



“Thrive: Not Just Survive”

By Shelley Hitz

Welcome to the Find Your True Beauty Podcast! Girls, it’s time to take a stand for true beauty. In a world that idolizes outer beauty, let’s come together and learn to display our true beauty in Christ. Remember to check out all our free resources at our website, www.FindYourTrueBeauty.com, to help you grow in your relationship with Jesus. We are here to encourage and support you so check them out.

This is Shelly Hitz and today I want to ask you, “Are you merely surviving or are you thriving?”

This morning when I went to get into the shower we have a little water pressure issue. If we flush the toilet right before we take a shower, it really dramatically decreases the water pressure in the shower. So, you have to wait a few minutes and eventually it comes back. Well, today I was kind of in a rush so I just jumped into the shower, waiting for the water pressure to come back on. I was able to survive in the shower. I washed my face. I was finally able to wet my hair, but it just wasn’t the same because it was just kind of a trickle of water. I just kept thinking when is it going to come back full blast. You know, it just seemed to take longer today. Finally, just as I was thinking that, boom, the water came back on and it was just like oh, this is amazing! I was just barely surviving, but now I am thriving. I just stood there and enjoyed the warm shower for a while. Before, I was just trying to get it done as quickly as possible.

That image brought back to me the idea of our spiritual lives and how sometimes we just get by. We just survive. Maybe there is stuff in your life that is sucking away your water pressure, so to speak, and your spiritual life. Like that toilet was sucking away the water pressure of my shower. Maybe it is a boyfriend who is kind of pulling you away from Christ. Maybe it is some friends or maybe it is stuff on the internet or some music you are listening to. Maybe it is some girls you have gotten caught up in some sexting stuff or maybe it is some webcam things you have been doing. Maybe it is just your thoughts. Maybe it is some depression or some low self-esteem, but it is just sucking some of the life out of you. You just feel life is just like a little trickle and you can survive on that. You can get by, but it just feels like there is meant to be more. You just keep wondering when are things going to change in my life. When I am going to have that full life that Christ intended for me? If you are follower of Jesus Christ, He promised in the Bible in John 10:10 saying, “I have come to give life and life abundantly.” Life to the full. He didn’t mean for us just to barely get by. He meant for us to thrive.

I was also thinking of the verse in Revelation in Chapter 3, verse 15, “I know your deeds that you are neither cold nor hot. I wish you were either one or the other so because you are lukewarm, neither hot nor cold, I am about to spit you out of my mouth.” It is just that image of being lukewarm, of just surviving, of getting by in life but not really having that full life that God has intended for us to be hot spiritually, so to speak.

I just want to ask you today if there is something that is dragging you down. I had to really evaluate some things in my life recently and God was convicting me that, honestly, my Smartphone had been dragging and sucking some spiritual life out of me. I have one of those Droid Eris phones and, you know, it is great when we are traveling and when we out and about as I am able to answer emails and I’m able to stay connected with people. I’m able to do stuff for ministry and, yet, it was becoming a distraction. They have these notifications and every time you get an email it is like, “you have a new email”. Every time someone requests you as a friend on Facebook, “you have a friend request,” so I would just be like, oh, I have an email. I would feel obligated to check it right then. Then, once I checked it I would feel obligated to answer it right then. Instead of God controlling my thoughts and my day, I slowly found myself being controlled by my phone. I just came to God one day and I was like, “God, what is this about? It just felt like it was becoming an idol in my life and that it was taking higher priority than God was. I was spending more time on my phone and being connected and being controlled by it than I was by Christ. I was convicted. The Holy Spirit convicted my heart and it is simple.

If you have something in your life that you know is bogging you down, you know it is not honoring to God, it is simple. All you have to do and what I did that day is to say, “God, I am so sorry, Please forgive me.” Just ask for forgiveness and help me to change. I want to do different. Empower me to change and show me what to do. I felt like God did show me what to do. I took off those notifications from my email and my Facebook and I took off some applications that weren’t really helpful. They were just a waste of time, so to speak. So, I started to rearrange my phone and I set it up differently. Something lifted from me. It was like I was no longer being controlled by that. Instead, it was tool that God was using and I was able to effectively use it in my life and not allow it to suck life from me.

I encourage you today. If there is something in your life, bring it to God. Ask him for forgiveness and He will bring that in your life. Then, also, in Revelation in Chapter 2, verse 4, it says, “Yet I hold this against you. You have forsaken your first love.” So many times we allow other things to come in first place in our lives. For those of us who are followers of Jesus, we forsake our first love of Jesus. It is so easy to do. For a little while, I allowed my phone to forsake my first love. I allowed it to come in first place. Many times it is easy for me to allow my husband to take first place and I have to keep coming back to God and asking him for forgiveness and asking for Him to help me to change. And, He does! He puts me on the right path and He sets my feet where He wants me to go. I just encourage you there. Are you merely surviving or are you thriving? Jesus has so much more for us. He has life and life abundantly.

This is Shelley Hitz from FindYourTrueBeauty.com. I encourage you to not merely survive but to thrive.



Shelley Hitz is an ordinary person, just like you, with struggles and trials. And yet, God is doing extra-ordinary things through this "jar of clay." 2 Cor 4:7 says, *"We have this treasure in jars of clay to show that this all surpassing power is from God and not from us."*

Her heart is to help teen girls and women through her website, www.FindYourTrueBeauty.com, that reaches thousands of people each month around the world with God's truth. She is also the author of the book, "Mirror Mirror...Am I Beautiful" and has co-authored a book with her husband CJ, "The Mathematics of Jesus, Making Sense of Life When Life Doesn't Seem to Add Up." Shelley's openness and vulnerability as she shares her own story of hope and healing will inspire and encourage you.

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