



Episode 106: The Effect of Yes Part 2

Featuring: Mingo Palacios & Apryl Ortiz

<https://thepodcast.com>

Transcript:

Mingo Palacios:

Hey, everybody. Thanks for listening, thanks for tuning in. This is Part 2 of a conversation I had with Apryl, the CEO/founder, the Mega-Queen of Strength Dignity Life. This conversation was a great reminder of God's faithfulness, as we wonder if He's still with us as we make our way through to the next thing, how He shows up over and over and over again. I hope that this second half encourages you even more than the first half. Enjoy.

You're in the radio program.

Apryl Ortiz:

Yes.

Mingo Palacios:

If I'm going to summarize whatever we just spoke of to this point, one, the inklings or the opportunities had been presenting themselves, but you were a little –

Apryl Ortiz:

Reluctant.

Mingo Palacios: Not hesitant, but wondering, “Is this really where you want me, Lord?”

Apryl Ortiz: Exactly, yes.

Mingo Palacios: Faithful in the small things.

Apryl Ortiz: Yes.

Mingo Palacios: Opportunities present themselves that would lead you to bigger things. You say “yes” to the radio show, which is huge. What’s the radio show called?

Apryl Ortiz: Its called Strength & Dignity Live.

Mingo Palacios: Hey, hey, so good. You start on the radio, and now you’re fully in the “yes.”

Apryl Ortiz: Yes.

Mingo Palacios: You’re not just wondering, praying, thinking, dreaming. You’re now fully engaged, seatbelt on, in the vision.

Apryl Ortiz: Yes, absolutely.

Mingo Palacios: As you make your way into and for the next year, what are some of the big challenges once the dream is in your hand? Because I’m assuming that that is it. Did you feel like “we did it, we arrived, we’re here; now it’s time to roll up our sleeves and go”? Was it incremental how you saw and experienced vision about what you were going to be bringing to the table? Did you have a journal full of things that you had been preparing? I’m curious.

Apryl Ortiz: No, it was a struggle, because this was never something that I imagined. When I first started the ministry, I had this vision, this dream in my head, and all it was, was me standing in front of a multitude of people, speaking. The very first conference that I put on, I literally saw exactly what I saw in that dream, in that vision. I saw it and I said, “Okay, Lord, you can take me to heaven now because I’ve already accomplished this. We’re done. Let’s go.”

Then from there, I'm like, what am I supposed to do now? Everyone said, "What's your vision?" I'm like, that was my vision, I thought. And now it's done, so I guess I'm done. Because I never really had an idea of where I was going, it's pretty much the Lord opening one door after another and me saying, "Okay, Lord, is this legit you, or is this just me? Because I don't want to deviate from where you want me to be. I don't care how good it may look on the outside; I want to make sure 100% that I'm in your will."

So like I said, for everything it was more like I was very reluctant to go there with the Lord because I just wanted to be so certain that I was in His will.

Like I said, radio was not something that I was looking forward to. That wasn't even in my mind. Every step of the way, it's always been the same thing: "Lord, just tell me I'm in your will. Just tell me I'm doing what I'm supposed to be doing. If you open another door, I will go through that door with all of my heart as long as I know that it's you."

So yeah, every time I would go, "Okay, now what? Now what?" for a while it was just be faithful with that. I had no idea what was going to happen.

When I made a commitment to the radio station that I was at, I said, "Okay, 6 months." When 6 months was over, I'm like, "Okay, bro, so tell me, how's this going? Where are we at? Are we going to shut down now so I can" –

Mingo Palacios:

Yeah, "That was awesome, right?"

Apryl Ortiz:

[laughs] He's like, "Girl, they want you on more than once a week."

Mingo Palacios:

Oof.

Apryl Ortiz:

I was like, "Okay, what does that mean? This is hard." [laughs]

Mingo Palacios:

This is already so much to prepare and be ready for and make it happen.

Apryl Ortiz: Yeah. So then he comes to me and he says, “They want you on more than once a week. Would you be offended if we instead just record it? It’s not a live show anymore. What we’ll do is keep those recordings, and then we can play it multiple times.” I was like, “Sure, dude.”

