

# Rebecca George - FINAL

Wed, Apr 26, 2023 8:13PM 31:04

## SUMMARY KEYWORDS

book, god, biblical truth, moments, conversations, life, called, feel, rebecca, read, marathon, chapter, girl, ministry, couple, christ, people, writing, listeners, lord

## SPEAKERS

Mike Stone, Rebecca George

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Mike Stone 00:15

All right, we are back and want to welcome you back to Behind the Mike: Conversations of Hope. Today, we are going to do something, talk about a subject that I think is really important for everyone. And I have with me, Rebecca George, who just released her book, DO THE THING. I love the subtitle, Gospel-Centered Goals, Gumption and Grace for the Go-Getter Girl. I love it. I think you missed out on a word. Good there, Rebecca. But I love that. That's my favorite subtitle of all times with the cheese in there. Thank you for joining us today.



Rebecca George 00:53

Oh, my gosh, I'm so happy to be with you. And the subtitle has such a funny story. You know, because you're in this world to book titles can be something that are very long fought for and conversations are had. And sometimes it takes a really long time to land on something that feels right for the message. And this was actually the initial title that I turned into my publisher. And I loved it so much, because I love alliteration. And I'm just thankful that they loved it too. So it's encouraging to hear that, that you liked it.



Mike Stone 01:28

Yeah, I mean, it really, it really tells us what the book is about. And why not. So I have to be honest, when I when I got your one sheet, from your publicist, I looked through it. And I was like, Oh, I really love this, but it's geared toward women. So I felt a little bit, a little bit of a disadvantage here. But after reading through that, I've just got to say, I mean, your ministry is geared toward women, but man that the content of this book is for everybody. So I love what we're going to talk about today.



Rebecca George 01:59

Yeah, I agree. God's given us all unique sets of gifts and talents. And I think I told you this

before we hit record, I think as a follower of Christ, we want to be faithful in that right. And so I love having those conversations about how do we take that and apply it to our community where God's placed us today? And how are we using those things to advance his kingdom to spread the Gospel, all those things that we get to do this side of heaven? And that looks unique for all of us. And that's the gift of the Body of Christ.



Mike Stone 02:31

That's right. That's right. For those who don't know, you, I want to I want you to give us a little brief background, I know that you have the book out that came out on April fourth, correct. So it's a brand new book. You also are the host of the Radical Radiance podcast, which I've listened to great stuff there. So I'm gonna push those two things. Make sure you get the book and make sure you listen to the podcast and subscribe, because it's really great stuff. So can you tell us, Rebecca, just a little bit about you and where you're at in life right now?



Rebecca George 03:06

Sure, I'd love to, I would say first, I'm a pastor's wife. I'm married to my husband, Dustin, who is the lead pastor of our church in East Tennessee, we're about 45 minutes outside of the Smokies, which is where we would both consider home it became home for my husband, and it has always been home for me. And so we are so excited to be serving in our local community here in Tennessee, which is such a joy. And apart from that in vocational life, I wear a lot of hats, as you described. So I am an author. And I'm working on my second book now, which won't come out for a couple of years. But as you said, just released do the thing, which has been such a fun journey. And again, leave the the podcast ministry radical radiance, which we really have a heart to have conversations around what does it actually look like to radiate the heart of Christ and all that we do. There's a verse in Psalm 34, it's verse five, and it says those who look to Him, are radiant, and their faces shall never be covered in shame. And so we love having, you know, that's a wide umbrella to talk about all the things that that make us radiate in Christ, and what does it look like for our relationships, our work our life in general, to radiate Jesus and all that we do. And so I love having those conversations over there. And to your point, we are doing some really targeted conversations this spring about each individual chapter of do the thing. And those conversations have blessed me so much as we've recorded them. So I'd love for listeners to check that out if this blesses you.



Mike Stone 04:44

Yeah, and I also want to mention right now we'll say it again toward the end, but radical radiants dot live is your website. Go there and check that out as well. Lots of great stuff there. Your speaker. You You definitely wear a lot of hats. So I'm excited. To get into your your book and and all that is encompassed in there, what I'm excited about, I think because you have this ministry for women, I watched my wife who is she's, she's amazing week God, God created her for me and me for her. But she is absolutely amazing in so many ways. And so after raising our children, she's she's at a point where she feels like she's not qualified anymore because she spent a lot of time raising our children and kind of being a housewife. And she did things on the side. But I think there probably are a lot of women out there who feel kind of stuck right now. So tell us how did you discover your own thing? In pursuing life?

