

ENCOURAGEMENT FOR *Real Life*

172. 10 Practical Ways to Deal with Discomfort

No matter how old we are, you and I have lived long enough on this earth to understand life can be full of discomfort. Some of it may be brought on by ourselves and some discomfort catches us off-guard, and we have no control over. We talked in last week's episode the truth about God and our discomfort and why He may allow discomfort in our lives, even though He is a loving, saving God who desires His best for us. The thing is, His best for us may be found in uncomfortable situations and seasons. If you're walking through discomfort, or you know someone who is, today's episode is for you. We're pondering how to navigate uncomfortable situations and seasons with grace and resilience. So, let's get right into this episode.

I found myself in an uncomfortable situation two weeks ago.

This I can say I brought on myself. You see, I've been contemplating for a while now trying a new system to record my podcast. The program I've used for three years is wonderful, but it doesn't allow me to record video, which is something I want to do. So, I decided in one of my most full weeks this fall (maybe not the wisest time) to bite the bullet and try recording an episode in this new program. That was two weeks ago, and let me tell you, I had NO idea what I was doing! You know how it goes when you're trying to learn something new, right? It can be exciting, yes, but it can also make you feel extremely uncomfortable because it's not something you've done before.

How do I deal with discomfort? That saying "feeling like a fish out of water" describes all the uncomfortable feelings well! Imagine how a fish must feel outside of its comfortable surroundings--the water, let alone the environment that keeps them alive! So, yes, I felt like a fish out of water, even though trying this new program was not a matter of life or death for me. But sometimes when I'm smack-dab in the middle of uncomfortable situations, it can cause me to feel like everything is a matter of life or death! Yikes!

I've been in this uncomfortable space for three weeks now. I began this adventure three episodes ago, and I'm beginning to slowly get the hang of this new program. And yes, the Encouragement for Real Life Podcast can be found on YouTube now under my name, Julie Lefebure! It's not perfect yet, but we're getting there. I'll put the link for you in the show notes so you can find it without searching.

But the truth is, if we never step out of what's comfortable, we don't grow, right?

And if we don't grow, we can end up becoming stagnant and lifeless. Kind of like this plant that's in the entry way of our home. It's green and looks okay, but it's not growing. But I noticed when I watered it last week it looked dusty and kind of sad. So I'm causing it some discomfort (with the hopes of not killing it!) and moving it to a different location in our home and adding a new kind of fertilizer for the next couple of months. I know this kind of plant can grow and thrive as I've seen others like it do so. Maybe it just needs a change.

Maybe we do, too. As we discussed in last week's episode, when God calls us to what's uncomfortable and we obediently follow Him into that uncomfortable place, He often uses it for our good and growth and for His glory. It may not feel good in the moment, but in the long run, it will be good. We can trust Him, and we looked at many reasons why we can. We also looked at the seven reasons God may allow discomfort in our lives. They are to build our character, to cultivate our dependence on Him, to move us into our calling, to grow our faith and trust, to increase compassion for others, to deepen our relationship with Him, and to shift our focus from the temporary to the eternal. I don't know about you, but these seven reasons are extremely helpful for me in remembering when God allows discomfort in our lives, He's not doing it to punish us or because He's mad at us.

This discomfort may bring about His best for us, so He's allowing it out of His love and care for you and me.

Maybe right now you are in one of these uncomfortable seasons that you'd rather not be in. Maybe God has taken you completely out of your comfort zone, into a zone you don't know how to function in. Or maybe life has turned upside-down for you and right now you just want something that feels "normal" in your life. And it's possible you are feeling like that fish out of water, knowing this discomfort can mean life or death for you.

I'm so sorry if this is the case. Please know God is with you. He hasn't left you and He won't. You aren't walking through this alone. Even if it may feel as if you are. May it also help to know I am here behind the scenes praying for you and sending you much love.

So, how do we deal with discomfort? What can we do to walk through uncomfortable situations and seasons with resilience and grace? Because life is too short to live any part of it in impatience, anger, or resentment. I think we each desire to carry ourselves with God's strength and confidence as we experience discomfort in this life--no matter what it is. We want to learn what God has for us in and through the discomfort and allow Him to mold us into the people He desires for us to be. We want to be better and not bitter on the other side.

So how do we deal with discomfort when it comes? Dealing with discomfort can be challenging, but a few faith-based practices can help us find strength, growth, and peace in these times.

Here are ten practical ways to deal with discomfort:

1. Seek God First

Allow God to be our rock when discomfort arises. Spending time in prayer, not just asking for relief because we will naturally do that, but also asking God to reveal what He might want us to learn or how He might want us to grow through this. Internalize specific hope-filled Bible verses like Philippians 4:6-7 (NIV) which reads, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." This reminds us when we bring everything to God in prayer, we find peace in His presence.

2. Stay Grounded in Scripture

There is nothing like God's Word that is full of wisdom and encouragement, reminding us of His faithfulness, His promises, and the strength He provides us. Verses like James 1:2-4 speak

about the purpose of trials, while Psalm 23 reminds us that God is intimately with us in every valley. Meditating on these truths can renew our strength and lift our perspective.

