

Faith and Heart Podcast: Episode 009 Transcript - Choosing Faith When You Want To Give Up

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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

What do you do when you feel like giving up? Inevitably, as you follow the call of God for your life, you'll have moments you want to give up. Walk away. Go back to what's been familiar and would be easier to manage than what you're moving toward. Choosing to stand your ground and move forward in faith isn't easy when you're overwhelmed.

God often asks us to walk into territory that feels out of our depth. As we navigate the turbulent waters of change and growth, we'll find we're not alone in the water. With each wave, we'll be hit by doubt. Fear. Imposter syndrome. Waves of inadequacy will wash over us until it's difficult to breathe. And during those moments, you have a choice. To trust God's guidance hasn't led you here just to leave you to your own devices and strength, or throw in the towel and head back to solid ground.

What will you do?

Giving up can be tempting for several reasons. One, when things feel too difficult and outside of your capacity, you'll want to run back to familiarity. Something easier and more comfortable. Two, you'll feel the sting of waiting to see the fruit of your efforts and wonder if your turn will ever come. Whatever the reason, it's a decision that has to be viewed through the lens of faith.

Feelings will often point us in the wrong direction, so to be wise, we must seek the Father. He will guide us in the way we should go. I wish I could title this episode something like how to not have bad days or how to always have strong faith, but as imperfect humans living in a broken world, that's not a realistic or possible expectation. We'll have bad days, days when life knocks us to the ground and we just want to lay there. We have to take them in stride, not allowing emotions to dictate our long-term decisions, but instead turning to the Father and intentionally choosing faith.

I think there's a common misconception that faith should naturally rise to the occasion, filling your heart with the strength and wisdom you need to make the right choice. But I'm reminded time and again that faith is a choice. More often than not, it's the choice that goes against the grain of what feels comfortable and natural. And that's ok. I think it's more honest to admit faith seems to flicker on and off. Sometimes it's radiant and strong, other times it feels like barely enough. What I'm learning is that barely is enough. Through God's grace, that faint light will break through the dark clouds of doubt that settle over us at times. But you have to choose to lean in and allow His grace to sustain and fan the flame of faith.

If you find yourself in a season that looks more like the flickering faith in need of grace, I want to encourage you to not give up. Keep going. Rest if you need to, but continue to choose faith, turning to the Father in total trust and dependence. His character is unfailing, and while our strength may fail us, His kindness never will. He wouldn't guide you here to let you fall. He's upholding you with His right hand, guiding you in love and with care. The weight of the world doesn't rest on your shoulders, it rests in His hands. You can rest there, too.

READING

[MUSIC PLAYS]

Before I go, I want to read from Isaiah 41. These verses have brought me comfort during my own season of flickering faith and facing the temptation to give up. I hope it offers you the same gift of peace it's given me.

Isaiah 41:8-13

But you, Israel, my servant, Jacob, whom I have chosen, the offspring of Abraham, my friend; you whom I took from the ends of the earth, and called from its farthest corners, saying to you, "You are my servant, I have chosen you and not cast you off"; fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Behold, all who are incensed against you shall be put to shame and confounded; those who strive against you shall be as nothing and shall perish. You shall seek those who contend with you, but you shall not find them; those who war against you shall be as nothing at all. For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you."

May these verses bless you and remind you who is with you, holding your hand. He's chosen you for this moment, for this task. You are His faithful servant whom He loves and upholds.

OUTRO

Thank you so much for being here. I'll talk to you soon.

[MUSIC FADES]