

the
PROVERBS 31
MINISTRIES
podcast

Biblical truth for any girl in any season.

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- Kaley Olson: Hi friends, welcome back to the Proverbs 31 Ministries Podcast. I'm your host, Kaley Olson. If you're new around here, I'm so glad you're joining us. And if you've been with us for a while, welcome back. This podcast is full of biblical truth for any girl in any season, and we pray that you'll feel right at home during our time together. Now I'm just going to go ahead and let you know today's episode is going to be a little different, but in a good way. I'm usually joined by my co-host, Meredith Brock, as well as a staff member or friend of the ministry we bring on for the message. But this time, we're shaking things up and Meredith is going to give the teaching, and we have a very special guest, friend, and Proverbs 31 staff member, Lisa Allen, joining us. Welcome Meredith and Lisa.
- Meredith Brock: Hey Kaley — so excited to be here.
- Lisa Allen: Hi everyone. Glad, glad to join you today.
- Kaley Olson: Yeah, well for those of you who are listening and have been around for a while, you're probably familiar with Meredith's voice by now, but you might not know Lisa Allen very well. Lisa, will you tell us just a little bit about who you are and what you do for Proverbs 31?
- Lisa Allen: I'd be happy to, Kaley; thanks so much. I'm the Executive Director of Ministry and Staff Development at Proverbs 31 Ministries, and what that really means is that I get to lead great leaders. So I lead First 5, OBS, She Speaks, social media, so I get to work with fantastic teams of people.
- Meredith Brock: You do a lot.
- Lisa Allen: And I enjoy every second of it.
- Meredith Brock: One of the things, though, that I think you guys should know about Lisa Allen and me is that we share an office.
- Lisa Allen: Yes we do.

Meredith Brock: And we're 100% totally opposite, and I think that's what makes us some of the closest friends. She's one of my dearest friends, has been for quite a few years now. And you're probably wondering what exactly do I mean by polar opposites. We're sitting here right now recording this podcast and I think she has 150 different accessories on her body somewhere.

Lisa Allen: Duh.

Meredith Brock: And at one point, we had to ask her to take all the bracelets off.

Lisa Allen: That's right.

Meredith Brock: Just remove.

Kaley Olson: We have a little pile in the middle of the table.

Meredith Brock: Yes, it's like a shrine, folks. It's a small shrine to Lisa Allen's accessorizing. Me, on the other hand, I might be wearing one accessory on a really good day. Also, big difference between Lisa Allen and I. On the weekend, you will likely find Lisa Allen at the mall, probably shopping for some beautiful-

Lisa Allen: Gold shoes.

Meredith Brock: Yes, gold shoes. There's definitely gold involved somewhere. You'll find me in the backyard probably with a lawnmower, maybe power tools. Something like that.

Lisa Allen: My husband doesn't let me anywhere near power tools for sure, and I do have the spiritual gift of accessorizing, so I totally get that.

Kaley Olson: You're great at it.

Lisa Allen: But all kidding aside, one of the things is, I literally said to Lysa TerKeurst, the greatest thing she ever did was put us together because I call you one of my dearest friends, and you've helped me through so many different ministry situations, personal situations. So yes, we're very different, but I enjoy spending time with you more than you know.

Meredith Brock: I feel the same way and I'm excited to be here today with you and with Kaley.

Kaley Olson: Yeah, well Meredith, as we transition into your teaching, I just want to take a second and remind our listeners of why we do what we do at Proverbs 31. We want to help women in all seasons of life know the truth of God's Word and live out that truth, because when you do, it changes everything. The reason we highlight that tagline in every episode is because it really is our heart.

Lisa Allen: I love that our tagline applies to our mission as a ministry, but also the heart of our ministry internally. Meredith, I know the teaching you're giving is something you've processed with me in that shared office space and something you've processed with your team as well. I can't wait to hear it.

Meredith Brock: You're right, Lisa, and we really do care just as much about the personal development of our staff members as much as their performance. And for me specifically, this last year has brought lots of internal tests of my faith, as well as a consistent challenge to be obedient no matter what the cost, and humble no matter what others may be thinking of me and my obedience.