3. Lift Your Perspective

Instead of viewing discomfort as an obstacle to overcome, try seeing it as an opportunity to grow. What can this circumstance teach you and me about patience, compassion, or perseverance? Acknowledge that God may be using this discomfort to strengthen and shape us into the people He desires for us to be.

4. Practice Gratitude

Even in discomfort, there's always something to be thankful for. Practicing gratitude can shift our focus from the difficulty to the blessings of God. Take time each day to thank God for everything, including His provision, presence, and strength. Gratitude brings peace to our hearts and lives and helps us recognize God's hand in everything, even in difficult times.

5. Seek Support from Others

During uncomfortable times, it's important to surround ourselves with people who can come alongside of us in support, prayer, and encouragement. Talking with friends, turning to a trusted mentor, or seeing a Christian counselor can help us feel not so alone. Allowing others to walk with us in our discomfort strengthens us and reminds us of God's faithfulness. The women in my Monday morning prayer group are some of my biggest encouragers and supporters.

6. Take the Next Step

Even if it's a small one. Discomfort can feel paralyzing, but taking the next step makes what seems mountainous more manageable. Kind of like that saying of how do you eat an elephant? One bite at a time. You and I don't have to have everything figured out in this moment, but we likely know what is the next step we can take. Is God teaching us patience? Take moments each day to pause and pray. Is He helping us learn humility? Thank God for the work He's doing in our hearts. Faithful, intentional steps often lead to growth we don't expect.

7. Remember God's Past Faithfulness

Reflect on times when God has helped us through other challenges. Remembering how He was faithful in the past will remind us that He's still with us now. Psalm 77:11-12 (NLT) says this, "But then I recall all you have done, O Lord; I remember your wonderful deeds of long ago. They are constantly in my thoughts. I cannot stop thinking about your mighty works." God is certainly faithful today as He was in the past.

8. Embrace Rest and Self-Care

Discomfort can be physically and emotionally draining, so it's important to rest. Self-care is an act of stewardship, allowing us to recharge physically, emotionally, and spiritually. Taking time to rest in God's presence, getting enough sleep, nourishing our bodies, and allowing space to process will help us stay encouraged and hopeful.

9. Look to Jesus as Our Example

Jesus embraced discomfort for the sake of God's purpose and for our salvation. He endured hardship and remained faithful, and He's a perfect example to follow in persevering through pain

with purpose. Hebrews 12:1-3 encourages us in "fixing our eyes on Jesus, the author and perfecter of our faith." We are not alone in our discomfort.

10. Trust in God's Timing

Discomfort often tempts us to do all we can to get through it quickly and race to the finish line, but as we know, God's timing is always perfect. We can trust that He's working things out even if it takes longer than we expect or want. I think about Isaiah 40:31 (ESV) which says, "but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." Waiting on God is essential.

Which one of these ten practical ways to deal with discomfort speaks to you the most?

Which will you try today? Feel free to go back and listen to them again if needed.

Undoubtedly, discomfort can be difficult, but with God's leading and guidance, it can be transformative. Leaning into His love, strength, and wisdom can help us not just survive the discomfort, but actually thrive in it and see it through eyes of hope and not of discouragement.

You and I aren't left without hope when discomfort presents itself, but we are now equipped to walk through it with resilience and grace. One step at a time, one moment at a time. Aren't you grateful God is with us in all we experience in this life?

Friend, if you found some encouragement today, would you please leave a rating or review from wherever you're listening today? Be sure to subscribe so you never miss an episode. And as I mentioned a few minutes ago, you can now find the Encouragement for Real Life Podcast on YouTube! Share this episode with a friend who you use this encouragement too.

What do you say when you talk to yourself? Are your words kind and uplifting, or are they defeating and discouraging? If you live local to me, our next women's Evening of Encouragement is happening this Thursday, November 21, 6-8 p.m. in Cedar Rapids, Iowa. It's Speak Life: Embracing God's Truth in Self-Talk. You'll experience an inspiring, uplifting evening where we'll connect, empower, and encourage one another to walk boldly in faith and align our self-talk with God's Word. Tickets are \$25 and only 30 are available. You can find the details and purchase your ticket at the link in the show notes. I can't wait to transform our self-talk together!

Discomfort is just part of our lives, and how we deal with discomfort matters. I pray this episode and the last two have equipped you with tools and hope for when uncomfortable situations and seasons arise in your life. As always, I'm cheering you on and I'm thankful for you. Stay encouraged, friend. God bless you.

Links in this episode:

Episode 170, [When Discomfort Makes You Uncomfortable](#)

Episode 171, [The Truth About God and Our Discomfort](#)

[Find us on YouTube](#)

[James 1:2-4 NIV](#)

[Psalm 23 NIV](#)

[Hebrews 12:1-3 NIV](#)

[Speak Life: Embracing God's Truth in Self-Talk](#), our next women's Evening of Encouragement
[Find tips and tools to help you stay encouraged daily in my free Resource Library](#)

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