



# LIVE GUILT FREE

BY BOUNDLESS LIMITS

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## WHO IS IN YOUR FOXHOLE? By Richard & Tanya Curren

As we were talking the other day about the people in our lives who truly have our back, Rick repeated the old ARMY saying that is so true, “Never jump in a foxhole with anyone who isn’t as brave as you.” Why is this so important? Because your foxhole needs to be filled with people who are just as invested in what you are fighting for, who have your back 100% and whose strength, faith, bravery and confidence matches yours as you pursue your calling and dreams.

This saying and concept is not just applicable for soldiers, but it is also excellent advice for our everyday lives. While we may not be literally fighting someone, lying in the dirt or shooting from a foxhole, we must surround ourselves with others who are as equally invested in our life’s passions as we are. **Too often we surround ourselves with voices of negativity, those who speak fear and doubt over what we choose to do and those who are not equally or mutually matched when it comes to our faith and confidence in what we want to accomplish.**

Does this sound familiar in your life? Do you find that the people in your life bring you down? Do they believe in your dreams and what God has called you to do, or do they voice concern to the point of bringing you fear and doubt? This is where you have to be very discerning. There is a big difference between a person in your life who is wise and gives you discerning wisdom when you ask versus a person who is always questioning your choices and voicing their opinions of doubt that only bring you down.

So, what is your foxhole? It is the tight group of people whose words you value and the close space around you that you allow others in. There was a funny episode on a tv sitcom several years ago where the main character talked about having his “dome.” This was what he called his space and group of people that he allowed into his life, and he was happy with those he allowed inside. **Don’t allow anyone in your foxhole or your dome whom you don’t trust completely.**

We have experienced situations over the years where we didn’t follow this wise advice and

got burned. Specifically, we allowed voices of fear and negativity to permeate into our minds and it caused us to doubt what we knew we needed to do. We don't allow this any longer. As we have grown older, we have also grown much wiser with experience and wisdom from God. And as we have studied the Word of God and asked Him to be the ONLY voice that guides our steps, it has made it so much easier to block out anything that is contrary to His direction.

**This is exactly what will happen in your life if you focus on your calling with a fervent passion.** You cannot allow anything, anyone or any voice to distract you from what God has called you to do! You must be very aware of the short time you have here on Earth to fulfill your passions and dreams, and anything that distracts you from accomplishing your mission is a distraction.

Visualize a soldier fighting an intense war. In his full military uniform with all of his gear, he runs with his gun and jumps into a foxhole to take cover from the enemy as he is being attacked. Who would he want in the hole with him? Would he want a timid, fearful person who is terrified that they might get captured or killed? No, of course not. He would want a brave fellow comrade who is ready to fight for their cause, cover his back and fight until the end to win the war.

This is the type of people you need in your life. And this doesn't necessarily mean you have to surround yourself with "fighter" personalities. You can be the most peaceful, calm, relaxed person in town. **The point is that you surround yourself with those who support you, enhance you, encourage you and bring you both strength and peace.** And it is wise to have a variety of personalities in your life who enhance you, too. While we are both very strong willed, type A personalities who are very direct and tackle things head on, we have trustworthy people in our lives who are very soft-spoken peacemakers who bring a balanced perspective to specific situations when we ask.

In our lives, we have been called do to very tough and big things. Through Boundless Limits, God has led us into a very new and very big endeavor as we create, film, produce, edit and deliver thirteen upcoming Scaly Adventures episodes to be broadcast on television networks all over the world by the Fall of 2013. We have seen such a need for quality, fun, educational and cool children's programming that isn't boring, lame or cheesy, so we decided to fill this void and create it ourselves!

This is very, very exciting but it is also a tremendous task on a very limited budget, crew and time. So it is VERY important that we surround ourselves with those who believe in this mission, who encourage us and pray for us, who partner with us financially to reach so many children both in the United States and around the world, and those who will speak positive words as we move forward in faith.

The worst thing we could do right now is ask the opinions of many others and ask what they think we should do. If we did this, we would be filled with doubt and reminders of how hard this will be and how it is almost impossible to accomplish. There are those who would tell us we are crazy and that we should stick with something much safer. And there are those who might not be directly confrontational, but their apathy and lack of concern for what we are doing for the world would bring us down and be a discouragement during a time when we need strength and focus.

