



Rachel McDonough: ([00:03](#))

Having that wholeness and that sincerity of heart in whatever tasks I'm doing helps get rid of that feel of trying to juggle, juggle, juggle, balance, balance, balance, because it's really all the same thing. It's all being done as a service unto the Lord.

Joanna Meyer: ([00:21](#))

You're listening to the Faith & Work podcast, where we explore what it means to serve God, neighbor, and society through our daily work.

Joanna Meyer: ([00:29](#))

Hi, and welcome to the faith and work podcast. I'm Joanna Meyer, Denver Institute's Director of Public Engagement, and I also lead our Women and Vocation Initiative. And before we get started today, let's do a quick check in. On a scale of one to 10, what's your current stress level related to your work? When you woke up this morning, what was the first thing on your mind? And what would you say is the state of your work/life balance? Over the last few years, I have become a student of working women. I've pored over survey results and met hundreds of women for coffee to listen to the passions and pressures that shape the way they respond to God's call. And a consistent theme, which I know affects men too, is the challenge of giving adequate attention and care to all the priorities that are important in our lives.

Joanna Meyer: ([01:19](#))

And we often refer to that as work/life balance. As one woman put it, I'm stressed out by childcare, exhaustion, the uneven division of labor at my home, and the feeling of only doing things with mediocrity on the work and home fronts. I recently saw a Twitter user called Dad and Buried, it's an appropriate handle, share this post: anyone else feel like they're constantly on the verge of completely losing it? While the shift to a hybrid work model has helped some workers, I mean, who doesn't appreciate the freedom to throw in a load of laundry between meetings? It has also brought workplace pressures into the home. Microsoft tracked the use of its Teams software and found that the volume of interoffice messaging happening after hours increased by 43% in hybrid work situations.

Joanna Meyer: ([02:10](#))

As the lines between our work and professional lives become blurred, it raises questions about whether balance is possible, and what it might look like in today's economy, which is why I'm excited to talk to today's guest, award-winning financial advisor, Rachel McDonough. As an entrepreneur and mother of three, Rachel manages a full life and brings a perspective of stewardship, which by that I mean pursuing wholeness, rather than balance, to her priorities.

Joanna Meyer: ([02:37](#))

A bit about Rachel. Rachel McDonough is a certified financial planning professional, and a certified kingdom advisor. She's passionate about helping both investors and other investment professionals integrate their Christian values into their investment and financial decisions. She founded Wealth



Squared, which is a team of ever-source wealth advisors with the goal of helping Christian investors create investment portfolios that advance kingdom values while providing income and growth for the future. She runs Wealthfluence, which is a consulting practice serving the wealth management industry, which also focuses on integrating Christian values in investing. She was recently awarded the Larry Burkett Award by Kingdom Advisors, which is an annual award recognizing excellence in character, professional competence, and excellence in financial advising. She's a published author, a homeschool mom, a worship leader, and she lives in River Falls, Wisconsin, as I mentioned, with three kids and her husband, Chris, who's also an entrepreneur.

Joanna Meyer: ([03:36](#))

Welcome, Rachel. It's a thrill to have you on the podcast.

Rachel McDonough: ([03:39](#))

Thank you. I'm happy to be here.

Joanna Meyer: ([03:42](#))

So fun. So I wanted to know a little bit more about what you do as a financial advisor. How in the world did you end up in this line of work?

Rachel McDonough: ([03:50](#))

Yeah, I think I was an unlikely candidate to become a financial advisor if you kind of look at my upbringing. But I was a daughter of missionary parents and we moved back and forth between Kenya and Wisconsin. And I just saw my parents really live lives of service. They chose to make personal sacrifice in order to help others. And that really always stuck with me, as I just knew, whatever I was going to be when I grew up, I want to do something that would really serve and bless other people. And I also love solving puzzles. So kind of that combination of something really personal and people-oriented values, close relationships, but then also that other part of my brain that's more analytical. And working as a financial advisor kind of gave me that intersection.