Meredith Brock: One of the key passages I've been coming back to in this season is 1 Samuel 24, and before we jump into it, I want to give it just a little context. There are two main characters in this passage, David and Saul. Saul is the current king of Israel and David is a warrior who everyone loves and who has been promised the kingship, but Saul is still currently the king, and they have this super weird history. Saul liked David, then he hated David, then he liked him, then he hated him again. It's just kind of weird, to be quite honest, and a key dynamic in all of this is that Saul has become super paranoid, and he thinks everyone loves David more than him, which honestly might be true.

Meredith Brock: So now, when we get to 1 Samuel 24, Saul is chasing David around the countryside with his army and they're trying to kill him. And while David's been running for his life, a bunch of dudes with less than ideal pasts have rallied around David and have called him their leader and they believe in him, and they have become, in essence, his people.

Meredith Brock: Now to take this a little closer to home, to bring it into modern day, I want us to make a little comparison. This is a very imperfect comparison, guys, so don't take it too far here, okay? But it may help us grasp the tension in the story just a little bit better. So I want you to imagine right now, close your eyes, but don't close them if you're driving because that would be bad. Close your eyes and imagine yourself back in high school.

Lisa Allen: No.

Meredith Brock: Terrifying.

Kaley Olson: I know.

Meredith Brock: Are you sweating as much as I am? I think my heart just started beating faster. My mouth is dry.

Kaley Olson: I'm thinking about white eyeshadow right now.

Meredith Brock: I remember the white eyeshadow.

Lisa Allen: Help us, help us. And skinny jeans.

Meredith Brock: Skinny jeans.

Lisa Allen: For the first time.

Meredith Brock: Yeah. Their second time around, I'm loving them.

Kaley Olson: I do too.

Meredith Brock: All right. Now you're back in high school, right? Take yourself there. I want you to imagine that girl. You know. The one who has it all together. The popular one who everyone tries to be friends with, but secretly, actually no one really likes her. And somehow, she's gotten all this power and all these people to flock to her. Have you ever seen the movie *Mean Girls*?

Kaley Olson: Yes.

Meredith Brock: I want you to think of Regina. You know Regina. In fact, I want us to call her that in this story.

Kaley Olson: I love it. Regina it is.

Meredith Brock: Imagine that Regina has set her targets on you and she thinks you are trying to rob her of her popularity and her power, so now she's going to make your life miserable. And she has an entire army of girls who want to help her do it. So every day, Regina and her army wander the high school halls threatening your sanity. You never know what corner they might pop up around, but you're always on high alert. You have a little posse of people too. They believe in you, too, but let's be honest, they aren't super powerful in the high school scene. They're the misfits, the outcasts, the weirdos, but they believe in you for some reason, and they want to see you overthrow Regina. Let's take down Regina.

Lisa Allen: We all want to see that.

Meredith Brock: So you get the picture. There's this weird tension in the room, and you want to see justice served. Now let's go to 1 Samuel 24:1-8, and I'm going to read the Scriptures to you directly, okay? So hang with me. Think a little bit about Regina. Think a little bit about you while I talk about this scenario, so hang with me. 1 Samuel 24, verse 1.

Meredith Brock: "After Saul returned from pursuing the Philistines, he was told David is in the desert of Engedi. So Saul took 3,000 chosen men from all Israel and set out to look for David and his men near the crags of the wild goats. He came to the sheep pens along the way, a cave was there, and Saul went in to relieve himself. David and his men were far back in the cave. The men said, this is the day the Lord spoke of when he said to you I will give your enemy into your hands for you

to deal with as you wish. So then, David crept up unnoticed and cut off a corner of Saul's robe. Afterward, David was conscious stricken for having cut off a corner of his robe. He said to his men, "The Lord forbid that I should do such a thing to my master, the Lord's anointed, or lift my hand against him, for he is the anointed of the Lord." With these words, David rebuked his men and did not allow them to attack Saul, and Saul left the cave and went his way, [inaudible 00:09:08]. Then David went out of the cave and called out to Saul, "My Lord, the King." When Saul looked behind him, David bowed down and prostrated himself with his face to the ground."

