



Black and White: Radical Grace, Raw Truth, and Real Hope in a Gray World
Podcast #3: Loving Self Biblically
Denise Pass & Micah Maddox

Denise

Hey there, welcome back to Black & White, where we speak radical grace, raw truth, and real hope in a gray world. I'm your host Denise Pass with my co-host Micah Maddox, and we're so glad you joined us today. Well, we've been talking about Biblical love this month, and today we wanna talk about "self-love". This is a tough topic isn't Micah?

Micah

Yeah, I agree. It's a hard one to conquer.

Denise

Well, I think it's because there's extremes in our world. There's self-love that can often have pride associated with it, and there's even self-hatred that people have, and so what does it look like to love oneself? Well, we have a little glimpse into what Scripture says in Galatians 2:20, "I have been crucified with Christ. It is no longer I who live but Christ who lives in me. And the life I now live in the flesh, I live by faith and the Son of God who loved me and gave Himself for me." And Micah, what do you think about self-love?

Micah

As you read that verse it just totally hit me. You know, if I... if Christ is truly in me, which He is, if Christ is in me and I am loving myself, I'm truly loving Christ.

Denise

Hmm. Amen.

Micah

Okay? So, as we kinda look at self-love, and we think about what the world thinks about self-love, and what we as believers would think about what self-love is, we've got to realize there's a big contrast there.

Denise

Yes.

Micah

There's a big difference between what the world says self-love is and what we would say self-love is. And then, we have to realize too even in our circle of believers there's gonna be believers who are gonna get this mixed up a little bit.

Denise

Hmm.

Micah

So, it's controversial I think because self-love doesn't necessarily mean what we immediately think in our minds. So, immediately when we said self-love in the beginning, some people are gonna be like "Oh that's just a selfish worldly thing.", okay?

Denise

Yes. Yes.

Micah

Right, because they're gonna think a manicure, a pedicure, let's get a coffee and have a day at the spa? Right?!

Denise

Ha ha ha

Micah

Self-love. But that's not what we're talking about today.

Denise

No. I think, really, it's about finding our identity in Christ. You know, we were just reading that verse and what we really have understood that it isn't any longer living for Denise and what she wants, or Micah and what her desires are. It's a submission to God to say "Lord, how can I live this life for you?". But there is a "care" component.

Micah

I agree. There's a huge "care" component, because if we are not taking care of the body that God has given us, the mind that God has given us, the spirit that we have within us. If we are not caring for those things we are not going to be able to function, right?

Denise

Yes.

Micah

So, how do we do that in a way that's honoring God, that's glorifying God that's NOT selfish, right? So, somethings I've learned in my life, some of the biggest things, is rest, right?

Denise

Yes.

Micah

Rest is so hard, especially for moms, for women.

Denise

Convicted!

Micah

If you have any list of to do's it's hard because we want to get things done, we want to succeed, and we want to really live a life that shows that we have purpose, right?

Denise

Yes. Yes.

Micah

But, we can't really be our best if we're not resting.

Denise

It's so hard to prioritize that I think because we have the mentality that that's lazy.

Micah

Hmm.

Denise

I know growing up I was not allowed to just sit on the couch. There was constantly this emphasis on "You've gotta be your worth comes from all you did." So that might be part of my personality now. I'm not sure! But I've had to work at resting as funny as that seems, and for me it starts at the beginning of the day what is the first thing I do, and I choose to sit before God. If I don't do that, and I've had days where I don't do that, my day is a mess. But the best self-

care for me is sitting before the Lord, writing in my journal and asking God "What do you have for me to do today, God?" And that is a place of rest, I cherish it.

Micah

Yeah, I think it's valuable. I think it's SO valuable. I do know also there's gonna be people be like "Really Denise? I don't have a second to spare in the morning. Right?"

Denise

Mmm hmm.

Micah

Because as soon as I get the up the baby's crying and needs to be nursed, or my kids are running down the hallway and can't find their shoes for school. The mornings are nuts, right? So, I have been through the seasons of crazy where the morning just isn't the time where I can rest, right? And you're up all night and so in the morning the first thing you wanna do, yeah you wanna rest but that means sleep! Ha ha!

Denise

Ha ha! 8 hours!

Micah

Right, right? So, I think we need to evaluate each season of life, and find where is my place of soul rest, right?

Denise

Hmm. That's really good.

Micah

Where is my place of physical rest, mental rest? Where in my life can I fit this rest in? Because God wants us to rest.

