

Transcript episode 016

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I remember back in the days of Oprah and her gratitude journal, I didn't take it too seriously at the time. However, years later when my life seemed to be in the pit, I started to take it more seriously. This is back in 2009, I had just experienced the loss of a pregnancy at the beginning of the second trimester. It was unexpected. The circumstances weren't good. I was a divorced single mom in a relationship that I was pretty sure wasn't heading anywhere. But downhill and downhill. Fast. I had to have a DNC procedure after the miscarriage. I was an emotional wreck. I was miserable and feeling sorry for myself. I was already a Christian at this time. I studied the Word of God. Every day. I read the Bible. I listened to preachers online and on TV. I attended church weekly. I wasn't a bad person, but I was definitely not making the best choices. I didn't even feel like myself. Then. There was this one day after I'd had the DNC. I was home alone. My dad had taken my kids to run errands for me.

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And I had a literal come to Jesus moment. I remember I will never forget this. I remember I was

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on my bed in my bedroom. I was basically beating myself up. Also feeling sorry for myself. My emotions were all over the place. But suddenly I felt the loving arms of God just envelop my body. And also the Scripture, Jeremiah 29:11 came to my mind. It was the most powerful moment of my life. I stopped feeling sorry for myself. I realized I put myself in that position because of the choices I was making at that time. Yeah, that was a hard pill to swallow. But I mean, it's the truth. Now, did I deserve to lose my baby? No. But also I was realizing it wouldn't have happened had I made better choices, meaning I wouldn't have been pregnant to begin with. It wasn't about blame. It was about responsibility. Blame gets you nowhere, and responsibility gets you everywhere. I truly believe that. Look at our country right now. If there was more responsibility and less blame, oh my gosh. We would be in a much better place and you see, that's what happened to me. I suddenly saw the situation myself in a different white. I went from feeling basically punished by God even though I knew it wasn't true. That's how I felt. I went from that to understanding my actions and decisions that put me in the place that I was in. Not God. God didn't put me there God to choose that for me. I chose that. He gave me freewill. Yes, God took the baby home with him for reasons unknown to me, but I had to trust Him. That is what faith is all about. trusting Him. He knows more than I do. He knows everything. I still think about the baby all the time. But I have learned to be grateful for all that came from that experience. Everything about that experience changed my life. For the better. That can be very difficult to understand. But it is true. Believe me, you can ask anyone who was around me during that time. I was a mess. I was devastated. By the loss. I mean, you talk about RMS Express. I was at the front of that train. It was horrible. But when that shift came, my life changed and don't get me wrong. I was still sad struggling having a hard time for a good nine months or so. After that day. And looking back I'm I'm certain I had some form of postpartum depression the in the midst of all of that I learned to be grateful for all God had blessed me with and continued to bless me with. For one I had two healthy and amazing children who needed me they needed their mama and they needed me fully I knew that I had to change my focus to

what I have. Instead of focusing on what I lost, or what I don't have in life, I realized I had accomplished a lot in my life. And I was still making strides forward every day. I mean, this is back in oh nine, the beginning of 2010. I have made so much progress and so many changes since that time before that, yes, but even since then, amazing strides. And that's what I have to remind myself of look at your life. Think about where you've been, what you've been through. How many times have you overcome in your life every time or you wouldn't be here to talk about it. Look at the world around you. It is beautiful. Are there some ugly things in this world? Sure. But look at the beauty that's what we need to focus on. God leaves me on a daily basis. Even in the dead of winter which I'm telling you right now is my least favorite time of year. Even in the winter, there's so much to be thankful for. Sometimes we have beautiful snowflakes there are beautiful hot billowing fires in the winter

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things to keep us warm, yummy food to eat. A job to pay the bills and my sweet little family. And yes, I realize not everyone has these things. But pretty much everyone in our world at least in the United States for sure. We at least have access to these things. Each season of the year. It brings about something new and changes follow. I started to think about what this represents to me and to the world. And it helped me to be more thankful for the things that I didn't necessarily like or enjoy as much in life. struggle and pain suck. But they are part of life. It's Vili them in a different light that can make all the difference in the world. Without pain, there would be no payoff. I know that probably sounds crazy, but there is a lot of truth there. Often our struggles, our blessings and disguise losing a child was heart breaking. I would never want to go through that again. I would never wish that pain on another human being but it also brought me to a place that changed my life for the better. How can I not be thankful for that? And the thing is, I know that there are others to this day, who suffer from that same pain. I pray that they come out on the other side better, more humble and grateful than ever before. Because I know that not everyone does. But you can. It's it's that shift of how we look at things. And this has to do with brain science to I'm not going to get into that today. But shifting what you focus on because what you focus on you get more up. So if you start to focus on more the things that you're grateful for you're going to find more of those things. Being thankful for struggle is difficult, don't think but as a as Christians, isn't that what we're told to do anyway, to be thankful in the midst of struggle? What we need to start doing is showing that thankfulness and expressing that thankfulness every day, make gratitude a part of your daily life. The fact that you woke up today, the fact that I woke up today that's a great place to start. Because I think we can take that for granted sometimes. I understand that some of you will have to dig deeper than others to find something to be thankful for. But once you do it you will realize there is much more there if you are deep in struggle right now. Think back to another time in life when you struggled and how you came out better and stronger. Was it fun? No. Just like my experience with losing the baby. My baby. The pain sucked. But I still had so much to be thankful for even in the midst of that loss. And even when we don't see it at the time there's a lesson there. There is good there. For one God is there with you need to be thankful for even the smallest things in life. God cares about the tiniest of things. To the greatest things in your life. Which means we should be grateful for the tiny Enos to the greatest and everything in between. I am thankful that I'm able to do this podcast I'm thankful that I have the freedoms to share my thoughts and opinions. I'm thankful

that you're here today that you're listening to this, that there is a possibility that you could make a shift in your thinking and heal a part of you by listening to this today. I am grateful for that for the opportunity to be a part of that. I'm also thankful for the fact that people can share with me their thoughts because people don't always agree with what I had to say and that's fine. I'm grateful to learn from other people.

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I'm grateful to hear other perspectives. There are so many things to be thankful for. And yes, I realize there are people in the united states that don't have a home or a job or food. But there are opportunities out there for you and I can help them if they want the help. It is available. Be thankful for your app. Don't look at how far you have to go look at how far you've come. You've come a long way baby. I've come a long way baby. Be grateful that you woke up today. Be thankful. This is Kelly Renee Baker the queen bee thank you for joining me today for episode 016 of the bee high on life podcast.

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