



how to go

all in

with God

How to go All In with God

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The way to know God intimately is to take a step of faith based on what you know now: *Commit all that you know of yourself to all that you know of God.*

Choosing to go all in with God has brought personal renewal at the deepest level for millions of people.

What about you?

In the Judeo-Christian tradition, the journey into the inner self brings us more than emotional healing; it also moves us toward a spiritual awakening to God's power and intimate presence in our lives.

If you feel that you have yet to experience that kind of awakening, and want to move toward God in faith, I invite you to take this step of faith.

Follow along as I distill four understandings that can help you know God more personally as Friend and Healer.

1. God desires our inner healing and freedom.

We begin with what we know about **God**. God **loves** us and **wants** us to be **free** and **healed** from the painful wounds of our past. We see this promise of redemption often in Scripture.

*“It is for **freedom** that Christ has set us **free**. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”*

Galatians 5:1

*“He does **not** willingly bring affliction or grief to anyone.”*

Lamentations 3:33

*“He **heals** the brokenhearted and **binds up** their wounds.”*

Psalms 147:3

Next, what do we now know about ourselves?

2. We all experience hurt, loss, and trauma.

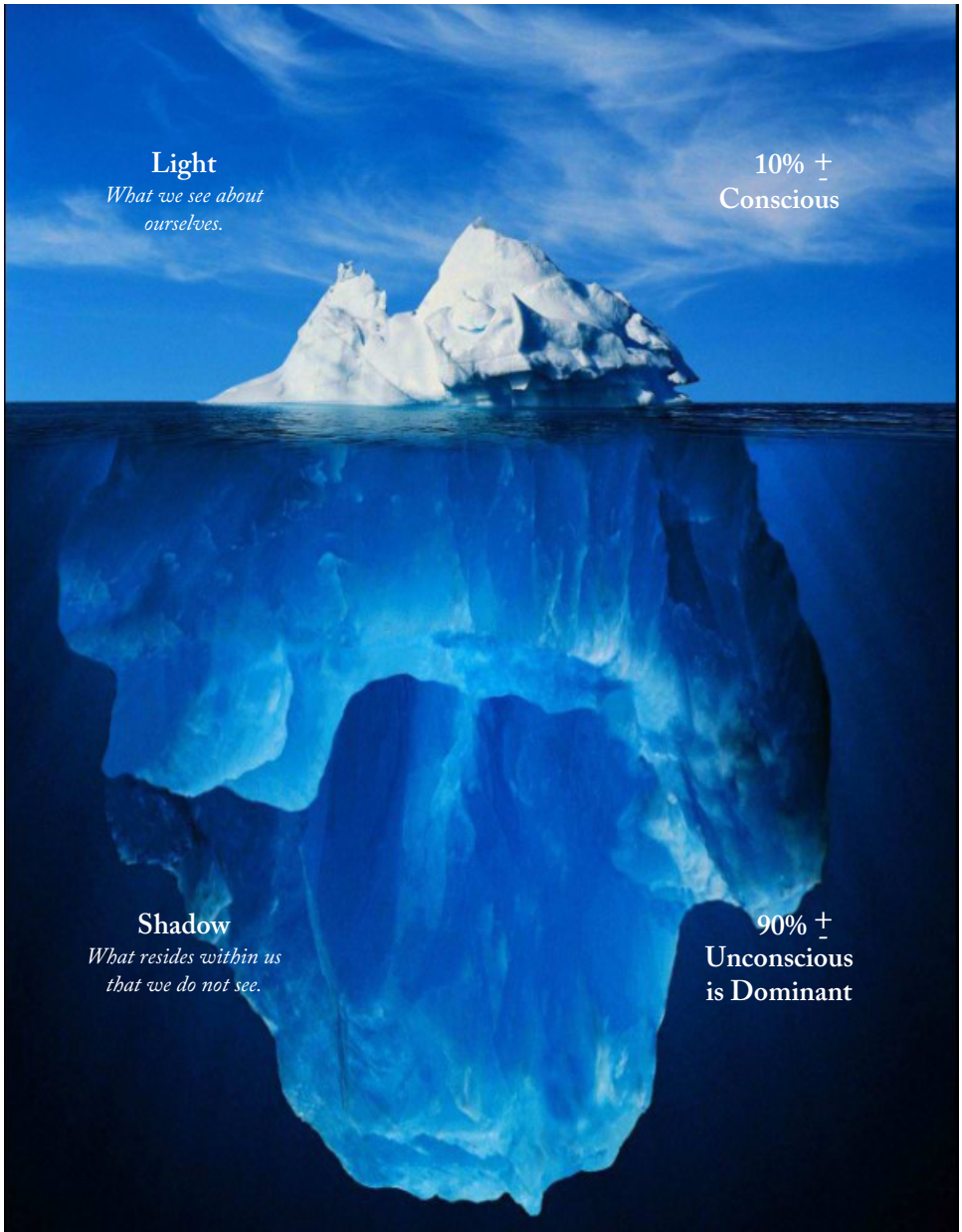
We have blind spots. We struggle to see the truth God wants us to see about ourselves. King David prayed, *“I am poor and needy, and my **heart is wounded within me**”* (Psalms 109:22).