In fact, we have had to beware of those who could care less about what we are doing far more than those who voice an opinion. Those filled with apathy watch we are creating, yet they never give a penny to this Godly cause and just sit back and wait to see if we fail. **Beware of these types of people in your life, too. You don't need anyone close to you who receives any type of pleasure from watching you struggle.**

Therefore in our lives, we have chosen to only let those in our foxhole who passionately believe in what God has called us to do and will either help us accomplish our mission or prayerfully support us and encourage us along the way. We encourage you to do the same. **Toxic people will destroy you if you allow them. If you don't set healthy, Godly boundaries in your life, then their toxicity will seep into your mind, bring you down, bring you guilt and overwhelm you with fear.**

If you don't believe this, test it out. Spend a weekend with someone who inspires you, enhances you and makes you feel like you can accomplish anything you ever put your mind to. Then spend a weekend with someone who judges you, questions your every decision, reminds you that you are not technically qualified to do what you're trying to do and asks you "Are you sure about that?" every time you try something new. You will *immediately* feel the difference between your two experiences, and it will make it much easier for you to see why we are so passionate about you living your life with freedom and confidence.

If you take the time to objectively look at your life's foxhole and you are disappointed with who you have allowed in, don't get discouraged. **This is something you have the power to change in your life!** Once you have identified who the voices are and the specific people who no longer need to have access to your heart, passions and dreams, you need to tighten up your dome and prayerfully set boundaries as you protect your foxhole.

**We are passionate about giving you realistic ways you can integrate these concepts into your everyday life!**

**Here are some really practical things you can do in your day-to-day life to protect your foxhole:**

**Pray and ask God who He wants in your foxhole with you.** This is very important for your long-term success! God will give you wisdom and discernment when you ask. He will show you who you need to surround yourself with and which voices you need to allow into your life to have influence over you.

**Surround yourself with people who are either as strong or are stronger than you are spiritually.** You will gain so much wisdom from a spiritually strong and wise individual. Proverbs 27:17 says, “As iron sharpens iron, so one person sharpens another.” Being around “sharp iron” will help you make wise choices for friends and will teach you to recognize the difference between an enhancer versus an anchor type of personality.

**Protect your accessibility.** For example, just because the phone rings does not mean you have to drop what you are doing to accommodate someone else’s schedule. If you are in the middle of something important, finish it and then return the call when you can. Or, even if you aren’t doing something necessarily life changing at the moment of someone’s call, know that you don’t have to answer the phone if you know that the end result will bring you pain and frustration. As you set these types of boundaries and protect yourself from constant distractions, you will be restructuring the way others perceive you as always being available. It will set a healthy respect for your time and not allow others to pull on you constantly.

**When someone starts to voice their doubts over your choices and speak negativity in your life, stop them.** Protecting your heart and mind isn’t being rude. Somewhere along the line some people got the idea that to be a “good Christian” we could never tell someone to stop speaking. Do you think Jesus wants you to be verbally abused or to be someone else’s doormat? He doesn’t. Standing up for yourself and stopping someone from speaking negativity over you isn’t rude, mean or un-Christian. It’s a healthy way to protect your tender mind and heart as you focus on your Godly calling.

**Tell others what you need and expect.** Again, this isn’t about being rude or disrespectful to others. Instead, it is actually about being clear, open and honest. How can you expect someone to give you what you need if you never tell them what you need? Often we will get so frustrated with others because they are not supporting us in the ways we need, yet we have never taken the time to tell them how to support us. Take this time and let others know what you need.

The time you take choosing wise, strong, trustworthy encouragers to be in your foxhole with you *will* pay off! You will spend less time on drama-filled situations and you will be surrounded with those who are like-minded and have your best interests at heart. This will give you more time to do what you need to do and accomplish the dreams and passions God has given you: your calling. It is one of the many ways you can effectively change the world

and extend your reach to more than you ever imagined!

We pray for BOUNDLESS doors and opportunities to be opened for you as you live your life 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 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.