

Vol. 2, Day 10: Relationship Is Not Behavior Management

If it's difficult for you to find intimacy with God, then try to find out what it is that causes you to believe things about yourself that promote depression. Seek out a professional counselor or life coach who has obviously attained to this love, joy and peace we are encouraging. This will not be just any professional or religious counselor or coach. It cannot be one who focuses on behavior management. It must be one that has made this journey. No others can help you unpack this.

If your emotional state is not such that you can be responsive to God's leading, this is an impossible journey. Actually, until you surrender all of your beliefs to God and let His Holy Spirit guide you as to which ones are valid and which are not, you cannot take this journey. Paul said in Romans 12:1 and 2. "I beg of you, brothers, to present your bodies (heart, soul and mind) as a living sacrifice... Don't be conformed to the thinking of this world, but be **transformed by the renewing of your mind**, so that you can distinguish what is the good and acceptable and perfect will of God." Notice that Paul states here that your mind must be renewed (**new thinking, new beliefs**) in order to be transformed!

Most of us dread believing outside our own box. You may have even heard someone say about this journey, "If you're the only one who believes this, you must be wrong!" My response is, "Then Jesus must have been wrong in suffering the Crucifixion since He was the only one who believed that He should." Only a tiny percentage of 'born again' persons begin this journey, let alone complete it! Just admit to God that you cannot do this, and **let Him** do it for you. "...Not of works, so that no one can boast!"