We carry our pain, and wounds, and hurtful feelings in our hidden inner life. We have hidden **blind spots** as our “shadow,” which is hard for us to see.

Anger, resentments, and fears flow from these **inner wounds**, which often stem from painful injuries or messages we received in childhood.

We often express this pain in addictions, rage, and dysfunctional behavior to compensate for our pain. In our blindness, we may hurt ourselves and others and may feel far from God. This blindness to our shadow is powerful in our lives:

The Shadow in Our Life



Light

What we see about ourselves.

10% \pm
Conscious

Shadow

What resides within us that we do not see.

90% \pm
Unconscious
is Dominant

“The Shadow Always Wins”

3. The need for spiritual healing and the light of truth is universal.

There is a way out. We can **bring our great need** into the **light of truth**. God's Spirit will lead the way.

Jesus said, "*Your eye is the lamp of your body. When your eyes are healthy, your whole body also is **full of light**. But when they are unhealthy, your body also is **full of darkness***" (Luke 11:34).

*"I, the Lord...will make you...**a light** . . . to **open eyes that are blind**, to **free captives from prison** and to **release from the dungeon those who sit in darkness.**"*
Isaiah 42:6-7

*"He **reveals** deep and hidden things; he knows **what lies in darkness**, and **light dwells with him.**"*
Daniel 2:22

*"Come to me, all you who are weary and burdened, and I will **give you rest.**"*
Jesus, in Matthew 11:28

The following illustration shows what may be in our shadow:

The Power of the Shadow

Discovering The Shadow



Light

*Conviction
Beliefs
Superficial Awareness
Commitments*

10% \pm
Conscious
*Our persona
Our image*

Shadow

*Childhood Wounds
Resentments
Fear
Loss
Pain
Secrets
Family Stories
Taboos
Shame
Rage*

90% \pm
Unconscious

*Our true self
The driving force behind
our behavior:
Addictions
Codependency
Compulsive & Self
destructive behaviors
Secret inner self*

“The Shadow Always Wins”

4. The deeper we go into our shadow to see the truth about ourselves, the more we will find that God is already there with his unlimited love, acceptance, and forgiveness.

God wants to show us the hidden truth within us! King David wrote, “Behold, You desire truth in the **innermost being**, and in the **hidden part** You will make me know wisdom” (Psalms 51:6 NASB 1995).

Once we embrace the truth about ourselves, we can receive God’s gifts of forgiveness, healing, and freedom. As we bring our inner truth into the light, a **cleansing healing** begins.

*“The sacrifice you desire is a **broken spirit**. You will not reject a broken and repentant heart O God.”*

Psalms 51:17 NLT

As we open ourselves to see more of the truth about ourselves, we can receive **spiritual and emotional renewal**. Jesus said, “[If] they would see with their eyes, hear with their ears, and understand with their heart and return . . . **I would heal them**” (Matthew 13:15 NASB 1995). The apostle Paul wrote, “For he has rescued us from the dominion of **darkness** and brought us into the kingdom of the Son he loves, in whom we have redemption, **the forgiveness of sins**” (Colossians 1:13–14).

Christ is not afraid of our secret inner life. On the contrary, His Spirit will be with us as we explore the truth of our life, as our Great Healer. The great potential for healing and light in our shadow can look like this illustration:

Shining Light into our Shadow

God's Healing Power in Our Shadow



Exploring the shadow can be a process and must be done in a safe environment of grace, with a safe guide.

Your Personal Leap of Faith

If you have sensed a heart response to these key insights, I encourage you to make your personal step of faith. We all flourish best in the company of like-minded friends, so I encourage you to invite a **wise friend, pastor or counselor** to work through this **commitment** with you. “*The purposes of a person’s heart are deep waters, but one who has insight draws them out*” (Proverbs 20:5).

But whether you’re with a friend or alone, your leap of faith begins with a prayer. Prayer is simply an honest conversation with God. Your prayer now might follow this time-honored path.

