

GOD'S NOT MAD AT YOU

Confronting the Lies of Guilt, Shame, Fear, and Regret

STEVE BROWN

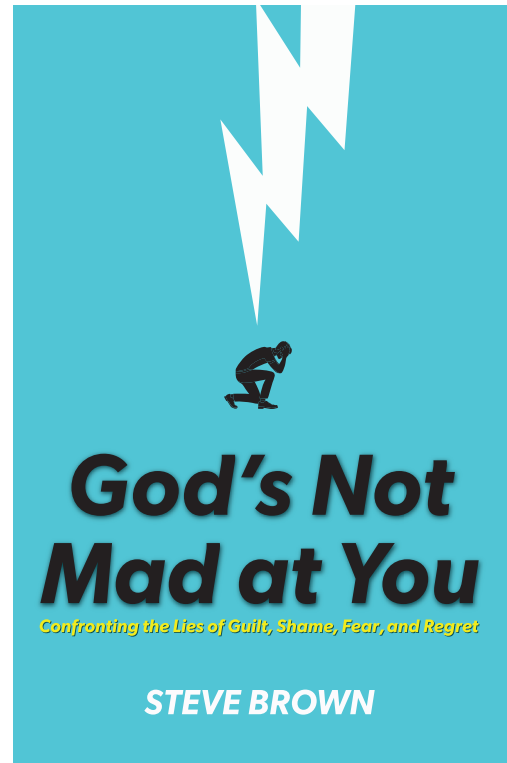
DO YOU STRUGGLE WITH GUILT, SHAME, FEAR, AND REGRET?

If you're human, the honest answer is "yes."

These sources of pain in our lives can't fully be fixed this side of heaven. But we can confront the false and destructive narratives we've accepted about our sin, our suffering, God, and ourselves.

Steve Brown is no stranger to this struggle – and he has the scars and stories to prove it. In this book, Steve candidly shares how God gradually transforms us into the people he intends us to be, why that process is often slow, and why it's so important.

If you're tired of self-help theology and "do more/try harder" messages, there's even more good news behind the Good News: *God's Not Mad at You*.



"Steve is a brilliant, witty, hilarious curmudgeon whose reverent irreverence is a truth-seeking missile that lands with tender care and profound generosity."

— **Dan B. Allender**

FAST FACTS

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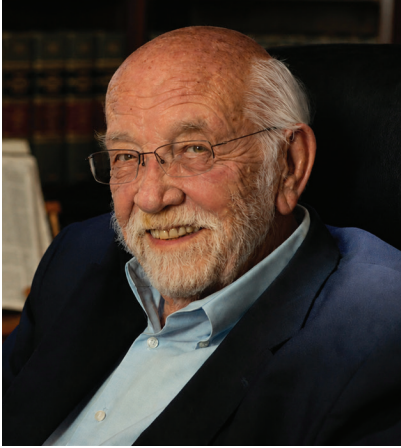
Available at KeyLife.org/NotMadBook



WHY THIS BOOK MATTERS

Guilt, shame, fear, and regret are universal — and for millions of Christians, church has made them worse, not better. Surveys consistently show believers walking away from worship feeling condemned rather than free, and an entire generation quietly deconstructing a faith that felt more like a burden than good news. *God's Not Mad at You* goes after the root cause: not the painful feelings themselves, but the lies underneath them — the false narratives absorbed from culture, media, and the pulpit that have convinced believers God is perpetually disappointed in them. Steve Brown names those lies one by one and dismantles them with the actual, radical claims of Scripture: justification, adoption, and imputation — truths so good most Christians have never been allowed to believe them without a “kicker” attached.

ABOUT STEVE BROWN



Steve Brown is a radio broadcaster and the founder of Key Life Network. A former pastor, he is also a frequent in-demand speaker and visiting seminary lecturer. He is the author of many books, including *How to Talk So People Will Listen*, *Hidden Agendas*, *Talk the Walk*, and *Laughter and Lament*.

STARTER INTERVIEW QUESTIONS

- In a sentence or two, what is your book about?
- What are your working definitions of “guilt,” “shame,” “fear,” and “regret”?
- What are some of the lies we are told?
- What are “religious kickers”?
- Why do some Christians add “kickers”? Isn’t God’s grace enough?
- What are the dangers of “do more, try harder” religion?
- How does God’s love allow us to risk and to fail?
- In what ways do we project the flaws of our earthly parents onto God?
- Why is “Your past defines your future” a lie?
- What are some lies that divide us into “us vs. them”?
- How is grace the great leveler?
- Describe what you mean by “God’s not mad at you.”
- How does truth (the truth of God’s love and the Gospel itself) dismantle the lies of guilt, shame, fear, and regret?

