

# LIVE GUILT FREE

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### 5 WAYS TO SPIT IN THE FACE OF THE DEVIL By Richard & Tanya Curren

Have you ever been so mad that you wanted to get back at the Devil, but didn't know how? Here are 5 easy things you can do to send him crying back to Hell! By incorporating these into your life today, you will have effective and practical ways you can defeat any spiritual attack and spit in the face of the Devil!

#### 5. GIVE IN YOUR TIME OF FINANCIAL LACK/NEED

This is extremely powerful! Satan would love to tell you that your financial hardship will never end. In fact, this is one of his sneakiest tactics. He loves to whisper (or yell) in your ear that things will never change, that your God has forgotten you and that you will always live in lack. Nothing could be further from the truth!

It is vital that you counteract this deceiving and cunning liar. When things are super tight financially, choose to do the exact opposite of what the Devil would like for you to do. Don't react in panic and hold onto every single cent like it's your last breath. Wisely and with Godly discernment, pray about giving to someone else in need. You will be amazed at how this boosts your spirit and changes the direction of your financial outlook.

We are speaking from experience on this topic because this is exactly what we have done many times throughout our marriage. When we got married, we had \$50 in our bank account, not to mention the several thousand dollars that Tanya still had left on her student loans. (Not quite the millions we had dreamed about, that's for sure!) Even though we had so little financially, we continued to give. And, not just to our church. We have always believed in giving where God leads us, which is often a missionary, ministry or family in need.

As God has led us into ministry, it has been extremely hard combating people's mindsets of the tithe. So many people are locked into the belief that they have to give specifically 10% to their church building or else they will be out of the will of God. We believe that all of our money is God's, and 10% is just a start. We also believe that the kingdom of God stretches FAR outside the four walls of a church building. Of course we believe that people should support their local church. In fact, when people stop giving to their church, the ministries supported by the church dry up and are no longer available to provide for families in a much needed way.

However, when people choose to only support a local church and not give to ministries like Boundless Limits, these ministries suffer and are not able to create quality resources and teachings that so many families desperately need, especially those who won't even attend a church. Even as we are experiencing financial

hardships and overcoming these mentalities, we have chosen to give.

We recently saw a family in great need and had such a burden to help as we could. Of course, we would have loved to give enough to take care of all of their needs, but we only had so much to personally give. We prayed about it and God put a specific amount on our heart to share. No, we didn't get a tax credit or receipt for giving to this family, but we gave out of obedience – even in our time of lack.

The joy of that was overwhelming! Stepping out in obedience to God for anything is always rewarding! Not only was the family blessed, but we were so thankful that we were able to help in some small way. This is how the true kingdom of God should operate. When we step out in obedience and give even when it is scary or difficult, we are opening up ourselves to watch God move in miraculous ways! We are taking care of our own, we are sharing the love of Christ with others and we are choosing to use our money here on this Earth in a meaningful and purposeful way.

If you are in a state of financial lack or difficulty, pray about how you can give. No amount is too small for God to use! Ask God to bring someone into your life who you can bless. Ask Him to put a specific amount on your heart and mind to sow into the life of another. He will do this, and you will love how you are able to be an active participant in the body of Christ. The act of giving to someone in need reminds you that God uses other people to bless others in need. It is very encouraging and will remind you that God has not forgotten you. And here's a great bonus: Satan will hate it because you reacted out of obedience instead of fear. Now that's worth it right there!

# 4. ENCOURAGE SOMEONE ELSE WHEN YOU ARE DISCOURAGED

We all know how it feels to be discouraged or defeated. When you are feeling down, usually the last thing you feel like doing is pouring into the life of someone else, and at times you feel like isolating yourself to the point of talking to no one. Satan's goal is to get you isolated so that his is the only voice you hear. If you are feeling like this, don't worry. You're not crazy and you are not alone. Life is hard – sometimes really, really hard. And our in our society and media driven world, it is can be so overwhelming to look around you and perceive that everyone else is doing better than you.

If you want to combat the Devil's evil ways while you are feeling discouraged, choose to step outside of yourself. At first you may have to almost make yourself do this, but after you practice several times it will get easier. Ask God to show you someone you can encourage. It may be through a phone call, email, letter or personal conversation, but no matter what method you can rest assured that any of those matter.

