

EP 170: CHRISTIAN-ISH - DATING AND THE CHRISTIAN GIRL

My name is Keshia Rice. I'm a dating coach and I spent most of my life believing that I was a bad Christian and that I was going to either be a bad wife or never be a wife at all. So welcome to my podcast, and if you have been listening to me for a while, you'll notice that this podcast episode had no music intro like it normally does. And also you may notice that the cover has changed because it has a new name. Confidently Cherished is now Christian ish. And we're gonna talk about a couple of the reasons why I felt this change was needed at this time. So back to this whole idea of being a bad Christian. First of all, you should know the resume. Um, I am a preacher's kid. I come from a family full of ministers. I grew up Pentecostal.

When I did get married, um, one of the big debates was who was gonna be officiating because there were so, or there are so many ministers in my family. It was my brother by the way. And not only that, you know, I grew up with a mom who was a Sunday school teacher. Um, I started as her assistant Sunday school teacher when I was like seven, eight years old. Um, I was teaching my own class by myself by the time I was like leaving middle school, entering high school. Um, I minored in religious studies when I was in college, and I've always been really fascinated with learning all about, you know, bible mindsets, how we're seen by God, all of those things. So I know those things don't sound like bad Christian, right? Here's the thing. I have always had a curious spirit behind me, and that is what used to make me feel like I was doing this whole thing wrong.

Because I would ask questions about the Bible. I would make observations about what I was reading, and then what I was seeing in church and certain things that didn't align. And I would get scolded for that, not from my parents, but from other people in church. I would get asked why I was questioning things. If I spoke out about something, I was told I didn't know my place. You know, I definitely went through a period in my high school years where I stepped away from the church that I was attending at the time because I spent all these years being told that God is love. And I had women in that church bullying me, um, and calling me everything but a child of God. And that didn't reconcile at the same time, you know, I was becoming smarter. I was growing, I was, you know, raised to be independent, to take care of myself and all of that.

And while I had my mom, my grandma, other people praising me for my independence, for my free spirit, for being a free thinker, I was also getting messages like, oh, you'll never find a man if you don't know how to be humble. If you don't know how to submit yourself, you don't know how to sit down. And then not only this, I was seeing all of these messages about, you know, God loves a good wife, a good mother. You know, they constantly read that passage in Proverbs 31 about a virtuous woman. And in church you always hear the verses about what a good wife and mother she is, but you never really hear the verses about her being also an entrepreneur and all the things that she does to trade and, and manage other people. You know, even if she's managing a household, she's, she's a boss, right?

So I'm getting all these mixed messages and I'm also seeing churches tell women, women who are used for their labor. 'cause let's be real churches run on the free labor of women. And in particular single women telling women, sit down, be quiet, be meek, be mild. And you know, he that find that the wife find it the good thing. If you just sit and you're patient and you are good,

you know, the right man's gonna come and magically sweep you off your feet. And in real life, that's not the experience I'm seeing at all. It is the women who are strong-willed. It is the women who have boundaries. It is the women who are clear about what they want, who are intentional about what they want, and who go and get it. Those were the women that I was seeing who were happy, who were successful, and who yes, also had good relationships and great marriages.

Meanwhile, I'm seeing the quietest and the meekus of the me, you know, no shade. But I'm seeing these women who desired marriage, not just that they were happily, you know, child-free and happily single and all that. Women who genuinely desired marriage in their forties, fifties, and sixties, still waiting their turn. In fact, I was a dating coach long before I was a dating coach because as early as 1516, I was dating and other women took notice of that. And, you know, publicly I'd be, again, calling everything but a child of God. But in private, I was having women twice my age come to me asking me for dating advice.

I try so hard to ignore those things, right? I try to, you know, I left the church that I was in. I tried to move on, do my own thing, find a church that suited me, that preached the things that I believed in all of that, and just let that be the past that I had a couple of bad experiences, whatever. Then I had a quarter life crisis. Um, I was in my mid twenties and nothing in my life was going well for me. I was having some health issues, right? I was in a job that I absolutely hated. And meanwhile, all of my friends were, you know, going on social media and posting about promotions and, and new jobs. I was in a situationship with a guy who, he was not terrible like at all, but he and I most definitely were not compatible and it was not gonna work out.

And meanwhile, you know, I have all of these friends again on social media who are posting, yay, we're engaged. Yay, we're getting married. Yay. We're having babies. All all that good stuff. And I remember even the church I was going to at a time, you know, they had a video ministry. And one day I saw a clip from service that was me and one of my closest friends at the time were both worshiping and she looks absolutely angelic, right? Meanwhile, I am ugly crying. Like it is. It was, it was so not cute. And I remember seeing that clip and thinking that I can't even God, right? Like I'm, I'm just so over this, right? And one day I was, I was planning a friend's bridal shower 'cause you know, um, always a bridal shower planter, never a bride at that time. And I just broke down in tears and I started crying and I just started praying like, God, I don't even really know what I want with my life, but not this like, just, just not this, right?