Rachel McDonough: ([04:42](#))

But you know, you might think missionaries tend to serve, of course, people who are underprivileged, and financial advisors, of course, serve people who have wealth. And so what I've come to understand is that people who have wealth still have needs, and that money does not solve all of their problems. So it is really a wonderful ministry, in my eyes, to be able to come alongside people who are, maybe they have financial resources, but they are seeking wisdom and seeking guidance for strategies and ways to really use that wealth to help them accomplish the things that God's put in their heart.

Joanna Meyer: ([05:22](#))

That was one thing that surprised me as I've gotten to know your approach to financial planning is I think about conversations I have with my own advisor, and the question is often, will I have enough money for



my retirement? And you lead from a different place. You talk about investing being a very moral decision and that it's one of the foundational places we live out our values as Christians. And so I wanted to hear a little bit more about that. How does your faith inform your approach to money management?

Rachel McDonough: ([05:48](#))

My faith and Christian values have become the foundation for the investment philosophy that I use personally and the one that I use with my clients. \$150 trillion of wealth is managed by Christian people across the globe. And what would happen if those \$150 trillion were really managed in alignment with biblical principles, how much influence could that amount of capital have? And so, when you think about the amount of money that gets given away each year compared to the amount that needs to be invested, the amount that needs to be invested for future needs and wants is far more significant for most households than the amount that they can give away. So wouldn't it be powerful and incredibly meaningful to start seeing positive impact coming more and more from the investment dollars and not just only from the charitable dollars.

Joanna Meyer: ([06:46](#))

And the conversation of generosity is a wonderful starting place. We do want people to be generous with their funds, but as you argue, money is fuel that either advances good or evil in the world. And so, really helping people really help the world flourish through their investing is pretty exciting.

Rachel McDonough: ([07:02](#))

Yes, and also develop a sense of wholeness, just knowing that their investment strategy is aligned with their own personal values, which can greatly help them to stay with the strategy, even during market downturns, which we know leads to better and more successful investing in the long run.

Joanna Meyer: ([07:18](#))

Yeah. So one of the reasons why I wanted to have you talk about a topic that's not related to financial advising is because I was really amazed in my conversation with you about the different roles and responsibilities your family juggles and the multi facet aspect of that. And I thought, boy, you have a really thoughtful approach to work/life balance. And it plays out differently than if you had been a famous author that had written a book. You're in the trenches living it out day to day. And so, to help our listeners understand some of the juggles you face in your unique roles at home, tell us a little bit about your family, about your work, your husband, what your kids are doing.

Rachel McDonough: ([07:58](#))

Yeah. We've got to juggle, that's for sure. Between my husband and myself, we own and operate three businesses. And we also have three wonderful children, who are a blessing from the Lord, and we've chosen to homeschool them. So that's a very large time commitment. And if you kind of just look at my bio and the list of activities, it does look kind of impossible. So I would say two things to that. I would say, first of all, I have prayed for probably 10 years or so, I think, the same prayer keeps coming to my heart



that, "Lord, I only want to do things that are actually not possible in my own strength." Because I believe that that's where eternal fruit comes from is in the co-laboring with God, himself, and our dependency on him causes eternal fruit to come, rather than just looking at what I have in my own strength and trying to manage it really well.

Rachel McDonough: ([08:55](#))

The other thing I would say is, people say, "How do you do it all?" And I would say two things: first, imperfectly, hello, and with a lot of help. We can't do all of these things by ourselves, and I certainly, as a working mom, could not do all these things by myself. But I have a wonderful team through my registered investment advisory that I work with, and they help me to streamline processes. I have people on my team that specialize in different areas, and so clients are served really well even if I personally don't do everything myself.

Rachel McDonough: ([09:31](#))

And the other thing, on the personal side is my husband and I share our workload as parents. I think we share it pretty well. And we have help. My parents watch our kids two days a week, we have somebody who comes and babysits one day. And they help each other. We help each other. My oldest daughter is 11 and she is teaching my four-year-old son how to read. And that's incredibly empowering for her as well as beneficial for him.

Rachel McDonough: ([09:58](#))

So it is a juggle, but it also, I think, instills in their lives that it's important for families to work together and for everyone to really just be able to show up and make a contribution.