By taking the time to lift someone else up, you take the focus off of your own problems. This is a fantastic way to change your mindset from being a victim to being a victor! So often our own issues overwhelm us to the point that we can't see the forest for the trees. It truly is like standing in a thick, overgrown forest, yet all we can see is the huge foreboding tree right in front of our face. If you were in a forest like that you could panic and die if you couldn't find your way out.

Life is the same way. No, you might not physically die from your situation, but you can emotionally and spiritually feel like you are crushed and dying if all you do is focus on how depressing and overwhelming your life's situation is currently. So how to you overcome this? By taking action and finding someone who

needs encouragement, support and uplifting just as much or more than you do.

We try to practice this on a daily basis. Each day we take the time to email at least one other person who needs prayer or encouragement. It doesn't take long to incorporate this into your day, and the more you practice it, the more it becomes a natural habit. You'll also be surprised at how it makes you more sensitive and aware of the world around you. There's a great song by Brandon Heath called, "Give Me Your Eyes." If you haven't heard it before, we highly recommend finding it on YouTube. He talks about praying to have the eyes of Christ to see others in our hurting world.

When you start praying to have the eyes and heart of Christ, watch out! Your whole outlook on life will change in an amazingly powerful way! You will see things you didn't see before, your own problems will diminish and you will have a clearer and more laser focused purpose during your time here on Earth. Try it! You won't be disappointed.

#### 3. LAUGH EVEN WHEN YOU FEEL LIKE CRYING

During our darkest hours of immense physical pain, intense financial difficulties, horrendous relationship issues – all of it – we have tried to find things that bring us joy. Believe us, we know how difficult this can be. But we have found that it is so important to search for joy amidst the struggles of life.

There are countless studies on the effects of laughing. It relieves stress and releases strong chemicals into the body that help change the way we feel. It has been proven that the endorphins released by the body when you are laughing and happy are more powerful than the chemical effects of heroin! Numerous studies have also shown that a positive, upbeat attitude gives cancer patients a distinctly higher chance of survival than those who approach their treatment with a negative, defeated outlook.

As hard as it may be for you, try finding something that makes you laugh. Maybe it's a movie, a night out with friends or a video online that cracks you up. Or maybe it's even yourself! Sometimes life is so intense that we take ourselves way too seriously.

We try to make sure to laugh at ourselves and some of the scenarios that life brings. We have started a new outreach and extension of our ministry for children called BLI KIDZ. We want to have quality programming and resources for our children that combat evolution and teach children the beauty of God's world through His creations. We are doing this by integrating our son's passions and producing fun, educational videos about God's animals. Through Pierce's new website, Scaly Adventures, (www.ScalyAdventures.com) we are able to showcase cool facts about all kinds of animals as well as use it as a platform to witness to others.

This has been a really fun stress reliever for us! We have laughed and laughed at the random things that have happened while trying to film the animals, and we have saved the footage for what will definitely be a hilarious outtakes video. We even stopped last weekend to take the time to jump in the woods and film a dancing outtake!

Here's our point: You have to stop and take the time to laugh. Even if it feels forced while you're going through a depression, make the time. Look for things in your life that bring you joy. Dance with your child, watch a funny movie with your spouse, watch a comedian online for free – whatever you like to do that makes you smile. This will help remind you that you are not stuck in your sadness. And it will show Satan that no depression, issue, relationship, stress or difficulty will stop you and steal your joy! Your joy is worth

protecting!

When you perceive your joy to be valuable, like an extremely rare gem, you will hold onto it more. If you were given a diamond today that was worth \$25 million, you'd protect it like nobody's business! Visualize your joy and peace to be just as valuable. Your joy is the ladder that will ultimately help you climb out of the hole of depression that you may be in. Take the time to protect your joy today and watch how the positive effects trickle through your life!

#### 2. PRAY WHEN YOU DON'T FEEL LIKE IT

Ohhhhh....this is a great one! And honestly speaking, this is a hard one too. The Devil would love to have you so wrapped up in your own problems that you get frustrated and mad at God. He would love to neuter your prayer life to the point that you feel a million miles away from knowing God. His goal is to destroy your personal relationship with Christ. If Satan knows you are saved, then he knows he can't touch your eternal destination. However, he knows that he can try to wreak havoc on you until you get there. And isn't it ironic that prayer for many is a last resort rather than a first response. We cannot use prayer like a panic button! According to Christ, prayer is our most powerful weapon.

