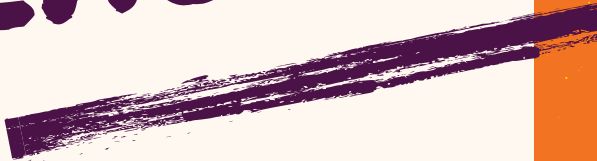


J. LONDON-CLAY

Rebuilding Faith Without Religion

UNCHURCHED BUT NOT UNCHOSEN



A guide for the spiritually
misunderstood, brokenhearted, and
gifted who still love Christ.

Unchurched But Not Unchosen:

A Guide to Rebuilding Faith Without Religion

For the spiritually misunderstood, broken hearted, and gifted
who still love Christ.

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About the Author

Jamie London Clay is a soul-centered writer, singer, and empowerment coach called to liberate the spiritually gifted, the rejected, and the misjudged. Through her brand *I Empower You To Empower You*, Jamie creates safe spaces for people to heal from religious control, reclaim their God-given voice, and walk in

Kingdom identity with boldness and grace.

After years of navigating spiritual trauma, leadership rejection, and the painful tension between religion and truth, Jamie chose to walk away from the label of “Christianity” to fully follow Christ without compromise. Her work is rooted in love, wisdom, and Spirit-led clarity.

Whether she’s writing, singing, coaching, or creating, Jamie’s message remains the same: You don’t need a label to be loved by God. You don’t need a platform to be powerful. And you don’t need religion to walk in Kingdom purpose.

She lives in Chicago, IL, and shares transformational content through her blog, YouTube channel, and digital products at jamielondonclay.com.


Welcome Letter (From Jamie London Clay)


Hey love,


If you're reading this, chances are you've wrestled with religion. Maybe you've been hurt by church. Maybe you've outgrown the label of “Christian,” but your heart still beats for Christ. Maybe you're trying to heal your faith—without losing yourself in the process.

I see you. I *am* you.

This guide was created to remind you:

 You're not backsliding.

 You're not confused.

 You're not alone.

You're awakening.

You are *unchurched*—but you are *not unchosen*.

Let's walk this path together. Let's rebuild your connection with God on the solid foundation of Kingdom, not religion.

Love + Truth,

Jamie London Clay

✦ 3 Kingdom Truths to Break the Lies

Religion Taught You

Religion told you that you had to earn God’s love. The Kingdom reveals that you were loved before you were ever formed.

One of the most damaging lies religion teaches is that your worth is tied to performance—church attendance, spiritual language, serving without rest, or pretending to be “fine” when you're breaking inside. But the Kingdom of God operates on a foundation of grace, identity, and inheritance.

You don’t serve to be accepted *because* you’re already chosen. You don’t worship to prove you’re holy—you worship because your spirit remembers home. This truth breaks the cycle of shame and replaces it with sonship. You’re not striving for God’s approval. You’re standing in it.

Religion made you fear your calling. The Kingdom activates it.

Many of us were silenced, labeled, or overlooked in church environments where control mattered more than calling. Your voice may have been too bold, your gift too unfamiliar, your questions too inconvenient. But the Kingdom doesn’t need you to shrink—*it requires you to rise.*

These Kingdom truths reframe how you see yourself: not as a problem to be managed, but as a vessel God is unveiling. You were never meant to dim your light to fit into man-made boxes.

You were meant to carry power, creativity, and clarity—unapologetically. As you unlearn what religion taught and relearn what God always knew about you, you begin to break the bondage and walk boldly in your divine identity.

1. Jesus Didn't Come to Start a Religion—He Came to Restore a Kingdom.

“The Kingdom of God is within you.” – Luke 17:21

Religion tells you to go through man to get to God. The Kingdom tells you God dwells in you. You are already connected.

2. You're Not Rebellious—You're Spirit-Led.

People may have labeled you “rebellious” for questioning church systems or expressing your gift outside the box. But God gave you discernment for a reason.

3. You're Still Called, Still Anointed, Still Chosen.

Even outside the four walls. Even after rejection. Even after walking away. *Your purpose didn't expire with your church attendance.*

✦ How to Know God Personally (Outside of Church Walls)

God never confined Himself to buildings—and He never required perfection for intimacy.

To know God personally, you must release the belief that He only speaks through pastors, sermons, or Sunday routines. The same Spirit who raised Jesus from the dead lives within you.

The veil was torn, which means access is not just granted—it's *within*. Knowing God personally means learning to hear His voice in your own life: through stillness, Scripture, nature, dreams, journaling, or a sudden peace in chaos.

He doesn't need a microphone or a minister to commune with you. He's already whispering in the ordinary—your job is to start listening with new ears.

Personal relationship begins with raw honesty.

Knowing God means being real, not religious. Sit down and talk to Him like you would a close friend. Tell Him your doubts, frustrations, questions, fears, and desires.

