

Action ➤
Guide

Module 2

OVERCOMING RESISTANCE

TOPICS

Developing a daily healing practicing around freeing yourself from self sabotage.

Overcoming self doubt and building true self confidence.

Honoring God by effectively dealing with Resistance.

Solutions to common frustrations & challenges.

Part 1: Resistance is Real

What we all know:

Remembering our True Self and Calling through all sorts of emotions, circumstances, situations, relationships, internal triggers, external triggers, times of the month/year, weather, etc (i.e, LIFE) is very difficult.

What we all may not know:

We all have a theme to our dark side. This theme is designed to separate us from our deep gladness and calling.

What is your theme?

(Fill in the blank with your go-to excuse)

Examples:

I don't know how (and I can't learn).

I'm not ready yet.

I'm just waiting for X,Y,Z to happen first.

It won't work (so why should I try?)

No one really cares anyway (so why should I bother?)

Once we figure out what our personal flavor of darkness is (our "go-to" excuse), it holds a lot less power. We'll begin to recognize it when starts happening. What was once subconscious programming is now being made conscious (what was once dark is now being made light- Read EPH 5:13). This is when we begin to have power to make different choices.

What do we do when we notice we are "doing it again"?

LAUGH. Out loud. Bring Light and lightness. Separate yourself from the feeling that THIS THING YOU DO SOMETIMES is your identity. It is not your identity.

*"Blessed are you who laugh because you are free."
— Brennan Manning*

It says in Col 2:15 that Christ *shamed* the enemy on the cross and when we boldly laugh in this face of darkness, we are confessing this same truth. *Christ has triumphed over Darkness so that we can triumph over our excuses.*

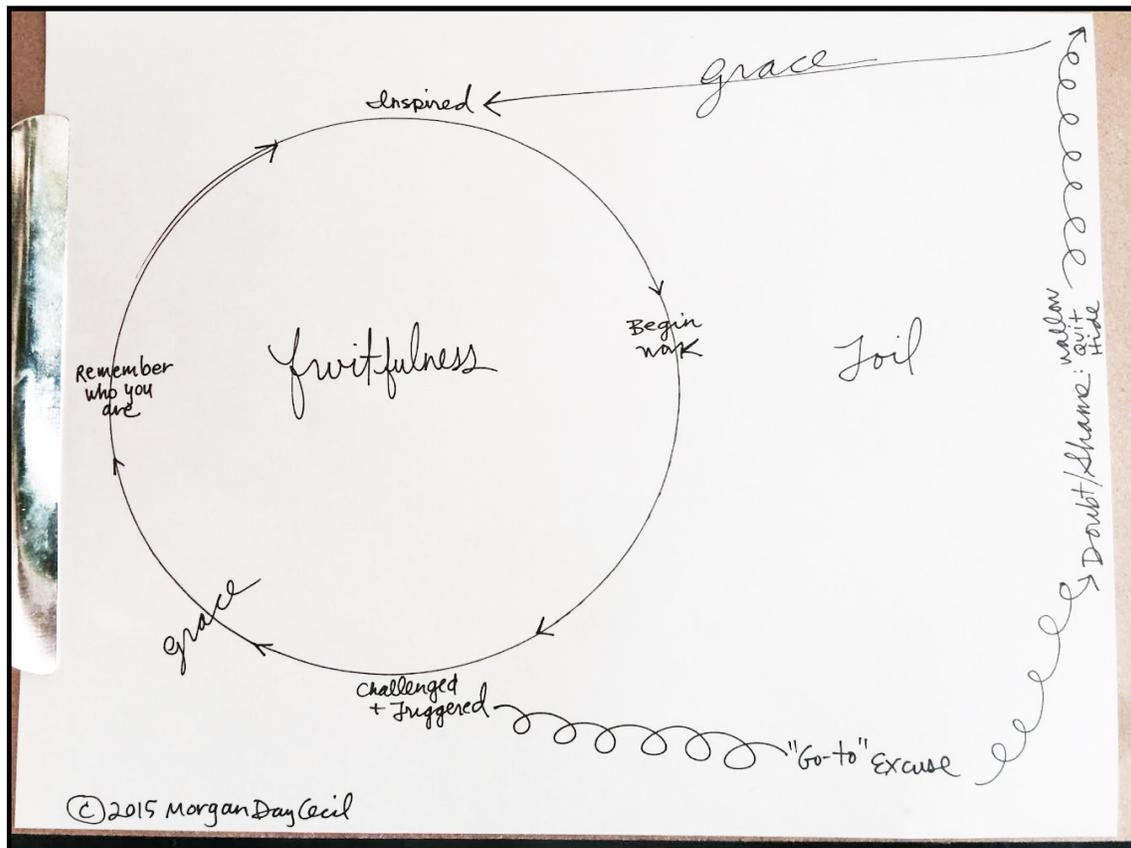
Old Ways of Being (life limited by our darkside theme/LIES) =
Same Old Result

