

Podcast Episode 001 Transcript - Welcome to Faith and Heart

INTRO

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's seemingly 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.

MAIN

I'm so excited to be sharing this podcast with you. I've wanted to podcast for a long time, I even tried and failed miserably a few years ago by posting one episode and never doing it again. I think some part of me was always waiting for what felt like the perfect idea. I haven't felt at home in the podcast ideas I've had in the past.

There's been a tugging at my heart to put this idea into the world. I've had some really wonderful conversations with women who are choosing a life of faith and heart, instead of prioritizing a prescribed or expected path to success and fulfillment. There's so much pressure to collect achievements like trophies and lay them out so the world can see. And it makes us want to pick up our pace and get to the next thing, easily missing what God is calling us to right now. I'm guilty of it all the time.

My motto so to speak about choosing faith and heart is both a way of life and reminder that it's a choice we can make every day. The journey won't be perfect, we'll all get caught up in the race again, but that's the beautiful thing about God's grace. He gives us the opportunity to choose faith and heart as many times as we need. To slow our steps, look up, and recognize what He's doing.

What He's doing or calling us to won't always look shiny and monumental, and that's ok. I'm learning He's always moving in extraordinary ways through our everyday, ordinary faith. Doubt and criticism will try to convince us otherwise, but if we can direct our eyes upward, we'll be met by our kind Father. His hand will be outstretched, offering rest the pursuit of the next big thing won't offer.

And that's what this podcast is all about. Finding God's goodness as we continually choose faith and heart. Recognizing the miracles found in everyday things. And sharing encouragement through relatable stories that remind us we're not alone in the challenges or doubts.

I'll release new episodes every other week. If you want to stay up to date, you can subscribe wherever you're listening. And leaving a review would mean the world as a creator putting vulnerable work into the world.

Before I go, I wanted to share something I wrote during my daily writing routine time not too long ago. That space to write often becomes an outpouring to God, and this passage felt no different. It's honest and hasn't been edited, but it feels like it wasn't just for me. So, I offer these words to you, friend:

In the valley, I look to the mountains and wonder when it'll be my turn. I see their peaks, glistening in comparison to my dimly lit surroundings; the depths of a cold and dark winter aching for the hint of the coming spring.

With eyes closed, I stretch my hands out in search of something solid and sure. That's where I find You. My hands, worn and weak, are grasped by Yours, unwavering and warm. I trace the lines etched in Your palms and find eternal love. The valley shrinks in comparison to Your grandeur. What do I have to fear? I'm held by something greater than myself. My feet falter, my knees tremble, but You are steadfast.

I fall but am quickly caught by Your grace. You set me upon solid ground. I open my eyes and look around; it's the same valley but Your light is here now. I see water, gently flowing. Green pastures stretch beyond the horizon. With one breath, You created this for me. I still feel it echoing in this place, once dark now exploding with life and hope. That's who You are. You are brilliant light, exploding with an eternal ache to create and orchestrate – to draw my eyes heavenward for a touch of divine perspective.

When I find You, everything changes. The valley's shape isn't altered, but Your presence fills the emptiness with something profound. Hope. And it's Your hope that feels like a fresh wind, shaking the darkness until it falls away.

I pull my eyes away from the mountains because I want to experience what You're doing around me. What You're transforming within me. You're not interested in or moved by my altitude. You want me to be richly and deeply aware of how You're moving – in the valleys, on the hills, on top of mountains.

Glimmering peaks are nothing if I make the climb with eyes closed, missing the still waters and green pastures. I breathe deep and squeeze Your hand, still wrapped in mine. I whisper, "I'm here, Father. I see You." His gentle breath sweeps over me with a promise, "I'm with you, beloved. I always will be."

Thank you so much for listening! I'll talk to you soon.