



## Ray Edwards Show, Episode 364

### I'm Quitting

- Announcer 1: [00:01](#) Coming up on the Ray Edward Show, as I've stated earlier in this podcast, there is no Sunday. There is no when there is only now, so stop putting off your happiness until Sunday when Ray Edwards show episode three 64. I'm quitting
- Announcer 2: [00:22](#) the Ray Edwards show. This is the podcast for prosperity with purpose.
- Ray Edwards: [00:32](#) The show is going to be a little bit different because I'm a little bit under the weather this week and you can probably tell from my voice, but I'm not going to miss a podcast because, well, 364 in a row. That's why, so I'm quitting. I'm quitting one of my quitting. I'm quitting all the things that make me stressed, unhappy,
- Ray Edwards: [00:50](#) anything that makes me or others miserable. I'm quitting. I'm going to suggest that you quit too.
- Announcer 2: Does anyone want to live a life that has long, prosperous spiritual foundations?
- Ray Edwards: Jesus had a thing or two to say about this whole thing of quitting the stuff that makes you anxious and worried. In fact, let's go find out what he said. Not One of the people have said about what he said, but what he actually said. He was talking about serving God and serving riches, and this does not constitute a condemnation of money. It constitutes a condemnation of placing all your faith and money because money can I give you the things that ultimately will satisfy you, but it can give you the things that only money can give you. So about money. Jesus says, no one can serve two masters for either he will hate the one and love the other or else he will be loyal to the one and despise the other.
- Ray Edwards: [01:38](#) You cannot serve God and mammon or God enriches. Now again, this is not Jesus condemning money is him condemning the worship of money, whole different thing. Then he goes on to say therefore, in other words,

because of what I just told you, I say to you, do not worry about your life. What you will eat or what you will drink, nor about your body while you will put on is not life more than food and the body more than clothing. Look at the birds of the air for they neither sow nor reap, nor gather into barns. Yet your heavenly father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature. So why do you worry about clothing? Consider the lilies of the field, how they grow. They neither toil nor spin, and yet I say to you that even Solomon in all his glory was not arrayed like one of these.

Ray Edwards: [02:29](#)

Now if God so close the grass of the field, which today is and tomorrow is thrown into the oven, will he not much more clothe you? Oh you of little faith. Therefore do not worry saying, what shall we eat or what shall we drink or what shall we wear after all these things the gentiles seek for your heavenly father knows that you need all these things, but seek first the Kingdom of God and his righteousness and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own sufficient for the day is its own trouble. I'm just going to let that stand without commentary because I don't think it needs any

Announcer 2: [03:06](#)

And now our feature presentation

Ray Edwards:

So what's the list of things that I'm quitting, the things that made me stressed, worried, anxious. Jesus told us. Stop worrying about. Here's a list of some of the things I'm quitting. I considered quitting them as well. Worry, anxiety, doubt, depression, jealousy, anger, addiction, compulsion, manipulation, comparison, competition,

[03:35](#)

deception, fear, violence, revenge, punishment. You might be shocked to hear me name some of those things. I with all of them as do many other people, probably not you, but other people. The three most important things that I'm quitting. Number one, caring what other people think of me. No, I didn't say I've mastered this. I just said I'm quitting it. I'll get to that in a moment. The second thing, I'm quitting expecting other people, places or things to be responsible for my happiness. Placing the responsibility for happiness in the hands of another person is a recipe for tragedy, for sadness because other people are impermanent. Just like I'm in permanent of the people are not going to be around forever. Just like I'm not gonna, be around forever in this form, so expecting them to be the source of your happiness is folly. The third most important thing, I'm quitting putting off my happiness until Sunday when as I've stated earlier in this podcast, there is no Sunday. There is no when there is only now. Really, there's only now right now, this

moment, so stop putting it off your happiness until Sunday when maybe if you want to.

Ray Edwards: [04:57](#) Now a few thoughts about quitting. I say I am quitting and not I quit because I recognize it's a process, not an event. Do I still expect to experience these feelings or behaviors? You Bet. Of course I do, and by the way, what's the behavior? It's the doing part of a feeling. You might believe that your behavior comes from your thinking, but I would submit to you that it does not. You're thinking maybe the thing that starts things moving, but ultimately you're thinking results in a feeling which results in your actions, which then results in what you get in your life. So behavior is really the doing part of feeling. So yes, I do experience and still expect to experience these different emotions, but I am quitting my identification with these things. Let me explain what I mean by identification. I'm not surprised when I feel anxiety, anger, or fear. These things happened to us all. However, I no longer identify with those emotions. I don't say I'm angry or I'm depressed because I'm not those things. It is more accurate to say I feel the emotion of anger. I feel an emotion that feels like anxiety, not I am anxiety. That is identifying oneself with the thing itself.

Ray Edwards: [06:14](#) What's the difference? It's not just semantics. The difference is the continuation of your suffering or the end of your suffering. When I realized that I am not my feelings, I become impervious to them. I've become less afraid of him. I have no reason to fear them at all. If the only thing that can happen to me ultimately as an emotion,

Ray Edwards: [06:34](#) what do I have to fear?

Ray Edwards: [06:37](#) Emotions cannot pierce my flesh, nor can they lacerate my heart. I may experience a moment of fear, but it cannot attach to me. It passes through me and I disregard. Jesus said, don't let your heart be troubled. You believe in God, believe also in me. You also said, don't be anxious for anything. Well, he said that through Paul,

Ray Edwards: [07:01](#) that includes the fear of death.

Ray Edwards: [07:04](#) It has been said to the man who knows how to live, has no place for desk to enter.

Ray Edwards: [07:10](#) Now that my friends is eternal life. You might be wondering and asking yourself, right? If you don't care what other people think, as you said earlier, why are you even publishing this? Why are you writing this while he's putting this out in your podcast? Why are you pressing the publish button on this? If you don't care what people

think, stand back for a shock. I'm doing it for myself. I am my audience. I write and I speak what I want to read, what I want to hear as every writer and every creator does. Whether we admit it or not, I felt like it'd be less effort to just admit it. I'm publishing this because doing so seems fun and possibly helpful mostly to me, but if you benefit, that's cool too. This is a short podcast. I don't need to elaborate on any anymore. I could bloviate and make it longer, but I'm not going to. I think I have said all that needs to be said about this, at least for my satisfaction. So now you know that I'm quitting and you know what? I'm quitting. What about you? Are you quitting anything?

Ray Edwards: [08:09](#)

Are you thinking about it? Why or why not? Leave a comment@RayEdwards.com forward slash three, six, four, and until the next time I pray that God blesses you and keeps you, that he makes his face to shine upon you and that you enjoy long life, good health, and much prosperity, peace to you and peace to your house.

Announcer 2: [08:32](#)

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