R**Rebecca George 05:50**

Yeah. Well, I'll first say, there's so much grace for the fact that I think we all are walking out of what we've experienced in the last two or three years, a little shell shocked and a little bit like, Okay, Lord, this is a new opportunity for me to evaluate, how am I using what you've given me for your glory? And I'm asking myself those questions. So I think that's important to say, even though I wrote the book, this is a journey, me and the Lord are absolutely on together. And so the word that I use a lot when people ask me this type of question is, there's a thread that I can look back over my life and sort of tug on and see, okay, these are some of the ways that I feel maybe naturally gifted by God, maybe there's particular gifts and talents that I feel into the listener listening, that maybe I lose track of time, when I'm doing those particular things, those those things give me joy, I would say one of those threads for me has been encouraging and equipping women. And I can look back over the last 10 years of my life or so. And I can think of so many conversations I had after speaking engagements where maybe I was sharing about some ministry work I was doing and we don't have time to get into that whole story. But I'd have these conversations with women where they would say something to the effect of, you know, I love this, this ministry God's given you. And I feel like I have my own version of that I feel the Lord stirring my heart towards a particular maybe need to see in the world, or a particular way that I can use my gifts and talents for His glory. And almost every time, I would just notice them kind of hush to a whisper. And something would be holding them back. Sometimes it was fear. Sometimes it was doubt, insecurity, any of the many things that that we all face in our calling. And they looked very similar to some things that I had walked through myself and taking those next steps of obedience. And I think you have enough of those conversations. And you'll understand this as a communicator type of person, that you go, okay, not on my watch anymore. But I just want to point us back to the truth of God's Word and what it says about these moments, because I think we're all searching for that magic bullet to maybe, you know, not experience fear or doubt when we're taking those next next steps of obedience. And the reality is, we're human. And we will experience those things. But when we do, where are we turning? And do we have a true gospel centered, biblical foundation that we're standing on? So when I experienced that moment of who, god, did you really call me to do that? Am I the girl for that job? I can go back to that truth first and primarily of my identity in Christ. And then from that place. Okay, I'd know. And I trust that you will equip me for what you call me to do. And, yeah, there's just there's so much rich truth in that, but I think that's kind of how I began to discover this message. And hopefully, my, my place and writing it, if you will,

M**Mike Stone 09:06**

yeah. You know, I think there's a lot of truth in that. I think, for many of us, I feel like we feel kind of like, you know, if I kind of give God everything and say, use me how you want I'm going to end up in Africa or something like that. But you pointed to the fact that, that you have some giftings, some natural giftings. And I think absolutely, God uses those things, He gives us those things to us. So for those who are thinking, I don't want to end up in Africa or, you know, somewhere as a missionary, if that's not what you're called to do, and that's not your, you know, I believe that that really shouldn't be one fear. I felt that way for a long time, like God, just don't do this. And he places us where he wants us and we just have to have the courage to step out and say, you know, I may not be good enough at this. I may not have I may not feel qualified but if you've called me to do it, there's no better place. Right? Yeah,

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Rebecca George 10:04

There's not. There's a word that's coming to mind. Jenny, I won't take credit credit for this. Jenny Allen wrote a book many years ago called *Anything*. And essentially, it's a book about surrender. And her prayer to the Lord was God, I'll do anything. I'll lay down anything, I'll go anywhere. And, and I think when we look in the gospels, and what Jesus says about what it looks like to follow Christ, I think that that is what we're called to. And God needs you in your rural community. If that's you listening today, and you feel maybe your life looks mundane or insignificant today, God needs you at work using your gifts where he has planted your feet. And you're right, Mike, it doesn't always look like moving to Africa being a missionary. But it does look like being faithful wherever God has planted you. The girl that wrote the foreword for *do the thing*. Michelle Meyers, a dear friend of mine. At the end of it, she said, God is not small. Therefore the things he calls us to do, aren't small either. Right. And I think that's a word for somebody coming to the conversation, feeling like maybe their work is insignificant or not enough or mundane. God has made me so keenly aware in the last year or so of just all of those moments that I miss, because I'm too busy doing maybe the big thing. And so I do think it's important to say here that God places those divine appointments and opportunities to encourage and equip and serve in front of us every day. And a prayer I know I've been praying a lot lately is Lord opened my eyes to that and helped me not miss those moments. Because that moment where I speak a word of encouragement to the girl, checking out my groceries at Kroger is just as significant in your eyes, Lord as a moment where I stand on stage and teach the Bible. Yeah, right.