Denise

Yes.

Micah

"Come to me all that labor and are heavy laden and I will give you rest." He wants us to take His yoke of Him so that we can learn of Him, right?

Denise

Yes.

Micah

The only way we can do that is if we slow down a second. So, whatever season of life you find yourself in, you've gotta figure out "Where can I find that rest?". For me, in the early days of

motherhood, in the late night in the middle of the night nursing season, my mom had given me a little devotional book and I think it was called "Start your Day Right.". But I would END my day right. So, in that late-night hour after I nursed the baby at like 11 o'clock or midnight, I'd put the baby down, I'd open that little devotional book and it had one little verse of the day and a thought, and that was my season. My little moment of rest for that time of my life.

Denise

Yes.

Micah

And I could've easily condemned myself and said "That isn't enough, Micah. This isn't enough.", but in that season that's all I could do, because I had a lot of little people in my house that needed me all hours of the day and the night. Now I'm in a different season and still have a lot of people in my house that need me, but I'm able to get up and have some time in the morning where I can sit and journal and read. And I'll be honest, it doesn't always happen every day, right?

Denise

Right.

Micah

Let just uncover it. Let's just be real!

Denise

Ha ha! Just exposed!

Micah

Right!? It's okay to mess up sometimes. It's okay. I'm giving you permission to miss it every once in a while. The important part is that we go back, right?

Denise

Amen.

Micah

We get back to the Word. So we mess up, we miss it, don't just say I can't do it.

Denise

That's it. Cause Satan, he'd just love to condemn us, in that. But when you were speaking I was thinking of the wisdom in that it is where are you at in your life, and how does it fit into your life is so important. There's no condemnation, it's gonna look different for every person.

Micah

Yeah.

Denise

Think about, I think it's Psalm 90, where it says, "Teach us to number our days right that we may gain heart of wisdom." And so, there were times, I think...is it Susanna Wesley that used to pull her apron over her head?

Micah

Yeah, I love that.

Denise

That was her devotion time! And you know what? I bet that the community she had with the Lord was incredible. Because when we are present with the Lord, whether it is...for me a couple hours early in the morning or for someone else in the middle of the night when they're nursing, it's just about being available and saying "God, speak to me," and being in His word. It doesn't have to "look" a certain way.

Micah

Yeah, I think it's so valuable. A friend of mine recently posted on Facebook a post about self-care, and she really uncovered really... the truth behind what we are believing. We believe self-care is something that it's not. We believe that it's going and getting your hair done.

Denise

Right.

Micah

We believe that it's having our nails painted, right?

Denise

But those things are nice! Ha ha!

Micah

I love having my nails painted, I love to get my hair done, but that's not really where we're gonna find the satisfaction that we're looking for.

Denise

Right.

Micah

When we're thinking about taking care of ourselves, yes, we feel better when our hair is done, I feel better once I get my makeup on in the morning and I get dressed. Those are all wonderful things, but we're talking a little bit deeper today when we're talking about self-care.

Denise

Yes.

Micah

When we talk about self-care. So, we're talking to a deeper level of really your spiritual self-care. What does it look like? And as my friend shared her post, you know she kind of uncovered all these different ways that we think about self-care, from you know the way that you look on the outside, to going to the spa and I love going to the spa and there's nothing wrong with it, but what she said was truly the self-care in you is when we sit for her on her front porch with her bible open, lets the breeze hit her face, and listens to the spirit of God in her heart. That's when she gets satisfied.

Denise

Yes, and I think that self-care is a discipline. You know, and that's hard for our flesh. Believe it or not, our flesh may not want to take care of ourselves, but as you mentioned earlier, being used by God we've got to take care of ourselves. And that might mean the dreaded treadmill...ha ha ha.

Micah

Don't go there! Don't go there! No!

Denise

I have times where I'm so faithful, and you know and times when I am not. But when I choose to say I've got to take care of what God has given me. Physical training is of some value. So, I wanna be faithful to steward what God has given. We are His creation, we have worth that He has totally shown us, and so we have got to be stewards of that. And so that what self-care looks like. It is a choice, a discipline to be daily um stewarding the body that God has given us.

Micah

I think that's so good. You know, so often I think we look at discipline as like a bad word, right?

Denise

Hmm, yeah.

Micah

It has a negative connotation to it, but when it comes to this specific topic of self-care, discipline is just so valuable.