Mingo Palacios: How’d that make you feel? Are you not feeling any threat or disappointment because your posture has just been “Lord, if this is what you want, then this is what you want”?

Apryl Ortiz: Exactly that, yeah. I wasn’t offended at all. I was like, “Okay, cool, sure, whatever.” I thought, hey, it’s going to be easier on me, because a live show – just so you know, it ain’t no easy thing. [laughs]

Mingo Palacios: Just commit to being on Facebook live for one hour and you’re already – anxiety levels go through the roof, right?

Apryl Ortiz: Yeah.

Mingo Palacios: That’s so good. I’m just listening to you and I’m hearing that an openhandedness has put lots of things in your palms, but you’ve also not closed your hands once they were in your hands.

Sometimes we have the tendency to do that. Once the vision lands, we’re like, “Okay, I’m now clenching this with white knuckles because I would hate to lose this.” But somehow the Lord has allowed you to exist in operating your ministry, all the while with your hands open.

Apryl Ortiz: Yes.

Mingo Palacios: It’s changed from vision of speaking in front of people to vision of speaking to people through radio, your hand remains open, and then as it goes from one show a week to multiple shows a week, your hands remain open.

Have you wrestled with “dang, I’m pretty good”? or “I’m feeling like people know me”? Have you wrestled

with the self-puff in all of this? Is this something that you've wrestled with? I'm just curious.

Apryl Ortiz: Actually, no. Quite the opposite. Every time I go on, I am terrified. Every time I go on, I feel like "Mingo is way better at this than I am." [laughs]

Mingo Palacios: Stop. That was a cheap throw. That was a cheap trick. [laughs]

Apryl Ortiz: No, I think there are so many other people who I've heard actually go to school for stuff like this.

Mingo Palacios: Yeah, word.

Apryl Ortiz: They invest. This is something they want to do with their life. Lord, why do you have me, who is not good at this, who – I don't know what, really – but that's what I wrestle with on a regular basis.

Mingo Palacios: So you wrestle with the opposite side of the spectrum. Instead of being like "dang, I'm super good," you're like, "I wonder if I'm good enough."

Apryl Ortiz: Yes, always.

Mingo Palacios: That's really good. It makes me think, I think there are two classifications of people who land in vision. If you are dreaming of something and something comes to fruition, you either get sidelined by thinking you're so good at it that the Lord's like, "Ooh, now I need you to sit on the bench," or the opposite happens where you're like, "Lord, every opportunity, I'm bringing this humbly to you, I actually don't know why or how this is happening." He's like, "You know what's really great? I'm just going to have you do this a little bit more."

That is a place where there are two personalities. There are personalities who understand that they've been afforded way more than they could ever get by or earn on their own. That's like salvation, hello. And then number two, they think that they've earned it, so they ought to have some recognition because of it.

One is extremely toxic and could land you in the ditch, and the other one, you could drive yourself into the ditch.

Apryl Ortiz:

Yes. Can I speak into that real quick? Because that is an issue, and it's actually something that I have to continually watch myself in. I love that God has put my husband in my life, because he's always walking with me on that.

It's really easy for me to give in to the enemy's – just doing a number on me every time, saying, "Yeah, you do stink. You are horrible. You're not all that great," all this stuff. But then the Lord always has to remind me – and a lot of times His voice sounds a lot like my husband's, just going to say that – just come alongside me and tell me, "Hey, did I not call you? Are you not the one who I have chosen to do this work?"

Mingo Palacios:

So good.

Apryl Ortiz:

In those moments, I have to just, "Lord, you're right. I surrender. Forgive me" – because that is another form of pride. It looks a little bit different, but it's the same thing.

Mingo Palacios:

You're chopping down what God's trying to grow.

Apryl Ortiz:

Exactly.

Mingo Palacios:

And if He's trying to grow something, who are you in your humanity to chop down what the Divine, your Father, is trying to set up?

Apryl Ortiz:

Yeah.

