

### Volume 3, Day 23: Guilt, Busyness and Ability

Secondly, **listen for the signal of guilt and fear.**

Religion teaches that those are valuable tools to get you to act right. What we learn by observing the life of Jesus is that His love is what changes us. So begin leaning away from fear and guilt. Actually, just let them die. If you're going to feel guilty if you don't do something, don't do it. Let that guilt die. This will enable you to live in the security of His genuine and deep affection. You really are a love child. And out of that love you can do whatever He asks and whenever He wants to be part of your life. You don't have to rush around, terrorized by fear and guilt, trying and make something happen.

Third, **reduce busyness and complication.**

The life of Jesus is pretty simple. It's simple in that we just need to **follow** him. Do what feels best on our heart each day. And if we don't know what to do, then we don't have to do anything. It's not always about doing something. It's about living true to who you are in the light of who He is. So move away from busyness and complication. Have more margin (availability) in your life for yourself, for Him, and for others that he might want you to engage.

Fourth, **lose confidence in your own abilities.**

I think religion is notorious here. Say, you can do this. Here's the five principles. You've got to work this discipline. You can make this happen. Paul said he lost all confidence in his flesh on this journey. It wasn't human effort that could ever accomplish the work of God. So you want to lean away from that which puts pressure on you to perform and lean into that reflection of God, "What are you doing in me today? And how do I cooperate with that instead of trying to make it happen on our own."