For you to combat Satan's attacks in a positive, powerful and effective way, you need to pray. Don't worry, you don't need a formula, method or checklist. You just need to keep the lines of communication open between you and God. Start talking to God. Tell Him everything, including how and why you feel the way you do. Then try to take the time to listen. This is such an important part of your prayer life because if you do all of the talking, you'll never be quiet enough to listen.

We have found that the more we pray, the easier it is to know God's voice and hear Him over the screaming din of noise that comes from the world. It is far easier to feel God's presence in your life when you have taken the time to discipline yourself through prayer. It breaks something in both the physical and spiritual realms. Physically, it aligns your thoughts with the words that are coming out of your mouth. It prepares you for what you need to receive and hear from God Almighty. And again, it helps change your thought process from negative to positive.

Spiritually speaking, praying has the most awesome results! Your words have power, and when you are repeating Scriptures and promises from the Word of God, they shoot into the spiritual world to fight battles that you can't see with your human eyes. Ephesians 6:12 reminds us that, "our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." We are not fighting against flesh and blood, but against principalities. This is not just some fluffy imagery that the Bible describes, but a real fight that you are in for your soul. Fighting the Devil without prayer is like trying to fight Godzilla with a slingshot, even though you have an entire air force waiting for your command to attack!

Never underestimate the power of YOUR prayers! Yes, your pastor is probably a great prayer warrior and so is Billy Graham. But you are too! Too many people look at others' prayers as more effective or as if they are on a fast-track with a hotline that gets to God before their prayers do. This is simply not true. If you are saved and in the will of God, your prayers are reaching Heaven's throne room just as quickly as the Godliest person you know.

By praying instead of cursing, by praising instead of complaining and by using your mouth to uplift and

focus on the positive instead of using it to constantly vent your frustrations, you are spitting directly in the face of the Devil. So, go for it!

# 1. BE STILL AND WAIT OBEDIENTLY WHEN YOU FEEL LIKE PANICKING AND RUNNING

Now this is probably the hardest one of all. Believe us, we know! Satan would love to watch you make irrational and unwise decisions in the midst of your trial. He is the author of confusion, so if you are feeling confused to the point that you can't think straight, know that it came straight from the pit of Hell.

Why would you allow anything from the pit of Hell into your life? You surely wouldn't go out into a field and scoop up a big pile of cow poop and plop it on your lap for your drive home! And you certainly wouldn't open the door to your house and invite actively using drug addicts, prostitutes and murderers inside to babysit your children. These are no-brainers, yet we do things like this spiritually!

Sometimes we'll just wallow in panic. We'll allow Satan and his demonic forces to repeat things like failure, depression, lack, fear and panic over and over in our mind. Why do we do this? One reason is that we are not taking an offensive position with our spiritual walk. We must daily put on our spiritual armor of protection. (Ephesians 6:11-18) We must daily look for opportunities to think positively, speak positively and live out our calling and the will of God. And we must daily know how our enemy attacks us and the sneaky, disgusting and personal ways that he does it.

Passive Christianity doesn't work, my friend. If you try to just accept Jesus to "check the box" for eternal salvation and then live your life on your own, you will be intensely frustrated. You will never experience the miraculous power that can flow through you and your life. And you will constantly be in a losing battle against all of the Devil's attacks.

Practice active Christianity! This is YOUR life and you are always worth fighting for! You never need to defend yourself because God is your defender. You can stand on the offensive, knowing that God gives you the power to attack!

This may seem like contrary advice to being still. But in fact, it is not. A trained Black Belt is always thinking about their next move, yet they aren't always moving. They can be very still as they visualize what is coming next and prepare themselves for any outcome. This is what we must do. We must follow God's will no matter what we face. And as we are facing trials and adversity in life, we must be still when He tells us and wait no matter how hard it gets.

We have been living this out in a very real way. As we have been praying for more financial donors and partnerships with Boundless Limits, God has taught us several things. First, this is His ministry. We are just managing what is His. Therefore, it is His to provide for and it is up to Him to put on the hearts of others to bring in what we need. Second, we are to be obedient no matter what we are feeling. 1 Samuel 15:22 reminds us of an extremely important lesson: "...to obey is better than sacrifice."