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Mike Stone 12:06

Yeah, absolutely. We've been preaching that to our kids is wherever you are. And we and we've actually used this at Kroger, when even when you're standing in line at the grocery store, engage with people, because God opens up conversations. And, you know, I've had conversations with people like that, and they just break down in tears. And I'm like, What's going on here? But when you're open to allowing God to use you the way he wants to? He can do really great things through you. And it's not us. It's just all him. Yeah, amazing stuff. Can you talk to us about what the do the thing manifesto is?

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Rebecca George 12:43

Yeah, I would love to. So I really didn't sense that this was one of those nonfiction trade books that we just we read. And we shake our hands of it and set it on a bookshelf and be done with it, I really felt like it was something where we were digging deep in God's word, and really living differently because of what we find there. And so as I began writing, I wanted there to be sort of this core statement and biblical truth that we would come back to at the end of every chapter. And so we decided, we decided to call it the do the thing manifesto. And it starts in chapter one. And there's 12 chapters in the book. And so each chapter reveals a new statement in the manifesto. And so by the time you reach the end of the book, you have just this collection of encouraging statements to go back to in moments where you're feeling really weary, or you need encouragement, I have had some readers post it on their mirror in their bathroom, I've had friends, print it out and stick it in their Bible, and so they know where it is

when they need to turn to it. And so again, ultimately, we want to turn to God's word biblical truth in that, but I hope that, that we've crafted some statements that can just be sticky and memorable that you can point yourself back to when you need that encouragement.



#### Mike Stone 14:04

That's great. I love that. Yeah, there. Sometimes we heard a lot of people say, you know, it's so hard for me just to get into my Bible every day because of time or whatever. So sounds like a great thing to post on the mirror in the morning, to remind us so, you know, one thing that I struggle with, and I do this podcast part time, I work for covenant eyes on a on a full time basis. And so, a lot of times you get into the mode of just just doing so I'm going to ask you, how do you keep an eternal perspective in relation to your calling? That can be difficult, at least for me, I've experienced that. How do you keep that eternal perspective? In your calling?



#### Rebecca George 14:51

Yeah, there's a couple of things that I think have helped me in that one, Mike all I'll say that I relate to you a lot. I still I have a part time job and leadership development that I work outside of what I do in writing and speaking. And I'll make no apologies for the fact that my ultimate hope and dream is to do writing and speaking full time. And I would imagine you, the Lord has given you this heart for this, this podcast ministry and, and so I'm sure you have aspirations and dreams there as well. And, and so it can be hard to juggle all of that at once. And so I want to first just say we're human. And that can be really hard. And a couple things that have really helped me one is remembering, I just haven't seen God waste things. I spent seven or eight years early in my career as a recruiter. And I spent most of my days from eight to five, interviewing people to hire great talent for the organic couple of organizations I recruited for. And there were many days of those years that felt extraordinarily mundane, to a girl to a go getter girl who felt called to more who felt called to ministry, but didn't quite know what that looks like yet. And I can now see that God was building and refining something in me and being a good question asker that would be so necessary for where he would call me one day. And that's really easy for me to say now, right? And would have been hard for me to see and realize then. And so I think God just doesn't waste what he's building in us. Now, if you're if you're in one of those spots today. And the other, probably, I would argue, most important thing I could leave listeners with here is remembering something about God's character that I think sometimes we have a hard time grasping this side of heaven and praise God for that, that will continue learning about him. And we can't know him truly until Heaven. But there's this quality of God that He is infinite, that he is limitless in all of his ways, right, which is something we praise him for his limitless in his wisdom and his knowledge, and his sovereignty. And in His presence in our lives. There's so much to be grateful for and to praise him for and that the problem for ambitious, achievement driven people, this set of heaven, which is me, and probably you, Mike, is that we're not. We're not limitless, we are not infinite, we are very finite, and our capacity and what we are equipped to do. And if you'll let it, I think that can become this almost point of worship, right? Like remembering that God is the only one in the equation that's limitless. And so I praise you God for that quality about your character. And in remembering that I'm more easily able to realize my own capacity. And then ask God for wisdom and how to navigate my time and my, my assignments and my calling appropriately based off that. Yeah.



Mike Stone 18:08

That's good. You talk about Spirit lead, stick to itiveness. What is that and why is it so important?



