



# RAY EDWARDS

LIVE WITH JOY. LEAD WITH PASSION. PROSPER WITH PURPOSE.

**Discomfort**

## **Determines Destiny Episode #176**

**Sean:** Welcome to the Ray Edwards show, where we help you start, run, and grow your own Internet based business, so you can enjoy more freedom in your life.

**Ray:** Freedom! Sorry, I interrupted you doing the intro.

**Sean:** That's all right. So you can enjoy more freedom in your life. I was waiting for another... My name is Sean Edwards, and I am your host.

**Ray:** Doesn't that sound promising? Don't you hear that title and think man, this sounds like it's going to be awesome and encouraging?

**Sean:** Yes, and I noticed that it's got strong literation, which I know you love.

**Ray:** Yes I do. It's true though that discomfort determines destiny and we'll explain why. Hang on.

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### **Spiritual Foundations**

**Ray:** So, here's the good news, you cannot keep a man with God's favor down. I'm on my fourth read through of the Bible this year and I don't say that to brag.

**Sean:** Is it a little bit of boasting?

**Ray:** Little boasting.

**Sean:** You don't mean to brag, you don't mean to boast....

**Ray:** I like toast. Haywood Banks, a modern master of the song.

**Sean:** Making a comeback.

**Ray:** Maybe we'll have some Haywood Banks on the show sometime.

I've been reading through the book of God. I've read the NLT version of the Bible through once. I've read the ESV version of the Bible through twice and I decided for my fourth read through that I wanted to do something totally different. There's a book that's a novelization of the Bible called The Book of God. It's really cool. If you haven't read it, there are no verse numbers or any of that kind of Biblical looking text, it looks like a novel and reads like an adventure novel. It's kind of fun.

So I'm reading the story of Joseph and Joseph had an interesting life, he's certainly one of the Bible heroes. He was betrayed by his brothers. He was sold into slavery. He became

a slave and got to work in Potiphar's house, which Potiphar wasn't a person's name it was an office, like a rank in the government. He was in Potiphar's house, that's cool, so you were sold out by your brothers and you were turned into a slave, but then you got this great job with the Egyptian guy, except the Egyptian guy's wife was a bit of a loose woman.

She decided she wanted to sleep with Joseph and he decided to be pure and not do that. Yay, Joseph did the right thing. She accused him of raping her and he went to prison. Somewhere in this narrative, if it was you or me, I would think that after having these dreams as a young man that we're going to be a ruler and that people will bow down to us, that we're going to be great and we'll have God's favor and He's going to bless us.

At some point after a few years of being beaten and thrown into a pit by our brothers, left for dead, sold into slavery and that wasn't a pleasant experience. You were in the slave market, naked and inspected thoroughly in public, and you're sold and you're someone else's property. Then you work in the Egyptian's house. The wife wants to sleep with you and you refuse. I know that Joseph was doing the right thing, but think about this, based on his record of purity and devotion to God, he probably hadn't been with a woman. So there had to be some temptation there, so he felt like he did it right and didn't take advantage of the woman and now he's in prison, but it gets worse.

He meets these two guys in prison and interprets their dreams. He turns out they're right, one had a future that wasn't so bright, he ended up dying as Joseph predicted and one was taken out of prison and was elevated back to his former position. Joseph said, remember me when you get out and make sure you tell them I didn't do the thing that I said I did and I'm a good guy. But, it was the baker and he forgot. He forgot, so if I'm Joseph I'm in that prison and thinking God, I know you're God and that you made me these promises, but I'm having a little trouble understanding what you're doing right now.

Maybe we can relate. The Proverbs 24:16 says... *though a righteous man falls seven times he rises again...* and we've heard different versions of this in our culture, but the whole point of the matter is, as many times as we get knocked down, if we know what God has promised over our lives, there's a reason for us to keep getting back up. Because eventually, we will receive what God has promised us, so as hard as it may seem that you're being punched by life and things are going wrong, they're not going your way, you probably haven't spent as many years in as dire and dark a place as Joseph did, and Joseph wasn't the only person in the Bible who went through this cycle.

We hear the stories and we hear about their great exploits and their great faith in God and how He miraculously delivered them and we know how the story ends. We know that Joseph ends up in charge with Egypt and he's reunited with his brothers and he brings his entire family back to Egypt and they get a place of honor. His father is honored by the Egyptians and Joseph basically has as much power over the land as Pharaoh. So he got what he was promised, but it took time and trials before he got there.

