



# LIVE GUILT FREE

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## CAN ✦ WILL ✦ HOW ✦ KNOW

By Richard & Tanya Curren

**“Faith is not believing that God can; it is knowing that He will.”**

This is the powerful saying we have displayed on a big sign in our office. We look at it every single day to remind ourselves that our God WILL keep His word and WILL take care of our needs. It is a daily reminder for us to stay focused, remain in constant relationship with Him and to not become discouraged when we face adversities.

Where are you in your faith walk and relationship with God? Do you find yourself constantly worrying if God can answer your prayers? Do you wonder if He even cares or will take the time to provide for your needs? Or are you in a place of constantly questioning Him about His methods and timing as you try to figure out how He is going to fulfill His promises?

If you are asking yourself any or all of these questions, you are not alone and this is perfectly normal as you walk out your faith. The great news is that the more you seek Him and learn to hear His voice, the more you move through this process and get to the place of knowing that He that He can and will, and it is up to Him as to how He will make the plans of your life come together.

As you look at the process of working out your faith, you will see that there are different stages and questions that you may be asking God: CAN you do it? WILL you do it? HOW will you do it?

Don't dread this process; instead try to enjoy the journey of getting to know God as well as getting to know yourself better. As you work through these stages, you will learn how you react to situations and you will be able to make positive changes to produce better outcomes the next time they occur.

And you will learn how God moves in YOUR life. This is a very unique and specific process for YOU! Just because God moves one way in your neighbor's life does not mean it will be exact same for you. So enjoy watching and seeing how God moves through you, speaks to you, strengthens you, comforts you and guides you through anything and everything that you

face in life!

## **CAN YOU DO IT?**

This is where you learn to have faith in God. Don't worry if you have just a teeny-tiny bit. Matthew 17:20 says, "Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you." A mustard seed is extremely small, so if God says that even a tiny amount of faith is effective, then just think about how exciting your life is going to be as your faith continues to grow! **No matter how much faith you have, put 100% of your faith, hope, trust, belief and love in Him. It will NEVER fail you!**

We have lived this, and we would never tell you something worked if it failed us. Do you know how you can look at someone who is doing something you don't think they can accomplish and say, "Are you sure you can do that?" We have done this with God when we felt like something was too monumental to possibly be done. But we always go back to His continual faithfulness! There is a verse from the song, "Let The Waters Rise," by Mikeschair that we just love, "You were faithful before, You'll be faithful again, I'm holding Your hand." He has NEVER failed us and the more we step out in faith and trust Him, the less scary and overwhelming it becomes. This is exactly what will happen in your life when you stop asking "CAN" you do this and move to the next level.

## **WILL YOU DO IT?**

Now you're here. You have learned to trust that God is God...He "can" do anything! He parted the Red Sea, raised His own Son from the dead and has done countless other miracles throughout time and in your own life, so you know that He can, but the question now is WILL He answer your prayers? **This is where you need to have faith in His action, not in the outcome.** This is very important and it takes time (sometimes a lot of time) to understand the difference.

Start by trusting that God WILL. He will work all things out according to your good, just like it says in Romans 8:28. He will accomplish His will through your life in a beautiful way. And He will do all of this in His perfect time. **He WILL. Let that be enough.** The fear creeps in when you start trying to figure out what the outcome or result will be. Anxiety can rush in like a crashing wave when you take your eyes off of the faith in His action. Our God is a God of action. He is a God of direction, protection, provision and guidance. The reason we don't hear His voice or become overwhelmed with fear is because our focus has shifted from His magnitude and power.

**If you find yourself overcome with any destructive emotion: fear, guilt, anxiety, depression, sadness, hopelessness – anything that is consuming you to the point of feeling trapped inside your own skin, start speaking proactive, directive and powerful**

**statements that remind you who God is, what He can do, and will do.**

The more you think these thoughts and speak them out loud, the more you will believe them and will be able to focus on who God is and how much He loves you. It says in 1 John 4:18, “Perfect love drives out fear.” It doesn’t say that it escorts fear out or asks it to leave. It says that it **DRIVES** it out! As a Christian, you have the power of God in you to **DRIVE** out any and all destructive emotions or thoughts! Don’t underestimate the power of this in your life and use it to keep your faith strong in God. This will greatly help you as you learn to trust His process.

