

Stepping Outside the Box

Launching this newsletter triggered my fears of self doubt and rejection. Several questions ran through my mind. What if no one subscribes? What if they don't like what I write? Anxiety, pain, discomfort. Comfort is where you've been. My colleagues encourage and expect me to continually ask myself...where do you want to go? That means stepping outside the box. No fear involved in that. Right? I'd be either lying or in denial if I believed that. I have to remember where my identity lies and who I am.

One's true identity does not lie in the world or in what others think of us. I know that, but sometimes forget it. I look to the world or possessions or accomplishments to define who I am. People and the world will fail me just as I sometimes fail in life and fail others. My true identity comes from Jesus Christ. This is guaranteed in scripture. Romans 8:1 (New International Version). Life Through the Spirit "Therefore, there is now no condemnation for those who are in Christ Jesus".

Identity in Jesus Christ. This concept may be hard to wrap your brain around. So don't try. It is not a cognitive exercise. Identity in Jesus Christ is faith based. It is spiritual in nature. It is not understood by those who are not "born again". It is foreign to those who reject God and the ultimate truths in the Bible. Strong words - yes. This is the truth as I understand it. You don't have to take my word for it. In fact you probably won't because you need to search this out for yourself.

My hope and prayer is that I can lead you in the right direction and you find what I have found. I have found peace. There are over 247 references to the word peace in the Bible. MY favorite is Philippians 4:7 (New International Version) "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

I encourage all of you to examine where you are in your journey and process right now. I encourage all of you to challenge yourself to move out of your comfort zone and ask yourself...where do you want to go? I pray that you will find peace in your journey. Please feel free to comment, make suggestions, ask questions, and send in your testimonials. I'm excited to see where this newsletter leads me.

In Christ,

Ken Thom, LPC