



LIVE GUILT FREE

BY BOUNDLESS LIMITS

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IS YOUR LIFE AN OPEN BOOK?

By Richard & Tanya Curren

If your child, parent or spouse were to go through your personal items right now, would you be worried about what they would find? Does your heart start to race at the thought of someone opening up your computer only to find a secret history of websites you've visited? Or do you keep your cell phone locked at all times to hide numbers you've dialed that should have never been called? As an adult, do you have material in your home that may be legal for you to own, yet would be devastating if your child were to view it?

Many people live their lives like this, and the reality is that it brings such a great amount of stress, fear, guilt and paranoia to their life and relationships. Years ago we knew a married woman who was so afraid of her husband going through her cell phone that she kept it locked and even put it under her pillow to sleep at night. She knew what she was doing was wrong, yet she chose to live in constant fear and stress trying to hide her actions. Clearly, this is not what God desired for her life and although she said she hated her guilt and anxiety, she wasn't willing to take the necessary actions to stop what she was doing.

Living your life like an open book brings you peace.

Having a life of transparency eliminates anxiety.

Ultimately, this brings you freedom.

Of course, this doesn't mean that you have to tell everyone your business and keep your computer, purse or phone open for the world to see. There is great wisdom in using discretion and knowing who you can truly trust. But there is a big difference between having private discretion versus hiding and protecting a dirty little secret.

This concept hit home with us recently when our son borrowed our office computer. He had a friend over and was trying to show him some funny pictures and outtakes. He knew they were on that computer somewhere, so he opened it up and started looking through files. Imagine what it would have felt like if we had pornographic material hidden in a file he tried to open! It would have been devastating. Yet because we have nothing hidden, we had no

worries at all as he went through the files. The peace we had came from knowing that there was nothing that could harm his innocence in that computer.

We encourage you to live your life with this same peace. If you have something – anything – in your life that is bringing you guilt or anxiety, your job is to remove it. No matter how big the habit or how hard it may be, God WILL give you the strength and ability to overcome it. We promise you this! We have watched God deliver people from serious pornographic addictions, affairs and secret drug use. If you can name it, we've seen God deliver someone from it. What a powerful God we have!

We care about you, your family and your relationships. We want to see you thrive so that you can live in peace and harmony with those you love. A big way that Satan steals our joy is through stressful and painful relationships. A great way to conquer this attack is to live your life with no secrets. No matter what secrets you have in your past, choose today to start fresh and live a changed life. No one can go back and change the past, so there is no reason to dwell on what you can't change. Instead, choose to strengthen and empower yourself by removing anything that is stealing your joy. This is your God-given power that the Holy Spirit WILL enable you to do!

Here are three simple and practical actions you can take starting today:

ELIMINATE SECRETS

This simple act may sound hard to do, but the easy part is the elimination process. The hard part will come in continuing to act upon what you've done. But don't worry, we have a saying for you that we love by Ralph Waldo Emerson: "The task ahead of us is never as great as the power behind us." This power will give you the strength to continue what you started. Start today by going through your life and eliminating any secrets. Go through your computer and delete anything that shouldn't be there. Put a filtering program on it that will hinder you or your children from accessing certain sites. Ask your spouse or someone you trust to be your accountability partner when you are feeling tempted, too. This is a great way to remove a secretive lifestyle.

If your spouse comes to you and asks you for help as they deal with their secret habit, try to address it with a clear head and not from a strictly emotional point of view. As upset as you may be, it is a much more respectable thing that they came and told you, rather than they continue to hide it from you. Many people will never reveal a struggle in their life to their spouse for fear of emotional outbursts and withdrawal.

As you eliminate your secrets, clear out your cell phone, magazine stash or whatever else it is that keeps you embroiled in secrecy. Remember that secret sins are used to slow you down, hold you back and hinder your relationships with others and with the Lord. Let

nothing remain in your life that stops you from accomplishing ALL God has for you!

CREATE NEW HABITS

Once you have taken out the trash, it is vital that you replace it with positive and healthy new habits. Often people turn to secrets, like online pornography, when they are stressed and feel isolated. Remember that stress and feelings of isolation may return, so it is extremely important that you have something else to turn to. If you think that you'll never be stressed out again, you won't be prepared when the weakness tries to return. This is not the time to be in denial. This is the time to address this directly and with much thought.

After you have eliminated your access to what you used to do, immediately find something to take its place. For example, if you were engaging in a secret relationship with someone over the phone, end it. Delete their number, change your number – do whatever you have to do to put a stop to the relationship. Then, when you feel tempted to call that person again, call someone else instead. Make a new habit of reaching out to someone you trust and with whom you wouldn't be ashamed of if your spouse found out.

The concept of creating new habits works with changing your patterns and mindsets just like it works when you want to quit a bad habit such as smoking. When a smoker decides to quit, they often have to find something else to chew on or put in their mouth because they have become so used to the oral addiction of a cigarette.

It's the same concept when you remove someone or something from your life. You have to find a healthy and Godly way to change your desires and mindset. Creating new habits and finding new things to turn to will give you the ability to stay committed to your new life of freedom!

PRAY FOR HEALTHY RELATIONSHIPS

As you live each day with your life as an open book, pray for healthy relationships. God will bring these in your life! Ask for His strength and help to remove unhealthy or negative relationships. Remember that everyone comes into your life for a reason or a season. Just because you've known someone for years does not mean that you have to keep them as a close confidant in your life.

Choose your close relationships very wisely. And if someone new comes into your life, observe their character and pray as you develop a relationship with them. This step is extremely important if you are a person who is ending an affair or walking away from a group of bad friends. You need new, strong and Godly friendships to replace what you once depended upon. Pray and ask God to bring you what you need. His desire is for you to have relationships that encourage and strengthen you. Your job is to pray for them and seek them out.

Also, seek out why you chose to do what you were once doing. There are root reasons for every addiction and habit. Negative behavior is often a symptom of an underlying bigger problem. By investigating the root of your negative behavior, you will find what led you to make those choices. Lack of intimacy, financial stress and poor health are just a few of the things that could be root causes of secret sins. We have met many people who were once alcoholics that expressed how their addiction wasn't about being drunk, but instead it was about the anesthesia the alcohol offered to their emotional stress and pain.

The more you are willing to be introspective and seek out the reasons why you make the choices you make, the more you will be able to learn from your past mistakes and move forward with guilt free confidence.

Living your life like an open book is such a powerful way for you to make a difference in the world! Others will see the peace you have and want to know how to attain it. Encourage your children and family members to live this way also. It is a great way to share the peace of God with those you love!

God bless you,

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 a regular co-host of WATC TV's *ATLANTA LIVE*, an inspirational television show broadcast internationally. 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 2nd Degree 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 a regular co-host of WATC TV's *ATLANTA LIVE*, an inspirational television show broadcast internationally. 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.