Joanna Meyer: ([10:13](#))

I often push back against this language of work/life balance, because I think it fails us in a couple of ways. One is that it implies that work is pitted against life, that it's an either/or proposition, and we somehow have to hold those intentions instead of a holistic approach to life. But also, I don't think... I don't know if balance is possible. I think in this day and age, it's really tough, and it's too easy to fall in and out of balance. It may not be the right word for it. Do you have another way, or maybe another way of describing what you think a balanced life might look like in your family context?

Rachel McDonough: ([10:51](#))

I think it's really important to acknowledge seasons that we're in and to try to live present in each season. So my season right now is a season of having small children and growing a couple of businesses. The thing that really has helped me is something I heard Pastor Bill Johnson say once. He said, "If God is number one, there is no number two." And that to me is... Whereas balance is a stressful goal to me to try to, not just juggle, but I'll also have to keep everything in balance. I think just acknowledging the Lordship of Jesus, that God is number one, and he determines my course, and he directs my time, and he



creates priorities in my heart and in my schedule. And then letting everything else kind of fall into place. So it's not always fair. It's not always equal, but it can be righteous.

Rachel McDonough: ([11:46](#))

I think it's a form of righteousness to just pursue the Lordship of Jesus over the top of everything that we do. So, for an example, one of my daughters commented to me yesterday that she thought I was spending a lot more time doing things one-on-one with her sister. And if you look at the schedule, I have been taking her sister to orthodontist appointments, and taking her sister to violin lessons, and this and that. And so, in her mind, she's just seeing, well, all this drive time, which is basically just me dropping her off and picking her up, feels like an unfair arrangement or splitting of my time. But there will be other seasons where she'll have more things going on than the sister does.

Rachel McDonough: ([12:31](#))

So we want to encourage our kids that, when things feel unfair, we get to celebrate with the other person who's receiving a blessing right now, instead of, like some of us do, right? All of us do. We kind of complain or think of things as unfair. There is no fair, but we can submit all things unto the Lordship of Jesus, say God is number one. God is number one in our family. And so, when I serve my family, I want to serve the Lord through the way that I serve my family. And when I'm serving my clients at work, I want to serve my clients as though I'm serving the Lord.

Joanna Meyer: ([13:10](#))

And I love that your daughter felt the freedom to raise that concern that she had. Not every family would feel like they had an open door with mom to be able to discuss it. So it's fun to see how that plays out practically. I want to ask about the idea of stewardship, because I know that's probably a concept you talk about with your advising clients regarding money, but I think stewardship could go beyond that. For you, how does the philosophy of stewardship shape your scheduling and your daily life?

Rachel McDonough: ([13:39](#))

Stewardship was really just wise management and it could be wise management of anything, not just resources, financial resources, but could also be our time, or our relationships, or our talents and abilities. So we like to think of stewardship as whole life stewardship. And we know, as financial planning professionals, we know that when we intentionally make choices with how we use our resources, whether that be time or money, it carves out a pathway for our lives. So really the key is to continue to be intentional over time, which of course takes practice. It's almost necessary to have these scheduled intervals to check back in. Things go adrift and we need to come back to center again and again and again. So I think you can do that in a couple of ways. One is through that daily prayer time, time in the word, meditation on what God's word says and how we can apply it.



Rachel McDonough: ([14:42](#))

But also, when it comes to even just reassessing your schedule or reassessing your financial plan on a quarterly basis maybe, I used to do this practice, and still once in a while find myself doing it, but I found I needed to do it frequently a few years ago when I first started having children, and I would call it a garage sale on activities when I would make a list. Because I love to say yes to things, and I'm a person who initiates a lot of things, so I would find that my list of activities would just grow and grow and grow. And periodically, it just needs to be pruned, to say, "Okay, these things are not necessarily a waste of time, but they're not the best use of my time right now."

Rachel McDonough: ([15:26](#))

And the same goes for our budget or our financial plan too. We might have things that we've done for a while, but maybe they're just not the right priorities for our resources in this season. So I've developed a process with my clients that I call this season and future season. So we list all of their priorities in one spot so they can kind of wrap their arms around the whole thing. These things are all important to us, but then we split it in half and we say, "Okay, which are priorities for this season of life." And whatever's a priority for this season of life, we're going to allocate resources, in the case of financial planning, of course, that's either income or assets, we're going to allocate resources to each of the current season's priorities. And everything else, even though we still acknowledge that it's important and it's a priority, we're going to set it aside as a future priority and stop worrying about it today.

