

### **Volume 2, Day 8: Misery Caused by Contradiction**

What do we do when God still seems distant in our attempts to come to know him? One person wrote, “I listened to the transition series eight years ago, and in that series you gave similar advice as to how to begin the journey. The next day I started to pray, as you suggested, I stuck with it for a while, probably one week, and then I turned to other things that I thought would help me on this journey. Today, it still feels that I'm just as far away from God as I was eight years ago. I struggle with anxiety and depression, and fear that I will not have the relationship with God you describe.”

Another man wrote, “Your books have been very liberating for me, but having been on this journey for a good four years now, despite what can only be described as an authentic supernatural experience with Jesus, some 20 years ago, I have never felt more distant from God. My depression is acute right now, so I think about suicide many times a day. I am currently stressed with my stomach tied in knots continually. I have constant feelings of shame and guilt. I literally beg the Lord for help and feel like he just ignores me.”

If your experience resembles these, you have some wrong beliefs. You might also need medical attention to adjust chemical imbalances if they are hindering your comprehension. All of our feelings are triggered by what we believe. Fear as a child was stimulated by our belief in boogey men and Santa Claus. “He knows when you ... so be good...” Even when you believe many right things, when something else you believe contradicts a ‘right’ thing, you will experience confusion, frustration and misery. So as you hear new truth, find the conflicting old truths and dismiss them from your gallery of beliefs. This is a major obstacle to intimacy. Let God alone guide you into truth.