

## The God Box - Creating a God Box for challenges, situations and relationships

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### The God Box

Have you heard about creating a **God Box** for the challenges, situations and relationships in your life that seem too big for you to manage right now? The basic idea is to write on a piece of paper things that feel overwhelming or even impossible and put them in a box. Doing this involves surrendering the stress and worry to God or a higher power. I don't know when I first came across this concept, but it is one that I practice in my life, and I recommend it to clients that I coach as well. I decided to do a little research on where the **God Box** came from.

It turns out there are several books and numerous blogs written about this idea. One of them, a New York Times bestseller *The God Box*, written by Mary Lou Guinlan was turned into an off-broadway play. It is the story of Ms. Guinlan's remarkable discovery of her mother's "God Boxes" filled with hundreds of private petitions on torn pages and Post-its written by the very hand that had recently passed away. Some people have used the **God Box** as part of their 12-step program. You can even find various DIY instructions on creating your own God

Box.

Take a moment to think about situations, concerns, and relationships that you find yourself worrying and stressing over. Of course, if there is a simple course of action that you can take to alleviate your concern, figure out how to do something about it. But if they cause you to lose sleep or feel anxiety in your body, consider trying the **God Box**. It can be any box, container or bowl that holds small pieces of paper. You can decide to decorate it or just use it as is. I recommend having some post-its or small index cards next to the box.

Write out your concerns and offer a prayer, asking for God's support, guidance, or intervention. You can even say, "I don't know what to do about this concern and I feel so burdened by it. I am turning it over to you, God." Many find the **God Box** to be the most tangible way of turning their difficulties with their children, parents, spouses and others over to the care of the Higher Power. The physical act of handing a piece of paper over to God can deepen our understanding of what it means to surrender.

A meaningful ritual can be revisiting your **God Box** at least once a year, seeing how the things that we worry about often work themselves out with time and the help of the higher power. Perhaps, doing it around New Years can give us the opportunity to recognize how God is working in our lives.

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