

The Prison of Performance and Perfectionism: A Story of Man's Wreckage and God's Redemption with Philly Jones

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, Connie will impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean her expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

Philly Jones had the picture-perfect life. He did it all right. On the outside, he was successful on every level of life and business. On the inside, he was a wreck. He had learned early in life how to perform and achieve like a machine, and it worked well for him for many years. But success came at a huge cost. In the process of performing and achieving, he lost himself and shut down his heart.

In this episode, Philly shares his powerful story from the heights of success to his rock bottom. He recounts his journey of surrendering his heart to God and learning to live a new way, in alignment with how God created him, congruent to his true identity. Philly's story is engaging, and his courage and authenticity are inspiring. His life is a beautiful depiction of God's love and redemption.

In this Episode, Philly:

- Recounts how his childhood experiences led him into the prison of performance and perfectionism, and he shared the struggle and striving that resulted from that.
- Shares how he succumbed to a painful, destructive "secret sin" in the midst of being drowned in marital concerns, financial stress and overworking.
- Recalls the "rock-bottom" phase of his life and how it pushed him through the ropes of recognition and repentance. At the same time, he discusses what repentance is and how it brought the intervention he needed to transform his life.
- Shares how he's learning to live life in the present and in daily surrender through the providence of the Lord rather than taking control and relying on self-sufficiency.
- Describes his life journey through the seasons of divorce, a new marriage, co-parenting, blended families and how He relied on God's providence and wisdom to grow and mature into the man he is today and into freedom and fulfillment.
- Shares how he discovered his purpose and how he lives that out in his business and ministry.
- Philly shares the ultimate lesson he learned and the beauty of letting go, surrendering and yielding to the power of God and the healing and redemption that God has done in his heart and his life as a result.

Philly Jones is a principal and financial advisor at CAPTRUST, which provides holistic retirement plan advisory services to fiduciaries of corporate retirement plans. He joined CAPTRUST in 2019 when it acquired his business, FiduciaryVest. Philly cofounded and became managing partner of his Atlanta based company, FiduciaryVest, in 2005 and established it as an independent, employee-owned boutique advisory firm specializing in cutting-edge investment advisory services and fiduciary oversight strategies. He began his career in 1996 at Arthur Andersen, leading the defined contribution unit of Andersen's Institutional Investment Consulting Practice.

Philly is a summa cum laude graduate of Furman University, where he enjoyed being quarterback and captain of the football team. When he is not in the office or with a client, Philly enjoys volunteering in his community, coaching youth sports, and managing Reclaiming Hearts Ministries, a nonprofit organization he founded with his wife, Denise.

Quotes from this Episode:

"When we become isolated, we become an easy target to the *enemy*." – Philly Jones

"I had a lot of accomplishments, but I didn't know who I was." – Philly Jones

"Slowly but surely, I started to learn how to live and to operate ***from a place of surrender*** rather than a place of self-sufficiency." – Philly Jones

"All my problems didn't go away. But my approach to them and my willingness to allow Him to lead me through them was so different on me and on those around me." – Philly Jones

Resources:

Website: <https://www.reclaiminghearts.org/>

Website: <https://www.captrust.com/>

LinkedIn: <https://www.linkedin.com/in/philly-jones-6467894/>

Golden Timestamp:

19:08 – 19:36 - The First Step Towards Reclaiming the Heart You Once Had through Recognition and Repentance.

20:49 – 21:40 – What Repentance Felt Like Going Beyond the Spiritual Aspect of Life

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