Joanna Meyer: ([16:25](#))

I love that. And everything else goes out on the lawn for other people to take up into their life.

Rachel McDonough: ([16:32](#))

The garage sale of activities.

Joanna Meyer: ([16:34](#))

I need to do a little bit of garage saleing in my own life right now.

Jeff Hoffmeyer: ([16:41](#))

Hi, I'm Jeff Hoffmeyer, Vice President of advancement here at Denver Institute for Faith & Work, and I'd like to invite you to become a part of our new monthly partner community. Whether it's a monthly commitment of \$25, \$50, or any amount, your generosity will support Denver Institute's ongoing efforts to help men and women love God, their neighbors, and society through their daily work, including this podcast. To say thank you as a monthly partner, you will receive a welcome box. You'll have exclusive access to private digital content, personalized vocational coaching, and discounts for Denver Institute content and experiences. To become a monthly partner, simply visit denverinstitute.org/give or see the show notes in today's episode. Thank you in advance for your generosity.



Joanna Meyer: ([17:34](#))

How does scripture speak into this approach to this integrated view of life?

Rachel McDonough: ([17:40](#))

There are some wonderful scriptures that have just stuck with me over the years. I feel like every time I go back to them, I receive something more. Well, let me give you one first that I think has really spoken to me in my professional role and I think it will be a blessing to some of our listeners as well. This is Psalm 78, verses 70 through 72. "He," meaning the Lord, "chose David his servant and took him from the sheep folds; from tending the use he brought him to be the shepherd of his people Jacob, of Israel his inheritance. So David shepherded them with integrity of heart and guided them with skillful hands."

Rachel McDonough: ([18:24](#))

This is an awesome verse for anyone who feels called or chosen for their particular occupation, as I do. I believe that God called me to be a financial advisor. And so I believe that he has given me the giftings and the callings, not just to be a wife and a mom, but to specifically be a financial advisor and to shepherd his people through my counsel.

Rachel McDonough: ([18:47](#))

And so I have to have integrity of heart, and I have to have skillful hands. Those are my responsibilities in order to live a life worthy of the calling that Jesus has given to me. But, whatever it is, this verse I think happens to work well for a financial advisor type of role, because it's kind of a shepherding sort of role, but whatever it is that God has called you to do, you can do it with integrity of heart and with skillful hands.

Rachel McDonough: ([19:14](#))

The other verses that really jump out at me are in Colossians three. So I'm going to start with verse 22, which is actually a verse that's directed to slaves or servants, but I think any of us who work for income and are paid by other people, whether we're employees or self-employed, we can just think of this as whoever you work for, okay? So take it out of the context of slavery. But it says, "Slaves, obey your earthly masters in everything; and do it, not only when their eye is on you and to curry favor, but with sincerity of heart and reverence for the Lord."

Rachel McDonough: ([19:50](#))

Some of us need to quit going to work for other people and start going to the same job, but working as unto the Lord. The next verse, Colossians 3:23, many of you have it memorized probably, it says, "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

Rachel McDonough: ([20:11](#))

And that is the type of heart posture that we can bring into our lives as a family member, as a spouse, as a parent. It's the same heart posture that we can bring into our lives when we work. And so I think



having that wholeness, instead of feeling like I'm a different person on Sunday than I am in the rest of the week, having that wholeness and that sincerity of heart in whatever tasks I'm doing helps get rid of that feel of trying to juggle, juggle, juggle, balance, balance, balance, because it's really all the same thing. It's all being done as a service unto the Lord.

Joanna Meyer: ([20:49](#))

I really appreciate that. It just echoes this vision of calling that our primary biggest call is a life of obedience and in relationship to Christ. It's that big overarching umbrella that colors and shapes everything, and realizing that our whole life is lived under that umbrella of calling, it's freeing. It doesn't make it any easier, but it's freeing in knowing that all of the things on our plate have value to him. And that he certainly is going to help us understand how to steward them as we wrestle with that.

