



This is the *Health Matters* podcast.

### **Prioritize Your Life and Get All Your Ducks in a Row by Following the Imprint of God by Jennifer Waddle**

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

In this episode, we'll be talking about how God calls us to take "good" care of ourselves. Not perfect care, but good care. Beginning with our hearts, then our minds, then our bodies, we can live under God's Divine Imprint in every area.



This week we're going to be talking with Jennifer Waddle. Jennifer is an author, speaker and musician for Women's Ministry. Her passion is to encourage women everywhere—in faith and in life. As a contributor for WomensMinistryTools.com, and author of the Bible Study, *Scarves of White...Replacing Our Issues with the Covering of Christ*, Jennifer is committed to reaching women of all ages and stages with words of encouragement. She is a wife of 23 years, mom to four, and Nana of two. Her favorite place to be is at home, with a cup of coffee, a good book, and a beautiful view of the Rocky Mountains. You can learn more about Jennifer at [www.jenniferwaddleonline.com](http://www.jenniferwaddleonline.com). Welcome Jennifer.

#### **Jennifer**

Hi, thanks for having me.

#### **Kimberley**

Thanks for being here. The title of our session today is, "Prioritize Your Life and Get All Your Ducks in a Row by Following the Imprint of God". Tell us what you mean by getting all your ducks in a row? How did you come up with that title?

#### **Jennifer**

Well first, let me be very upfront about one thing: I do not have all of my ducks in a row. In fact, I am far from it. But you know, I really want to have them all in a row especially under God's divine order. I read an article, a very interesting article, about the life of ducks. I read that whenever a duckling is hatched whatever creature it sees first becomes his imprint. And that is the creature he will follow, sometimes over his own mother.

So it got me thinking that when I came to know the Lord Jesus as my Saviour, He became my divine imprint, my first love, the one that I want to follow in life. So that's how the idea of the book was born. Prioritize your life and get all your ducks in a row by following the imprint of God.

### **Kimberley**

Beautiful. I remember I went for a bike ride last summer and stopped to take a little break by this pond. I saw this momma duck with all her little babies in a row. I was so happy to have my camera with me so I got a really beautiful shot of that. That's a good image for us when we're thinking of God.

### **Jennifer**

You know I see this too that little ducks have to follow something for his own well-being and we need to follow the Saviour for our own well-being.

### **Kimberley**

So how can women find order in their lives when they are pulled in all kinds of different directions?

### **Jennifer**

You know that's really tough, it's tough for everyone. If you were to list all the roles that you play in life such as wife and mom and grandmother, sister, friend, neighbour etc. that list can get really long and we can really feel overwhelmed. I think a lot of us go through life with our priorities out of line. So I really want to encourage women to do is get back to the basics and get back to starting their day with God, His Word and just listening to Him to see what He would have for their lives that day. It's sort of a day-by-day thing.

### **Kimberley**

Back to the basics, I like that. I'm all about being simple and simplifying things and getting back to the basics. You're talking about getting back into the Word of God and in prayer. Why is it so important to begin the day like that?

### **Jennifer**

You know I have a lot of friends, people I know, who have their best Bible study time in the evening and that's fantastic, wonderful, and I think everyone should continue that. However, if we could just set aside those first few moments of the day to just open up the Word, even to the Psalms. That's my favourite place to go when I'm not sure what to read and just take it in and be silent before God. And maybe even to present our to-do list before Him and wait in expectation of what He might tell us to change on that to-do list or what He might prompt our heart to do that day. That might be different

than what we thought we would do. That's the importance of starting our day with God, even if it's just a few minutes.

**Kimberley**

One of the things that I just recently started—because I am of the school that I love to end my day reading the Bible (I like to read it following a guide)—is a group that we started reading one chapter of Proverbs every single day and so I started to read that in the morning. And it really does start your day off well. I think this is a habit that I want to continue. To start my day in the Word and then end my day in the Word, so book-ending my entire day in God's Word. So spending time with Him in the beginning and in the end. Of course throughout as well through prayer but Bible study in the mornings and in the evenings as well.

**Jennifer**

Absolutely, I agree with you.

**Kimberley**

Is it possible to have all our ducks in a row and still not be living under God's imprint?

**Jennifer**

You know I really do think that is possible and what I have found in my own life is that when I am striving in my own flesh and in my own strength things can look pretty good on the outside but boy I tell you I'm usually a big mess on the inside. Because I've lost my focus and been distracted from what is truly important in life. And often times it's our relationships, not only with God, but with other people that get all mixed up when we're too orderly with things that people see on the outside. Does that make sense?

