



Support Raising Leaders Conference 2026

MATTHEW 6:26-28 NIV



**Support Raising
Leaders Conference**
2026

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The Enemy Within

Getting Unstuck



The Enemy Within: Getting Unstuck

Meet Evan



The Enemy Within: Getting Unstuck

Meet Evan



The Enemy Within: Getting Unstuck

Meet Maya



The Enemy Within: Getting Unstuck

Meet Maya



The Enemy Within: Getting Unstuck

1. Listen for limiting assumptions. *I couldn't ...*

I can't ...

I won't ...

I'm unable to ...

2. Listen for limiting judgments.

I should / shouldn't ...

I ought to/ought not to ...

I better / better not ...

3. Listen for limiting self-beliefs.

I'm not ...

I'm a ...

4. Listen for limiting emotions.

I'm afraid that ...

I'm worried about ...

I feel guilty about ...

5. Listen for limiting comparisons.

Others are ...

Others will think I'm ...

I'm not as good as ..."

The Enemy Within: Getting Unstuck

A-B-C-D-E process

- Adversity
- Belief
- Consequences
- Dispute
- Empower



The Enemy Within: Getting Unstuck

State the Adversity

For Maya it was—

Most of her closest relationships are with people who are struggling financially--living paycheck to paycheck.



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Identify the Limiting Belief

For Maya it was—

I can't invite people who are already struggling financially to partner with me because it feels selfish, and they will think I don't understand or care about them.



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Be Aware of the Consequences

Because of this belief she...

- Didn't even try to ask her closest family and friends
 - Removed close friends and family from her list of potential partners
- Prioritized reaching out to less familiar, more distant contacts
- Avoided initiating support conversations with those she feels protective of
- Always felt bad about herself when considering the idea
- Was closed-minded about the whole thing
- Never asked for help

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Dispute the Belief

1. Why do you believe this?
2. Is there any truth in your belief?
3. What evidence proves your belief to be wrong?
4. What are you afraid of?
5. What would you gain if you overcame this limiting belief?

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Empowering Belief

Invite coachee to reflect:

"What would you need to believe to move forward?"

Encourage them to form a clear, personal statement.

It should be:

Positive

Present tense

Personally meaningful

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Empowering Belief

I thoughtfully invite others into my ministry as a meaningful partnership with God—honoring them with care and respect, and trusting Him to guide both of us as they discern their role.

(You want to gently steer coachees away from absolute or unrealistic phrasing like “I always succeed at everything,” and instead toward beliefs that are both empowering and believable.)



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Empowering Belief

Reinforce the Belief

Share that new beliefs take repetition and emotional engagement to take root.

Invite coachees to practice:

- Writing the belief daily
- Living it out in real situations (practicing a script)



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Empowering Belief

Make It Concrete

Ask:

"If you truly believed this, what would you do differently this week?"

"What is one small step you could take that aligns with this belief?"

Example Action Steps:

- Add close friends and family members back onto your contact list
- Reach out to 2-3 people for a conversation
- Practice how you would invite them in a way that feels honoring and pressure-free (i.e. Practice the God Ask)