Joanna Meyer: ([21:18](#))

Here's what I want to know though, is how does this actually work in real life? So I asked you to be honest and, gosh, I'm a single person, and I still struggle with work/life balance. So I think this probably applies to any person in modern life, because there simply is more things than we have time to be able to do, more content to be ingested, more ways to opine on social media, there's so many things that can ask for our time that this isn't related to life stage. But, that being said, I think families with parents that are working have a unique challenge because of the complexity of that. And so, I just want to pick your brain about how do you guys actually do this practically? What does wholeness, not necessarily balance, look like? So I'm going to ask you to be honest, when it comes to managing your work and life, where does it fall apart?

Rachel McDonough: ([22:07](#))

Yeah, Joanna, I love this question and I love the chance to just be authentic. And I would say, too, even if I was a single person, I still would have an issue with trying to juggle everything, because I like to say yes to things, as I've already confessed. The places where it really falls apart in my life really comes back to two things. I've studied the patterns, especially after I have kind of a meltdown or a blow up or something goes really wrong, I try to be a student and learn. And so I go back over what just happened, and how did we go off the rails here? And I would say it's usually two things.

Rachel McDonough: ([22:45](#))

The first one is, if I am not getting enough quiet time with God. I need to let him feed my soul and my spirit. I can't get filled up from my work. I can't get filled up from my kids, or from my husband. I need to be fed by the good shepherd. I need to be mentored by Holy Spirit. And if I start looking to other people or other activities to fill me up, it just never works. So when I'm in a really busy season where it's been rush, rush, rush for a while, I start to feel dry and I start to feel like, "Oh, I just don't have a lot left in the tank." And really shortly after that point, bam, I end up saying something that I wish I wouldn't have said, and then having to clean up the mess.



Rachel McDonough: ([23:35](#))

So, word to the wise, when you start feeling a little bit tired, a little bit fatigued in your spirit, get alone with God and let him refresh you, let him lead you besides still waters, let him restore your soul, and don't expect anyone else to do that, especially if you're married to your spouse, because that is a recipe for disaster.

Rachel McDonough: ([23:56](#))

The second thing that I would say is I notice that things fall apart when I'm trying to parent and accomplish tasks. So, in my situation, my kids are young, they need a lot of help. When I am home with them and not sort of set aside into my office or a different part of the house, but when I'm really with them, I need to not be looking at my email, not have my laptop open, not be staring at my phone, or I get irritated with them. And it's really not their fault that they have needs. They're my kids, I'm their mom. It's a great honor for me to serve them. And I need to show them honor by having good boundaries and putting aside my work tasks when I am home.

Rachel McDonough: ([24:45](#))

Now, this is challenging for us because we both work out of our home. We don't have a separate office, real estate, or anything like that. So we have a separate studio in the basement for doing Zoom calls with clients and that sort of thing. I mean, there's this separated space in our home, and we need to practice those good boundaries to sort protect both ourselves, our internal stress level, and also our kids so that they don't get the crabby mom thing.

Joanna Meyer: ([25:16](#))

Yeah. I've heard a number of friends, both men and women, say their kids will react when the kids see mom and dad with a phone or a laptop out during a family time. There's a sense of distraction, or also just a chronic pattern of seeing mom when she's with you, or dad, sorry to gender that, but either parent, feel like they're working in the presence of their kids when it really is a devoted family time. It's great for kids to see us working, I don't want to imply that. But I've had friends whose kids have said, "No, no, no, no. Don't take out the work bag," or things like that. And so there's a real challenge of figuring out, especially in our hybrid work environments, what does it look like to have some just healthy separation between the different areas of our life? Are there any other practical principles you guys have discovered that just uniquely work for your family balance?

