

Transcripts episode 015 The Bee High on Life Podcast

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I hear this phrase all the time. You do you I have said this phrase as well. Like many things I said it without thinking much about it. I've also heard people say I hate that phrase you do you? Well, I wonder why. So of course me and my inquiry mind I thought about it and dug a little deeper. Some people think the phrase you do you is an excuse to just do what you were doing in life and not make any changes. I mean, I can see that side of it. The other side of this is by you doing you you are being your true and authentic self conforming for no one and being your true self. That is unique to this world. I can see that side as well. For me the meaning I subscribe to this is the second one when I say you, do you, I mean you be the person God created to be. Don't try to be like anyone else because that person has already taken you or made you. I know I've tried too many times in my past to be like other people and do things that other people do or say I was not being my authentic self. In fact, I was trying to impress others or live up to the expectations I had allowed others to place on me. Just in case you haven't figured this out yet. That's dumb. That's dumb that might offend some but I would rather you be offended now. Then you spend your life trying to be someone you weren't created to be and do things you weren't created to do. Believe me, I have someone in my life who was constantly comparing me to his mother and grandmother and pretty much any other woman on the planet. The comparisons were always to remind me that I didn't live up to these women in one area or another. Now some of these women were amazing women that I would love to be like others I could have cared less to be anything like them. The problem was at that time, I was more concerned with what this man thought I needed to be doing in life than who God created me to be. That was a big mistake. Huge. No man, no relationship, no friendship, family connection. Even a job isn't worth sacrificing who you are, who God intends for you to be. There are many people in my life that I admire for their qualities, skills, talents, and abilities. Take my three younger sisters for instance. My sister Mandy has an amazing singing voice. I carry the two I love to sing but I saved my chords for the car or the shower. My sister Lacey is a excuse me badass with her CrossFit. She has much more endurance than I do. Then my sister Lexi is an amazing seamstress. I can sew but nothing like she can. She loves it and I stumbled through it. Even though we are sisters we were each created to be and do different things. There is nothing wrong with that. We each do who we are. We have found things that God gifted us with and we focus on that the problem arises when you try to be someone other than who you were created to be. Maybe you haven't fully discovered your identity in Christ yet that is okay. Like everything in life. It is a process and a journey of discovery. Thankfully, God has prepared and equipped you for every step of the way. It is important to know that there is a difference in how we perceive ourselves, which is worldview compared to who we really are, which is God's view. I have talked on other podcasts and videos about the fear. Fear is a thief that can rob you of your identity in Christ if you allow it. When you focus on fear you're focused on what the enemy wants and not what God wants. I sometimes likened discovering your true identity to being in a house of mirrors. The mirrors can play tricks on you, and you often aren't sure which if any of the mirrors is your real reflection. Or just a distorted image of you.

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Once you do find the one true mirror sometimes it's hard to look in that mirror and face the true you something that has really helped me figure out who I am in Christ is discovering my own value. I am worthy as a human being. I don't need someone telling me I should be like someone else. I don't want people to be like me. I want people to be who God created them to be. If we were all like, this world would be very, very boring. Remember, you are valuable. You are so valuable, in fact that Jesus gave His life on the cross for you He loves you so much pay died for you. Think about how powerful that is. Place your confidence in that. Not the world, not what anyone else thinks or expects of you. You do you isn't an excuse to live life however you want at least not in my opinion. Instead, you do you is permission for you to be the person God made you to be. Don't twist my words and make this something that isn't God makes no mistakes. God's word is the same yesterday, today and tomorrow. Whatever he has called you to do will be in alignment with his word. You can stop trying to live up to the expectations of others, especially when people have expectations of you but they don't even tell you what those expectations are. Anyone who tries to get you to be like them, or like someone else instead of who you are meant to be. needs to have a boundary set with them. They probably won't like you setting the boundary, but it will be necessary in order for you to be who God created you to be. This doesn't mean you have to hate them or even have to get them out of your life. It simply means you let them know this is what God has planned for you. And this is how it's going to be how they respond to that boundary is on them. Not on you. When I set a boundary with the person who was always comparing me to other women. I'm sure you can guess he didn't like it. I used to blame him for a lot of things. But then I realized I allowed his behavior in my life. Once I set boundaries in place to let him know I was focused on who God created me to be and not who he wanted me to be. His reaction let me know that he didn't like it. But I no longer cared about blaming him for anything it didn't matter. Instead, I use that energy and time to invest in myself and begin my journey to me. The me God created me to be I am still on that journey. There are ups and downs, hills and valleys. But I am doing it as me every step of the way. And now it is time for you to do you the way God intended for you to do you, not the world. The world is full of false messages and lies and negativity. God's word is full of true and positivity. Put your faith in. When you do you make sure it is the you that God has called you to and not the world. We get to last and to focus on everything that's going on in the world. Life is already hard enough and then when we take our eyes off God and focus on the world, that's when it gets really tough. If you want to know who you are, who you are meant to be in Christ,

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to get your eyes off the world is on to God because He is the one who knows who you are and who he intends for you to be in this world. Because remember, you can be in this world and not of this world.