So remember, Joseph had God's favor and you couldn't keep him down, although it may not have seemed that way to him. The same is true for you, so if you're in a dark place just hang in there, your day is coming. Your day to be the king of Egypt is on its way.

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## **Feature Presentation**

**Sean:** All right, this is the main topic, welcome back. We're talking on How Discomfort Determines Destiny.

**Ray:** I know that doesn't sound encouraging, but maybe you can guess at where I'm headed with this, based on the spiritual foundation I just went through.

**Sean:** I have no idea.

**Ray:** You didn't figure it out.

**Sean:** I can't figure it out.

**Ray:** I'll explain it to you.

**Sean:** Thank you, I appreciate that.

**Ray:** You're welcome. There are basically three ways in which I believe discomfort helps determine our destiny. It really has more to do as you might guess with how we respond to the discomfort in our life. If you're looking for a life that has no discomfort in it, I am sorry to be the bearer of the news that you haven't heard yet, apparently. There is no such life, everyone's life has discomfort to some level or another. Some are blessed with less discomfort than others, but we all get to experience it. So there are three ways in which discomfort determines your destiny.

1. How you discuss discomfort reveals your maturity level.

Are you a person who, when discomfort happens to you in your life, when you have a pain or ache or illness or a setback in your work or business, are you a person who moans, groans and wants to commiserate about it, or are you a person who speaks from a vantage point of a victorious mindset about what has happened? If you have a car accident do you gripe about, well, that's a new car. I just got that car. It's ruined and the insurance company probably isn't going to pay for it. It's never going to be the same again, even if they pay to get it fixed. You know a car is never the same after a wreck. That's one way to respond to the discomfort.

Another way would be, hey I'm so thankful that none of my family was injured and nobody else was injured. Just think about how terrible this could have been and it wasn't. I'm just so blessed I have insurance that going to pay. I'll have the car restored back to the way it was. My safety has been preserved. The safety of my family has been preserved.

That's the way a victorious person discusses that particular discomfort. Now, I know what the temptation is, it's to say okay Ray that's a nice example you chose, but what if it's something that's really bad and there is nothing good to say about it? Really? There's nothing good. Whatever situation you're in you're saying there's absolutely no good that can be found in it? I know there are terrible things, like maybe a loved one was violently attacked and even killed. That's not good, I don't have any illusions that that's a good thing, but can you discuss that discomfort in a way that's victorious instead of victimized?

Can you say, for instance, God is going to help me endure the pain of this loss? God is going to help me find meaning in my life beyond what has happened here. Can you say

I'm going to find a way to serve other people so this doesn't happen to them? I'm going to find a way to help other people be comfortable when they enter into this kind of tragedy in their life. The same can be said for illness.

I have two different acquaintances who both contracted cancer, a similar kind, and one immediately gave up on his life. It was shortly thereafter that he was proven correct he died. Whereas, the other person diagnosed with the same kind of cancer looked at it as, this is not the end of my life it's the beginning of a new phase of my life. I'm going to beat this and mobilize every resource I can to overcome this. I'm going to examine every case that I can find evidence that somebody has overcome this kind of cancer and I'll figure out what they did and do the same thing.

Then I'm going to encourage other people who have this kind of cancer, so they can overcome it as well, that it's not the end of their life and I'm going to encourage people to go get tested because early detection would have put me way ahead of the game. I'm going to write two books about it. I'm going to speak and be in triathlons. Even though my doctor tells me I'm going to be dead six months from now, six years later I'm still going to be going strong. That's my other friend.

Now, it's true that sometimes people have a great attitude and they still end up succumbing to the disease or the cancer or to the circumstances. But I ask you this question, who had a more life enriching experience, the person who decided they were miserable, who moaned and groaned about their fate or the person who discussed it in a proactive and positive manner? I would say it was the person who discussed their discomfort in a proactive manner that revealed their maturity level.

**Sean:** What's point number two?

**Ray:** Before we talked about what you discuss about discomfort.

2. What you do with discomfort determines your achievement level.

So you can either use the discomfort you experience. For instance, if you have a business setback you can give up, close the business down, you can decide that you weren't made to be an entrepreneur and you can go get a job. Or, if you fail at a job then you can decide well, I'm going to get a different job. I've screwed up on this job so I'm not going to stay here, stick it out and rebuild I'm going to go find a different job. Maybe you change industries, but the point is you just give up.