Meredith Brock: Okay so now let's play this out real quick in that high school scene, shall we? Okay. Here we are. You walk around the corner in the high school to find Regina, but not just Regina ... Regina has got her skirt tucked into her underwear. Yes, it's happening. It is happening. Then, to boot, you've got your phone out and you are in the perfect position to take a picture, so you do it. How could you resist? You take the picture and you come back to your crew and they're all like, "Yeah girl. You did it. Take the picture, text it to everybody in the school. Post it on Facebook and Instagram and let's take Regina down. This is your moment." Right. You can feel it. The *Rocky* theme song is playing in your head, you can taste the revenge, and you can feel the crown on your head, right?

Meredith Brock: But after you take the picture, something strange happens in your heart. You know deep down you shouldn't do what your people are telling you to do, but you're kind of scared to not do it. You actually want to be the queen. You want to be the one in control and in power in your high school, right? And if you don't do what your crew of people are telling you to do, what will they say about you? Will they leave you? Will you lose all your followers? Not only do you feel like you shouldn't have taken the picture now, but you feel this other nudge in your heart to actually go and say sorry to Regina for taking the picture.

Meredith Brock: And then to make yourself so vulnerable to her and submit to her and acknowledge her as the appointed leader of your high school. That stings a little bit, right?

Lisa Allen: That's hard.

Meredith Brock: I'm slightly horrified just thinking about it.

Lisa Allen: Yeah, I'm sweating again.

Meredith Brock: Right. Here we are again sweating. Because you're handing so much power over to someone, and maybe you don't understand why they're in that place, and you feel like you should be in that place. Or at least you should have some kind of revenge or retribution, right? For the way that they've treated you. But all jokes aside, really, if we look at this, David is in a really hard spot. I want you to go back to verse four really quick. I'm going to read it to you. It says ... he sees

Saul in the cave, and the men say to him, the guys that are with him, his people say to him, “This is the day the Lord spoke of when he said to you I will give your enemy into your hands for you to deal with as you wish.’ And then David crept up unnoticed and cut off a corner of Saul's robe.”

Meredith Brock: This is the day. This is the day the Lord spoke of. You caught her, right? You caught Regina with her skirt in her underwear, and you have the opportunity to take things into your own hands. This is when David cuts the robe, or maybe this is when you take the picture. This could be many different actions that you could take in your life, right? This is that moment of temptation. And you can taste the victory. And I can imagine in this moment, I kind of play it out. I don't know what happens in David's mind, but this is what I can imagine happens very quickly in his mind. He's creeping up on Saul, crawling on his belly in the cave, and he's thinking, should I do this? Should I take revenge on this man? Is this God delivering him into my hands? I'm so tired of running and hiding. What if I don't kill him and all these men in the back of the cave, they leave me? I am supposed to be the king one day, right?

Meredith Brock: So he acts, but then something really important shifts between verse four and verse five. And I wish we could see what happened internally for David. One minute, he's creeping up on Saul. We've all been there. We're creeping up, we're creeping. And then verse five happens. So really quick, let's read verses four through five after David has done this moment, this thing, where we're not really sure, was it okay? Was it not? We don't really know, but something changes between verses four and five. So let me read verses five through eight again. Afterward, so he's cut the rope.

Meredith Brock: "Afterward, David was conscience stricken for having cut off a corner of the robe. He said to his men, 'The Lord forbid that I should do such a thing to my master, the Lord's anointed, or lift my hand against him for he is the anointed of the Lord.' With these words, David rebuked his men and did not allow them to attack Saul, and Saul left the cave and went his way. Then David went out of the cave, called out to Saul, 'My Lord, the king.' When Saul looked behind him, David bowed down and prostrated himself." We can see that in this moment, David wrestled well internally, and then acted and was obedient to what God had told him to the point of risking his life and his reputation, and I believe, personally, this is the moment that sets David apart from so many others in Scripture.

