

**All quotes are from Michelle Myers or Somer Phoebus unless otherwise noted.**

Burnout. It's happening and it's real. Encouragement? Advice? (Michelle)

Class Archive: <https://sheworkshisway.com/blog/2020/05/realtalkgrowweary/>

If you feel burned out, test your tired.

Galatians 6:9

There is always going to be a temptation to tire in doing Kingdom work.

Where is your tired coming from?

Are you tired from doing God's work?

Are you doing it in your own strength or His?

You need rest because you're human.

It is harder sometimes to go slow than to quit. - SP

Sleep and Sabbath.

I feel like it's really important that my teenager knows why I believe so differently about certain things than culture, but every time I try to share, it is met with anger and almost seems to push them further away. I am trying so hard to do it with love, can you help me know how to have a conversation that won't end so badly every time? (Somer)

More than my words, how we meet our children in conversations like this - there is a posture that can disarm them immediately. It's a posture that won't feel completely natural unless your child is completely surrendered.

Your surrender will create your posture.

You fake the posture, you keep working on your surrender.

Questioning and doubt are not bad things.

Doubt is part of the journey in growing closer to God.

We get tolerance and compassion confused.

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If the Bible says no to it, I can say no to it too, but I can still be compassionate.

1. Stay calm.
2. Play it cool.
3. Love big by listening well.

In ratio of words, it'll be 1 to 10.

You need the love of Jesus to ooze out of you when talking to your kids.

You're not going to change their minds.

Ask the Holy Spirit to do the work.

We meet poor behavior with discipline.

If we don't listen, they will talk it out with someone else. - MM

I know you answer this all the time... but I feel like social media changes so fast that your answer may change... what would you tell us to do if we're social media frustrated but have to show up there anyway? (Michelle)

You can do what you've been called to do without social media if God hasn't called you to social media.

You have to answer to the Lord.

Obedience is never about comfort or preferences.

If God has called you there and you don't show up, it's disobedience.

You can't outrun the Lord.

Take your focus off of all the things that you think it has to be. Lay it down, show up and let God work simply because you're available.

I'm tired of playing scared, God is showing up on stupid social media and I am here for it.

Social media with the right mindset and letting God work, can be boots on the ground because God is bigger.

My husband is not interested in praying together or talking about his walk with God but I really want to. I think it's important. Should I keep pushing? (Somer)

Pushing is not effective.

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Think about why your husband might not be comfortable praying together, etc.

Think about how you're approaching the conversation.

Ask him to pray for you about \_\_\_\_\_.

I have zero issues doing the work God has called me to do. But I cannot stand marketing myself. But if I don't market myself, I feel like I can't do the work God has called me to do. How do we obey God in this tension? (Michelle)

Obeying God is the most important thing.

It's a good thing that promoting/marketing yourself is uncomfortable.

Staying uncomfortable is the Holy Spirit's protection against our own pride.

Ask Him to show you when your heart is not right.

My husband and I's parents both expect us to take vacations with them and show up for all of the holidays and as much as I love them, I'm exhausted trying to make the calendar work. I have 3 kids who each are involved in different activities and it's getting harder and harder to please our families. And is it wrong that when we do have free time I really want to spend it as a family, just the 5 of us? (Somer)

When your kids are adults, you can make their life easier or harder.

Have an honest conversation and present a united front with your spouse.

Prioritize your family time as a family unit.

What's one of the most powerful ways you've seen God show up in your life lately?