



Coaching Tool:

Religion Isn't The Fix

If I could just have _____, then I'd finally get some peace.	Vs.	True peace can be found in a redemptive and loving relationship with God.
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Examples Of What The Enemy Wants You To Think:

- True peace is a fairy tale. I will always carry this fear & hurt.
- If I just do enough good works, then maybe God will take away the pain.
- God won't care about me until I've proven myself as worthy.
- I'm not good enough to have God intervene in my life.
- Finding peace is up to me; I have to make all the right decisions to make it all fall in line.
- If I did all the right things, then God would make my circumstances work out.
- I can't let anyone find out how much fear I have, or they'll know I'm not lovable.
- Escaping my problems is the only type of peace I'll ever have so my addiction is necessary for survival

God's Truth Says:

"And you will seek Me and find Me, when you search for Me with all your heart." – Jeremiah 29:13

1. Ask God to make Himself real to you.

- a. "Call to Me, and I will answer you, and show you great and mighty things, which you do not know." – Jeremiah 33:3
- b. God cares deeply for all His children no matter what they've done or what has been done to them. He wants to be a part of their lives.
- c. God is waiting for the moment you ask Him into your problems. You are not a burden or an inconvenience to Him. He's eagerly watching.
- d. God knows what is important to you. If you ask Him to make Himself real to you, He will do so in a very personal way. Be on the look out for His reply. Do



not be afraid to ask for confirmation if you are unsure He was personally reaching out to you.

2. Be honest with God about your deepest hurts/brokenness.

- a. "He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him." – John 14:21
- b. "Search me, O God, and know my heart; Try me, and know my anxieties;" – Psalm 139:23
- c. God is familiar with every moment of your past. He's not ignorant. He's omniscient. He was there.
- d. Sharing with Him through a confessing prayer is what helps you to invite Him into those hurting places of your heart.
- e. When you create a relationship with a new friend, or seek to create a deeper relationship with an old friend, you look for ways to communicate and hang out. You share honestly about your hopes and dreams and hurts and memories. A relationship with God is built in the same way.

3. Spend quality time with God.

- a. "Draw near to God, and he will draw near to you." – James 4:8
- b. There is a reason quality time is described as a "love language." Our time is important to us. When we share our time with a friend or family member, we are giving them a valuable commodity as we receive a valuable commodity from them.
- c. Open your heart in this quality time to receive what God is giving to you: love and acceptance. Over time, you'll recognize His character is consistent and His motives are pure. He just wants to help you.
- d. It's true that God hates sin, but He still loves the sinner. If you surrender your will to Him, He will make a way to redeem the hurt and pain of the past and heal the wounds in your heart.

Listen To This Song:

My Life by David Manning

Questions To Help You Process This Concept:



1. What is your fix? Is it a “good” addiction or a bad addiction? Sometimes we think that socially acceptable addictions are okay. For example: work addiction (workaholic), cleaning addiction, exercise addiction, reading addiction, etc.

2. What type of relationship do you have with God? Is it authentic or just religious?

3. Have you ever asked God to make Himself real to you? Did He show up?

4. Have you ever been completely honest with God about how you feel? Have you been too afraid to share your deepest hurts with Him? (Remember that He was there throughout your life. He knows your deepest struggles. Jesus died on the cross for us while we were still sinners. He loves us regardless.)



Exercise:

1. Write "God" on a large piece of paper.
2. Put a chair across from where you like to sit comfortably.
3. Put your "God" sign on the chair.
4. Set a timer on your phone or other timer for 15 minutes.
5. For the 15 minutes, sit in your chair and talk to the "God" sign like He's a person.
6. Make a commitment to talk to Him like this for 15 minutes a day for the next week.