Read His Word and ask questions. Pause and wait for the whisper. Create a sacred rhythm that makes space for divine connection—maybe it's morning journaling,

afternoon walks, or night-time prayers. Don't model it after anyone else's relationship.

Cultivate your own. God is not looking for robots—He's calling you into a relationship where you can be both *broken and beloved*, flawed and favored, unsure and still seen. That's where trust is built, and that's where knowing Him becomes a daily reality.

✦ 3 Practical Ways to Know God Outside of Church Walls

1. Turn your quiet time into sacred communion, not obligation.

Create a daily rhythm where you intentionally *sit with God*, not just study about Him. Light a candle, put on instrumental worship or calming frequencies, and enter that space with expectation.

You don't need a sermon—just surrender. Even 10 minutes of stillness, listening, or writing a raw prayer can become a sanctuary moment that revives your soul. The more consistent the intimacy, the more familiar His voice becomes.

2. Walk and talk with God like He's beside you—because He is.

Whether you're walking through your neighborhood, washing dishes, or riding the train—begin practicing the presence of God by talking to Him throughout your day. Ask Him questions.

Share what's on your heart. Invite Him into your work, your errands, your everyday. This practice retrains your heart to *expect God to respond*, not just observe from afar.

3. Use Scripture as a mirror, not a rulebook.

Instead of reading the Bible just to “get through a plan,” use it as a way to hear what God is saying to *you*. Pick a short passage, pause, and ask: “God, what are You showing me here about You—and about me?”

Let the Holy Spirit highlight a phrase or word. Journal what you sense. This kind of Spirit-led reading transforms the Word into a living conversation, not just a church-based discipline.

♥ 3 Steps to Begin Healing from Church Hurt + Religious Trauma

1. Name What Happened Without Guilt or Excuse

Healing starts with *honesty*. You can't heal what you won't name. Whether it was spiritual manipulation, control, rejection, silence, abuse of authority, or deep disappointment, it matters.

Don't minimize it because it came from someone "in ministry." If it hurt, it's real. Write it out. Speak it aloud in prayer. Bring it to God raw.

You don't have to defend or explain their behavior to protect their title. You are allowed to say: "That broke me," and still believe in God's goodness. Your healing is not rebellion—it's restoration.

2. Separate God's Character From People's Behavior

This is where many get stuck. When the church wounds us, it's easy to unconsciously equate that pain with God. But leaders are not God. Church culture is not God. Religious systems are not God.

Jesus was clear: you'll know people by their *fruit*, not their role. Begin rebuilding your image of God by returning to the Gospels. Study how Jesus actually treated people. Let go of who they said He was and encounter Him for yourself. When you

meet the God who restores, defends, delivers, and sits with the rejected—you begin to heal.

3. Rebuild Your Spiritual Identity Outside Their Expectations

One of the deepest wounds of religious trauma is the loss of self. Many were conditioned to perform holiness, suppress their voice, hide their calling, or fear their uniqueness.

But you are not who they said you were—you are who God *knows* you are. Begin asking: Who was I before I was church trained to conform? What do I feel called to that scares me because of past rejection?

Create new spiritual practices that center your healing, not their hierarchy. Build your relationship with God on revelation, not reputation. This is where spiritual power is reborn—from within, in truth, in freedom.



Journal Prompts for Rebuilding Your Faith With Power

These journal prompts are not for surface-level processing—they are sacred invitations to confront, clarify, and reconnect. Make space. Light a candle.

[Purchase a journal with blank pages.](#) Let the pages hold your truth and the Spirit meet you there.

1. “*What do I really believe about God—and where did those beliefs come from?*”

This question peels back inherited doctrine and religious conditioning. Be honest. Have you feared God as distant, angry, or impossible to please?

Did someone model a loving God, or a judgmental one? Begin separating cultural religion from divine truth.

2. “*What parts of my faith no longer fit—and what parts still feel true?*”

It’s okay to release what no longer serves your soul. Let this be a reclamation, not a rebellion. Identify what you’re deconstructing and what you’re choosing to keep.

This is where faith becomes personal again.

3. “*What did I silence in myself to be accepted by the church?*”

Your gift, your truth, your calling—did you downplay it? Hide your anointing?

Censor your creativity?

This prompt uncovers where rejection wounded your voice and how God is calling you to rise.

4. “*What does faith look and feel like for me now?*”

Outside of Sunday services and sermons, what does your faith *look like* in your daily life? What does trusting God mean to you now?

Describe what spiritual alignment feels like—peace, power, love, clarity—and how you want to walk in it moving forward.

5. “*What do I need to forgive myself—or others—for?*”

Forgiveness doesn’t excuse pain—it releases its hold. Write a letter to yourself, a leader, a church, or God. Say the hard things.

