Becky L McCoy: [00:00](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=0) Hey friends, it's Becky L McCoy and this is Sucker Punched.

Becky L McCoy: [00:15](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=15.19) Friends. Welcome to episode 53 of Sucker Punched. Today I am chatting with Jennifer Dukes Lee. She is so funny and relatable. She writes books. She has three books out they are called the Happiness Dare, Love Idol, and It's All Under Control. And what I really appreciate about her and you'll hear this, um, when we talk in our conversation, um, she's just able to make all of these different topics like we can really connect over things and she's really good at describing things and, and making you feel seen and heard with her words. And so I'm really excited to share this conversation with you. I've been thinking a lot about disappointment as this series has been going on. And I wrote some of those things down in a blog post. The link is in the show notes, but it's called Good Things Are Scary: Disappointment is Comfortable. And basically I realized how afraid I am of things going well because I have become so accustomed to disappointment that it's comfortable, like being disappointed as a familiar feeling.

Becky L McCoy: [01:40](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=100.12) And so I'd almost rather stay in this perpetual state of just adjusting my expectations and being comfortable being content with what life looks like right now instead of taking risks and accepting the good things that come. And so it's really been. The series has been so challenging for me personally to think through all of that. And do I really want to go through my whole life just kind of living like mediocre? No, I definitely don't. And so how, how can I put myself in a place to, um, be willing to risk more disappointment and also risk good things happening. Um, so basically I took some of my fears and I'm learning how to reframe them. So one of the questions that my fear comes out of is, what if I'm not ready for this good thing? Like, what if it's, I'm just not prepared yet.

Becky L McCoy: [02:51](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=171.37) Well, you know what, so what? It can still be good and I'm going to figure it out as I go along. And that's all okay. Uh, we don't have to have everything figured out ahead of time and I will be the first one to tell you that I am, I'm so bad at like enjoying each step along the way as things unfold. Uh, and, and so I'm, I'm learning, but I don't, I don't have to have it all figured out before the scary good things happen. Another one of the, the kind of thoughts that goes through my mind is, what if I was wrong and I don't really want this anymore? What if, um, what if that thing that I've been working towards, I'm planning on that now has happened, actually isn't as awesome as I thought it was going to be? Well, guess what?

Becky L McCoy: [03:45](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=225.94) You can change your mind, right? You can like pivot and it's not necessarily easy and it might be painful, but it's always an option and so I'm, I'm learning that I just need to make the best choices that I can in this moment and do the next right thing. Um, as emily p Freeman says in her podcast The Next Right Thing, which if you do not listen to Emily Freeman, I'm her podcast is really encouraging and it's one of those when I just am kind of feeling untethered in life, put it on her voice, is soothing the things that she has to say are so grounding and encouraging and wonderful. Um, so I'll put the link to her show in the show notes too. And then the last question I find myself asking is what if I'm disappointed again? What if I take this, this risk to pursue something or to make something happen?

Becky L McCoy: [04:46](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=286.54) And I'm just disappointed again? Well, I mean I'm not a pessimist. I'm like halfway between a realist and an optimist, but life can just be disappointing. Like that's just, that's just life and, and it's okay, right? Just because you're disappointed doesn't mean you're devastated. And, and if you are feeling devastated with every disappointment, uh, then that is a huge red flag to reevaluate what is going on because that's not, you know, disappointment is okay and normal. Am I still scared of all the change that comes with a dreams coming true and prayers being answered right? Because risk is scary, especially for those of us that like to know the plan. Um, will I let the fear of good things keep me from chasing my dreams? Nope. Never. And, and these are the things that I am learning from this series. I, you know, I was inspired by Jonathan's book Learning To Speak God From Scratch and this, the conversation that we had around disappointment, but I, I wasn't really prepared for all the ways that I was going to begin to kind of do like the deep soul searching work of, um, of figuring out what I think about disappointment and what it really is and the different moments when disappointment has shown up in my life. So today's, I'm really excited about today's conversation with Jennifer Dukes Lee. We just talked about how disappointment isn't always something like really big and life shattering. That happens sometimes. Some of the hardest disappointments to deal with are, are smaller things that have,

