

COACH OWIDI

I KNOW IT ALL

A black silhouette of a person walking down a black slope, carrying a briefcase and wearing a yellow blindfold. The person is positioned between the words 'KNOW' and 'IT' of the main title.

"IF YOU THINK YOU KNOW IT ALL, YOU'RE A FOOL FOR SURE;
REAL SURVIVORS LEARN WISDOM FROM OTHERS"

PROVERBS 28:1 NIV

The “*I Know it all*” Syndrome

*Breaking Free from the underlying Need
to Be Right and know it all"*

By Coach Charles Owidi



The fear of the Lord is the beginning of wisdom

(Proverbs 9:10)

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The "I Know it all" Syndrome:

Breaking Free from the underlying Need to Be Right and know it all"

Aim:

A Journey from Performance to Presence, from Control to Christ like Coaching

Book Overview:

Title: *I Know It All: Breaking Free from the Need to Be Right*

Theme: *Helping individuals let go of the pressure to perform, control, and always "have the answer"—and embrace the freedom of listening, humility, and Spirit-led living.*

Audience: *Christian leaders, coaches, mentors, ministry workers, and anyone healing from pride, insecurity, or a controlling past.*

The Trap of “I Know It All”

There’s a disease spreading – not one of the body, but of the heart. It’s called “*I Know It All.*”

It may wear the mask of confidence, but it often hides deep insecurities and unhealed pain. It disguises itself as wisdom, but it resists correction and shuts out the voice of the Holy Spirit.

Too often, we are driven by a need to prove ourselves, especially in leadership. We want to be right, we want to be seen as the wisest in the room. But at what cost?

- *It kills the culture of listening.*
- *It silences God’s voice.*
- *It turns divine leadership into self-leadership.*
- *It raises a generation that worships knowledge over Jesus.*

A Higher Call to Humility

Jesus—the wisest, most powerful Man to ever walk the earth—said:

“I do nothing on my own but speak just what the Father has taught me.” (John 8:28)

If Jesus, perfect and sinless, walked in complete dependence on the Father, how much more must we? How much more must pastors, parents, leaders, and entrepreneurs lean on the Holy Spirit?

“Apart from Me, you can do nothing.” (John 15:5)

Jesus didn’t rely on titles. He didn’t flaunt knowledge. He relied on relationship with the Father and with the Spirit.

The Real Source of Wisdom

Degrees are great. Experience is valuable.

But without Jesus, knowledge becomes vanity. Even theology, without Spirit, is dry and powerless.

Because the Bible is not a textbook—it’s living bread.

Jesus said to the Jews:

“I am the bread of life. Whoever comes to Me will never go hungry.” (John 6:35)

And to the Samaritan woman:

“Whoever drinks the water I give them will never thirst.” (John 4:14)

He didn’t offer information. He offered *Himself*.

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Introduction

When I thought I Had to Be all things to all men and to be Wise

There was a time in my life when I truly believed that wisdom meant being the one with the answers. I thought it meant sounding intelligent in every meeting, quoting scripture quickly and correctly, and having the final word in every debate.

I wore my “insight” like armor — not to protect others, but to guard myself from feeling unseen. And if I’m honest... When my ideas weren’t chosen, I felt the sting of rejection, not just as a leader, but as a person. When they were chosen, I secretly whispered to myself, *“That came from me.”* As if that meant I mattered more. As if being *right* was how I proved I had value. But what I didn’t realize at the time — what I couldn’t see — was what I was losing in those moments.

I was Losing the Very Thing I Needed Most

I was **losing the posture of a listener.**

I was **losing the beauty of silence before God.**

I was **losing the soft whisper of the Holy Spirit**, who does not shout to compete with our ego, but waits quietly in the stillness for the heart that is humble enough to listen.

And perhaps most painfully,

I was losing the deeper relationships that come **not from being impressive, but from being present.**

Not from leading with intellect, but from loving with vulnerability.

I thought I had to be wise —

but in chasing that image, I was slowly drifting away from **the Source of wisdom Himself.**

*“The fear of the Lord is the beginning of wisdom...” —
Proverbs 9:10*

But I wasn’t fearing the Lord.

I was fearing *being irrelevant.*

I was fearing being *overlooked.*

I was fearing being *ordinary*.

