



Hi. I'm Elisa Preston, and welcome to Praise Through It.



This is a podcast where we're going to practice seeing the good through the bad, the beauty through the mess, the order through the chaos. Now, doing this is a discipline, one that requires thought and consistent practice. One that requires grace and patience with yourself. One that requires at least a mild sense of humor so we can laugh at ourselves once in a while. And it's a discipline that requires effort. If you heard those requirements and thought, 'That's not me,' that's okay -- hopefully, I can take a few minutes of your day and walk with you through it.

Life is full of truly hard, dark, and messy things. We all know this. We all live this truth, day in and day out. Life is also full of beautiful, good things. Things that sometimes stick out to us in obvious ways, like a bright sunset or a friend's laughter. Other times, the good is hidden, like a jewel in a heap of rocks.

This will be a place with a foundation of Philippians 4:8, which says: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is commendable, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

This will not be a place where I set you up with some rose-colored glasses. This will not be a place where we set the hard things in the corner and refuse to deal with them. This will not be a place where we pretend the hard things do not exist.

In each episode, in 15 minutes or less, I will give you a perspective that is true, or noble, or commendable, or pure, or lovely, or admirable, or excellent, or praiseworthy, to take with you on your day. I'll offer you a story, an observation, and a blessing.

Always an encouragement and a simple perspective shift, something to help your heart hold on to something good. We're going to practice seeing the praiseworthy side of our daily struggles.

So if you're looking for a space to help you learn how to keep the true and good things in mind, or if you're looking for a space to be reminded of the noble and the commendable and the praiseworthy, even among the chaos, or if you're looking for a space to take a deep breath, I hope this can be the space for you.



I'm so glad you're here! I'll see you the first week of January for the first episode of Praise Through It.