### **HOW WILL YOU DO IT?**

This is where you move past questioning God if He can or will answer your prayers and you learn to have faith in His process. It is normal to want to know **HOW** things will happen. Human beings are curious by design, so there is nothing wrong with wanting to know the outcome. **But don’t allow your natural curiosity to keep you stuck in the place of constantly questioning God about how He will work things out. When you focus more on the “how” instead of the “knowing” part, you lose the joy of the journey.** This is not easy – believe us, we understand. We have lived each part of these stages, and we are just like you when it comes to wanting to know how things will all work out.

It can be especially hard to move past this stage when the things God has called you to do don’t make sense in the traditional ways of thinking. We have asked ourselves, “How is God going to make up our 401K that we cashed in when He called us into ministry?” “How is He going to provide for our bills and needs when we don’t have money coming in?” “Why did God call us to do something outside of the box that seems “unsafe” according to traditional society?” “Why didn’t God call us to do something safe and normal?” “How is all this going to come together when the things God is calling us to do are so incredibly monumental for 2 people to accomplish???”

We’ve been there and asked all of these questions and a thousand more! But do you know what we have learned? One of the first things we learned was that God doesn’t always answer our questions. Sure, sometimes He does and makes things perfectly clear. But in our lives, more often than not He doesn’t give us the answers to the questions we ask in the time frame we desire. Instead, He continues to provide for us in miraculous ways that should never be able to happen on paper. He defies man’s ways of thinking and shows us how to think like Him. He encourages us and strengthens us from the most unique sources at just the perfect time. He opens doors of opportunity that we never saw before just when we need them. He connects us with people and resources to accomplish the huge mission He has called us to do. And He reveals answers to our questions in creative and unique ways.

**The bottom line is that we have learned to stop asking God “how” He will do things**

**because we just KNOW that He will!** This is His plan, His story and His vision and we are here to be obedient and carry it out. We are not His puppets, but rather we choose to give our thoughts, hearts, energy, time and lives to Him to accomplish what He wants done in the short time we have here. **So the reality is that there isn't a need to worry constantly about can, will or how He will accomplish His will. If it's His plan, then He will make it happen!** This takes a TON of weight off of our shoulders, and we hope it does the same for you. When you live your life like this, viewing it from God's perspective, you will give up so much control that you once think you had and you will walk in SO much more peace, freedom and joy and you KNOW that God is working in your life!

### **I KNOW YOU CAN AND WILL!**

This is where you learn to have complete faith in God's sovereignty. **When your faith is developed and strengthened to the point of resting here, you will have such an inner peace that it will pass all of your human understanding.** This is where you will be able to look at your bank account, no matter how low, and say, "I KNOW my God will provide!" You will be able to pray over your sick child and say, "I KNOW my God is Jehovah Rapha, our Healer, and by the stripes on Jesus' back, you are healed!" You will be able to confidently say and know, "I don't know what today brings, but God knows and that is enough for me."

At this stage you will be living with such inner confidence that it will exude through you and shine through all you do. This is where you are such an effective living witness for Christ! Others will recognize that you are different because no matter what you are facing in life, you are strong and confident. **You won't be questioning God's methods because instead you are focused on your relationship with Him because have a history with His faithfulness.**

Just like you learn to trust your parents when you are young and your spouse when you are married, your trust and faith in God grows with each passing day and every time He shows Himself faithful in your life! This is such an amazing process, because this is how God shows that He is real, active, alive and moving in your life.

If God feels like a million miles away and just some random, potential floating being, we encourage you to follow these steps, read your Bible, pray and get to know Him on a personal level. If you don't know God, it will be incredibly hard for you to trust him and develop your faith. **We have been created for relationship with Him, and the more you take the time to develop your personal relationship, the more you will love Him and want to spend time with Him. You will watch fear be driven out as confidence and strength comes pouring in!**

You will be unshakeable, focused, confident and peaceful as you face any of life's trials. What an amazing gift to pass on to your children and to model to others! By infusing others with strength and speaking positive words, you are giving an invaluable gift; far better than

anything monetary you could give. Being a living example of God's strength, power and love is an extremely effective way to change the world around you.

Enjoy the process of developing your faith, as it is yours to nurture, grow and protect as you live each day to the fullest: guilt free!

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.