Laughter = New Neural Pathways =
New Ways of Being (life empowered by our calling/TRUTH)

- Step 1. No awareness of why we do what we do/think what we think.
- Step 2. Dawning of awareness but no power, ability or desire to make a different choice.
- Step 3. Awareness plus ability to make a different choice, but no desire to do so
- Step 4. Awareness + Ability + Desire = Power to respond to trigger/lie/ in Truth.

Fruitfulness vs Toil

Honoring God by effectively dealing with Resistance = **Fruitfulness**
Falling into Enemy's Schemes = **Toil**



What we all need:

A tool and a strategy to help us keep our true self front and center. We need a way to heal our habits of self-sabotage. Our DAILY spiritual practice is that tool.

“God has given us the Disciplines of the spiritual life as a means of receiving his grace. The Disciplines allow us to place ourselves before God so that he can transform us.”
— Richard Foster

Spiritual Practice:

*Anything you do to abide in God’s Love so that you can follow His Spirit. -
Morgan Day Cecil*

Abiding in Love

- Ability to see what is true
- Reminds us of who we are
- Brings us back into our alignment with our deep gladness
- Enables us to overcome internal resistance
- Gives us confidence

Following the Spirit

- Ability to see what is possible
- Gives us discernment and wisdom
- Enables us to overcome external resistance
- Gives us grace

Examples of Spiritual Practice

10 min of yoga + 5 min of breathwork/meditation before coffee in the morning.

Lighting a candle and journaling for 10 min before bed.

Starting each meal remembering and praying your key scripture. (Stick with same verse for the year).

Ideas for what to incorporate into your own spiritual practice:

Prayer	Scripture Study	Worship
Confession	Celebration/Dance	Walk in Nature
Yoga	Meditation	Breathing

What makes a good spiritual practice?

- It's doable *daily*
- It's *yours*
- It renews and refreshes your mind by allowing your judging/analytical brain to rest.
- It incorporates some other aspect of your being other than your intellect. Ex: Body (yoga), Heart (journaling), Spirit (worship).