And in the middle of that fear...

I missed the invitation of Jesus, who said:

"Apart from Me, you can do nothing." - John 15:5

I was trying to *prove* myself, when Jesus had already *called* me.

I was trying to be the expert, when He was simply asking me to be *His*.

I was trying to be strong, when He was offering me grace in weakness.

Learning to Listen Again

God, in His mercy, let me come to the end of myself

Through disappointment, through unchosen ideas, through meetings where my voice didn’t matter, through dry seasons where I couldn’t feel His nearness — He was gently peeling back my pride, until I could finally say:

**“Lord, I don’t want to be wise without You.
I just want to be with You.”**

That’s when something began to shift.
Not externally — not with applause, or recognition.
But *internally*.
Quietly.
In the deep places.

I began to ask more questions than I gave answers.

I began to listen more than I spoke.

And when I spoke — it wasn’t to impress, but to encourage.

It wasn’t to win, but to *build up*.

I stopped needing to be the smartest one in the room, and I started learning how to be the *most surrendered*.

Because true wisdom doesn’t shine — it serves.

Jesus, Our Model of Humble Wisdom

Jesus — the One who *was* wisdom in the flesh — didn’t boast about His knowledge.

He said:

“I do nothing on My own but speak just what the Father has taught Me.” — John 8:28

“The Son can do nothing by Himself... He only does what He sees the Father doing.” — John 5:19

If Jesus — full of glory, full of power — chose to live in utter dependence on the Father, then **who am I to try and live from self-reliance?**

Jesus even said:

“I am going to the Father... and I will ask Him to send you the Holy Spirit. He will guide you into all truth.”

- John 16:13

So why do we trade the guidance of the Spirit for the illusion of self-wisdom?

Why do we place more weight on our theological degrees, our cleverness, our strategies — than on simple obedience to the Spirit’s whisper?

Real Wisdom Begins Where Self-Reliance Ends

The next generation doesn’t need experts.

They need **elders who’ve been broken and healed**,

Leaders who’ve traded ego for empathy,

Pastors who’ve stopped performing and started listening — not just to people, but to the **voice of the Holy Spirit**.

Because *knowledge without Jesus is vanity*.

And answers without love are just noise.

“If I have the gift of prophecy and can fathom all mysteries and all knowledge... but do not have love, I am nothing.” — 1 Corinthians 13:2

The New Path: Guided by the Spirit

I’m still learning.

I’m not an expert in all trades.

But now, I’m committed to being a listener — quick to hear,
slow to speak.

Because it’s not about what comes *from me*.

It’s about what comes *through me*, from Him.

And when I’m empty, the Holy Spirit fills.

When I’m quiet, He speaks.

When I don’t know, He guides.

And *that* is the kind of wisdom that changes lives.

Now I understand that my need wasn’t to express wisdom,
but to show off coming from a wounded past.

A deep-seated insecurity dressed in knowledge.

A need to be valued and validated by performance.

“The more you think you know, the less you know.”

I lived with the “I Know It All” syndrome. And it nearly
crippled my spiritual growth.

But God, in His mercy, painfully broke me open using a
medical condition, financial challenges and many others.

He exposed the pride I was calling confidence, the control I was calling coaching. And in doing so, He led me to the most liberating truth:

Wisdom was never mine. It was never meant to be.

"Christ has become for us wisdom from God." -

1 Corinthians 1:30

All true wisdom is His.

We are vessels, not originators.

We were never designed to *own* wisdom, but to *host* it, steward it, and share it in service to others.

From Performance to Presence

I found my Freedom in Imitating Christ

Ever since I discovered what true freedom is - **not the kind the world offers, but the kind Jesus died to give** - and chose to live from that place daily, I've found something I didn't even know I was missing.

I found myself **free**.

At peace.

Happier.

No more inner tension, no more subtle arguments to prove my worth, no more needing the final word to feel validated. I no longer feel the urge to be seen as “wise,” because I’ve seen the **beauty of being unseen**, the strength of being still, and the **joy of letting the Holy Spirit speak before me**.

Imitating Christ: The Image Restored

When I began restoring the image of God in me, not by collecting more knowledge, but by **imitating Christ**, everything changed.

I stopped trying to be the “knower.”