Rachel McDonough: ([26:03](#))

I would say, I kind of want to echo something I mentioned earlier, which is that it's just not always fair. And so if we stop expecting it to always be fair and equal, I think that helps. So, for example, my husband really wanted to build a home. I did not want to build a home necessarily. I thought it sounded like a huge project. He's a contractor. He wanted to build a home for his family. I thought, "We have three little kids. We build a home when they're bigger?" But it was something that we decided together to do and it was... I think of it as it was his turn. So I made quite a few sacrifices personally. I put some projects on



hold to be able to really step up more around the house and give him the ability to kind of live his dream of building this house, which he did. And it's a lovely home, and I'm blessed to live in it.

Rachel McDonough: ([26:58](#))

And then that season didn't last forever though. It wasn't always me making sacrifices so that he could do his thing. We have learned how to honor one another, and give preference to one another, and find agreement together in the decisions, but also to take turns. So a good example of it was last February. I had a large consulting project come through and my husband, very much a team player and a partner in all things, he let some of his business goals kind of go to the side so that he could step up and do more of the homeschooling with the kids, and more of the parenting responsibilities, and things around the house that needed to get done. So it doesn't hardly ever feel quite balanced, again, but it does feel honoring, and honoring is better than balanced.

Joanna Meyer: ([27:53](#))

I have been reading a book and listening to a podcast by Jeff and Andre Shinabarger, who we'll interview later this year for the podcast, it's called Love or Work? And they talk specifically about some of these things of what does it look like when you have two members of a partnership that are passionate about their work and it's God honoring, it's important, but how in the world do they balance it? And they echo something you just said, they stagger the seasons in which one partner's priorities become a goal for the whole family. And the whole family gets behind that, and it allows everyone to have a turn in pursuing what God has put on their heart. So I love hearing that it works for your family too.

Rachel McDonough: ([28:30](#))

It does, it works. I would say we're still imperfect people and we're still trying to figure things out, but that also comes back to just that daily time in prayer, and making sure that we're filling ourselves up with the presence of the Lord so that we can bear the fruit of his spirit when we work through these challenges.

Joanna Meyer: ([28:49](#))

Specifically, how does that work out with kids in your life? Because I think we're in an era in which childhood is filled with a lot of activities. There are enumerable things, and you've mentioned you have musicians in your household, or kids that are playing sports. How do you balance the role that children's recreation and development through these great classes, how do you balance that with the priorities of just family health and schedule?

Rachel McDonough: ([29:16](#))

Yeah, good question. I think that we want our kids to feel cared for and loved. They know that... Especially the homeschooling piece is really challenging. It's a big demand for us. So I think they feel honored by that sacrifice that we make. And we also try to integrate them into all of our daily activities that are not specifically work related. So when we go to the bank, the kids go to the bank with us and I



have them make the deposits and talk to the teller. And when we go grocery shopping, they go grocery shopping with us and they learn how to budget for their groceries. And when we're mowing the grass, they learn how to drag the lawn mower. And it's just kind of a rhythm, I would say it's more of a rhythm than it is a rigidity. It's more of a rhythm of life, of just choosing to be together with them.

Rachel McDonough: ([30:03](#))

And, at the same time, letting them know that they are not the center of the universe. It's actually quite liberating for children to not have the pressure of being the king of the castle. Children love to be in a home where there are expectations and boundaries and rules that are set in a loving, really wonderful, warm, welcoming, and accepting kind of family environment. So kind of that balance of they know they're important, they know that they are a priority for us, but they also know that they're not the center of the universe, so we say no to a lot of activities. I let my kids choose one activity to be involved in. Obviously I didn't count the orthodontia as an activity.

Joanna Meyer: ([30:49](#))

I don't think that should be an activity. That does not sound refreshing or fun.

Rachel McDonough: ([30:53](#))

It's not. But they can choose if they want to do music lessons, or gymnastics, or whatever it is, but there's just... They have to understand there's one at a time, and we're not going to be just constantly zipping them around, drop off and pick up, because there's too many of them and we're outnumbered.

Joanna Meyer: ([31:11](#))

So I want to share with our listeners a book and a documentary of the same name that I just watched recently that was really intriguing. It's called Fair Play. The author is Eve Rodsky and the documentary airs on Netflix. I think you can rent it for three bucks. And I was absolutely intrigued about its approach to household management, because it was just saying so often the tension in a couple happens because there isn't a real clear understanding of who's doing what, and an honest conversation about how it's going to get done. And I was so intrigued, because it actually provides very practical tools, and addresses maybe some misperceptions that couples have about each other's work, and introduces new ways of seeing and talking about those tasks.