Part 2: External Resistance

Common Challenges & Solutions

#1 TIME: *I can't find the time to do what I want/need to do.*

SOLUTION: **Calendar.**

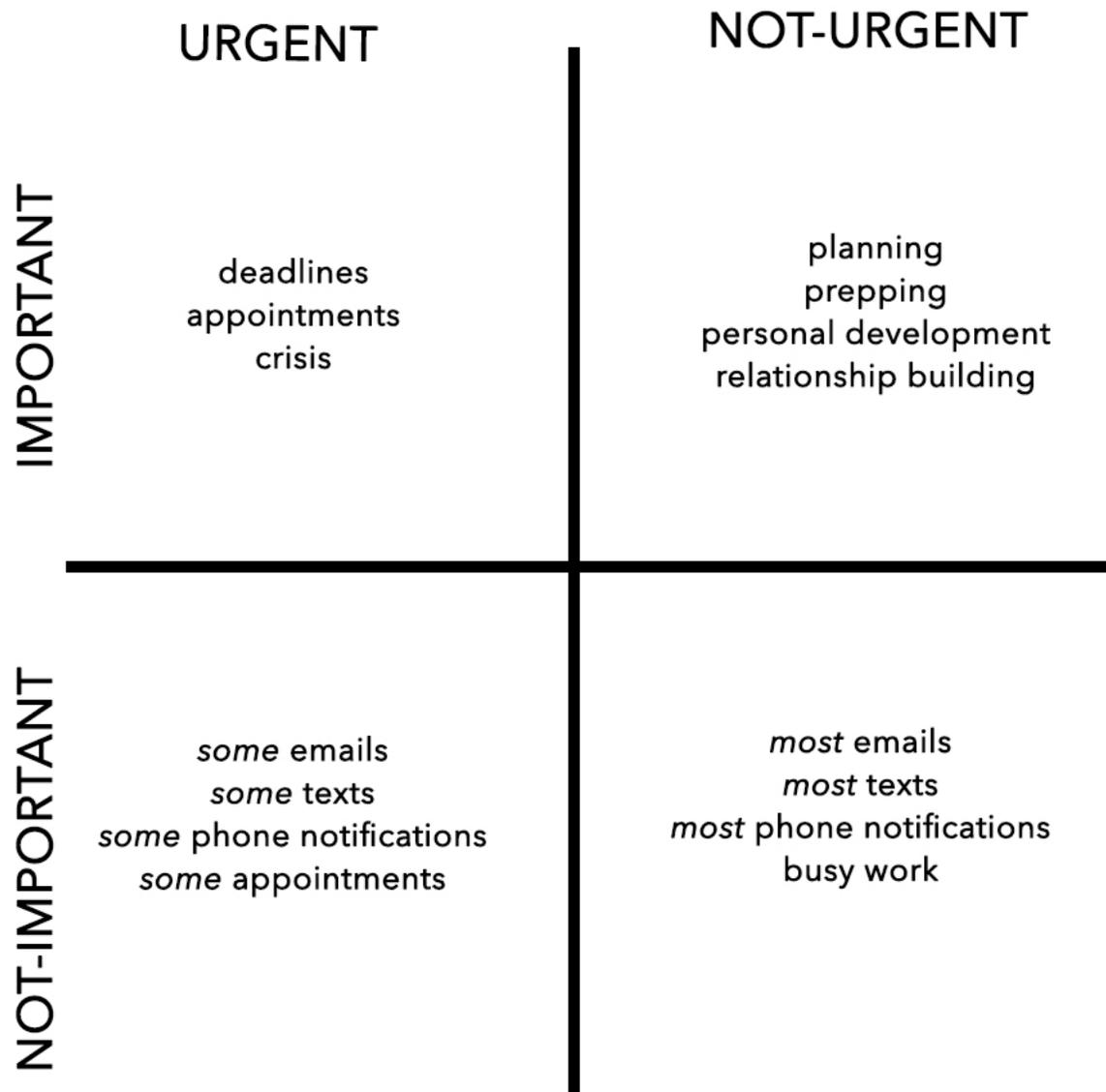
Schedule EVERYTHING. Make and keep appointments with yourself. Remember: We don't *find* time, we *schedule* it.

#2 OVERWHEM: *I don't know what to do or how I'll get all I have to do done. It's all just a crazy cloud of chaos in my brain.*

SOLUTION: **Priorities Quadrant**

Write every little thing that you can think of that you either need or want to do down, and then place in one of these four quadrants.

If you don't know exactly what you need to do, *write*
"learn what to do about _____"



#3 SUPPORT: *I don't feel supported by my family/friends/church.***SOLUTION: Communicate**

Have you had a vulnerable conversation with your support system about your calling, vision and what you feel lead to invest time/money/energy into pursuing? Most times we don't feel supported because we haven't had this type of calm, grace-filled and intentional conversation that would lead someone to understand why we need the support and how best he/she can support us. Remember that asking for support isn't asking for validation. You have all the validation you need from God. When we come to our loved ones with this quiet confidence they are more able to lovingly support us because we aren't putting on them any pressure to fulfill a role only God can fulfill.

#4 WEBSITE ISSUES: *I spend hours on my website and I still hate it.***SOLUTION: Premium Theme or Service**

If you aren't tech-savvy and/or you don't have the desire to invest time in learning, invest in a out of the box solution like Squarespace ([squarespace.com](https://www.squarespace.com)) or a website designer. Remember that you aren't saving any money if you aren't able to work on the actual work you are really called to be doing.

Part 3: Internal Resistance

“Everybody thinks of changing humanity and nobody thinks of changing himself.” — Leo Tolstoy

Internal obstacles to success

NO ONE IS KEEPING YOU FROM THE DREAM OF SEEING YOUR DEEP GLADNESS SERVE THE WORLD AND PROVIDE AN INCOME FOR YOUR FAMILY. NO ONE EXCEPT YOU.

The sooner we can get over feeling offended by this statement and see it as the most empowering and freeing truth there ever was, the sooner we can get on with getting where you want and are made to go.

Identify, overcome and heal the inner barriers to seeing your deep gladness meet the world's deep need.

Here is what is spiritually, biblically true:

Jesus: **I have come to give life to the full** (John 10:10)

Jesus: **It is finished** (John 19: 30)

Paul: **For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.** (Romans 8:37-39)

Paul: **I can do all things through Christ who gives me strength.** (Paul 4:13)

This is what is true.

TRUE. TRUE. TRUE. TRUE!

Why don't we live this way, then?