I let go of the need to lead with answers, and started leading with **presence**.

And in that space, I began to experience the **deep, soul-restoring freedom** that only comes when we serve like Jesus.

“Whoever wants to become great among you must be your servant...” - Mark 10:43

Jesus — the most powerful One — stooped low to wash feet. He listened deeply, He spoke with grace, and He **never acted apart from the Father.**

“I do nothing on My own but speak just what the Father has taught Me.” — John 8:28

I Listen to Learn

Now, I no longer speak to prove myself.

I listen — not just to people, but to the **Holy Spirit** within them.

I listen to learn.

Because each conversation is sacred.

Each person is a vessel carrying a part of God’s story.

As a coach, a leader, a believer -

I no longer speak to impress, manipulate, or direct from my own knowledge.

I coach not to control.

I coach to **uncover what God has already planted in a person’s heart.** Because He’s already at work - I’m just helping them see it. This is what it means to partner with the Holy Spirit.

Walking in Freedom, Daily

True freedom is not one emotional moment.

It’s a daily choice —

to surrender my need to be “right,”

to lay down the image of the expert,

to embrace the **humility of the servant**.

And strangely...

That’s where joy is found.

That’s where peace flows.

That’s where relationships deepen.

That’s where the voice of the Holy Spirit becomes unmistakably clear.

“Where the Spirit of the Lord is, there is freedom.” — 2 Corinthians 3:17

Final Thoughts

I used to think that being impressive would make me feel whole.

Now I know — being **filled with the Spirit**,

being guided by Jesus,

being rooted in the Father’s voice —

that is wholeness.

I am not here to perform.

I am here to reflect the One who made me.

And that, my friend,
is freedom.

Chapter 1

Coaching with Jesus

Because Every Person Is Uniquely Made

1 Corinthians 12:4-6 (NLT)

"There are different kinds of spiritual gifts, but the same Spirit is the source of them all.

There are different kinds of service, but we serve the same Lord.

God works in different ways, but it is the same God who does the work in all of us."

This reminds us that God celebrates diversity in how we're gifted, wired, and used for His glory.

God doesn't do copy-paste purpose.

So why do we keep trying to coach, mentor, or lead like there's **one way to fix everyone?**

The Sacred Complexity of a Human Life

Every person you encounter is not just a body with a name — they are a living universe.

A whole *world* hidden inside skin and eyes.

A story carved by unseen battles, childhood echoes, silent hopes, and sacred wounds.

No one on earth shares their exact fingerprint — or their path.

That alone should stop us in our tracks.

Think about it:

Their DNA is unrepeatable.

Their trauma, timeline, calling, and chemistry — completely original.

No one else has cried their tears, survived their nights, or dreamed their dreams.

So why do we keep offering people the same one-size-fits-all answers?

No two people walk the same path.

So why would we try to offer them the same answers?

There is nothing like one solution for all.

Humanity is Not a Template

Some were raised in houses full of laughter.

Others learned to read danger in every footstep.

Some grew up trusting God like a father.

Others can't even say “Father” without a wince.

Some see church as a haven.

Others see it as the place where they learned shame.

Same gospel.

Different journey.

Radically different hearts.

Jesus Knew This. He Lived It.

He never treated two people the same.

He didn't hand out formulas.

He didn't fix people — He loved them into healing.

He met the bleeding woman in a crowd — quietly.

He stood between a guilty woman and her accusers — boldly.

He climbed into a boat for scared disciples.

He sat at a well for a lonely Samaritan.

He tailored truth for each soul.

He asked questions not to test, but to touch.

- “What do you want me to do for you?”
- “Where is your faith?”
- “Do you love me?”

These weren’t quiz questions.

They were soul openers.

And He’s still asking them today.

Real Ministry Requires Real Listening

We don’t help people by offering quick-fix advice.
We help by listening for what’s *eternal* in them — and honoring it.

Because people are not puzzles to be solved.

They’re sacred stories still unfolding.

And healing doesn’t come from information alone — it comes from encounter.

You Are Not the Answer. Jesus Is

So whether you’re a coach, mentor, friend, or pastor — remember:

Your job is not to play God.

It’s to make space for Him.

To ask, not impose.

To wait, not rush.