Joanna Meyer: ([31:55](#))

I want to recommend it to our listeners. It's not from a biblical worldview, but it's very life giving, and it doesn't bash on either men or women, which I found refreshing. It calls out some realities that are backed by data, but provides some practical solutions. So, listeners, check out the book, Fair Play by Eve Rodsky, or the documentary of the same name on Amazon, just to get your gray matter going. It was really fun to see some of the strategies that they had.

Joanna Meyer: ([32:19](#))



Do you guys have anything that helps you, like a shared calendar, or daily management that just makes life at the McDonough household run?

Rachel McDonough: ([32:28](#))

We try to regroup every weekend, because we find that during the week there's not a lot of time to kind of hash things out and schedule things. And so we kind of regroup on the weekends and then, when we have time during the week together, we like to just enjoy each other's company instead of treating it like a business meeting and figuring out who's going to do the drop offs and pickups this week. So that kind of works for us is just letting the little bit of time that we have together during the week, letting it just be more fun and fellowship-oriented, but then knowing that on the weekend we're going to have our business meeting and get our plans in order.

Joanna Meyer: ([33:06](#))

Very cool. Rachel, what a pleasure just to learn from you and learn with you about how you manage, both the career you're passionate about, and a household that you deeply care about. I would like to give you the final word for our listeners. Would you be willing to give us a bit of a charge towards greater wholeness in the way we think about our roles and responsibilities?

Rachel McDonough: ([33:27](#))

I'd love to just go back to this term Avodah. It's a Hebrew word. You've probably heard it before, especially with the Denver Institute for Faith & Work, I'm sure that this has come up before. But this word means both work and it means worship. It's service, right? It's service. And, as we talked about earlier, whoever it is that we're serving, we can do it as a service unto the Lord. So, as a part-time worship leader, I for a while thought, "Well, this is kind of weird. I feel like part of me is a worship leader." So, this is before I had kids, I thought, "Well, part of me is like this worship leader and part of me is this financial person." And I felt like I had two feet on either side of a drawbridge and it was going up and I was feeling stretched further and further apart.

Rachel McDonough: ([34:14](#))

And then I realized the coin finally dropped in the slot. No, everything is worship. When I choose to go and exercise, even when I don't feel like it, I can do it as an act of worship unto the Lord. When I get up in the middle of the night with my kid, because she can't sleep or she's had bad dreams or whatever it is, I can do that as an of worship unto the Lord. When I'm holding the microphone and singing praise songs, that's an act of worship unto the Lord. When I'm serving clients and sitting with a widow, who's just lost her husband, so many questions about her finances, I can do that as an act of worship unto the Lord.

Rachel McDonough: ([34:53](#))

And that has created such a sense of wholeness and congruity through every area of my life. That whole life stewardship is an ongoing process of intentional decision making and adjusting and fine tuning along the way. And just being able to be on the journey for the Lord, himself, for his glory, and with him as my



partner in all things, and with other believers as we become the body of Christ, knit together with each part, serving the others.

Joanna Meyer: ([35:24](#))

Rachel, thanks for the gift of your insight. May the Lord bless you, keep you, and expand the work that you're doing.

Rachel McDonough: ([35:31](#))

Thanks so much. It was such a pleasure to be with you.

Joanna Meyer: ([35:36](#))

Thanks for joining us for this conversation with Rachel McDonough. If you were intrigued by the themes we explored today, I invite you to join us Saturday, October 8th in person here in the Denver Metro area or online anywhere in the world for Women, Work, and Calling, an annual event that equips Christian women for influence in all of the spheres of their calling. We'll be exploring an entire session of the day on this theme of pursuing wholeness, not balance. In our show notes today, we'll also link to Rachel's website, and we'll also link to the book and documentary I mentioned called Fair Play, which I would challenge you to listen to. It had some really practical tools that piqued my interest. Thanks for joining us today. May all of your work be worship to the Lord.

Joanna Meyer: ([36:17](#))

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