Reflected Self Vs. True Self

Reflected Self

- Depends on another for validation
- Our first self to develop
- Contributes to the creation of the False Self
- Source of fear, self-doubt, procrastination, addiction, distraction, hesitancy, ego and entitlement, self-condemnation, shame, perfectionism.

True Self

- Identity in Christ
- The Name God Calls You
- Source of Calling, Vision, Gladness
- Brave, confident, proactive, able, mindful, present, humble and bold, grateful, self-accepting, compassionate, grateful, full of Grace.

Make a daily healing practice your spiritual practice. This is your doorway to freedom. Gives you power over your own crazy cycle and cycles of toil/self-sabotage.

Common Challenges & Solutions

#1 SELF DOUBT *The inner critic is so loud. I don't believe in myself or my calling. Sometimes I can't tell what's true about who I am and what I am made for.*

SOLUTION: Part 1: Get Clarity

Check in with yourself:

Are you getting enough sleep? food? movement? water? fun?

Check in with God (journaling or listening prayer with 2-3 others)

God, ***what do you want me to know*** about my struggle with self-doubt?

SOLUTION: Part 2: Renew Your Mind

- Recommit to your daily spiritual practice. Not religiously but devoutly. I.e, make sure your daily spiritual practice actually is nourishing to your soul.

- Speak-out/Write-out your new name/true identity several times a day.

God calls me _____.

I am _____.

- Laugh. (I'm serious!) Kids learn more through play than through memory. Bring lightness to the heaviness you feel by forcing yourself to laugh out-loud. The pathways in your brain that have become ruts steering you into self-doubt again and again and again CAN be remade, but it will take novel experiences to reroute your neural wiring. When is the last time you laughed when you started feeling self-doubt? Never, probably! New associations = new opportunity for the Truth to pave a new way.

#2 FEAR *I'm scared I'll fail but even more terrified to succeed.***SOLUTION: Confession**

We operate in fear only when we've put something other than God on the altar. Examine your heart and ask God to reveal what the idol is. Public opinion? Acceptance in your family? Financial security? Looking cool/successful? Appearing the martyr/victim?

#3 RESENTMENT *I don't know why but I feel so bitter and angry. I'm jealous of people who have what I want and mad at myself for not being further along than I am.*

SOLUTION: **FORGIVENESS**

The person you need to forgive is yourself. God accepts you exactly as you are, where you are right now. He doesn't need you to be any further along than you currently are in order to get you to where he designed you to go. Forgiving yourself will free you of the emotional energy you are expending to punish and condemn yourself daily. If you have any unforgiveness for yourself or others in your life, that dark and wasteful spiritual energy is like a hole in a vault. The wind blows and your treasures blow out, dollar by dollar and you wonder why you have less and less to invest in your calling.

Jesus said it is finished. Believe him. A spiritual leader is never wasteful. Resentment and jealousy are wasteful emotions. Use that passion FOR your project, not to fuel your excuses/preferred theme of darkness.

Remember:

Our ultimate goal isn't just a profitable business/ministry, the goal is *restoring the world*, which will require us to pursue long term spiritual growth, health/wellbeing and integrity, creativity. In sum Christ-likeness.

Our business is a spiritual practice and as we overcome internal and external resistance related to our calling, we grow in confidence and grace and become on Earth who we already are in Heaven.

HONOR GOD BY TAKING YOUR SPIRITUAL PRACTICES SERIOUSLY. THIS LEADS YOU TO TRUE SELF CONFIDENCE

REVIEW : How to Overcome Resistance

1. Devotion to a daily spiritual practice to renew mind
2. Disciplined pursuit of less (fruitfulness over "productivity")
3. Getting clear about priorities
4. Bringing intentionality to what we need
5. Basic self care (sleep, water, good food, movement, fun, friendship)
6. Basic time management & making & keeping appointments
7. Practice what we preach: mindfulness practice

Further Resources

1. *Do the Work*, Steven Pressfield
2. *The War of Art*, Steven Pressfield
3. *Celebration of Discipline*, Richard Foster
4. *Essentialism*, Greg Mckeown
5. *Waking the Dead*, John Eldredge

Your Personal Battle Strategy to Overcome Resistance

1. Keep these two things in your awareness, daily

Darkside Theme (your go-to excuse)

The lie that will try to take me out every time I am triggered is...

Theme of Light (your True Self/the new name He calls you)

The Truth I will remember every time I am triggered is....

2. Architect a short, simple, life-giving spiritual practice that you feel really *good* about committing to daily.

My daily spiritual practice is:
