Rebecca J. Riley



M.Ed. | AUTHOR · SPEAKER · FREEDOM COACH

Honest conversations about the things Christians hide—and the Jesus who meets us there.

MEET REBECCA

Rebecca J. Riley, M.Ed., is an author, speaker, and former school counselor who isn't afraid to have the conversations many Christians would rather avoid. Drawing from 13 years in education, personal experiences with shame and healing, and a deep love for Scripture, Rebecca helps people examine unwanted patterns, challenge destructive beliefs, and pursue freedom through a renewed understanding of God and themselves.

Known for her candid storytelling, humor, and compassionate approach, Rebecca creates space for honest conversations about faith, sexuality, shame, healing, and the work of the Holy Spirit.

THE BOOK

Why Can't I Just Stop?

Understanding Unwanted Patterns, Renewing Your Mind, and Walking Toward Freedom with Jesus

Paperback on Amazon · Original guided PDF workbook also available

CONVERSATIONS I BRING

Freedom & healing

Why Can’t I Just Stop? · Freedom Isn’t Never Falling Again · I Believe God Heals. My Symptoms Came Back.

Sexuality & shame

I Loved Jesus—and Hid a Sexual Secret · When a Fetish Community Feels Like Belonging · The Sexual Things Christians Are Afraid to Talk About

Holy Spirit & the prophetic

From Southern Baptist to Spirit-Filled · Is This God or Is This Me? · Prophecy Without the Performance

SPEAKING & MEDIA

SHE Virtual Summit 2026 · Featured speaker
Personal Freedom Podcast · Guest with Mac Dohm
Breakthrough 2025 Virtual Conference · Speaker
Kingdom Convos podcast · Testimony interview

Language and depth tailored to your audience. Faith-based writing, coaching, and ministry; not clinical therapy.

INVITE REBECCA

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rebeccajriley.substack.com · He sees you. He knows you. And He stays.