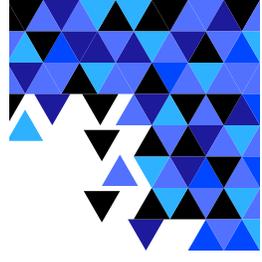


As Told by Kole



#PodcastNotes for Episode 59

It's Okay to
Grow Up

Growing up. Some people say it's hard to do. We all know about growing pains, right? Growing up is definitely not always the easiest thing. If you are a millennial, you already know how hard "adulting" can be. Sometimes, you just don't feel like doing it. I get it.

Let's think about it, though. When you are young, the doctors always check to make sure that you're growing properly. If you're not, they call it "failure to thrive", which means that you're not gaining the weight you should be gaining as you grow.

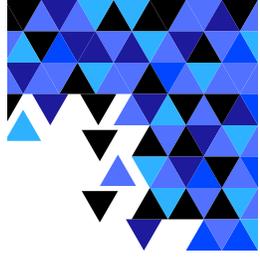
Now let's take that example and look at your life. Are you thriving? Are you gaining the weight you should be gaining as you get older? Healthy weight. Not unhealthy weight.

As a matter of fact, let's dig deeper into that. The older we get, the more likely we are to gain unhealthy weight. This comes from eating fatty foods, lack of sleep, lack of exercise, etc. But what about the other types of unhealthy weight? Do we ever think about them? What about the weight from bad relationships? What about the weight from unresolved shame and emotional baggage? What about that?

Have you ever seen a child who was overweight at a young age, but as they grew up, they slimmed down? That's what we should be doing. As we grow up, we should be dropping our "baby fat" and only gaining healthy weight. Let me grab a scripture for us. **I Corinthians 13:11 in the English Standard Version says, "When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways."** We should be doing the exact same thing. There should come a point in our lives when we no longer desire to speak like children. We should no longer want to think like children. We should no longer reason like children. I'll do you one better. We even have to look at the past year and decide whether or not it will be healthy to continue to speak, think and reason the way we have been doing so.

As Told by Kole

#PodcastNotes



Listen. It's okay to grow up. It's okay to realize that you have outgrown situations, people, places and things. If your child is in a classroom and two of the kids in there are failing to pick up the material as fast as your child, would you want your child to stay in there and be delayed because of the delay of others? Absolutely not. You would expect your child to be moved to an environment where he/she would be stimulated. The same is true of our lives. There's nothing wrong with looking around and realize that who you are at the moment requires more than what you see around you. It is okay to grow up.

It hurts sometimes. It's hard having to look at friends and say, "This relationship is slowing me down, and I'm gonna have to let it go (or change it) if I ever want to grow." - but as hard as that is, it is OKAY to feel that way. It's okay to realize that you're tired of being the smartest person in your circle. It's okay to realize that you're tired of being the most spiritually astute person in your group. It's okay to grow up. It may hurt, it may be frustrating, and it may be misunderstood... but it is OKAY. Remember that.

Have an amazing day today. Show love to yourself AND others. Be GREAT! I speak life to you and everyone and everything connected to you! Catch me tomorrow!

XOXO,

Na'Kole ♥

As Told by
Kole