

Unburden Your Soul! - A Simple Approach to Heart Transformation that Really Works!



Everywhere we turn we are bombarded with information on how to become better people or better Christians. We have access to endless sermons, podcasts, books, YouTube, online groups, and more.

But little of it seems to translate into transformed lives, rather, it seems to add to the growing spiritual exhaustion of God's people. We still can't say no to people, or to food, or to work, or to shopping, or to social media, or to porn, or to _____ (you fill in the blank.) Instead of controlling our lives, life controls us.

We are God-fearing people who really love God and want to make a difference. We want to please God, please others, and at the end of the day, lay our head on their pillow at night with a peaceful and grateful heart (not guilty by the list of things that did not get done, all the things we did wrong, and worst of all, how God was not even part of the equation.)



At the end of the self-shaming thoughts comes a weak resolve to get up earlier, spend time with God, be kinder with words, be more attentive to our spouse, prepare menus in advance, etc.

These resolutions fade away into a fitful sleep that is interrupted by a harsh alarm in the morning. Our hands grope and smack the snooze button until the last minute possible, and we get up and repeat the cycle. Mercy!

We may take it further and sign up for retreats and seminars where we can get away and do a life overhaul. But at the end of the day all our efforts fall short and we feel a deep sense of guilt and shame.



There is a simpler approach, but it goes against the cultural norm and sometimes against our reason.

Sometimes the simple solutions are ignored because they are just that, too simple



It really is simple, if I could only get people to buy into it.

Here's my approach. Simple and to the point.

Be still and listen to God.



That's it.

If the world would do this, it would be turned upside down.

If *you* would do this, *your* life would radically change.

I lead people into this approach routinely. Let me show you how it progresses:



Client assignment: Sit still, set the time for 5 minutes. Ask God a question or just say, “I’m here God, what do you want to say to me.”

An initial conversation with God may look like this:

God: I love you.

You: Right. Okay, um, thanks. But what am I supposed to be doing about _____?

God: I love you.

You: Got that. But I need some answers. There’s this, this, and this going on and I don’t know what to do.

God: I love you.

You: Yeah, okay . . . this isn't working. You're not getting it. I really need some answers.

God: No you don't, you need me. I AM the answer.

You: I don't get that at all. You're not fixing my life and clearing up my confusions.

God: If I can get you to experience my love, you'll find the answers. Your questions will change. Your perspectives will change. *You* will change. My perfect love casts out all fear. I want to love on you. Will you let me?

You: (a bit frustrated) I don't see how that works. I know that you love me, I mean you died for me and all that. But, I have some pressing concerns and answers seem more relevant right now.

God: I understand. But I won't change who I am or how I operate. I'm offering my love. When you learn to receive and enjoy it, you'll see just how relevant it is. You don't really know how much I love you. I want to show you. Will you let me?

You: Oops, time is up. I gotta run.

Departing thoughts – “This is weird, tomorrow I think I'll just read *Jesus Calling* during this time.”



After 12 years of listening to God, and 10 years of teaching others how to listen to God, I have witnessed over and over that God first and foremost *wants to embrace us with His love*. Sadly, we dismiss this as irrelevant or impractical. I mean, which would you rather have, a hug or better circumstances? Point made.

But what I've also noted, is that those clients who will sit still and listen to God reap enormous heart transformation that springs out of being deeply anchored in the love of God.



It's not uncommon for me to give this prescription to a client:

For the next 2 weeks I want you to abandon all devotionals, Bible studies, Bible apps, etc. Just take out a pen and paper, set your timer for 5 minutes and journal what you hear from God. That's it. Do no more, do no less. If you get nothing, just leave the paper blank and come back the next day.

Those who follow this prescription find God in a whole new way. They are more aware of His presence throughout the day, delighted by His whispers and surprised by various God-moments throughout the week.

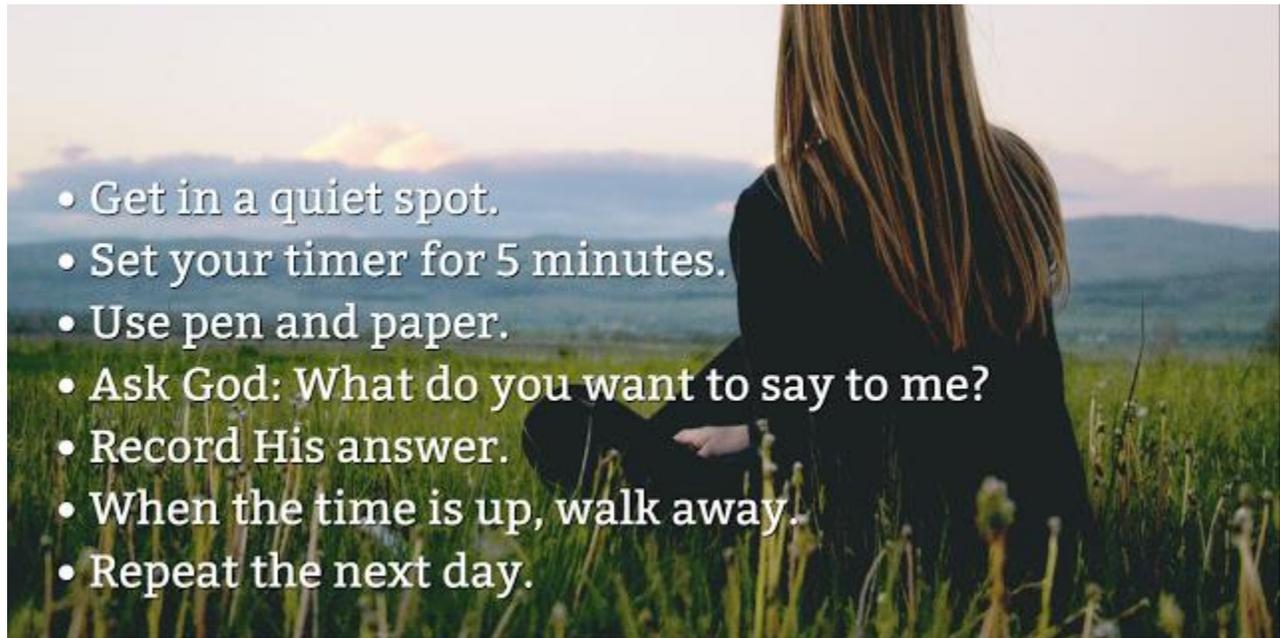
They go from being resentful about how hard it is to be a Christian and began to enjoy their relationship with God. (All the devotional helps will come back into play after the client learns to sit still and listen to God.)

You don't have to be a client to benefit. Just start doing what I mentioned above. I had no one guiding me (other than the Holy Spirit) when I got started. If you get stuck feel free to make an appointment.

My journal entries are messy and frankly, I would die of embarrassment if you read some of them. But I've stayed with it until it became like breathing and today I joyfully declare that I went from *being a devoted servant to a demanding king, to the cherished daughter of an adoring Father*. It's the best!

And in that wonderful space of experiencing His love, He has done some deep soul cleansing and transformation. (He's also answered many questions, but don't get hyper-focused on that idea.)

I wish this experience for all of you. Go ahead, give it a whirl!
Follow these steps:



I want to know how this works for you!
Let me know if I can be of further help.

Coach Kinsey