Becky L McCoy: [07:10](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=430.94) I don't want to say inconsequential because even small, hard things are still hard things, but um, that, that it's still okay to be disappointed by little things, right? We, we spend a lot of time comparing our hard things, you know, I hear all the time like I'm having a really rough week, but I'm going to tell you about it because it's not as hard as like losing your husband. I'm like, okay, well you're having a hard week, so tell me about it. It's, it's okay for us to have different hard things. It's okay for us to have different disappointments. Like the, the point is, the important thing is that we talk to each other about it and that is one of the things that I enjoy most about hosting this podcast is just getting to have these conversations and hearing from you about the conversations that you're having because of the conversations that I'm having.

Becky L McCoy: [08:12](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=492.05) Right. We could get real Meta on that. Um, so I just hope that you will be encouraged to evaluate, um, what you think about disappointments, what disappointments you've experienced, uh, and, and maybe start talking to the people in your life about it more because I promise you that they have experienced disappointment, too. Before I share my conversation with Jennifer, with you, I just wanted to thank the sponsors of this episode.

New Speaker: [08:49](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=529.23) Uh, if you really want to live bravely and confidently, especially when life is hard, I would love to have you join us and the resiliency coaching program. Basically all you have to do is come join a group of women with me and we're going to just explore different hard things and we're going to talk about them and we're gonna figure out how to deal with them. Um, but it's not going to be like heavy. There's no homework, right? Like, this is just a safe place to figure stuff out and to start making little changes and little shifts in your life that end up preparing you for when the next really hard thing happens. Or maybe you're in a really hard thing right now and you need a group of people who, you know, uh, are, are gonna be there with you and help you through it and help you figure it out. Or maybe you just came out of a hard time and you want to do better next time. I remember it took me a really long time to figure out how to grieve the loss of my dad and I handled it really poorly. But, you know, once I really worked through it, I realized a lot of like, oh, here's what I want to do better next time because right, I'm not going to go the whole rest of my life without ever losing anyone ever again. So, um, here's my plan for the next time I'm in a season of grief or something is really hard. This is what I'm going to do. So those are the kinds of things that we're going to figure out together. If you're interested, uh, you can head over to BeckyLMcCoy.com/coaching and all of the information is there.

New Speaker: [10:33](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=633.33) A huge shout out to the folks over at Resonate Recordings, they are in charge of making this podcast sound great. They're so easy to work with, uh, the way that they have their website set up. Like I just have to drag and drop files in and they make it sound awesome. And um, and it's really, uh, it's really fun to know that the, the episodes that I'm putting out will always be great because the people are Resonate are great. So if you have a podcast or you're looking to start a podcast, definitely get in touch with them at ResonateRecordings.com.

Becky L McCoy: [11:16](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=676.98) Lastly, I want to think Teresa, I know you've been hearing about her business BeautyCounter for the last few weeks and she's just so passionate about helping women to feel beautiful and take care of their families. And, and if you're someone who finds it concerning, I'm just so many of the different beauty products and things are just full of all sorts of random stuff, right? If you are sensitive to what ingredients you're using on yourself and for your family, uh, definitely check out beauty counter. Theresa can help you by answering questions. You can find her at beautycounter.com/TeresaIdoux and her name is spelled Teresa Idoux and um, yeah, they screen all their ingredients for safety. So you can, you can trust that what you're using is going to be a great product. All right, here is my conversation with Jennifer Dukes Lee.

New Speaker: [12:40](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=760.641) I'm here today with Jennifer Dukes Lee. And Jennifer, why don't you share with us a bit about a time when you were disappointed?

JenniferDukesLe: [12:52](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=772.15) Well, I've never been disappointed who hasn't been right. And of course, since I, since I know you and, since I love your podcast, I'm like, what story do you tell? Like, right? I mean every day is a moment to just feel disappointment in life. Right? Right.

Becky L McCoy: [13:13](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=793.02) There are plenty of opportunities

JenniferDukesLe: [13:13](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=793.56) and sometimes it's like the call that comes from the doctor that says, I'm sorry to tell you, but the MRI showed blank sometimes that disappointment is the way your little kids are behaving in target and you're like trying to every, all of your power to not just bring their little next. Sometimes that disappointment comes in your own self and you don't see until years later how um, what was a great disappointment to you was actually, oddly weirdly a gift. And so I'm going to tell a story that's like now it just like, I almost want to roll my eyes at myself over how disappointed I was because hindsight just gives us this picture of like, oh, for heaven sakes, Jennifer, look, now you're fine.

JenniferDukesLe: [14:05](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=845.23) Right? And so a little backstory, I've always been the kind of a girl who kind of has everything all under control. I'm sort of a, you know, like the group leader in high school and everybody wanted to be in my group because they knew that they would get the, A and they wouldn't have to do any of the work kind of a thing. And so super type a super achievery kind of a person. And so, um, I w I got, I was that way in college to get a um, go for whatever I wanted with all of the Gusto in the world and hopefully grab hold of it. And so I went through life that way, getting what I wanted, um, especially as it related to and grades and that sort of thing. So I'm like 24 years old and I'm year two into my first job as a news reporter at the Omaha World Herald in Omaha, Nebraska.

JenniferDukesLe: [15:03](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=903.98) And I had been a cops reporter for about a year by then. And an opening came up for a job that was sort of this coveted job as the columnist. An opinion columnist and they would be featured a couple of times a week. And so I applied for this and you had to write three different articles to be considered for the job. And what I didn't know is that there was a very talented, funny, similarly aged, a woman who was also applying for the same job. And some of your listeners will probably know who she is when I say her name, her name was Rainbow Rowell and rainbow is a now a New York Times bestselling fiction author of books like Attachments, Eleanor and Park, Fan Girl, Landline, lots of books. And so anyway, she's super funny, super creative. And she and I both went after this job and she got it and I didn't.

JenniferDukesLe: [16:13](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=973.58) And I can't tell you how deflated and disappointed I was in something that was so important to me. Um, and at the time it just, it really sunk me. Like I'm no good, I, I am not cut out for news. I'm not a great writer. All of those things that we do, once we face disappointment in, in career or, or in, you know, in our, in our work or in our vocations, somebody's listening and knows exactly what I'm talking about. Um, and you begin to let those things define who you are. Um, and since then I've had numerous disappointments in relation to career and going after a variety of jobs and roles and assignments and feeling like I'm failing the bosses feeling like I'm failing the PTA, feeling like I'm failing as a parent and just that sense of um sucker punching yourself, feeling like you're a disappointment to the world that you don't measure up.

JenniferDukesLe: [17:22](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1042.4) And that's the way I felt then. And you know, here we are 20 years later, I'm 46 now. I'm still wrestling and wrangling with those feelings all these years later.

Becky L McCoy: [17:34](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1054.28) Fascinating. Cause your third book just came out. Yes. It's not like you gave up and have been sitting in a dark room doing nothing.

JenniferDukesLe: [17:46](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1066.05) Like it didn't like it all worked out. It's deal with it like we can, you know, when you're in the midst of that disappointment and you think there's no way, you know, I'm just no good. I'm never going to make it past this. I'm not going to be worth anything to anybody. And yeah, I mean, I'm a published author. I went on to do other jobs in news. I was a journalism professor at a Christian college for several years. I got a lot of writing and words left in me. And um, I think though that what that story always represents to me is that God doesn't give us a spotlight to see the path that he will take you on in the next year.

JenniferDukesLe: [18:28](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1108.02) He like gives you a flashlight to see maybe a step ahead if that. And it's hard to live by flashlight. Um, some of my greatest disappointments, Becky, have turned out to be some of my biggest blessings in life. Had I gotten that job, would I have stayed at the Omaha World Herald for years? Um, or you know, that I wouldn't have gone on to the Des Moines Register and maybe we wouldn't have moved back here to the farm. I mean like there's this domino effect of decisions and there's this domino effect of God's plan trumping ours and you know, I just have to a lot of times just thank God for not letting me have my way.

Becky L McCoy: [19:12](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1152.84) Yeah. So true.

JenniferDukesLe: [19:15](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1155.391) Comes years later though, doesn't it?

Becky L McCoy: [19:17](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1157.37) Yeah. What do you think the hardest thing part of that disappointment or I've just kind of feeling disappointed. What's the hardest part of that?

JenniferDukesLe: [19:32](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1172.22) I think that, you know, as the group leader, ish kind of person that I am, I have a habit of trying to manage it all. I have a habit of being tied to my own preferences, my own desires in my own timeline. And often it's because I trust my own plans more than I trust God's plans for me. Like if I really opened up my hands and stop clinging so tightly to my preferences, what will God make me hold onto instead? This really comes down to do I trust God with the plans that he has for my life and when I'm really honest with myself and with God, sometimes I don't because I'm scared I won't like the outcomes. Maybe I'll be disappointed with what he does. And so I'm really, I have a really hard time with being completely obedient to different things that God calls me to do because if I don't take matters into my own hands, but what's he going to do?

JenniferDukesLe: [20:39](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1239.96) And so I think that I think, you know, I don't know if this is just the American way maybe or if it's like a, you know, like a condition sort of a thing. But certainly in the United States of America, we value individualism, whatever we set our mind to do a little bit more hustling and striving and take matters into our own hands and manage outcomes and make sure it all goes in our own way. And it just. We're constantly setting ourselves up for disappointment in that way. And missing. You know, sometimes we actually do get our own way because we've worked so hard and you just can almost see God just like brushing his hands together, putting his hands in the air and go and fine, try it, see how that happens and you know it. So the disappointment I think comes in as a planner type a planner person being raised in a culture that values self-sufficiency, that rewards self-sufficiency, that rewards, you know, moving higher on the ladder and getting the A and getting the raise and profit margins and all those kinds of things. Um, we are disappointed in ourselves because we're certainly afraid that we've been a disappointment to other people.

Becky L McCoy: [21:57](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1317.42) Yeah. And I think I resonate so much with like the type a leader personality, the, as you said, the achievery type person. I wrote that down because I'm going to use that in that. It's been only until recently that I've realized that like there's not just like one best thing for me, right? Like, there are so many wonderful opportunities and things that just because this one didn't work out doesn't mean well, now everything is going to be terrible and I'm never going to feel fulfilled. I don't know how I got. So um, what's the word I'm trying to think of that, that it had to be this or nothing. Instead of like being able to step back and see like, wow, there are all these different opportunities and they are all awesome.

JenniferDukesLe: [23:01](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1381.39) Yes. Preach. You know, like I think you're right. Like it's like, well, here you are. God's going to stand you in front of these doors and pick door number one, door number two, door number three. And if you walked through the wrong door that you're going to, you know, forever be lost and you know, out of God's favor or something. But like imagine you're standing at a crossroads and there's signs pointing in two or three or whatever direction and you think you have to pick that one direction and walk that way forever.

Becky L McCoy: [23:35](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1415.381) And it's not true for all of eternity.

JenniferDukesLe: [23:39](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1419.63) That one road and walked that path for the rest of your life. Gospel living is not an either or question like that is coming back to that fork in the road every single day with every decision, every obligation to every relationship and asking God to help you to choose and knowing that even if you go down the road that like I heard God wrong or whatever, he's got, he walks with you. He doesn't, he doesn't leave you there alone,

Becky L McCoy: [24:04](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1444.56) right? Because so a few years ago I read the book decision making in the will of God and it goes into all of this and I'll put a link in the show notes because it was a game changer for me in recognizing that God's will is not one singular decision. God's will is like, is this decision going to cause you to sin? No. Great, awesome. And you have four choices to choose between. You have like four different cities you could move to and they're all great. Awesome, right? It's not like we're trying to figure out like the God lottery of like what is the one perfect decision, but that's how I always thought that there's one most responsible decision to make and God is so much more gracious than that. Thank goodness.

JenniferDukesLe: [24:58](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1498.65) That's good. That's good.

Becky L McCoy: [25:02](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1502.17) Um, yeah. Who, so how do you feel like, um, the disappointment of not getting the columnists job? Do you feel like the disappointment resolved? I'm not sure if his job does the right word, but like 20 years later you're not like still disappointed or maybe you are, I don't know, you know.

