

Holiness Without Walls

A Guided Reflection for Those Learning to Live from Love

Before You Begin

Take a breath. You don't need to fix anything right now.

You don't need to perform. You don't need to impress God or yourself.

This is simply space to notice what's true.

1. What Were You Taught About Holiness?

For many of us, holiness was framed as distance. Distance from certain people.

Distance from certain behaviors. Distance from anything that felt messy or unsafe.

Take a moment to reflect:

- When you first learned about holiness, what did it mean to you?

- What kinds of people, places, or behaviors were you taught to avoid?

- How did that shape the way you saw yourself or others?

2. When Did Holiness Start to Feel Heavy?

For many people, holiness slowly turns into pressure. Pressure to perform. Pressure to stay clean. Pressure to manage appearances.

Reflect for a moment:

- When did faith begin to feel more like pressure than freedom?

- Where do you notice fear showing up in your spiritual life?

Sometimes what we call "holiness" is actually fear wearing religious language.

3. Jesus and the People He Chose to Be With

Jesus didn't avoid broken people. He moved toward them. He didn't become unclean by being near them. They were restored by being near Him.

Pause and consider:

- Who did Jesus consistently move toward in the stories you remember?

- Who do you instinctively move away from?

- What do you think that reveals about your understanding of holiness?

4. A Gentle Reframe

Holiness is not separation from people. Holiness is devotion to love. It's not about staying untouched by the world. It's about being so rooted in love that fear no longer controls you.

Sit with this for a moment:

- What would change if you believed your holiness wasn't fragile?

- Where might love be inviting you to show up rather than pull back?

5. Naming What You Avoid

This part requires honesty, not shame.

Ask yourself:

- Who or what have I been avoiding in the name of being "holy"?

6. A Grounding Truth to Sit With

You don't have to protect your holiness. You live from it. You are not made unclean by compassion. You are not weakened by presence. You are not less holy when you love deeply. Holiness doesn't retreat from brokenness. It brings light into it.

7. A Simple Practice for This Week

Choose one small act of presence:

- Listen without fixing
- Sit with someone who feels different from you
- Stay curious instead of defensive
- Offer kindness without needing an outcome

Afterward, reflect:

- What did I notice in myself?

- What did this reveal about God's heart?

A Closing Thought

Jesus didn't come to separate us from humanity. He came to restore it.

If your version of holiness makes you smaller, colder, or more distant, it may not be holiness at all.

True holiness looks like love that is unafraid to be present.



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*If this worksheet surfaced something,
you don't have to carry it alone.*