

RISE AND SHINE

RISE  
AND  
SHINE

Finding Identity, Peace,  
and Purpose through the Journey

Jamie Tougas

KW  
Kingdom Winds  
Publishing

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# Praise for Rise and Shine:

## Finding Identity, Peace, and Purpose through the Journey

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In the biblical sense, this is a book of wisdom. It discusses the wrestling that can take place in our lives and the resolution to a wide variety of emotional struggles that typify the Christian journey. While reading this rendition of *The Pilgrim's Progress*<sup>1</sup>, you will experience many moments of recognition—a recognition of your own quandaries and a hope for things that have not yet shifted in your life. You will find a sense of meaning in your difficulties and a plethora of practical one-liners that will assist you in the moment. Reading this saga will put a new spring in your step as you pursue your freedom and the best life God has for you.

**Barney Armstrong**

**LMHC – Seattle Christian Counselling, Seattle WA**

**Rise and Shine: Finding Identity, Peace, and Purpose through the Journey** is a story of truth that everyone should read. This is a marvelous piece of work in which Jamie Tougas shares his life story and his walk with God. False identity can result in shame, guilt, brokenness, anger, and rejection. But a true relationship with God will provide peace and set captives free. This book will challenge and aid you in your personal spiritual growth. You are destined to be a world changer for Jesus Christ. Reading and applying this work will help you get there.

**Dr. Aneel Yousaf, PhD, South Africa**

**Founder/Chairman of Life Kingdom Ministries (LKM), Pakistan**

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1. Bunyan, John. (1678) 2009. *The Pilgrim's Progress: From This World to That Which Is to Come, Delivered Under the Similitude of a Dream*. Peabody, Mass.: Hendrickson Publishers.

As a pastor of a local church, I desire to see people walk and live in freedom from their past. Jamie's Book, **Rise and Shine: Finding Identity, Peace, and Purpose through the Journey**, is an amazing tool to help an individual look within their own heart and clearly see those situations that have kept them enslaved and trapped in their past.

I have seen first-hand how Jamie's training classes have impacted lives. Members of our local church followed the curriculum and began to utilize the tools that they had gained. They began to recognize the triggers from their past that had kept them suppressed. Jamie is an amazing coach. He helped bring out their vulnerability which assisted them with resolving obstacles and finding true freedom and victory in their lives. I believe this book, and its teachings, are valuable tools for anyone who desires to take steps to enjoy victory and freedom in their lives.

**Pastor Bob Louth**  
**Everyday Church of Lompoc, Lompoc, CA**

I've witnessed first-hand some of Jamie's struggles and victories as he walked out his life-changing journey. I'm thankful for the resolution of those struggles and for Jamie's ability to now share the insights and tools that he's gained to help others overcome their own difficulties.

**Pastor Mike Donaldson**  
**Out of the Mire Ministries, Atascadero CA**

Transparent. Vulnerable. Authentic. Personal narratives of spiritual transformation come to life in Jamie Tougias's **Rise and Shine: Finding Identity, Peace, and Purpose through the Journey**. Through times of disillusionment and heartache, Jamie navigated an arduous but purposeful path of perseverance. With godly insights, Jamie chronicles God's call and a fortified character of integrity, transparency, a capacity for love, and a hunger for God's presence. **Rise and Shine** is for anyone looking for a path out of negative cycles, ready to advance on an upward journey of peace and confidence.

**Lynn Hare**  
**Speaker, Coach, Possibilitarian, Author of The Quest for Self-Forgiveness: Discovering the Secret of Guilt-Free Living, Portland OR**

# Dedication

This book is dedicated to my wife, Hannah (Kyung Ae) Cho Tougas. I have no words to express what you mean to me. You are my dearest friend, holy partner, and the greatest example of mountain moving faith in my world. This book, and all of our dreams, would not exist without YOU! Your love and faith have also unfolded through the words on these pages. We are one.

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# Acknowledgments

**Accomplishing** a project that's greater than yourself involves many other people. Yet, writing a book is an intensely personal journey. Regardless, God has a way of providing people to encourage, correct, direct, and provide love at just the right times. It is now time to thank all of you.

Thank you isn't quite sufficient when mentioning my children—Rebecca and Ryan. I'm proud of who you are, and I know that your biggest and brightest futures are in front of you. You both are very talented and full of love for others. You are my precious ones.

