step. We don't have the same eternal perspective of our Father, who wrote out our name before the beginning of time, so we won't always understand the painfully slow growth or feel the significance of our mundane, everyday lives. Yet, we can trust the God who breathed life into our bones and placed us here, who stands with us in every season and says, "I haven't left you. I know waiting is challenging. Just grasp My hand and trust I'm always guiding. Nothing is ever truly at a standstill."

Becoming is slow. It's sacred work we get to partner with our Father in. It's a creative process that can't be hurried, or we'd topple to the ground. We can't skip ahead, or we wouldn't be able to handle the weight of our calling. No matter how insignificant it feels, every step we take now is foundational for what's to come. Be encouraged that God is with us in this space and journey of becoming even when the wait feels long and the dream too far off. Take a deep breath, let the perfect girl go, and trust that what God is doing in your life is much better than what's happening in hers.

## READING

[MUSIC PLAYS]

Before I go, I wanted to read a poem that's encouraged me in my own process of slow becoming by Pierre Teilhard de Chardin entitled *Trust in the Slow Work of God*.

Above all, trust in the slow work of God.  
We are quite naturally impatient in everything  
to reach the end without delay.  
We should like to skip the intermediate stages.  
We are impatient of being on the way to something  
unknown, something new.  
And yet it is the law of all progress  
that it is made by passing through  
some stages of instability —  
and that it may take a very long time.

And so I think it is with you;

your ideas mature gradually-let them grow,  
let them shape themselves, without undue haste.  
Don't try to force them on,  
as though you could be today what time  
(that is to say, grace and circumstances  
acting on your own good will)  
will make of you tomorrow.

Only God could say what this new spirit  
gradually forming within you will be.  
Give Our Lord the benefit of believing  
that his hand is leading you,  
and accept the anxiety of feeling yourself  
in suspense and incomplete.

## **OUTRO**

From the bottom of my heart, thank you so much for being here. Any second or minute that you spend listening to this episode I know is just so precious, and I just really appreciate your generosity with your time. And it is humbling just to know that you are here and that I have your attention, and I don't want you to think that I take that for granted. I know that is just a wonderful privilege. So, thank you for being here, and I will talk to you soon!

[MUSIC FADES]

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