We have been living this out firsthand. God would rather us be obedient to Him and wait on His timing rather than watch us kill ourselves with sacrificial acts. There comes a point in life where God shows you that you

can work no harder, so you have stop and simply trust completely in Him. So, even when we have felt the hot, sickening feeling of watching our bank account drop lower and lower, we don't panic and run to grab the next available job. We pray. We fast certain things. And, we ask others to stand in prayer with us.

We turn to His Word, which never fails us. If you are in a place right now where you feel like panicking, yet you want to be obedient to God, read Psalm 37 & 40. These chapters have brought us great peace. In fact, recently Tanya was crying before going to bed one night because she had just paid the bills. Things were so tight that it was like watching a 500 pound woman trying to get into a size 2 pair of jeans! Terribly, uncomfortably, chockingly tight. She did what many of us do when we are in distress and need an answer from God. She opened her Bible and asked God to reveal Himself to her.

Now sometimes when you do this, you open the Bible to something random, like a verse in Ecclesiastes that has nothing to do with what you're facing! But this time she opened it right to Psalm 37:7, "Be still before the Lord and wait patiently for Him..." Wow! What amazing confirmation!

When God guides you to be still, be still. When He leads you to wait patiently for His answers and timing, wait patiently for His answers and timing. You won't regret it! He not only knows what's best for you, but He knows EVERYTHING! He sees the blueprint of your life – every step and breath you will take. Why wouldn't you want to trust in that reassurance? The song, "While I'm Waiting" by John Waller perfectly describes a person who loves the Lord desperately and is actively waiting. One of the verses says, "I will move ahead, bold and confident;

taking every step in obedience. While I'm waiting, I will serve You while I'm waiting. I will worship while I'm waiting. I will not faint; I'll be running the race, even while I wait."

Isn't that powerful? You can move ahead with confidence even while you wait! You can serve God with your actions, thoughts and words while you are waiting on His direction. And, you can run the good race even while you wait! This is the essence of active Christianity! Waiting and being still doesn't mean you lie down and do nothing. It means that you focus on God so completely that only He matters. It means that you tune out the nonsense of unbelievers and haters and tune into the Voice that matters. And it means that you never give up, even when you haven't received your miracle, breakthrough or answer yet.

If you hate Satan as much as we do, practice these 5 principles today. Integrate them into your daily life and view yourself as a strong vessel that God is using to create powerful change in our world today. Walk in your victories, both big and small, knowing that you are defeating Satan and all of his demonic tactics. And take delight in knowing you are redirecting those fiery arrows back to Hell where they belong!

In His Love,

Rick & Tanya

### **ABOUT THE AUTHORS**



Richard R. Curren III is the co-founder and President of Boundless Limits International, Live Guilt Free and Best Life Strategies. He is the co-author of **ON COURSE: Strategies For Successful Living** and its companion **ON COURSE: Life Application Study Guide**. He is also the producer of several inspirational videos including "*IT'S ABOUT TIME!*", which has been broadcast on television worldwide. He is also the developing producer for Scaly Adventures, a positive influential outreach to children using animals and nature to explore the wonders of God's creation. Rick's passion is to speak and motivate others to live to their maximum potential physically, mentally and spiritually. Through their events and publications, Rick and his wife Tanya inspire others and show that every person has boundless potential to change our world. He is a former United States Army

Officer. Rick serves on the Board of Directors for the So Help Me God Project as an Advisor and is a founding Board Member. With a passion for health and fitness, he is a Black Belt in Korean Olympic Tae Kwon Do, and serves as an Associate Instructor for Palmetto Martial Arts School.



Tanya Curren is the co-founder of Boundless Limits International, Live Guilt Free and Best Life Strategies. She is also the co-author of **ON COURSE:** Strategies For Successful Living and the **ON COURSE Life Application Study Guide**, which has been distributed worldwide. In 2004 Tanya Curren was in a life threatening coma for 8 days as a deadly infection ravaged her body. Given two hours to live, she survived only to face the ordeal of a painful three year recovery. She is the author of **Broken Places**, The **Proverbs Devotion Guide**, **Embracing Change & Conflict**, and several other audio CD's. Tanya and her husband, Rick, are developing producers for Scaly Adventures, a positive influential outreach to children using animals and nature to explore the wonders of God's creation. In her conferences and seminars, Tanya shares with others the life-lessons she learned through her journey to restoration. Tanya travels

and speaks at local, regional and international venues, and is passionate about guiding others to have a personal, real relationship with Jesus Christ. As an active homeschooling mother, she resides with her family in the mountains of South Carolina.