Or, maybe you don't give up and you keep plotting along at the same company or same profession, but you develop an attitude of, I'm never going to take that risk again. I'm never going to step out. I'm never going to put myself out there, because look what happens. Then what you do is turn it into a self-defeating pattern of behavior. So what you discuss about your discomfort reveals how mature you are. What you do with your discomfort determines the level of achievement you're able to enjoy.

An achiever approaches discomfort differently. If an achiever has spent a lifetime building up a family-owned furniture store, for instance, and they have a great business and then one day there's a tragic fire that destroys the entire business beyond what the insurance will pay for, and it destroys lives, even people die. The person who has an achiever's mindset looks at that and says, I'm not going to let this have been something that happened in vain I'm going to rebuild. I'm going to take care of the families of the people

who perished in the fire. I'm going to rebuild this business and put people's jobs back in place so they have incomes.

In fact, I'm going to build it bigger than ever before so the people who lost family, lives, limbs, time on their paycheck, they're going to gain all that back and more and I'm going to triumph over this and use this experience to catapult myself to a new level of achievement or you can take the opposite approach. Which do you think is going to make you happier? Which response to discomfort do you think is going to pay off more in the long run? What you do with your discomfort determines your achievement level.

**Sean:** Perfect. What is point three?

**Ray:**

3. How you use your discomfort will cause others to either, commiserate, separate or celebrate.

I've already given some examples of people who have used their discomfort in a positive way, and examples of people who have used their discomfort in a negative way. A negative way to use your discomfort is to seek people to commiserate with. You know, if something bad happens to you instead of overcoming it you go find a self-help group so you can all sit around and talk about how miserable your experience is.

Well, I'm just a loser how about you? Yeah, I'm a loser too. I've always been a loser. I'm always going to be a loser. This is what happens to us losers. All right, see you next week at the losers meeting. That is not a great approach to using your discomfort. Hear me, if you have a group of people you come together with who strengthen you, who help empower you to overcome a challenge you have in your life, that's a totally different scenario. Be careful of not getting together with people who are only interested in commiserating with you, because it's true, misery loves company. You don't want that kind of company.

Another way that people can respond to the way you use your discomfort is they can separate from you. If you become bitter, angry and unpleasant to be around then you will repel people from you. They'll leave you and then you'll find yourself alone.

Finally, people can either commiserate, separate or, based on how you use your discomfort they can celebrate. This is what people are crying out for in their hearts. This is why we enjoy the underdog story where the underdog becomes victorious. This is why we enjoy seeing movies about people who overcome great obstacles to achieve something massive in their life, even if there's great sacrifice involved. We want to celebrate that because we are inspired by the possibility of what can be done.

It gives us hope for our own lives. If you were a fan of the Lord of the Rings movies, you will remember that Frodo was determined that Golem could be redeemed or turned around. Frodo's best friend, Sam, couldn't understand that he saw Golem for what he was, a conniving, sneaky, evil little creature that was probably better off not to be around rather than to bring him along on the journey. Finally, he confronted Frodo and said why do you insist in believing this creature can be redeemed (not those words), but Frodo said Sam, don't you see, I have to believe, because if he can be redeemed then I can be redeemed.

That's why people celebrate when you use your discomfort in a positive way, when you discuss it in a way that's victorious and reveals that you are mature in your approach to life, when you do with your discomfort what allows you to achieve more and when you use your discomfort in a way that not only benefits you, but others as well. That is what you want to do. You want people to see what has happened because of the discomfort you have suffered and you want them to celebrate.

Don't go where you're commiserated. Don't go chasing after the people that separated from you. Go where you're celebrated.

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**Sean:** Thanks dad. That was great how discomfort determines your destiny. Now remember, you can get the show notes, the links and the transcript of this episode at [RayEdwards.com/176](http://RayEdwards.com/176).

And if you get value from these shows and think others would as well, the best way to help spread the word is to subscribe to the show in iTunes, and give us a rating and review. That causes the show to be more visible in iTunes and that way more people find out about it.

Dad, any final thoughts?

**Ray:** Yes, one of my favorite quotes on this subject of how we deal with the challenges that come up, comes from Michael J. Fox, who said this... *Our challenges don't define us, our actions do.* Let your actions define you.

Until the next time may God continue to bless you and does more for you than you could possibly ask, think or imagine.

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