



Coaching Tool:

Stopping The Spin Cycle

You can be still and trust God because your value is found in Him.	Vs.	The enemy wants you to believe you have to be doing and performing to earn love and value.
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Examples Of What The Enemy Wants You To Think:

- If you're not accomplishing things, then you're not worth anything.
- I'm only worth something if I'm taking care of other people.
- If anyone sees my flaws, then they'll know that I'm not worth anything.
- I have to make sure others like me in order to know I'm worthy of love.
- If I can just fix this hurting person, I'll earn more of God's love.
- If I just did more, I'd be worth more.
- It's always my responsibility to help friends or family in need.
- If I don't do it, no one else will.
- If I'm not saving the world God won't love me.

God's Truth Says:

1) God gives you Strength.

- a) God's strength to endure trials is given freely and does not require a deposit or exchange of effort in return. We can lean on Him every moment.
- b) God's gives His strength in more ways than one. When we are physically weak, He can give us strength to increase our faith and hope.
- c) "They that wait upon the Lord Shall renew their strength." – Isaiah 40:31

2) God gives you Protection.

- a) "The Lord will fight for you; you need only be still." - Exodus 14:14
- b) Protection comes in the form of physical, emotional, and spiritual.
- c) As we walk through life, it is important to be constantly asking God where we are to step next and when. If we step out ahead of him, we could be jumping out of the path of safety He has set up for us.



3) God gives you Blessings.

- a. "Remember the Sabbath day, to keep it holy." – Exodus 20:8
- b. There are any number of blessings God can orchestrate as a result of honoring the Sabbath as we are commanded:
 - i. We can receive the experience of hearing from God.
 - ii. Our hearts can be mended by experiencing gratitude.
 - iii. We can find afterward we are more focused and efficient.
 - iv. Relaxation can reduce stress and chance of illness.
- c. Significant growth in our faith and relationship with Christ can come as a result of a season of waiting.
- d. Not every pain we see needs to be mended or fixed immediately. When we fix for others without asking God what He wants us to do, we may be stepping in and preventing another blessing.

Listen To This Song:

Rest In Me by Todd Vaters

Questions To Help You Process This Concept:

1. When was the last time you were truly still and waited on God?

2. Do you struggle with being still? Why or why not?



3. Which one of the lies above do you resonate with the most? Is there a lie about stillness you've internalized that is not on the list above?

4. What do you surround yourself with that encourages and inspires you (artwork, scripture, etc.)? If you do not have any visual encouragement, what could you surround yourself with?

5. What kind of music do you listen to? Does it inspire you and quiet your mind or is it more likely to drag you down?

Exercise:

1. For the next 5 days spend quiet time with God.
2. Set a timer for 30 minutes.
3. Listen to 1-2 worship songs to usher in the Holy Spirit.
4. Spend the remainder of your time being still and listening to God.