Mingo Palacios:

Shoot. So convicting for me. Yeah, it's really good. I'm my own worst critic. I think most people are. You have to ask yourself, why are you critiquing that which God is trying to build? If it's through your voice, and you've asked, "God, speak through me. Use me. Use my hands. Use my voice. Use what you've given me" – it's so human to chop at – once God starts answering those prayers, you're like, "I can't be that good. I'm probably not the right person for it."

It's extremely human; I just think that it's really important for us not to be the person that puts – what Jesus put into drive, if it's a car, that we put it into park going “No, Lord, no, no, no.” Especially after you've been praying and preparing for all that.

It's so valuable, I think, what you're saying about the idea of having people around you. First you said the “seasoned women” that the Lord had put into your life, right?

Apryl Ortiz:

[laughs] Yeah.

Mingo Palacios:

And then you recognize Oz as being somebody who the Lord has brought to your side. Talk to me about some of what you think are maybe the enemy trying to sideline your ministry outside of your own psyche. You guys recently made a major move, right?

Apryl Ortiz:

Yes.

Mingo Palacios:

It's going to take you away from the central space where you are recording your radio program. Have you seen those as the enemy's front on your ministry? Have you seen those as the Lord saying, “continue to be faithful”? What have been those roadblocks or those speedbumps in the ministry that you've been doing for the last year and change?

Apryl Ortiz:

Some of those actually were naysayers that were around me. I think they were trying to help me in critiquing what I was doing, so that really was a source of discouragement. Really, at the end of the day, when I came to the Lord and said, “Okay, Lord, what is this?”, He showed me that that was just the enemy taking advantage of whoever was available at the time. So that's that.

Then in regards to my husband and I, my husband's move, he just recently took a job in –

Mingo Palacios:

Picked up a sweet opportunity.

Apryl Ortiz:

Yup. In another state. The interesting thing is that right when that happened, we had just established ourselves – or what I thought in my mind, we'd

established ourselves here in California and in Mexico. We had just started branching out. Things were going good, I thought, and then all of a sudden it's pick up and leave.

But the thing about that – and it sounds like “wow, that’s jacked up, girl; you’ve just got to move” – but the situation really is this. We were praying through this process. It’s not like it just happened. We were praying through it because my husband was actually with me in the ministry, doing everything. He was my video guy, my camera guy, everything.

Mingo Palacios:

Yeah, we met side by side.

Apryl Ortiz:

Yeah. He was doing all these things, but I saw that – when he was telling me, “I feel like the Lord is calling us out,” I said, “Okay, that’s cool.” I wouldn’t go to my husband because I didn’t want to discourage him. I said, hey, if he’s heard from the Lord, I can’t jack with what the Lord’s saying.

But I would go to my prayer closet and I would say, “Okay, Lord, if that’s true, then I need someone who’s going to take his spot. He does the work of five people, so you’ve got to just hook me up.” Little by little, the Lord began to provide those people. I said, “Okay, I can trust the Lord that this is what He’s doing.”

Again, the whole way praying through it and trusting the Lord, fasting and saying, “God, where you at? I trust you, but continue to confirm this to me.” And He did.

So we moved, and then on that note, we’re out there and the very first week that I get out there, I’m like, “Okay, this is make or break it time.” I get there, and then all of a sudden that week, I end up connecting with some ministries that are out there. Just like that.

It was two ministries I hooked up with back to back, and they heard about what I did – I actually went out there and said, “I’m not going to tell nobody who I am, what I do, nothing. Let’s just keep it on the DL.” I get

out there, and all of a sudden they start asking questions here and there.

Mingo Palacios:

Ding, ding, ding, ding, ding. Yeah.

Apryl Ortiz:

Yes. I had no choice but to tell them what I do, and as a result they were like, "Hey, would you mind coming and speaking at this?"

Mingo Palacios:

Yeah, fill in the blank.

Apryl Ortiz:

The other thing was I was like, how am I going to do these interviews? I need people. I knew everyone out here in California and Mexico.

Mingo Palacios:

But now you're in a new spot.

Apryl Ortiz:

Completely new spot.

Mingo Palacios:

Don't know very many people.

Apryl Ortiz:

Exactly, don't know anyone. And then all of a sudden, I start meeting people, one person after another after another, and the Lord starts to show me, "Hey, we can speak on this, this, this."