Meredith Brock: At first, he listened to those external voices. The friends, there were probably guys in that group that he really trusted. They were wise. He listened. I don't know, maybe for you, it's social media. Maybe it's your family. But it's those external voices that aren't God. And we all goof up, we all do it every once in a while. No one does it right all the time, but in the end, David did what he knew God was telling him to do. And just a real interesting point here that I've found as I studied this scripture. I couldn't find anywhere in Scripture that what those men told David that the Lord had told him was actually the promise that God ever made to David.

Meredith Brock: Let's go back and read it. It says, "I will give you." This is the actual promise; I just want us to read it word for word. This is what these men were telling David that God had told him. They said to him, "This is the day the Lord spoke of when he said to you I will give your enemy into your hands for you to deal with as you wish." That's nowhere, I couldn't find it anywhere. God never told David that He would give him his enemy to do whatever he wished with. And that blows my mind. Isn't that how we are? Sometimes, external voices can be so misleading of God's true words and His true promise to us.

Meredith Brock: So I don't know if David remembered the promise God gave to him in that moment and he said this is not my promise. This is not how this is going to go down. Or maybe that nudge in his heart was so strong, he couldn't deny it. We don't know, but what we do know is what he does in verses five through eight. First, it really happens in verse six. He silences those exterior voices. So let me read verse six to you. "He said to his men, 'The Lord forbid that I should do such a thing to my master, the Lord's anointed, or lift my hand against him for he is the anointed of the Lord.'" So step one, he silenced those exterior voices, and then he acts in obedience immediately no matter the cost of his pride or his position. Let me say that again because I think it's so important that we absorb that. After he silenced the voices, he then acts in obedience immediately no matter the cost to his pride or to his position.

Meredith Brock: Let's see how he did that. In verse eight, it says, "Then David went out of the cave and called out to Saul, 'My Lord, the king.' When Saul looked back behind him, David bowed down and prostrated himself with his face to the ground." Face to the ground in front of an army of men whose sole purpose in that moment was to find him and kill him. Whoa. Put his face to the ground. Perfect position to remove that cute little head that David had, chop it right off, right? So he puts his face to the ground. And then, wait a minute. It gets worse. He's got his face to the ground in front of men who want to kill him, and behind him, he has an army of men that are terribly disappointed in him. Because to them, they feel like, thanks David, you just blew our chance. There it went. All gone now.

Meredith Brock: The men, they have two choices at this point. One, they're about to die. Those thousands ... remember, early on? I think it said 3,000. Three thousand soldiers were there. They could kill them in that moment, finish. Or, their second option is cool, yeah, sweet. We get to run in the desert for who knows how much longer from these men who want to kill us. Those are our options here, David; good job, leader. Great job. Well done. Round of applause, right? So David is in this moment, has death in front of him and disappointment behind him, but he has obedience in his heart and a commitment to God's promise placed on him.

Meredith Brock: And here's where I want us to stop. We could rush on and see what happens to David and his men, but instead, I just want us to stop right there and all of us pause and ask ourselves two things. First, do I need to silence some voices? Is it time? I can't tell you who it is or even what it is. There's lots of voices in our

lives, but God will tell you if you need to silence some voices. And the second is, what action do I need to take to be fully obedient to what God has called me to?

Meredith Brock: I want us to go back to the phrase I said at the beginning of the podcast, which is obedient no matter what the cost and humble no matter what others might think of me and my obedience to God. Here's one thing that I've learned in my short 37 years of life. People will come and go. I bet most of you probably haven't stayed in touch with more than five people from high school, or your first job, or your old neighborhood, or even college. Don't live for the approval or even according to their advice to you. You'll never be able to please them all the time or even, really, make them like you. And this sounds so simple, but you can please God by simply obeying Him. And that will last all of eternity. Your obedience to Him is eternal. David knew that in this moment, and he did the hard thing. He risked his life, his reputation, his position. What others thought of him, he was willing to risk it all in order to be obedient to his God. He silenced the exterior voices and humbled himself to be obedient.

