



## Episode 41: Take A Breath

I'm Emily P. Freeman and welcome to The Next Right Thing. You're listening to episode 41.

This podcast helps people in one of two ways. One, you're a chronically hesitant person and tend to second guess yourself. If that's you, this is a place for you to slow down and to begin to get in touch with what you really want, what you most deeply need, and what a next right step would look like for you right now.

The second way this podcast can help is if you are someone who generally has no trouble with decision making or knowing what to do but you have suddenly found yourself in a time of transition or in the midst of a situation where more is required of you than you are used to and you feel a bit stuck.

For you, this struggle is unfamiliar and you aren't sure how to navigate it. You simply need some relief from this current stage of decision fatigue.

No matter which camp you find yourself in, becoming a soul minimalist can help. If you don't know what that's all about, you may want to listen to Episode 1 where I introduce that concept.

Basically, we've become so used to constant activity and input in our daily lives that we aren't even aware of how much space it all takes up in our soul.

It often isn't until we are confronted with a decision that requires the deep work of discernment that we realize we don't have the capacity to move forward with any thoughtful action. We need to learn how to get rid of the clutter we no longer need, not only in our homes but also in our soul.

My hope for all of us is that these Tuesday moments will continue to be a kind companion for you as you transition from one season to the next and that each week will help to smooth out the chaotic edges of your soul.

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This is a time of transition for many of us. For some, the transitions are more pronounced than for others. Maybe these next few weeks or months mark the ending of one job and the beginning of the next. For a lot of us, it's the end of a school year and the beginning of new rhythms.

Maybe your kids are home more now than before, or perhaps they just left on adventures of their own. Maybe you'll be moving to a new town or traveling away from home for a season. You're trying to find your way through a changing set of circumstances.

With a new season comes new routines, responsibilities, and shifting expectations.

No matter if the change you are experiencing is sudden, expected, longed for or unwanted, change in our outward routine has a way of disrupting our inner rhythm. And sometimes we don't even realize it.

In the midst of this change or anticipated transition, I wonder if your body is trying to tell you something as it begins to compensate for the pressure your soul has been carrying? Is it time to listen to that crick in your neck, the pain in your jaw, your fast-beating heart or the headache you can't seem to shake?

Do you sense anxiety flowing just beneath the surface, like fast-moving water beneath a smooth sheet of ice? Your instinct is to tighten up, manage outcomes, and try to maintain control. While your mind may be telling you everything is fine, fine, fine, your body might be weaving a different tale.

Whether you're entering a busy season of hustle and you need a succinct, timely reminder of truth, or if you're beginning to enter a time of rest, only to realize you've forgotten how. Your soul needs some stillness, some time to reflect, to listen, and consider this transition you're in.

I hope these words will help you breathe a bit more deeply.

When we're able to do that, we send our body a message - *you're going to be okay.*

Remember, God offered life to mankind in the form of breath there it is in Genesis 2:7. "Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being."

As the breath of God gave life to mankind, our own deep breath wakes us up to God. And so, for a few still moments each Tuesday, I want to help you take some deep breaths in the midst of transition and remember this:

You are not invisible. God has not forgotten.

Though the way ahead may be unclear, the way within you is sure because Jesus himself is the way, the truth, and the life.

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And now for a little behind the scenes update from me to you and a quick explanation of what the next few weeks are going to look like.

Each week I write, record, edit, and upload these episodes for you. My assistant Traci does my show notes and the transcripts and we keep moving along, bringing these episodes every week and I absolutely love it.

Discovering my love for audio has been the great surprise of the last year for me.

But just like all work we love, in order to do it well, sometimes we have to step back.

For many years, my self-appointed job description has been to help create space for your soul to breathe. What I've known for a very long time is in order to do that with integrity, I also need to create space for my own.

If you listened to the previous episode called Keep Your Rest (that's Episode 40) then you may remember I've been carrying the question: what is the difference between keeping the Sabbath and taking a break?

They may have some similar elements, but basically, I'm working to bring both back into my life this summer. And you get to come along.

Here's where I get to live out what I talk about each week, where you get to see how what I believe about work and life and margin are played out in my work and life and margin.

I wasn't going to make a thing of it and explain it all, but then I realize if you're just now joining me here, these next several episodes are going to be a little bit different than the typical style of this podcast. I'm not going to label them separately, we're just going to keep numbering the episodes as normal, but just between us, we'll know these next several episodes are going to have the same spirit and intention as our previous 40 but they are going to be a little bit different.

We're wearing our summer clothes around here and soon you'll see what I mean.

A few years ago I created an audio series called Still Moments. I shared it with my email subscribers so some of you may have received it already.

I've decided to offer it again through this podcast. Now, I'm freshening it up and re-recording because those earliest recordings were janky and weird and I didn't really know what I was doing. But I'm offering them here now, public for the first time over the next several weeks.

I may bring in some elements of the original version just for fun, for example, the piano music you heard in the last segment? That's me, playing on my home piano, a few simple chords to round out the reflections that I wrote.

I might bring that back in this summer. The bottom line is the episodes may have a different feel and for some of you, they may sound familiar, but I'm committed to having a weekly episode that still has one goal in mind: to help you create space for your soul to breathe so you can

continue to discern your next right thing in love while, at the same time, shortening the episodes even more than usual in order to give my own soul a little room to breathe.

As always, I sure am glad you're here.

So thanks for listening to episode 41 of The Next Right Thing.

As always if you want to connect beyond the podcast, you can find me on Instagram [@emilypfreeman](#) or at [emilypfreeman.com](http://emilypfreeman.com).

And here's some final words from Eugene Peterson in his book, *The Jesus Way*:

“We stop, whether by choice or through circumstance, so that we can be alert and attentive and receptive to what God is doing in and for us, in and for others, on the way. We wait for our souls to catch up with our bodies.”

May we learn how to do that well alone and with one another. Thanks for listening and I'll see you next week.