ADVANCED PRAISE FOR *GOD'S NOT MAD AT YOU*

"Often, we are not fond of reality. Instead, we prefer lies that are shiny illusions, which, over time, blind us to our deceit. Isaiah remarks that the people of God tell their seers and prophets, 'Tell us pleasant things, prophesy illusions.' Remarkably, good-hearted Christians seldom consider their illusions. I know no better seer and prophet than Steve Brown to invite us into the freedom of truth. Steve is a brilliant, witty, hilarious curmudgeon whose reverent irreverence is a truth-seeking missile that lands with tender care and profound generosity. Few books possess the ability to tell the truth while inviting you to howl in laughter, weep in sorrow, and rise with more hope than you could imagine. This glorious book is a gift of disruption and invitation you don't want to miss."

—**Dan B. Allender, Ph.D, Professor of Counseling Psychology and Founding President**

"For those dying of thirst in a desert of guilt, shame, fear, and regret, this book is not to be sipped but chugged. Steve has tossed aside the lies that keep us from the freedom and joy in Christ and placed in our hands a tall glass of ice-cold grace. Drink up, lick your lips, repeat. God not only loves you; he likes you. If you didn't know that before opening this book, you're in for a refreshing surprise."

—**Chad Bird, Scholar in Residence at 1517**

"Steve Brown has done something wonderfully dangerous: he has told the truth about God without adding the fine print that makes people afraid of Him again. *God's Not Mad at You* is vintage Steve: funny enough to make you drop your guard, honest enough to make you wince, and grace-filled enough to make you inhale again. With the instincts of a pastor, the timing of a comedian, and the heart of a man who has spent a lifetime trusting the scandalous goodness of Jesus, Steve dismantles the lies of guilt, shame, fear, and regret one by one. This book offers us the gospel for tired souls. Read it, laugh out loud, and let the kindness of God find you all over again."

—**Andrew Farley, Bestselling author of *The Naked Gospel* and *Twisted Scripture*, host of *The Grace Message* on SiriusXM and TBN, creator of *Bible-Questions.com*, AndrewFarley.org**

"Once again, and not surprisingly, Steve Brown has reminded this weary soul of the truth of the (real) gospel while silencing the incessant and ubiquitous lies that threaten to drown out Jesus's gracious voice. Over the years Steve has been a stalwart voice pushing against our propensity to try to earn God's favor by working ourselves to death yet always falling short. Friend, God is not mad at you. This book will help you believe that."

—**Elyse Fitzpatrick, author of *Because He Loves Me***

"Steve Brown has spent decades doing what few of us are brave enough to do: telling the truth before making it comfortable. *God's Not Mad at You* is a pastoral reckoning and a gift. Steve names the lies we've baptized as theology, the small print we've added to grace, and the shame we carry because we actually believed them. This book is for anyone who has spent too long flinching before a God who was never frowning. Read it slowly. Then read it again."

—Drew Hensley, Lead Pastor at New City Church in Mount Pleasant, SC, and author of *Invisible Grief* and *Made For Approval (Just Not Yours)*

"*God's Not Mad at You* names the lies that hold us captive and answers them not with technique but with the gospel. Steve writes as a fellow sufferer, not a fixer. That is where the book's power lies. He knows guilt, shame, fear, and regret from the inside, and he points past them to the God whose kindness leads us to repentance. Honest, funny, and grace-saturated."

—Justin S. Holcomb, Episcopal bishop, seminary professor, and author of *Rid of My Disgrace*

"Every one of us are tempted to downplay the gospel at the exact point we are tempted to believe—that at least as far for ourselves—it maybe is just too good to be true. Yet here in *God's Not Mad at You*, Steve Brown calls us to go all-in on the grace of God not only as our hope for the future, but our power for living in the present, each and every day of our lives. Steve's writing is exactly like his speaking; insightful, witty, possessing a healthy dose of sass, and absolutely brimming with encouragement. And his message is that the good news of what God has done for us in Christ, is even better news than you think. Read these pages and refuse to settle for the lies that allow guilt, shame, fear, and regret to have the final word in your life!"

—Adam Ramsey, Lead Pastor at Liberti Church, Gold Coast, Australia; Director for Acts 29 Asia Pacific; author of a few books, including *Honor*, *Faithfully Present*, and *Truth on Fire: Gazing at God until Your Heart Sings*

"Steve Brown is refreshingly honest, incredibly funny, and theologically rich. Gospel saturated, yet not preachy, this terrific book will liberate you from the shame you didn't even know you're suppressing, freeing you to create maximum goodness and beauty in the world."

—Jordan Raynor, bestselling author of *The Sacredness of Secular Work and Redeeming Your Time*

"Maybe it's supernatural. Or maybe it's classic Steve. But with almost spellbinding wit and wisdom, he turns raw humanity into something hopeful. You'll finish this book encouraged, perhaps even healed, but certainly grateful. Because you'll discover God actually likes you—all of you—through the good, the bad and the ugly."

—Kyle Winkler, Creator of the *Shut Up, Devil!* app and author of *Permission to Be Imperfect*

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Interview requests welcome