Meredith Brock: Now later in life, let's be honest, David had some other struggles and we won't go into that. Later. But I do think this played a part even in his story later on, and his struggle later with obedience to what God was telling him to do. All I know today, though, is that I want to be a woman who is obedient no matter what the cost and humble no matter what others may think of me and my obedience to what God has called me to.

Kaley Olson: Wow Meredith, I know that you've taught our staff this before, and I think it's really refreshing to hear it again. You've taught before about the humility portion of it, but not a whole lot on the obedience, so I think it was really great, really fresh. I can't wait for the rest of our staff to hear it. I even know right now that people who are listening are probably being challenged. I know that I'm challenged. Lisa, why don't you tell us what you liked about it and what stuck out to you the most?

Lisa Allen: So much. I've been writing furiously as you're teaching, Meredith, so thank you so much. I would say one of the phrases that you said was, "death in front of him, disappointment behind him, but obedience to God in his heart," and the Lord challenges me consistently — am I as pleased when God alone is the one pleased with me? Sometimes, you hit your pillow at night and there's not another person that understands why you've done what you've done except for the Lord, and God is really challenging me — is that enough? And honestly, I confess to you guys, I'd rather please the people that are right in front of me sometimes than God Himself, so thank you for challenging me on immediate obedience. I just got off the phone with another ministry leader, and one of the questions we were asking about a situation is what do we call success, and the Lord has been challenging me that sometimes success is simply obedience. But it doesn't look quite as slick and glossy-

Kaley Olson: And shiny, yeah.

Lisa Allen: For the world. But that's really what success is in our lives, is obedience. And you also talked about immediate obedience that David did. He showed immediate obedience.

Meredith Brock: Well I can even say in what the Lord has taught me through this, because I really have come back to this section of Scripture over, and over, and over, and over again over the last year, and it really comes down to that, Lisa. I can look back on very specific moments of the journey that the Lord has brought me on in the last year, and I knew in my heart what God was calling me to do, but I knew that when I did it, I was going to disappoint so many people, and I wasn't going to be what they wanted me to be, and I wasn't going to fulfill all that they thought I should fulfill.

Meredith Brock: And not only just as a ministry leader here at Proverbs 31, but even in some of my friendships that have been hard to be able to say, I wish I could be that kind of friend for you right now, but I can't. This is the Lord calling me to place all my energy and all my time in this area in this season of my life, and I have to be okay with even disappointing my friends who I love dearly. And that's hard. I really don't like disappointing people.

Lisa Allen: One of the things that the Lord has challenged me with is this simple phrase, and I don't recommend you using it at your next backyard barbecue, but when you have to deal with a situation, and it is, "I'm willing to disappoint you in order to obey God."

Kaley Olson: Yeah, so good.

Lisa Allen: That willingness to understand that it's not that people aren't important, but God is more important, and He has a pathway to something through that obedience.

Kaley Olson: Right. And I think something, too, that isn't pointed out in Scripture, but if I put myself in David's shoes when you said the line, "death before him and disappointment behind him," but he was obedient in the moment, but the Bible doesn't say because he was obedient, his heart was at peace. And I feel like if we were in David's shoes, if you see death in front of you and disappointment behind you, I think that you're going to feel unrest. I think that's some kind of cliché term that the Christian community believes is that when you obey God, it's all going to work out and you're going to be-

Lisa Allen: Rainbows and unicorns.

Kaley Olson: And it's not rainbows and unicorns.

Meredith Brock: It can be lonely.

Kaley Olson: Right, especially for younger people when we start to learn what it looks like to step out in faith. Disappointing your friends? I'm sure you had other days doing whatever you said that you were going to do because you had to disappoint them, that your heart felt like, why can't I hang out with them? Why did I tell them that?

Meredith Brock: Of course.

Kaley Olson: And even David is probably thinking, "Well, I'm either going to be rejected or I'm going to die right now." But he was obedient, and I think that's really something to note — obedience does not equal peace.

Lisa Allen: That's good.

Kaley Olson: But it is the right thing to do, and God is going to take care of it.

