



Becoming Whole: Keys to Recovery Through Christ

Moira Allen M.Ed.

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Are You Stuck in the Christian Performance Trap? • Are you constantly struggling to work harder, be better, and do more - yet find that it never seems to be enough? • Do you feel as if you're wearing a mask, a "Sunday smile" that conceals a hurting heart and weary soul? • Are you convinced that if others find out how you really felt - or met the "real you" - you'd be rejected? • Do you feel that no matter how hard you try to serve God, you can never truly please Him or "earn" His love? • Do you keep "giving it all to Jesus" only to find that it all keeps coming back? • Do you wonder whether you're the only person who feels this way? • Do you feel as if you'll never be "good enough"? If you answered "yes" to even one of these questions, chances are, you're caught in a classic "performance trap" that affects thousands of people like you. You're stuck, struggling to do better and do more, but never believing that you can ever do "enough." You may have wondered if influences from your past are keeping you "stuck" - but well-meaning Christians have told you that your past is dead and Jesus "already took care of all that"... So why are you still hurting? There's good news for you! It doesn't have to be this way! God has an answer to your struggles, misery, burn-out, and feelings of failure and inadequacy. He has a unique prescription - a prescription that enables us to be perfected, not by endless works and self-denial, but by His love. It's the only prescription that actually works. God desires all His children to "become whole" - to be "perfected in love," the perfect love that casts out fear and doubt. Through sound, practical insights and suggestions drawn directly from Scripture, this book describes how you can cast aside your fears, put away the Sunday Smile mask, and break free from the Christian Performance Trap!

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