JenniferDukesLe: [25:31](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1531.7) I mean lit literally, Becky, that is such an anecdotal story of disappointment that represents so many other little disappointments along the way. I mean, I was over it in a week and that's the thing with disappointments. It's like, you know, we think that what we don't get is the end of the world and we turn around to discover that we have the God has something else for us and you know, and had that for rainbow. Like, you know, there's, she's moved on to do great and marvelous and wonderful things. No, it was, it was a one week disappointment that is purely anecdotal that I've experienced in a variety of different ways. Um, you know, again, through, through career, through applying for different jobs and not getting them through, not getting the story and watching it be in the next morning's competing newspaper and feeling like I've disappointed the bosses. Um, and feeling like I disappointed people when I stopped teaching vacation Bible school and feeling like I've disappointed people when I didn't sign up for the committee and the PTA.

JenniferDukesLe: [26:41](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1601.99) I mean, you know, I've had a lot bigger disappointments in my life. Um, related to, um, my, you know, my own health and my daughter's health and my, uh, parents, my aging parents health. My Dad's recently undergone an amputation in his leg. And we faced a lot of trial and disappointment in this life even. And it, all of that. And they've been much bigger than not getting a job as a calm to at age 24. But what all those things say to me and what all the, the, the accumulation of all those disappointments that says to me is that all these years later, God is still in it with me and he's still walking with me through the doors that may or may not lead to yet another disappointment. So that's, I think, how, how we learn and grow in life in understanding that when you're in the valley of disappointment, God is walking you out of it to the other side, always.

JenniferDukesLe: [27:42](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1662.48) He doesn't leave you alone in the wilderness. Um, he has better things for you than you could've ever planned for yourself. Um, he uses those little disappointments in life, whether it be inquiry or parenting or what have you, in order to grow something new within you. And then so you can turn around and walk with others who have themselves been disappointed. You've gone through tremendous disappointment Becky and I have no doubt that because of that, um, you've been equipped to walk with people who've undergone similar kinds of disappointments and it's the gifts are that you probably wouldn't have ever really wanted, but you continue to use that, um, to minister to and encourage other people in their own walk.

Becky L McCoy: [28:35](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1715.97) Yeah, I always tell people, especially like being rid of it, like that's not a club anybody signs up for, right? Nobody's like, oh, living, go to the informational meeting for that one. But having, you know, experiencing deep disappointment, um, it does, it allows you to connect with other people on a different level. Um, and, and when we can share, you know, even if someone else hasn't lost their husbands, that doesn't mean that we haven't experienced similar, um, similar like loss, if that makes sense. Like, it. You don't have to lose the same relationship to understand what it feels like to lose something really important.

JenniferDukesLe: [29:33](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1773.2) Like you talked with me about common experiences and common. What was the other thing? Common emotions.

Becky L McCoy: [29:40](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1780.34) Yeah. Yeah. That like you could lose a home or a job and I could lose a husband or a friend or have to move somewhere and we could be feeling the exact same things even if what we actually lost is different. Um, and I think that's, you know, you said this is the story of losing the job or not getting the job was like a small anecdote. All disappointment looking back. But when you were 24 it was like, well, like, am I in the wrong career? Fields makes you question absolutely everything. And, and we all know what that feels like, you know, to have a disappointment or a series of disappointments that all kind of like add up together and make it feel like, well, what am I even doing? Anything.

JenniferDukesLe: [30:32](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1832.34) Exactly. And so I think, you know, for the listener on the other end of this conversation right now, I guess what I'd say to her is, or him, what I would say to him or her is, um, if it matters to you, it matters to God. Like God is in the business of, of caring about all of the little things. I mean, just for instance, like he cared that there wasn't enough wine at the wedding of Cana, you know, the little stuff. So he cares about it. And I think what happens though is we can look at all that were sitting at, you know, we're sitting in the, in the Bible study on a Tuesday night with all these other women and they're asking for prayer requests for, you know, they just found out their husband had an affair or they just found out that they got cancer.