To the original Redding “Living Inside Out” crew, thanks for showing up! Without your interest and support, this moment may not have come. Hugs to Alena Marie, Robert, Cindy, and Sister Mary. Pastor Tim, if you were here, you'd get an autographed copy for sure!

Kudos to Karen Kelly, Kathleen Goble, TJ Russel, and Cameal Sinclair for the roles you played in nursing this project forward.

I applaud Gary and Beth Suess and their team who diligently supported this project and added their heart to embrace this work as a Kingdom Winds assignment for His greater good.

A special shout-out to Lynn Hare and all her possibilities. You showed me what it's like to have a “good gig” and wear unmatched socks!

Hats off to the Lance Wallnau family and team for coaching me into convergence. I give special thanks to Lance, Carl, Jonathan, Mercedes, and the crew that does all the heavy lifting behind the scenes.

To my fellow tribe of dreamers and warriors of the War Room, a humble thanks is insufficient. You guys have helped change my life. I respect and love you all. It's an honor to share our possibilities together. Chad Franzen, you will never know how much your simple encouragement has meant to me. Thanks to all of you for showing up for your dream, so that I could show up for mine.



I must thank Jesus. He has been my guide, my help, my path, and my purpose in all of this. Thinking of God makes me grateful.

There are many more who helped shape me and this message. God knows who you are. Thanks to every one of you.

# Foreword

Jamie has done a great job of sharing his story and proving that our God is a God of second, third, and fourth chances! He has also proven my theory that we all can make it, if we don't give up! Whatever we are called to do, whatever we need to accomplish, whatever our circumstances, we merely need to persevere. Don't quit, and certainly don't give up on God.

“Jesus said to him, ‘If you can believe, all things are possible to him who believes’” (Mark 9:23 NKJV)

Jamie never gave up and never stopped believing. Perseverance is key!

I love his interactive style of speaking to the reader, asking questions, and pondering life with us as we read. And as all good coaches do, he asks some great questions throughout the book to help us ponder and reflect on our lives and our walk with Christ.

Jamie includes some great quotes and comments that can change your life. There are too many to list, so you simply will need to read the book. But there are a few that I would like to point out.

Regarding forgiveness, which is essential to a happy and surrendered life with Christ, he said, “When we forgive someone, we are not approving of their actions. We are simply releasing them from 'renting space' in our hearts. By holding onto unforgiveness we limit God's access to our lives.” This is absolutely true.

Unforgiveness leads to bitter root judgments that can take hold and become not only sin in our lives but a place for the enemy to strike. If we don't accomplish anything else, if we can learn to forgive willingly and unconditionally, like Jesus, we can have a wonderful, abundant life.

Jamie also had a great revelation: “He is both our revelator and our revelation.” That statement packs a huge punch! I will let you consider it and find his thoughts about it in the book. As we might say in church, “Good word, Pastor, good word.” Kudos to Jamie that that word will preach!

The other things that really stood out for me were the divine encounters and appointments that God had established for Jamie along his journey. God never gives up on us, and as we move forward, He continues to interject Himself in our lives. He knows exactly what we need, who we need, and when we need them, whether that person is a pastor, a new friend, an encouraging lady in the grocery line, or a fishing buddy. Think about your life, look for God's interventions along the way, and you will recognize Him and His hand in your life. Even when you felt far away from Him, He was there.

Jamie then does a beautiful job of walking us through the next steps—the rest of the story—and living them out! Nuggets and practical questions are provided for our continued journeys with the Lord to help us discover our purpose and calling and to challenge us .

Lastly, he unveils all the ways in which we are winning and can win—winning through worship, winning like Jesus, and winning by guarding. It all leads to our convergence, which is often mentioned but not accomplished. It's the “sweet spot” in our lives that we all want to reach.

Regardless of your circumstances, enjoy your journey through Jamie's transparency, uplifting story, and testimony of God's goodness. I pray that you will be encouraged, challenged, and moved to take the next step with Christ and in your purpose and calling to accomplish the assignment for which God has predestined you!

Read on, and don't give up!

Dr. Wende Jones, President  
Kingdom Congressional International Alliance  
Business owner and consultant  
Friend of Jesus and friend of yours

# SECTION ONE



## WHAT IT WAS LIKE

# Chapter One

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## A SPOT OFF INTERSTATE 5

It all started on a spring morning in Redding, California. A room of so-called addicts waited for me to lead the weekly addictions treatment group at the Church of the Redeemed. Clients in this group were referred to treatment by terms of parole dictated through the California Department of Corrections.