Meredith Brock: And it's eternal. I think that's the thing that for me personally has helped me through this season, is that obedience is eternal. That choice to choose God, to choose His calling, His voice in my life, His word will last far longer than the approval of that army behind me. Or that fleeting moment of, I got her, Regina. Like how many times have I had that moment where I'm like, I want to post it. I want to post that picture, and I just want to get Regina back. But that moment, it only lasts a second, and that character that you're developing, that habit of obedience to God, that's eternal. That lasts forever.

Lisa Allen: That's so good. Meredith, one of the things that I thought about that you said a couple different times when you read the scripture was I'm deeply touched by his reverence for the anointed. Think about that. If we really rehearsed the anointed authorities in our lives, and do we have that deep reverence? How many times did he say in that passage, "Far be it for me that I should raise a hand against the Lord's anointed" and yet, Scripture's clear. We have a lot of anointed people, anointed offices and positions in our lives that I'm confessing, I don't know that I show that kind of reverence.

Meredith Brock: And I think it's hard ... that is a whole 'nother podcast to talk about what it means to trust and respect those that God has placed over you. Oh my goodness. I don't know if there's another area that's in direct correlation with how much you trust the Lord.

Lisa Allen: Yes.

Kaley Olson: For sure.

Meredith Brock: To say, gosh, this person has so much authority over me, and I'm going to allow the Lord to work in and through them for my best. That stings a little bit. It's scary.

Lisa Allen: I was really convicted when I heard that, so that's really good.

Kaley Olson: So good. We can talk about politics, but we can also talk about those young girls who might be in high school, or maybe you're the mother of someone in high school, and I wish that I had this message a long time ago. You put yourself back in the high school shoes; white eyeshadow is fun to talk about, but the trials that you go through at that age aren't super fun to talk about, but I think what I got from this message in relation to growing up and just being really young and navigating what it looks like is that eternity is so much better than to be cool right now.

Kaley Olson: And if you're a mom, maybe you and your daughter need to have a good listen to this before school lets out or before school starts, whenever you're listening to this. It might just be good to get your mind straight in regards to who the Lord is developing you to be.

Lisa Allen: One of the things, too, that I wrote down is that I love how you used the word "posse," and I wrote down "ponder your posse." Because sometimes, we really have to make sure that we're surrounding ourselves with the right people, and sometimes, the people we surround ourselves with, even if they love Jesus, they want to take up the cause of "we hate Regina" too. So there's a delicate balance between, I don't want a best friend who's going to be like, "Lisa, you should forgive and submit." Because there is a process when you're hurting. But we need to surround ourselves with people who at some point are going to say, "Are we honoring? Have we forgiven that person? What's God saying to you right now?" And to pull that best out in us.

Meredith Brock: You know, Lisa, I went on a ... this is going to sound so in the weeds, down, low level, on the ground, but I was wrestling in my heart, I found myself wrestling in my heart a few months ago, and really felt like the Lord was like ... this sounds so ... I'm about to sound like a high school girl, and yet I'm a 37-year-old woman with two children, but I legitimately had to go through my social media and stop following a lot of people. It's not that those people were bad; they weren't bad at all.

Meredith Brock: Actually, what they were saying and posting was really, really good. But it was what it was doing in my heart. I found myself allowing those to be external voices. They were lovely voices for where those people were at, but I knew it was not good for me to hear, and it was making me hard and cynical, and that's not who I am. That's not who I want to be. So I went on a rampage. I went through and unfollowed a bunch of people. I may be in a better position in my heart in a couple months where I can go back and re-engage with some of those conversations, but I knew, wow, I really need to quiet some voices. I've got too many voices at the table right now, and I really just need to hear the Lord's voice.

Lisa Allen: That's so good. Because simply that mindless, numbing scrolling. Even if they're not taking you to a bad place, they honestly can replace a significant chunk of time with God.

Meredith Brock: And the voice of God. You find yourself hearing that instead of sitting down and hearing the voice of God. At least for me, which I'm slightly embarrassed to admit.