Rebecca George 18:20

Love that question. Well, I'll share a quick story. I am a runner, which you'll discover when you read the book for listeners to come into the conversation, and I ran a marathon many years ago. I've done this race a couple of times, but it was the St. Jude Children's Research Hospital marathon in Memphis, Tennessee, and it benefits the hospital. And so if you're not familiar with the distance of a marathon, it's 26.2 miles for people listening and I got to about mile 20. And on that particular day, it was warmer than I prefer to run 26.2 miles in and I was really starting to struggle, I had heat exhaustion symptoms. In hindsight, I probably should have quit, but I didn't. And as I approached the last 10k or 6.2 ish miles, I can close my eyes and remember where I was when this took place, but I got close to this bridge coming back into Downtown Memphis. And I saw this family under the bridge there was a little girl in a wheelchair the closer I got to them, it became pretty apparent she was a patient at the hospital. And she is cheering my name my name is on my bib that that I'm wearing that day of the race and she's cheering you know, go Rebecca go Rebecca go. And the closer I get to I realize she's holding a poster in her hands. And I get closer and closer to her and I can begin to read the poster and it says the same power that raised Jesus from the grave is living inside of you. You can Wow, the same power that raised Jesus from the grave as living inside of you. You could do this And so for 6.2 miles, one foot in front of the other, I just repeated that biblical truth to myself over and over again. And Mike, I probably memorize that, when I was 10 years old. I know that that truth of the Holy Spirit residing in us as followers of Christ. But do I live like it? And moments when I'm really just weary and I need to endure past a hard moment, even in my calling, I think a lot of days of our lives and our assignments that God places before us feel a lot. Well, I like that moment in that marathon. And so when we're talking about spirit led stick to itiveness, what is it? It is a courage and a confidence built in that biblical truth of remembering that it's not all on me. It's not all up to me of partnering with God and the work he is given me to do. And I'm empowered by by the spirit of the Holy Spirit living inside of me. Yeah. And how, how awesome is that? And I want to live like it's true, you know. And so as I reflect on just moments where God's just given me that reminder that marathon memory has just carried me through so many years of those hard moments. And I hope that listeners, after hearing that story, when when you're working through a hard moment, you think about that little girl holding that poster and remember that biblical truth because it matters.



Mike Stone 21:37

That is such a great story is so inspiring, because, and it's also proof of God's word, being alive. Because man, I'll tell you what, sometimes we do, we sit down, and we just go, Okay, I need to read and, and usually when that happens, by the time I'm done reading, I am just so empowered by the Spirit does live in me, and kind of pulls me from the garbage in my life and just separates that. But that is a great, I'm going to I'm going to hang on to that story. Because I love that and just that. I mean, 26.2 miles, hats off to you, I like to run but my knees are giving out on me. If I can run five miles, I am feeling darn good about that. So hats off to you. But what a great story. And that God put that little girl right there at that time with that

scripture to encourage you. And now you're sharing it with hundreds and 1000s of people. So thank you for sharing that I'm going to I'm going to kind of we need to wrap up here soon. But I want to ask you something that I think we all struggle with that. And that's time management. What are some of your best practices for time management? It's so important because we are pulled in all sorts of directions, and everything seems to be a priority. So how do you deal with that?

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Rebecca George 23:00

Well, a couple things I'll share that are real practical. The first one is an exercise that I love walking through if you're feeling like you need to really discern what matters in this season. And it's an exercise I call start, stop, continue. And it's exactly what it seems sometimes I do like a whiteboard version of it, or I'll get those big, giant sticky notes. And I will literally write start, stop, continue and really just ask the Lord of what I'm doing right now, what do you want me to start? What do you want me to stop? That can be I think the hardest one for most of us. We're great at starting things, we're great at continuing things, we're not always great at stopping things. And so that's the one I'd probably challenge listeners the most with. But that can be a helpful exercise to walk through. And then another just practical day to day strategy that I use a lot is time blocking. And I talk about this in the book of really taking a look at your calendar, I've got my planner here right in front of me that I take notes in and each day, I take a look at sort of the agenda of the day and block my time accordingly. And that helps me realize, okay, what is what is priority? What matters that I absolutely have to get done today. And let me block time accordingly for those tasks. And then with the remainder of it, what do I have capacity for my friend, Lisa Allen. She's a coach for Christian women. And she talks about this analogy of a rubber band, we all have a rubber band, and it's our capacity and it flexes as assignments come and go. And there are moments where we just realized there's too much in our rubber band. And if we go too long with too much in our rubber band, it's gonna snap. And so that's a helpful thing to think about as we're time blocking of what do I have capacity for and, and what's going to stretch me too far in that in that rubber band analogy. And so those are a couple of things I think have helped me really prioritize one matters.