So, long story short, I ended up switching jobs. I moved to a different city. I met the man who became my husband. And after doing some inner work and soul searching myself, I realized that I wanted to become the woman that I so desperately wished I had back then. That when I was at the lowest of my lows, someone could have picked me up and encouraged me, but also taught some sense into me. Because over the years, some of the things that I learned are, as I, you know, develop my own more personal relationship with faith is I started to see that so many women are going around carrying bibles, but they're not carrying boundaries with them wherever they go. You know, one of my favorite bible verses says that God hasn't given us the spirit of fear, but of power and of love and of a sound mind.

And for me, whenever I recite that verse, I emphasize the sound mind part. We want to have our head in the clouds and you know, just constantly say, be encouraged. God's got it. Everything's gonna be all right. Just have faith. And we don't seem to really understand that faith without

works is dead right. We don't seem to understand that given the power of, given the spirit of power and of love and of a sound mind means that heart of us honoring God is learning how to make better decisions, is learning discernment, is learning how to sometimes love people from a distance. Is learning that part of loving God and loving ourselves is protecting our energy, protecting our minds, and protecting our spirits so that we can fulfill the purpose that God has for our lives. And part of doing that is demanding that you be treated well. Part of doing that is saying no to people who don't respect you. Part of doing that is not only setting boundaries, but enforcing them.

Truly loving yourself means letting some people go. Loving yourself means being willing to stay patient, being willing to not settle, being willing to wait a little bit longer for who is truly for you, rather than settling for the first thing that comes along. Truly loving yourself means understanding that just because you have maybe a history of unhealthy relationships or maybe your family, the women in your family have a history of unhealthy relationships. That doesn't mean that it has to be your destiny. Loving yourself means understanding that if you truly saw yourself the way that God sees you, if you truly loved yourself that much, there's so much that you wouldn't put up with.

And in the context of church and Christianity in particular, because for the record, I do coach women of all faiths. Um, but at the same time, again, I did study religion in college. Um, the beliefs, these things that I'm saying, um, are applicable to other faiths as well, and they're applicable to you, spiritual girlies as well. So, but knowing that you are fearfully and wonderfully made, if you truly believe that you would put up with so much less. And that includes your relationship with church. There are a lot of churches out there, not all before you hop in my comments, not all, but there are a lot of churches out there that again, take advantage of women who are single and desperate to be married. They use those women for free labor because obviously you don't have a life if you don't have a man and you don't have kids, right? Um, they give so many messages about staying in a church and praying for a man, but there aren't messages on the fact that there female leadership is a thing <laugh> in the Bible and in life now, um, they don't give messages on knowing your self-worth. They don't give messages on being willing to walk away from things that don't serve you. Because sometimes the thing that's not serving you is your church.

One of the reasons why I became a dating coach and I didn't wanna get into ministry is because I love the preachers in my family, right? But I grew up seeing way too much of messages that set your soul on fire on Sunday, but don't give you any practical application for Monday through Saturday. And we have to understand that the Bible is a book full of practical living advice, and that it is really important for us to use that practical living advice and go beyond the getting caught up in the Holy Spirit and all of that to the actual every day for what it looks like to have healthy relationships with others. What it looks like to model God's love.

You know, we talk about God is love and God loves us and everything. Well modeling that means not being in abusive relationships, right? And not just romantic ones, family, friends, you know, all work, all of those as well. We talk about being, you know, the, the hands and feet of God and, and serving others and, you know, doing what is best for our communities. Well, one of the best things that we can do is break generational curses and create some generational blessings. And we can do that in the form of truly understanding love, building health

relationships, raising kids in healthy relationships. If you decide not to have a child yourself being a model of what healthy love looks like for your nieces, your nephews, your friends', kids, if you're a teacher, your students, any child in your life, life, we understand that even Jesus had boundaries.

Look at his conversations with the disciples. Look at his conversation when he was tempted by saying, Jesus exhibit exhibited boundaries. And setting boundaries does not make you a, which with a capital B, right? We understand that if you truly believe that God is love and you wanna show love to other people, it starts with you loving yourself and then radiating that to others, and then taking that love for yourself and from the overflow of that, being able to give it to your husband, your parents, your friends, your children, whoever in your life. But that the love comes from the overflow, not depleting yourself.

So, as I mentioned, confidently Cherish my former podcast has now been renamed to Christian ish because as much as I identify with being a Christian, um, one, I do get that in today's political climate, a lot of people think that that is a bad word. Um, and also, yeah, I have more than once been told that I'm not really good at this Christian thing. I'm a bad Christian because, you know, I have the nerve to set boundaries. Um, I have the nerve to be truthful, to be honest. And I think that as we go along in this podcast, you'll see that God wants you to be a little bit more authoritative. God wants you to have a little bit more audacity, and God wants you to learn how to set boundaries, how to balance your masculine energy, how to balance your feminine energy, and how to create the life that you deserve to have in a life that you'll love. So I hope that you'll join me on this new adventure. I love you so much, and, uh, let me know some of the things that you want to hear about. I will talk to you soon. Bye.

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