Mingo Palacios:

Just provision.

Apryl Ortiz:

It just keeps coming. So it was great. But then there was the feeling of "my family's behind," and those were the things that the enemy would play on me. So it wasn't maybe necessarily within the context of what I was doing in radio, but it was just those where he pulls on the heartstrings and begins to weigh on you.

Mingo Palacios:

If he can't catch you in something that you think is going to be an easy access, he'll come hit you in the tender spots. If he can't catch you in your job, he'll try to catch you in your family. If he can't catch you in your extended family, he'll try to catch you in your marriage. If he can't catch you in your marriage, he'll try to get in your head.

Apryl Ortiz:

Exactly.

Mingo Palacios:

Just like a thief, trying to check every door on the house, trying to see where he can get access to.

Apryl Ortiz:

It's true. As a matter of fact, there's times where the thoughts that come into my head feel so – like it's a machine gun just flying out at me. The enemy will come with one negative thing after another, or one idea after another.

In that moment, man, I've learned to just really – when it says "take every thought captive," you legit have to take every stinking thought captive up in your head, because otherwise it will take you down. So that's what I've had to do. I've had to put into practice everything that I talk about every week on my show. I legit have to do that.

That's what I've done. I've put into practice fasting, praying, making sure that regardless of the fact that I may not physically have the same community that I had out there when I was here in California, I have to seek out community. That way, I stay anchored and I don't question, but I continue faithfully with what the Lord has called me to do.

Mingo Palacios:

Two books that came to my mind while you were talking about this. One, the value of all the disciplines that you're speaking about, all these spiritual disciplines like fasting, prayer, meditation, praying that the Lord is going to reveal His will as you continue to make your way through the challenges – no life is without challenges. No ministry is without its own bumps.

You're saying that you leaned backwards into spiritual disciplines, and there's a great book. Richard Foster's *Celebration of Discipline* is a great one. I'm talking about it with my own small group. Just literally this last week, we were talking about how spiritual disciplines will help you make your way through some of those greatest, loudest voices that aren't speaking truth.

It is in those ancient rhythms of fasting, and meditation is a big one that I love, where you're just asking the Lord to reveal Himself beyond just the voice, the prayer, throwing a net out there, asking

Jesus, “show me something.” Richard Foster, *Celebration of Discipline*, a great book.

Number two, being connected in community, I just wrapped up the – Simon Sinek has a book called *Leaders Eat Last*, and in the second half of that book he talks about all the chemicals that are released when a person is connected in community in their brains. Somebody who’s in isolation will look to certain pills, prescriptions, and medications to fill or get their brain to move in a particular way that God designed the brain to move and react while in community.

Scientists have proven that if you’re connected to a group of people, your brain releases serotonin and it releases endorphins that give you a sense of protection, a sense of safety, a sense of connectedness and oneness in pursuit of a mission or a vision, and accomplishment when you run through a finish line or a checkpoint together.

God designed your brain to release chemicals to make you feel complete while in community. It’s huge. It’s a great read. I felt like I was getting a freaking degree in bio-brain-sciencenomics. That’s how I felt. (Good luck, translator, trying to translate that.)

But there’s something really valuable about practicing the spiritual disciplines, and there’s something so valuable about understanding the critical need for community.

So when you move to a new spot, when your vision takes you to a place that you’re not familiar with, going backwards in spiritual disciplines and going forward looking for community are some of the best things you can do for yourself.

Apryl Ortiz:

Yeah, I have to agree with that. In regards to that, as soon as I got there, legit went online and sought out a church. Praise God, we found a church in the very first week that we were there. We went and looked at several churches, because I was like, I am not going to be here and just chill out.

Mingo Palacios:

Float.

Apryl Ortiz:

Yeah. I've got to do something. I'm a doer. I have to be doing something. So I looked online for churches – what did they have going on mid-week? Is there a prayer group? Like, I've just got to join whatever I can. [laughs]

Mingo Palacios:

I love it.