M

Mike Stone 25:01

That's helpful. That is a struggle for me. Because I do seem with with two young adult children, it seems to be a time that I thought everything would kind of just fall by the wayside, but it seems to be getting busier. So I appreciate that. And I know. Yeah, yeah. It's all good. Well, listen, I know that with your book, you also include six free video sessions. Can you? Can you talk to us really quickly about that? And, I mean, you not only get the book, but you get these video sessions as well. Can you talk to us about that, and why that's important to you.

R

Rebecca George 25:39

I would love to Well, I again, I think this message is unique in that we needed space to process what God was doing, which is where the manifesto and some of the journaling activities come in, which I'll talk about in a second. And I also don't think this is something we're meant to do alone. And so we wanted to create this book in such a way that it would be easily accessible to not only individual studies, but for small groups, book clubs, and things like that. So each video

is placed after every two chapters, so 2468 10 and 12. And so it's a great kickoff for you know, your, your small group, your book club, things like that, if you're doing it as an individual, it's a great tool if you just need a cheerleader or an encourager along the way as you read. And so I love getting to see God use it in that way. And it pairs really well with the end of every chapter, there's a section called for the go getter girl. And there's scripture for reflection, there are discussion questions and activities and places to take notes as you watch the videos. And so we really wanted it to be a place where it was just a repository for everything God does, as you look to his word, and you go through the material in the book, and so so yeah, I'm excited that those are free with purchase of the book. So you get all of those journal prompts and things like that at the end of the chapters, as well as the video content.



Mike Stone 27:06

That's really awesome. I, I want to we need to wrap up, but I want you to talk briefly about the book, what are people going to learn? Generally, I would say women are going to read this, what are they going to learn and take away from this? Just big picture. I wish we had more time to talk. But But I don't want to give away the book either. But can you tell us what they're going to walk away from? Obviously put this book down?



Rebecca George 27:30

Yeah, I would love to. So a couple different buckets, I'll put some things in one would be, there are moments that we will all face along the way, where God maybe asks us to start something new. Or perhaps we're in a season of our calling where we're enduring through something hard. Or maybe God asks us to lay something down and quit something and how do we walk through those moments in a biblical way and read ourselves in that biblical truth. So there's chapters related to all of those moments along the way. And then the second half of the book is really focused on all of those things that we've kind of touched on throughout this conversation that we face. So maybe it's fear, doubt, insecurity. Maybe it's finding the lane that God has carved out for you to run in, in the kingdom, maybe it's comparison, and learning to cheer for others in your industry with with joy, even when they get things that you also desire. That's another thing that I think some of us struggle with. And so there's real pointed material around each one of those topics. But at the core, from a bird's eye level, I hope that readers walk away and close the book, feeling so much more confident, not because of my words, but just because of what's happened in us as we look to God's word for the answers. I think we've all seen plenty of books come out and this isn't the first nor will it be the last book written on how to pursue our calling and you know, in a biblical way, but some of those I think have led us to a more worldly narrative of what that looks like. Yeah, absolutely. And my prayer is that this is just reading us in biblical truth



Mike Stone 29:17

that's so important because you're right there are so many self help and direction books and all that stuff is out there but not all of it is good. And and I love again, we go to your subtitle gospel centered goals, and that's where we need to be looking as the gospel So Rebecca George, thank you so much for your time for sharing. DO THE THING! Go get it now it's available it was it was available on April 4th, so it's a brand new book, go get it for the go



getter, girl. gumption and grace, a love that I'm gonna have to I'm going to share that with my wife and she is going to grab a copy of this as well I know this will be beneficial to her too. So check out Radical Radiance, Rebecca's podcast. Rebecca final words, anything.

R

Rebecca George 30:12

Oh man, I don't know why but there's a quote from the book that's coming to mind that I think ties all of this in a bow really well it says the outcome is his, but the obedience is ours. So rooting ourselves in that truth of we're not responsible for the outcome of how and the results of what God does through a particular situation. But as we look to his word and push past these hard moments, the next step of obedience that is on us as we partner with God in our work, and so I hope that's an encouragement.

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Mike Stone 30:45

Awesome. Thank you so much, Rebecca. We appreciate your time.

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Rebecca George 30:49

Thanks, Mike.