JenniferDukesLe: [31:19](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1879.38) Or um, their kid hasn't called home for two years and he's in, you know, a grown grown man now and he's never calling home. And you know, there's all these big things and you're sitting there thinking, well, my problem is Kinda like a hangnail. Like I'm not going to ask for prayers for a hangnail. And so keep all of these disappointments and all of these hurts to yourself thinking it doesn't matter. Like I can't share what's on my heart because it's nothing like what she's facing. And so we carry around this stuff. Never asking for someone to walk with us in it. And I think that's a problem,

Becky L McCoy: [31:59](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1919.9) right? Well, I even find myself experiencing that on just like in my own head, like this week maybe I'm really struggling with being a single mom and having lost my husband and my kids not having a dad and like, no God, where are you in all of this and what are you growing out of it? But then the next week, like I'm just so desperate for prayer that God would help my daughter learn to not poop her pants. Like can I ask for prayer for that? Because last week it was like, oh, a much bigger like issue. Well, of course I can because this is what I'm struggling with right now.

JenniferDukesLe: [32:41](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1961.15) That's enough. God cares about it all. He wants to hear about it. All. He cares about the little stuff. He cares about your diapers, training he cares about to do lists. He cares about your deadlines. He cares about your yard work. He cares about your sore throat. He cares about the scuffle at the office. He's cares about the fact that you didn't get the columnist job. I mean, he actually literally really cares. And I think that we have to just know that we can take every disappointment to God and we can take every disappointment that we have to the body of Christ to those trusted people in our lives that want to help walk, walk with us through it. Right?

Becky L McCoy: [33:17](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=1997.5) Yeah. It's so true, man. So good. So I want to talk before we go about your new book that just came out. So Jennifer already has two books. Um, they Happiness Dare and Love Idol. But this new book that came out, I'm so excited about, it's called, It's All Under Control: A Journey of Letting Go, Hanging On, and Finding A Peace You Almost Forgot Was Possible. and that the title and Tagline just resonated with me so much. So clearly I must be in your ideal reader group. So tell us more about the book.

JenniferDukesLe: [33:58](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2038.22) Sure. You Bet. So this, this is not despite the word control in the title. This is not a book just for control freaks, although it takes a certainly recovering control freaks or present control freaks can get a lot out of it is for people two kinds of people dealing with control, those who are trying to control and do a lot of things and they're just downright tired. And those who have had their whole lives go out of control and they are downright broken. Um, so, you know, I don't know which you might feel today, like any of you, becky or, or anybody that's listening, some of your pain has probably come because of all the things that you're trying to do. Maybe it's, um having to take care of aging parents and little kids and not have maybe not having a husband around to, to help until you're tired.

JenniferDukesLe: [34:43](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2083.19) But some of some of the pain of the people listening to this came because of the things that happened to them and they're just feeling broken and lost. And so this book is really for women who are. I like to say that it's for women who are trying. I'm trying to hold it together for their families. I'm trying to give their best to their churches and their jobs. They're, they're women who are trying to be there emotionally and physically for the people that they love. Um, and just feeling like so many things are blindsiding them everyday. Those big and little disappointments, you know, the little things like the weather or the delayed flight that can cause disappointment in life that's out of their control. Um, that awful text message they got, um, but also the big things like their health and, and um, what's it like to, to be a widow now at a young age or how am I going to get through chemo?

JenniferDukesLe: [35:41](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2141.24) Um, and just all kinds of things that are fertility are or lack thereof. So many things can blind sight us every day. And we ask God for a map to help us deal with all this because we like to plan. So can we please have a map? But instead Jesus gives us a compass and he says, follow me. And this book is really equipping women and encouraging women to pick up the compass and to follow Jesus where he leads. Even though that may lead to disappointment, even though it may feel at times like you've been Sucker Punched, even if it may feel at times like the plan that you so carefully drew out does not get followed at all. Um, and I just hope it's an encouragement and that it really equips women to, to live in a trusting relationship with God.

Becky L McCoy: [36:40](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2200.6) That's so awesome. You the link to all of Jennifer's books are in the show notes, so go ahead and order them all. And like I say, every time when you read someone's book, please review it and rate it because that's what encourages publishers to publish more of that.

JenniferDukesLe: [37:02](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2222.76) good girl and that's super. Thank you for saying that.

Becky L McCoy: [37:11](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2231.79) Yeah, absolutely. And I will be the first to admit that I'm terrible at remembering to do that. So every couple of months I have this binge session of like, okay, what have I read in the last four months? Um, and go back in and take care of that. Thank you so much for your words both on this podcast and the ones that you've published and put out there, um, to encourage the rest of us. Where can everyone find you online?