Apryl Ortiz:

I just went crazy trying to look for community. I was like, I can't wait for community to come to me. It doesn't work that way. I have to go out and I have to seek it out for myself, because I'm a mature Christian, and I know that that's important. If I'm out there preaching it to my youth kids all those years that we were youth pastoring, I sure as heck better be doing it myself.

Mingo Palacios:

Oh, I love that. Money where your mouth is, especially right in the pivot point where the enemy could derail you. You're doubling down on the things that are going to keep you close to Jesus. That's so valuable.

At the 33 minute mark right now, my question is: for somebody who is chasing a vision, somebody who is right on the cusp of they might believe that they are now holding what it is that they've been praying for, like they're just stepping into it, what's your encouragement, being over a year into that thing you've been praying for?

For somebody who's maybe in the woods right now, not clearly seeing the opportunity or wondering, "What do I do now that it's here?", what would be your encouragement? Guy or girl in ministry, a team player or a staff person – it doesn't really matter. I just think somebody who has vision, who is now just stumbling into it, what would be your advice to them?

Apryl Ortiz:

The advice that God would give me every time I'd run crying. [laughs] That is: "Just do what I told you to do." If you go back to the Scriptures, legit, it tells you what you're supposed to do. Be faithful in those little things, which are the disciplines. That sounds very

elementary like, “Okay, yeah, you tell me that in Sunday school. The answer is Jesus.” But it is so true.

In that moment, rather than trying to figure it out – because what happens is we tend to want to figure things out, and when we do that, we get in the way of what the Lord wants to do. It’s like, “Dude, I got this. Let me do this. You just rest in me. You just do what I’ve called you to do. Be faithful in that.” Daily, as we seek the Lord, the Lord is going to order our steps.

Mingo Palacios:

That’s really good. I think of Genesis 1:1, “In the beginning,” God was already at work. When you and I sat in or stepped up or said “yes,” God was already telling a great story. We enter into that story. It’s not like His work begins with our “yes.” We just say “yes” to the story He’s already writing. That weaves us into His great narrative.

That should take pressure off of you, if you’re listening. It shouldn’t be like, “God’s not going to work if I don’t say yes or if I don’t do this.” He’s moving. He’s got a great story He’s already telling, and when you submit yourself to whatever His next “yes” is for you, you enter into that storyline.

That’s the most encouraging thing for me. I don’t feel like I hold all the opportunities and all the talents in the world; I just want to find myself saying “yes” with less reluctance.

Apryl Ortiz:

Yes.

Mingo Palacios:

Apryl, thank you so much for sharing where God has you right now. I hope this conversation is super encouraging. Was there anything else that you were thinking about? I don’t know, just a last call on this episode before we shut it down, for listeners or for your future self?

I’ve been writing to my future self recently on Facebook, because I know it’ll remind me one year from now that I posted this. I’ve been writing to my future self all kinds of stuff. I’ll tell you in a year if it’s actually working or not.

But I'm just leaving – last call. Anything to say? Any thoughts in your mind?

Apryl Ortiz:

Yeah, it'd be don't freak out so much. Enjoy the ride. I always say, "Lord, I want to be on journey with you. I want to be where you are at, because I know that if I'm in that place, it's the best place that I can possibly be." Disneyland has nothing on that. It is the greatest place on earth.

Mingo Palacios:

I love it. With that last word, it's so perfectly aligned with where we want this podcast to be and how we want it to serve people. Great people on the frontlines, doing what God has called them to do boldly. Not perfectly, but willing to walk into the unknown, knowing that God has something great on the other side.

Apryl, if people want to follow you or follow your ministry, how can they do that?

Apryl Ortiz:

They can go onto our website, strengthdignitylife.com.

Mingo Palacios:

I love it. So good. Thanks for sharing your story, Apryl. I'm always encouraged every time we sit down.

I'm sure people who are listening are taking copious notes, because it's what it takes to see vision come to life. It's how to deal with an overwhelming reality once God reveals a little bit more than what we didn't see yesterday, and how to be persistent and faithful when challenges come. Thank you so much for sharing that.

Apryl Ortiz:

Man, thank you so much for having me.

Mingo Palacios:

We love you.

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