Lisa Allen: I've done the same thing. It's because I can't be trusted with where it's going to take my heart. That's part of guarding your heart. Because everything flows out of your heart, so I see that as part of guarding your heart in a really healthy way.

Meredith Brock: I'm even right now, in this moment, thinking to myself, just laying it out there, oh my gosh, people are going to find out that I unfollowed them and they're going to be so disappointed in me. There it is. We're standing back at the cave, and I have to reaffirm my commitment to the Lord in this season to hear Him and Him alone.

Lisa Allen: Amen.

Meredith Brock: No matter how many people I disappoint, or even no matter how many people I embarrass myself in front of.

Lisa Allen: And they're probably not thinking about us anyway.

Meredith Brock: Because I'm so anxious. Not true, not true at all.

Lisa Allen: One of the things that I worked out, too, when I was thinking about pondering authority. And I actually had a situation where I was kind of frustrated with the way somebody was treating me, so I started reading this book recently, and it talks about the authority and obedience and submission to God and everything and how it reflects on the way we submit to the people that we're in a relationship with. So I started writing down everybody that had authority over me in my life, and one of the things that really surprised me that I was so convicted of is that I was doing something with my husband, kind of being a little bit snarky about something-

Meredith Brock: No.

Lisa Allen: Shocking. I know it's really hard to believe. Yes, true story. I was really kind of snarky, and it was identical to what this person was doing to me in a completely different place, but it was because I went to authority, and I thought I couldn't believe this would happen over here, but yet I was guilty of it in another place, so it really challenged me to ponder my authority. And the other thing that I thought was so interesting is that there's a difference between submission and obedience. So there's two acts when you're obeying. You're obeying and you're submitting to God, so obedience is an action, but submission is an attitude. And

I thought about that; you can do one without the other. You can have the right attitude, but not actually obey, or you can submit but it might get confusing.

Kaley Olson: I think it really is all about the posture of your heart, just like you said. Just like you said. So as we wrap up, I want to go back and recap those two points that you made. One, do I need to silence some voices? And two, what action do I need to take right now to be obedient? Your message was great, Meredith. I know you probably could have gone on for a long time, but great discussion. I hope you guys enjoyed listening to it, and as we wrap up, I want to go back and remind our listeners of all the good things we covered here. These messages are good. Today, we just talked about obedience, but we've talked about forgiveness, perfection, measuring up, anxiety. I don't really have a favorite one, but I know all of them can speak to a specific area that I'm struggling with, and I can go back and listen anytime.

Lisa Allen: So good. And one of the things we want to remind our listeners is to share your feedback with us. If you like what you're hearing, would you write a review on iTunes? We would be so grateful. We know that people really pay attention to reviews, and that could be the difference in someone listening to the good truth on this podcast or not, so if you could do that for us, we would love that.

Kaley Olson: Yeah, that's right, Lisa. And if you're listening to Meredith's message on obedience and humility, and you know that you might be tempted to get on social media and then you'll be right back in that spot where you want to let those external voices control your obedience to the Lord, maybe it's a good time to start following Proverbs on social media, and give a couple of other people a little unfollow here. But we are on Facebook, Instagram, Twitter and Pinterest at Proverbs 31 Ministries. And one of the things that we do on social media is we use it as a ministry tool, guys. Every day, several times a day, we're on there with Scripture, with relevant truths that apply to what you're going through in your life right now. So great, great stuff for you to follow.

Meredith Brock: And I'll be honest. That's what we try to do, is be the exterior voice in the life of all the women we get the privilege of serving. We want to be the exterior voice that points you back to God's voice, and to His Word, and to His Scripture. And what a privilege that is that you let us into your life to do that every day.

Kaley Olson: All right, guys. It's time to go. Thank you, Meredith, for your teaching. Lisa, thank you so much for joining us today.

Lisa Allen: Thanks for having me. It was great.

Kaley Olson: Yeah, and to our listeners, thank you for sticking around to the end. Our mission is to help you know the truth and live the truth because when you do, it changes everything. We'll see you next time.