

# Be REAL Without Fear

Amy Meyer Allen

Transparency and vulnerability in life can be scary, but I believe they are absolutely necessary for true inner healing. I've seen over and over in my life, and in others who have lived through great struggles and trials, that being honest and open is the key to our healing in Christ. It also models for others to find the courage to be real.

**1. Be REAL with God.** God just wants us to agree with Him that we have a sin problem. He loves us and wants us to be free from sin and its effects. That's why He sent Jesus. Jesus is the only One who can heal us and deliver us from our sin.

*"Come, let's talk this over, says the Lord; no matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you white as wool!" - Isaiah 1:18 (Living Bible)*

Keeping things inside can make us sick!

Even Jesus was real with God.

Get what's hidden inside out into God's healing light.

**2. Be REAL with others.** God created us for relationship. Without healthy relationships we will turn inward and start to shut out the light. It's risky to be vulnerable because people are imperfect and they will fail you. But God will NEVER fail you and He will be with you every step of the way as you step out of your comfort zone.

*"Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with."*

- James 5:16 The Message

Jesus was honest, open and vulnerable.

Satan wants to keep us isolated; stuck in shame; feeling alone in our sin.

Being real with others helps them be real as well.

Here is an illustration God gave me: Move from shame to shaking the world for Jesus!

SHAME – SHARE – SHAPE – SHAKE

**M** – is ME focused. SHAME keeps me isolated and makes me feel like I'm the only one with this sin or problem.

**R** – REAL. If I am real and SHARE with God and others, He can bring healing. I'm not keeping it stuffed inside.

**P** – PURPOSE. God takes my PAIN and turns it into PURPOSE which can help SHAPE my life and someone else's life for God.

**K** – KINGDOM. I can SHAKE the world for Jesus Christ and show others He is REAL by what He has done for me.

## RESOURCES

The Bible is the most important and life-changing resource you can go to. I have studied the Bible in-depth through Precept Bible studies and Beth Moore studies. I also look up key words and study them in the Greek, cross-referencing verses in the Bible. Books I recommend: *Healed and Set Free* and *Keeping Your Focus When Your Dreams Are Shattered* (Genesis Part 5 - [www.precept.org](http://www.precept.org)) Also a Bible study I co-wrote with Jennifer Smith: *Let's Get REAL So God Can Heal* ([www.GodCanHeal.com](http://www.GodCanHeal.com))

## CONTACT INFO

Email: [amy@aredeemedmarriage.com](mailto:amy@aredeemedmarriage.com) [www.ARedeemedMarriage.com](http://www.ARedeemedMarriage.com) [www.GodCanHeal.com](http://www.GodCanHeal.com)