**Kimberley**

Yes, for sure.

**Jennifer**

I just decided that it's more important for me to be the girl that God made me to be even when nobody is looking. I think that's really important in getting all our ducks in a row. And I do want to say, again, that I do not have all my ducks in a row all of the time, however, there is so much grace that God gives in that especially when we're seeking to live our lives according to His will and not our own.

**Kimberley**

Yes, I like that "to live our lives even when no one is looking". I think that really says a lot.

**Kimberley**

So now we're going to move on to the BEEP round. Jennifer will give quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer or BEEP. So what do you have for us for a quick tip for Bible study?

**Jennifer**

For Bible study, my quick tip is to find two or three Bible passages that counter whatever issues you're facing. Such as anger or insecurity or maybe you're discontent. Find those two or three passages and write them down and keep them with you so you can speak truth over those things that are holding you back from fully living your life for Jesus.

**Kimberley**

I love that, that's a fantastic idea. And your quick tip for eating healthy?

**Jennifer**

For eating healthy, with summer on the way, now is the time to think colourful meals. I'm thinking green and yellow, red and orange. Really fill your plate with colourful foods because this is the perfect time of year to be able to do that and get fresh things. I also suggest serving two or three vegetables at dinner instead of just the one traditional vegetable.

**Kimberley**

That's a good idea. Normally we just have one vegetable but to have more than one. And what's your quick tip for exercise?

**Jennifer**

You know I don't love exercise so my tip is that every minute counts. For example, I'll see how many jumping jacks I can do while my coffee is brewing. Or if something is in the microwave I can do leg bends or arm bends. I can walk up and down the stairs during the commercials when I'm watching TV. I think every minute counts when it comes to exercise.

**Kimberley**

I love it. I know that Stephanie Nickel—who is a regular contributor to my blog and she writes on exercise—she wrote a specific post just like that, [exercises that you can do around the house](#), when you're doing the dishes or brushing your teeth or anything like that. Yeah, every minute counts.

What do you have for a quick tip for prayer?

**Jennifer**

We pray when we are driving and when we are in the grocery store. We pray all the time, I hope, and that's wonderful. However, I don't want us to forget that we need to make time for that deep, quiet

prayer without interruption. That's when we go into our room, we can close the door, we can kneel before the Lord, and we can cry out to Him. We can be so silent before Him. And I want that to be the prayer tip is that we don't forget to go to that secret, quiet place with Him on a regular basis.

**Kimberley**

I remember reading or being told the story of the one mother who had quite a few children, I think seven or eight children, and lived in a one-room home and had nowhere to actually go so she would throw a blanket over herself (or a prayer shawl) and tell her kids, this is my prayer time with God. And they knew not to bother her at that time.

**Jennifer**

That's awesome. That's a perfect way.

**Kimberley**

Now I understand that you have a gift for our listeners. Can you tell us a little bit about it.

**Jennifer**

For anyone listening, they can go to [www.jenniferwaddleonline.com](http://www.jenniferwaddleonline.com) and there would be a place in the menu. In fact there's a couple of gifts. One is called, "Your Amazing Life" Blueprint. It is just a wealth of information on how to live your life from your God-given calling. So often we feel a little bit trapped in our lives and we are maybe stuck in a job or in a situation that we aren't sure how to get out of. And we know God has something different for us. Well this blueprint may just point you in that right direction and will give you lots of resources and links, scriptures and encouragements to really seek God and what you are to be doing for His glory.

And another quick download that you can get for free is "35 ways to stop worry in its tracks". And I have to say for women, worry is one of the biggest issues. I decided to go ahead and create that for anyone who might want 35 ways to stop worry in its tracks. And that's for free also.

**Kimberley**

Wow, that's fantastic. I'll definitely include the link in my show notes for anyone who would like the "Amazing Life" blueprint: a guide to discovering your God-given strengths" and also the "35 ways to stop worry in its tracks". That's wonderful, thank you Jennifer.

**Jennifer**

Sure, no problem.

**Kimberley**

Thanks again to Jennifer Waddle for her expert advice and thank you for joining us today.

This interview has been brought to you by the [Food for Thought e-course—expert advice on healthy eating and simple strategies to study the Bible](#). You can discover more about this online course and other health programs at [www.kimberleypayne.com](http://www.kimberleypayne.com).

If you liked this episode please help spread the word by leaving a rating and review on iTunes.

This has been the Health Matters Podcast, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.

### About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at [www.kimberleypayne.com](http://www.kimberleypayne.com)