*First, humbly ask God to **show you the truth** that he wants you to see. Then, ask him to **forgive you** for the hurt you have caused others and ask for forgiveness for those who have hurt you. Finally, ask him to begin to **heal** the wounds in your shadow and set you free.*

The following is a suggested prayer:

*Dear God,
Show me truth you want me to see.
Forgive me for the hurt I’ve caused others and
forgive those who have hurt me.
Heal the wounds in my shadow and set me free.
Help me now to find my place in the journey of healing
as I grow in your grace and truth.
In Jesus’ name, Amen*

A Journey of Beginning

This is not the end of the journey but the beginning. A person’s journey inward can feel like peeling an onion: we come to awareness about one important truth only to discover that many more layers of truth await.

So the **journey** we’re talking about is **ongoing**. Which is why we can all benefit from journeying together with a skilled counselor or other honest, confidential friends who are courageous enough to honestly seek the truth about themselves.

God is with us on this journey—and he is not a neutral observer. God **wants to reveal deeper truth** to those who seek him!

Through the process, Jesus Christ gives us his Holy Spirit as our Comforter and Counselor (John 14:26) as he guides us into all truth (John 16:13). And he gives us one another (Romans 12:5) in a healing, redeeming community where the truth is spoken in love (Ephesians 4:15). Join a Church or other fellowship of believers who are studying God's Word, the Bible.

Together, as we read and apply the Bible and fellowship with Jesus, our journey of spiritual growth promises joy and wholeness, both in ourselves and in our relationships with others.

The Importance of the Secret Inner Life (our Shadow Self) is described in Scripture

Light/Darkness & Blindness

“When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me **will never walk in darkness**, but will **have the light of life.**” — Jesus, John 8:12

“I have come into the world as a light, so that **no one who believes in me should stay in darkness.**” — Jesus, John 12:46

“I, the Lord, will make you...a light...to **open eyes that are blind**, to **free captives from prison**, and to release from the dungeon those who sit in darkness.” — Isaiah, 42:6-7

“Your eye is the lamp of your body. When your eyes are healthy, your whole body also is **full of light**. But when they are unhealthy, your body also is **full of darkness.**” — Jesus, Luke 11:34

“For he has rescued us from the **dominion of darkness** and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins.” — Apostle Paul, Colossians 1:13-14

“Why do you look at the speck of sawdust in your brother’s eye and **pay no attention to the plank in your own eye?**” — Jesus, Matthew 7:3

Inner Life/Shadow

“For in my **inner being** I delight in God’s law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.” — Apostle Paul, Romans 7:22-23

“And he who **searches our hearts** knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God.” — Apostle Paul, Romans 8:27

“Behold, **You desire truth in the innermost being.** And in the hidden part You will make me know wisdom.” — Psalms 51:6 NASB1995

“Rather, we have **renounced secret and shameful ways;** we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone’s conscience in the sight of God.” — 2 Corinthians 4:2

“Above all else, **guard your heart,** for everything you do flows from it.” — Proverbs 4:23

“Though he brings grief, he will show compassion, so great is his unfailing love. For **he does not willingly bring affliction or grief to anyone.**” — Lamentations 3:32-33

“Trust in Him at all times, you people; **pour out your hearts to Him,** for God is our refuge.” — Psalms 62:8

“**Cast all your anxiety** on him because he cares for you.” — 1 Peter 5:7

“The Lord is **close to the brokenhearted** and saves those who are crushed in spirit.” — Psalms 34:18

“I pray that out of his glorious riches he may strengthen you with power through his Spirit in **your inner being,** so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in

love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.” — Ephesians 3:16-19

“God-friendship is for God-worshippers; They are the ones **he confides in.**” — Psalm 25:14 MSG

“I am poor and needy, and **my heart is wounded within me.**” — King David, Psalms 109:22

Freedom

“**It is for freedom that Christ has set us free.** Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” — Galatians 5:1

“You my brothers, and sisters, were **called to be free.**” — Galatians 5:13

“Now the Lord is the Spirit, and where the Spirit of the Lord is, **there is freedom.**” — 2 Corinthians, 3:17

“...Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the Truth, and the Truth will set you free...So if the Son sets you **free**, you will be **free indeed.**” — Jesus, John 8:31, 32, 36

Band of Brothers/Sisters

“The purposes of **a person's heart are deep waters**, but one who has insight draws them out,” — Proverbs 20:5

Therefore **confess your sins** to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” — James 5:16

“Two are better than one, because they have a good return for their labor: If either of them falls down, **one can help the other up.** But pity anyone who falls and has no one to help them up. Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” — Ecclesiastes 4:9-10, 12

To find more information on this topic, see the book:
ALL IN: How to Risk Everything for Everything that Matters
www.AllInBook.com



Bible References

All references in New International Version (NIV),
unless otherwise stated

MSG—The Message translation

NLB—The Living Bible translation

NASB1995—The New American Standard Bible translation