JenniferDukesLe: [37:41](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2261.84) I'm online at JenniferDukesLee.com is my website. I'm, I'm super active on my instagram which is @DukesLee, D U K E s l e e and also on my facebook page. I love interacting with people and engaging and so it'd be a real joy to hear from your listeners and just let me know you're coming from becky's place and we'll just connect that way.

JenniferDukesLe: [38:12](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2292.09) Awesome. Thank you so much becky.

Becky L McCoy: [38:14](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2294.161) Thank you.

Becky L McCoy: [38:23](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2303.01) I really enjoyed chatting with Jennifer and uh, like she said, Rainbow Raul, the woman who got the job right is this incredibly creative writer and I really love her books. I will put links to some of my favorites in the show notes.

Becky L McCoy: [38:40](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2320.78) Um, but I just love Jennifer's perspective and that now she looks back and like, wow, how different her life would have been if she'd gotten that job. But at the moment it was really hard and, and it's okay to say that even, um, even if down the road you realize, oh, maybe it's not that big of a deal. It's okay for it to be hard in the moment. So if you want to read some more of Jennifer, just words, I'm so excited about her latest book It's All Under Control: A Journey of Letting Go, Hanging On, and Finding a Peace You Almost Forgot Was Possible. Uh, it just came out mid September. Um, ugh. It's just, it's great. She also wrote the Happiness Dare and Love Idol. And all three books are in the show notes. If you want to check those out.

Becky L McCoy: [39:46](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2386.751) A super important like news alert, uh, on Saturday is the next BRAVEtogether Virtual Retreat. So that means you have less than 48 hours. If you're listening to this, the day that it releases to get your ticket, it's going to be really awesome. It, there's just something really special about gathering together with other brave and fierce women and being encouraged and challenged and making new friends, but getting to stay at home and do it in your pj's. It's so great. It's so restful and it really does feel like a retreat even if you're still at home. Um, the one of the greatest things about it is that every ticket comes with the recording. So if you can only catch an hour or you can't come at all, you can watch the whole thing later. So this is really flexible to kind of fit in with what your day looks like. If you're listening to this episode after September 29th and the retreat has already passed, if you head over to BeckyLMcCoy.com/shop, you can purchase the audio download of the retreat and you can still listen to everything. How awesome is that?

Becky L McCoy: [40:58](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2458.61) Um, oh yep. Going to have to cut this part. Um, if you're interested in advertising on Sucker Punched, please send me an email podcast@beckylmccoy.com. I would be happy to give you the information. I love connecting people with products and services that they will love a. So if you think that will be a good fit, please get in touch. I would love to chat with you more about that. Find me on social media. Get in touch. I would love to learn more about you. Come join the BRAVEtogether community on facebook. I'm on all social media @BeckyLMcCoy. Uh, you can find my website, BeckyLMcCoy.com. Send me an email. Hello@BeckyLMcCoy.com. Any of those things. It's, I love getting to know people. I love hearing your responses after episodes. I really, I want to know what you think. What are you thinking about?

Becky L McCoy: [42:01](https://www.temi.com/editor/t/ykD2BLBu6SspFpJiGHHg78g0oad-r2u0MmHd8M26_Cmp53HzuZt_A5dSrCYa8r8euzwGUyBOly6ehCc2_uxszpkvQlE?loadFrom=DocumentDeeplink&ts=2521.88) How is, is there a certain story that you've listened to that has changed the way that you think? Um, please let me know and also, um, leave a rating and a review in itunes. It helps other people to find the podcast and um and in Itunes, as with everything uses funky algorithms that that depend on and who rates and reviews and how many people. And all that stuff, so it's super helpful to me and figuring out what kind of new content to create. It's super helpful to new listeners to, to being able to find the podcast. I hope that you have a wonderful week and I am just really excited about next week's episode too, man. Every single one of these episodes I'm more excited about than last. Um, but I'm going to be talking with my friend Alia just about the disappointment, um, related to having chronic health issues and, and what that looks like for her. Alright friends, have a wonderful week.