Then say what you're ready to let go of. Healing flows where honesty is honored.

Speak This Over Yourself

Declare this daily, especially when doubt or old wounds try to whisper louder than your healing. Read it out loud. Let every word realign you.

I am not forgotten.

I am not disqualified.

I am not a mistake.

I am deeply known, divinely called, and radically loved by the Creator of all.

I release every lie religion taught me.

I release the shame of being too bold, too sensitive, too different, or too much.

I release the guilt of walking away from what no longer serves my soul.

I release the fear of stepping fully into the power God placed within me.

I embrace the truth of the Kingdom:

That I am already accepted, already chosen, already empowered.

That I can know God personally, intimately, and honestly—no building required.

That healing is my birthright and boldness is my inheritance.

That I carry divine authority, even when others don't understand me.

I speak life over my calling.

I speak peace over my past.

I speak courage into my next step.

I speak with the voice of one who knows: I may be unchurched, but I am not
unchosen.

It is so, Amen.

● Permission to Rest from Church Without Guilt

You're allowed to pause without abandoning God.

Rest is holy. Reflection is sacred. And stepping away from church attendance for the sake of your mental, emotional, or spiritual well-being is not rebellion—it's wisdom.

Many believers were conditioned to feel guilt for “forsaking the assembly,” but the original command was about connection, not coercion. If you've been spiritually bruised, manipulated, or just worn out by the performance of church culture, *you are allowed to take a breath.*

Sometimes healing requires silence, solitude, and distance. Sometimes God will meet you more intimately in your living room than you ever felt Him in the pews. That season of stillness? That's not backsliding. That's a reset.

Let yourself explore the Word again without pressure. Let prayer become personal again. Let your relationship with God breathe—without the fear of what others will say. You're not running from God. You're recovering with Him.

Signs You're Spiritually Outgrowing Religion (And What to Do Next)

Growth doesn't always look like louder praise or longer church service—it often looks like deeper questions and quieter conviction.

If you've been feeling unsettled in religious spaces that once felt like home, you're not broken—you're *evolving*.

Spiritual outgrowing is real. It's that sacred tension when what once fed you now frustrates you. You begin to notice the gap between tradition and truth.

You stop performing. You start seeking. This isn't rebellion. This is revelation.

Here are a few signs you may be spiritually outgrowing religion:

- You feel drained or disappointed by church culture, but still deeply desire God
- You're questioning teachings you once accepted without thought
- You hunger for more than behavior management—you crave transformation
- You feel unseen, boxed-in, or silenced by the systems meant to guide you
- You can sense God calling you into something deeper, wider, and freer

So, what do you do next? You honor the shift.

Give yourself permission to follow the tug on your spirit. Begin studying the Word for yourself.

Create sacred spaces in your home. Surround yourself with Kingdom-minded community, even if it's online or unconventional.

Stop waiting for someone to “release” you. You're already released. The Spirit of God is within you—not just in a pulpit.

Your evolution is not a threat to God. It's His invitation. Move with grace but move. You're not outgrowing faith—you're outgrowing the limitations placed on it.

Rebuilding Faith Without Religion

If you've made it this far, know this: **you're not lost, you're being led.**

You are not faithless because you left a church building. You are not broken because you no longer fit into religious boxes. You are not backslidden—you are *becoming*.

This is a sacred rebirth.

You are shedding what was never yours and reclaiming what always was: *direct access to God, divine identity, spiritual power, and Kingdom citizenship.*

You were never meant to conform to a culture that didn't understand your calling.

You were meant to rise with clarity, connection, and Christ at the center—no middleman required.

You're not unchurched by accident.

You've been *called out* to rebuild differently—with truth, with trust, and with your voice intact.

Ready to Go Deeper?

If this guide stirred something in you... don't stop here. Your healing and spiritual re-alignment deserve ongoing nourishment.

✦ **Purchase the full eBook:** [*Out of the Church Box: Walking with Christ Beyond Religion*](#). This in-depth guide expands on everything you've learned here and gives you the full Kingdom blueprint to walk boldly and powerfully in your faith outside of religious systems.

 [*\[Click here to get your copy now\]*](#)

📖 **[Join the Email Sanctuary](#):** Get soul-aligned teachings, journal prompts, healing truths, and Kingdom empowerment delivered weekly. You don't have to walk this road alone.

🤝 **[Book a 1:1 Empowerment Coaching Session](#)** with me (Jamie London-Clay) as your spiritual doula. Whether you're processing spiritual trauma, rebuilding your confidence, or ready to step into your purpose, coaching provides a personalized, Spirit-led path to clarity and transformation.

You are chosen, called, and covered—outside of every man-made wall.

You don't need a platform to carry power.

You don't need a pulpit to release your purpose.

You just need *permission—and you already have it.*

This is your time to rise.