To trust the Holy Spirit more than your script.

Every soul is different.

So every healing journey will be different.

And that’s not a flaw — it’s holy design.

Let’s stop trying to mass-produce transformation.

Let’s start walking with people the way Jesus did:

One story. One step. One sacred conversation at a time.

Illustration: Two Men, One Question

Imagine two men, both struggling with anger.

The first grew up in a military household — “Be tough or be nothing.”

He internalized pressure and buried his emotions.

The second?

He watched his father physically hurt his mother, and swore he’d never be like him.

Now, when he feels anger rising, shame follows like a shadow.

Same problem on the outside.

Totally different roots.

One might need to grieve the father he never got.

The other might need permission to feel — to *not* always be the strong one.

If we treat them the same, we miss what God is uniquely doing in each life.

That’s why coaching must be Spirit-led.

There is nothing like one-size-fits-all when it comes to human hearts.

Reality Check: Coaching Is Not “Fixing”

Coaching with Jesus doesn’t mean giving people a 3-step formula.

It means holding space.

It means believing that the Holy Spirit is already at work inside of them — and we’re here to listen, reflect, ask, and affirm.

We **don’t fix**. We **guide**.

We **don’t diagnose**. We **discern**.

Sometimes the most powerful thing we can say is:

“What do you think God is showing you in this?”

“When did you first feel that way?”

“What would healing look like to you?”

The Seed Was Already There

Think of coaching like tending a garden.

You’re not the seed.

You’re not even the sun or the water.

But you help clear the weeds,

Till the soil,

Make space for light and truth and grace.

God’s already planted something in them.

You’re simply helping them see it.

Helping them believe again.

Helping them listen to the **still, small voice** they’ve been trying to hear under all the noise.

Closing Truth: Jesus Knew Every Story

He saw Nathanael *“under the fig tree.”*

He knew the Samaritan woman’s relationship history *before* she spoke.

He called Zacchaeus by name *before* the crowd noticed him.

That same Jesus is with you today as you lead, coach, love, and walk with others.

So you don’t have to know it all.

You just have to ask the kind of questions that make someone look inward — and upward.

Because in Christ, the answer isn’t mass-produced — **it’s uniquely, divinely handcrafted for each heart.**

“What do you want me to do for you?” – Jesus (Luke 18:41)

Not *“Here’s what I think you should do.”*

That shift changed everything for me. It brought healing. It made me safe. It gave me peace.

Guided Reflection:

Means Listening, Learning, and Leaning on the Spirit

“Be quick to listen, slow to speak...” - James 1:19

Guided Reflection Exercise: “Spirit, Lead Me”

Objective: Break the cycle of self-dependence. Grow into a Spirit-led listener and learner.

Step 1 - Quiet Your Heart

Sit in silence for 3-5 minutes. Invite the Holy Spirit in:

“Holy Spirit, I invite You to speak louder than my opinions.”

Step 2 - Reflect on These Questions in Your Journal

1. Where in my life am I trying to be the expert?
2. Have I silenced others (or God) because of pride?
3. Do I ask the Holy Spirit for guidance before I speak, teach, lead, or give advice?

Step 3 - Surrender in Prayer

“Lord Jesus, I repent for relying on my own understanding. I surrender my need to be right, seen, or praised. I ask You to restore in me a heart that listens – first to You, then to others. Holy Spirit, lead me into humility, wisdom, and divine dependence. Amen.”

Apply It This Week

- In every meeting or conversation – pause and listen more than you speak.
- Before giving advice – pray silently: *“Holy Spirit, what are You saying?”*
- Ask others questions like Jesus did:

“What would you like me to help you with?”

Final Thought

None of us is an expert in all trades. We were never meant to be.

We were meant to **abide**—to lean, to listen, to be led. Jesus said:

“I am sending you the Counselor... the Spirit of truth... He will guide you into all truth.” (John 16:13)

Let’s build a generation not of “know-it-alls,” but of *Spirit-led listeners*—who carry not just head knowledge, but the fragrance of Christ.

Summary

Coaching with Jesus: Because Every Person Is Uniquely Made

Every person carries a unique fingerprint—of personality, purpose, pain, and promise. Coaching with Jesus means we don’t force one-size-fits-all answers. Instead, we listen, ask Spirit-led questions, and trust that God has already planted something within each person.