My veins pulsed with nervousness and excitement as I drove to work that day. I was anxious to make my mark in the treatment world but had only worked with teens prior to this gig. This was my plunge into helping adults. These guys had been groomed by penal systems, brotherhoods, and loyalists I knew little about.

It was normal to expect any addictions group to consist of addicts as well as non-addicts. Corrective institutions like jails, prisons, and judges often assume that if someone has accumulated legal problems, they must also have addiction issues. My mission was to build trust with these guys whether they were addicts or not. A key building block for any therapeutic small group session involves building group safety so people can share honestly. The goal of the counselor is to engage participation, which generally breeds insight and growth.

As I launched the discussion, I learned something I already knew. Twelve minutes into the meeting, it was obvious. My middle-class suburban background had not prepared me to connect easily with this group of mainly

“mountain boy” parolees! As the group leader, I was the authority no matter how therapeutic I wanted things to be. Resistance from “my students” was obvious. They tested me; I adjusted. They jabbed right; I pivoted to the left. Side conversations, restless chairs, hand signals, and disengaged eye contact signaled their modest rebellion. It took a few minutes, but things did improve.

The treatment meetings were held in the conference room of the church. A water-stained, faded oak table took center stage in the room. At the front, a dry erase board faced the group. A TV Monitor hung suspended from the ceiling on the adjacent wall. Unmatched chairs of all sizes, colors, and comfort levels were provided for the guests. The carpet was ragged and old. The scent of pit bull lingered in the air. Most street people had dogs and most dogs in Redding were pit bulls. Folks brought their dogs everywhere—including this affair held on Tuesdays and Thursdays at the Church of the Redeemed. People on the streets shower where and when they can, so the combined scent of street life, dogs, and the smelly, thin carpet made for some unforgettable aromas on hot 113° days of the Redding summer.

One particular April morning, the topic of our treatment meeting was “Understanding Relapse Triggers.” I knew this information well and had already started the discussion by drawing my familiar circle on the white board to track the triggers reported by the group.

While soliciting relapse triggers, all kinds of things were shared. One guy talked about his place “getting tossed” by his parole agent because the agent suspected wrongdoing. One person was upset because someone tried to steal his dog. A big guy, who wanted to be called “Pit Bull,” kept interrupting me when I tried to make a point. He had a mean mad-mug face that I later found morphed into a “spitting image” of Popeye when he smiled!

My job was to help these guys realize inner thoughts and feelings that might trigger them back into a lifestyle of drug abuse and illegal activity. Jail or prison awaited those who became repeat offenders. The daily battle of fragile hope vs. familiar destruction waited for each of them as soon as they left the classroom.

As I dotted the board with the reported triggers, on the outside ring of the circle, something hit me. The insight that came to me wasn't new to others. But the depth of it grabbed me. I felt like I had discovered penicillin as I thought

about it. While taking in the smells, the unshaven faces, and the scribble on the white board, I had a Thomas Edison “light bulb” moment! I looked at Pit Bull, noticed the squeaks of moving chairs in the room, the hum of the air conditioner, and looked back at the white board. I was convinced. What I was realizing was a game changer! I could really help a lot of people with this insight. The idea that blinded my senses was this:

**We ALL struggle with living Outside-in Lives.**

My mind spun faster as I thought more. I realized, like never before, that outside events or situations could be triggers for ALL PEOPLE—not just addicts. Such things were not only triggers, but also places of false identity that many base their lives upon.

I started wondering about the possible “outer hiding places” we find ourselves in sometimes. I began to conclude that it became safer for many of us to hide in outside roles or activities than it was for us to look inside and release ourselves from feelings or falsehoods that could be holding us back. I began to see that many of us—not just addicts or alcoholics—have settled for less by not looking inside.

Sometimes false identities come to us because of things we had no control over. Children from divorced homes can sometimes take on an invisible feeling of shame or abandonment based on a very real outside event over which they had no control. The loss of a loved one can leave a hole inside. Being raised in an alcoholic home can poison a young soul for a lifetime. Such are classic examples. Variations on this theme abound.