Denise

Yes

Micah

Because if we're talking about our mind, our body, our soul, any area of life, we're talking about our self. The only way to truly improve is to be disciplined.

Denise

Hmm.

Micah

If that means for my spiritual life, the discipline of reading God's word, of getting into God's word. We know what we need to do. We know we should read our Bibles. We know we should pray. But when we go day in and day out, and we set the Bible aside and we let it collect dust and we don't open it, we are forfeiting our self-care.

Denise

Yes! Yes.

Micah

Same with prayer. You know, prayer is such a simple thing that we complicate so much. And I look back on days where I didn't pray about things and I worried about them all day, and then I'm like "Lord, why couldn't I just say it out loud?", you know?

Denise

Yes.

Micah

Why couldn't I be disciplined enough to go ahead and speak the words to the One person that can give me the answers. Instead I held it in and I worried about it, and I'm forfeiting the self-care that is available to me. It's the discipline that's so important of getting into the Word and communicating with God. That's when we're gonna be able to truly accept and experience self-care.

Denise

Yes, and you know I also think for me, I learned some valuable lessons that self-care came out of trusting God to meet my needs. You know when, I remember years ago, believe it or not, where my budget was such that I really couldn't even get my haircut. And I would look at people who they just had everything done to themselves, and my nails were...well they were what they are now ha ha ha I haven't prioritized that yet! But I would sometimes spend out of my budget because I felt that's what self-care looked like. And then inevitably God would meet that need and I would feel convicted that I just should have waited on the Lord. He gives us what we need. So really, I've learned over the years what self-care is and what it isn't. And you know ultimately when we think about self a lot and we think about our insecurities; the enemy would like to keep us in bondage about self. But we no longer live! That scripture we shared in the beginning, Christ lives in us. And so, I am the in-dwelling Holy spirit within me. I am daily nourishing, reading God's Word, and living in the Spirit. That is the best self-care that I can give.

Micah

Yeah, I think that's so good what you said that God, He gives us what we need. I recently had a book come out last year in September, and you know, there's a lot of work that goes along with that.

Denise

Yes.

Micah

And as you launch a book into the world, there's a lot of things behind the scenes that I... I was a little overwhelmed with. And so, I had gathered this amazing group of women to be this launch team, and I've done my preparation and I've done all this work, and here came the week for launch, ok? And all of the sudden I got a crazy illness; a crazy sickness, and I was literally on my couch from the first week of the launch.

Denise

Wow.

Micah

All through the seven weeks of my book launch I was literally on the couch, sick.

Denise

Oh my goodness.

Micah

And I really wrestled with the Lord and I was like "God why am I here laying on the couch when I should be out there really working hard to get my book out into the world?". And God just so clearly spoke to my heart and told me "Micah, you're exactly where I want you, because I am taking care of this. So right now, this is a season of rest for you, it's not a season of work. You've done the work and now it's a season of rest." And He's gonna do the work.

Denise

Amen.

Micah

And it was just an amazing experience to look back on...

Denise

That's beautiful.

Micah

...in the time I was so frustrated, so frustrated. Because I'm like "Lord! This isn't the way it's supposed to go.". And I think life's that way.

Denise

Yes. Expectations!

Micah

"This isn't the way it's "supposed" to work out!", right? But if God has you in a season of rest, maybe there's an illness or something that has come that's put you down you know, you're on your back. Take this time to really tap into God, and really listen and see "What does He have for me in this season?". For me in that season of sickness, God said "I've got this. I'm in control." And so, I was able to rest, to take care of myself. And then as soon as that seven weeks was up, I was better.

Denise

Wow.

Micah

And I was able to rise up and do what God was calling me to do and speak at different events and spread the word about the book. But in that launch season, God had me just be quiet and rest. What a beautiful, beautiful picture of His provision for us of self-care, right?

Denise

Amen.

Micah

God has a purpose for every season of our lives. So, we hope this week, as you take care of yourself, you will dig into God's word. That you will in your living room get on your knees on your couch and ask God to give you the rest that you need. Take care of yourself, it's okay to rest. you have our permission.

Denise

Yes!

Micah

So, next week we are super excited. We're having a special guest with us, her name is Amanda Davison, she is The Wife Coach, and she'll be with us to explore what love looks like from the wife's perspective.

Denise

Oooh! That sounds fun!

Micah

And we can't wait to visit with her and hear what she has to say. So, thank you for listening today. You have been listening to the Black & White Podcast, where we filter life through the Bible and live in the freedom of Truth.