Our role isn’t to control, but to uncover. Because transformation isn’t manufactured—it’s revealed through love, truth, and the guidance of the Holy Spirit.

Chapter 2

The “I Know It All” Syndrome

“Do not be wise in your own eyes; fear the Lord and shun evil.” – Proverbs 3:7

*“Knowledge puffs up, but love builds up.” –
1 Corinthians 8:1*

We don’t always recognize the “I know it all” syndrome when it starts. It may begin with a comment in a meeting, a correction in a conversation, or a silent frustration when your idea isn’t chosen. But over time, it grows—quietly feeding on our need to be seen, heard, validated.

At its core, it isn’t confidence.

It’s often a silent cry:

“Please don’t overlook me.”

“Please see that I matter.”

“Please know I am wise.”

What seems like intelligence can be a survival response from unhealed wounds. A person battling this syndrome may talk over others, need to be right, constantly correct, or feel unsettled when someone else gets credit.

I know this because I lived it.

In many rooms, I felt I needed to perform. I used scriptures like weapons to command the room, Googled answers during meetings to sound polished, and even after decisions were made, whispered under my breath that *I* had come up with the idea. It was never enough. I needed others to see it too.

The Pressure to Perform

The “I Know It All” mindset thrives in environments where we feel unseen, undervalued, or unloved. It is rooted in:

- Childhood experiences where we felt ignored or silenced
- Cultural or church expectations of perfection
- Trauma from constant rejection or failure
- Fear of being found “not enough”

Rather than sitting with our pain and allowing healing, we wear our knowledge like armor. We talk more than we

listen. We defend more than we reflect. And in doing so, we miss the gentle wisdom of God that whispers, not shouts.

“He leads the humble in what is right, and teaches the humble His way.” - Psalm 25:9

What Is True Wisdom?

We must understand: All wisdom belongs to God. We are not its creators—we are its stewards.

“The day we begin to *possess* wisdom as a way to elevate ourselves is the day we begin to lose it.”

“Who among you is wise and understanding? Let him show it by his good conduct, by deeds done in the humility that comes from wisdom.” - James 3:13

Wisdom is not loud.

It is not controlling.

It does not seek to prove itself.

It reveals itself through humility, listening, and love.

When I surrendered my need to “be right,” I became free. When I laid down my need to *be heard*, I began to actually *hear* others. My relationships improved. My coaching became more Spirit-led. And the pressure to perform melted away.

Reflective Prayer

Lord, I lay down my pride.

I surrender the pressure to be wise in my own eyes.

Heal every wound that made me perform for approval.

Teach me to listen. Teach me to learn.

Lead me into the freedom of humility and the joy of your wisdom.

In Jesus' name, amen.

Self-examination

- In what areas of life do I feel the need to “prove” myself?
- What moments or memories shaped that need?
- How would it feel to let go of control and embrace curiosity instead?

Summary – The “I Know It All” Syndrome

The “I Know It All” syndrome is often a mask for insecurity and unhealed wounds. It’s a trap that leads us to perform, compete, and seek validation through being right. But true wisdom is not loud or forceful—it’s humble, teachable, and Spirit-led. When we surrender our need to prove ourselves, we find freedom, deeper relationships, and the ability to listen, learn, and lead with the heart of Christ.

To continue reading the rest of this book, kindly purchase the full copy by visiting: <https://coachowidi.org/book-launch/>

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I KNOW IT ALL

“I know it all: breaking free from the need to be right” is a powerful guide for leaders, coaches, and ministers stuck in performance, pride and control. Behind the need to always be right often hides fear, insecurity and an identity built on doing instead of being. With humility, scripture and coaching insight, Coach Owidi leads you from self-reliance to spirit-dependence. Learn to release control, embrace deep listening, and let God voice lead over your own. If you’ve ever led from burnout, spoken from ego, or feared not having all the answers- this book is for you. Let go of control. Let God lead. Trade performance for presence and knowledge for true wisdom.



Coach Owidi, a certified mental health coach and christian mentor, has served in the ministry for 25 years, teaching, counselling and guiding others through life's trials. He blends biblical truths with practical coaching to help singles, couples and divorcees find healing, hope and purpose.



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