I got excited about unpacking my motherlode whiteboard insight in the weeks that followed its inception. My discoveries led me to introduce a training program called

“Living Inside Out.” The mission of these classes was to help guide people into discovering who they truly are. We intentionally cultivated safety in our group meetings and introduced thought-provoking ideas that helped people grow. It was a blast! The people who attended the groups were hungry and wanted to learn.

Some mega-themes for the classes included ideas like:

- What's on the inside always shows up on the outside
- Being vulnerable is necessary for change
- Shame is a liar
- Purposes can be developed through pain

## The Great Divide

Before we go further, I'd like to invite you to look at some mountains with me. Let's explore a geographical phenomenon known as the Western Continental Divide. It's a huge boundary marker that cuts vertically through North America, starting at Alaska all the way through the Canadian Rocky Mountains, through the highest peaks of the Colorado Rockies, and all the way down into Mexico through the majestic Sierra Madre Occidental mountain range. The Western Continental Divide is a huge, extensive, towering mass of connected mountains that act as the backbone to western North America.

I've noticed a similarity between this continental divide and the line of work I do—perhaps less obvious or pronounced, but indisputable in impact. It's what I lightheartedly call “The Religious Divide.” When I say “religious,” I am not talking about church or meditation centers. I'm referring to belief systems.

A belief system is a system of typically unexplored feelings, thoughts, opinions, and beliefs that become an unspoken code for how we view life.

Just for fun, would you help me test my theory? Here's a list of ideas that have to do with spirituality and human growth. As you read them, see if you notice any emotional feelings taking place inside yourself. Notice how your body, mind, or emotions respond in specific ways as you ponder this list of words:

Oneness	Believer	Awareness
Mindfulness	Inner Healing	The Bible
Holiness	Salvation	Therapy
Redemption	Recovery	Meditation
Clarity	Enlightenment	Sanctification



I guess I'll never know if my theory is correct. Just the same, I wonder, did you notice any reactions when you read this list?

You'd only be human if something on this list caused a reaction. That's because we all have belief systems that, if we're not careful, can make up our own personal "religious divide." This can prevent us from learning, changing, or growing.

Belief systems can become rallying points for religion, which can be dangerous if they're unexamined. For example, a belief system that says you can't be close to God if you wear a ball cap in church might be considered a matter of protocol for some or a ridiculous notion for others. Neither may end up having much to do with being close to God.

I describe myself as a follower of Jesus. My hope is that what is meant by that oozes out of these pages so clearly that a formal definition falls short by comparison.

I believe in the Bible too. You'll see lots of Bible verses in the ideas we discuss. It's the frame of reference that works for my life. I am not a big fan of religion actually—rules, traditions, denominations, outward appearances, big churches with TV shows, or small ones that act more like a club than a family, are not my favorite. I am a big fan of relationship—honesty, intimacy, connecting with God, with ourselves, and others.

## **Love**

In this book, you'll find tools and ideas to help you. However, this book is mainly about love. Through no fault of our own, many of us find ourselves seeking love, acceptance, or approval in outward things that conveniently define us or help us feel safe—temporarily—while our unattended insides yearn for something that satisfies. Real love, of course, has nothing to do with such outward things.

God not only loves you and me, He loves the world. He loves people from all nations and cultures. He loves angry people, happy people, and people with mental illness and broken legs. He loves furry friends, mountain lions, overactive squirrels, and hummingbirds.

He is in love. We have no need to work for God's approval. We already have it. We change our lives because staying in pain doesn't work. Or we change because we see something better and decide we want it. The outcome of such things is for us to transform. The world is desperate for transforming people—souls that demand a better way to live.

### **A Bigger Purpose**

The ultimate goal of life transformation is not merely to remove pain. The world isn't looking for such selfishness. We change so that we can be better sons and daughters, better mothers and fathers, better husbands and wives, and better employees and leaders.

#### **Here are some benefits I have gained from my journey so far:**

- Increased peace
- Better health
- Improved marriage and family
- Improved confidence
- Humility
- Better decision-making
- Increased awareness of purpose

One way or another I've sought benefits like this throughout life. I'm now at a deeper place of rest concerning such things. I'm going to share my journey with you as well as pass on ideas that have been game changers in my development. This book can be a roadmap to help you find the freedom I've found, or at least help you take the next step in YOUR journey. Before I share more, let's look at the idea of uncertainty. It's a certain thing.