

# God's Encouraging Words To Heal Your Mind Soul and Body

"If my people, which are called by My name, shall humble themselves, and pray, and seek My face, and turn from their wicked ways: then will I hear from heaven, and will forgive their sin, and will heal their land."

11Chronicles 7:14



## Large Print For Easy Reading

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God's Encouraging Words to Heal Your Mind, Soul & Body  
Revised Second Edition      Third Printing - 2010  
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Library of Congress Control Number: 2002096969 -

The Wall  
Hands Across America  
The Devil's Cauldron  
You Are The Prophet of Your Life  
Not My Son  
Women of Courage  
Do This In Remembrance of Me

Volume One   The Deadliest Moment   Part One and Two  
Volume Two   Murder In The Family   Part One and Two  
Volume Three   The Career Rapist      Part One and Two  
Volume Four   The Recidivist  
Volume Five   The Ultimate Punishment

Volume Six   .....And Suddenly  
Volume Seven   The Silent Killer

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Jonathan Lee-Ames Hop, M.A., author

Touched By The Light Publishing, Inc.

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This book contains extremely sensitive information; our apologies and condolences to the reader if this information is regarding a relative, loved one, or a friend. Although this book contains in certain areas explicit descriptions of violence, extreme care was taken to allow the victims as much dignity as possible. As you read you will realize these descriptions were made to expand our understanding of violence and to prevent violence against women and children and violence in our communities.

In this world in order for a woman to count she must either have goodness or she must have brains.

Hercule Poirot, Evil Under The Sun  
Agatha Christie

## **An Important Message To My Readers Regarding the Religious Nature of My Books**

Someone recently remarked my books have too many references to religion in them. Do not let the religious verses or the use of the word Jesus or God disturb you or deter you from reading my books. I am neither a member of the American Taliban, a Separatist nor a Hate monger. I write from Love, the most powerful force on earth.

Indoctrination is not my purpose. Encouragement and enlightenment is my purpose. I want people to see as far as they can see and walk as far as they can walk based on all the faith they have and all that they can believe. Even if you do not believe in God you can learn much from this book. Any discussion of ethics and morals is a good thing. Ethical discussions purge evil thoughts. “We are apt to shut our eyes against a painful truth... For my part, I am willing to know the whole truth; to know the worst; and to provide for it.” Patrick Henry, 1776. My books are like no other books you have read. Take this challenge purchase the book Be Not Defeated in Hard Times and determine for yourself the nature of my heart and the purpose of my labor. You will learn much from reading me.

I know as soon as some people sees the word Jesus or God they become disheartened or fearful that they are reading a book that is trying to convert them. I am not a religious fanatic nor am I a person who believes I know all the answers and that I can tell everyone else what to do or how to live. I do not believe in shooting abortion doctors or bombing abortion clinics in the name of God. Nor do I believe in back room deals by the church to control the rights of others. Do not judge the work of my hands by the hate filled words of some men you hear on television denigrating people who do not look or act like them. Christ came for everyone and Christ exists for everyone. God’s word can refresh you. God’s word can restore your belief in yourself. God’s words can make you smile and be glad you have a wife and family. I wrote my books to make you joyful and to make you happy that you are alive. I wrote my books to give you tools to use when you are fearful and unsure of yourself and to give you courage when you are afraid. No one has a monopoly on God. Nowhere in the Bible can you find one passage where God or Jesus

said men should be led to God by force or condemnation. Calling people names and foreshadowing gloom and doom on a nation is not a practice of Jesus Christ this is the practice of a bully.

I know Jesus was not a bully. He was not a member of a gang. Jesus did not beat any one up or isolate and brainwash anyone to get them to believe in the word of God. Jesus merely said, "I am the light of the world and he that believeth in me shall never die. I have come so that you might experience life more abundantly." Do not be afraid of the bullies you see on television who invoke the name of God yet make everyone who do not believe as they do the enemy. God will take care of these men. That is right I said it all the preachers you see on television or hear on the radio who preach gloom and doom, who preach to divide people and present themselves as the perfect Christians shall be dealt with by God.

Christianity was not given to man by God to be used as a bullwhip by bullies. Christianity was given to the world to relieve the suffering of man and anyone who does not follow this edict shall be dealt with by God. That's right the person who preaches before you every Sunday shall be judged by God just like you will be judged for what is in his or her heart. Just because a man can talk faster than you and profess to know the Bible better than you does not make him better than you. The equalizer is God. God shall judge the man who on one hand condemns the sinner yet fails to help the women who come to him for help against her abusive husband. God shall judge the preacher who talks out of both sides of his mouth. Look at the preachers who rely upon women to fundraise for a church roof or other church needs then these preachers turn around and say no woman has place of leadership in the church. It is alright for women to provide the church with money but after the money is collected they are to sit down and shut up.

Think about it, do you think every member of the Sanhedrin that judged Jesus as a subverter of God's word got into heaven? They did not like Jesus. They were jealous of Jesus. They envied Jesus and some hated Jesus. Jesus could do what they could not. They could not heal the sick. They could not raise the dead. If Jesus rose in power surely their power would diminish. Jesus did not look like them or walk like them so they condemned him. Do you think these men were

judge pious and holy by God when they rejected Jesus' teachings. The Sanhedrin presented themselves as leaders, men of God, keepers of the faith. Yet they rejected Jesus because he was different from them. He refused to join their gang. They believe it was their duty to tell everyone else how to live. In their belief they condemned Jesus because he was different from them. Jesus refused to join their gang. Jesus refused to walk around town with his chest stuck out wearing the vestments of the church. Jesus did not want religious slaves in his church. Jesus wanted free thinking men in his church. You do not have to be a member of a religious gang to believe in God or to serve God. Every man including the man who preaches to you every Sunday shall be judged by God for the hatred in his heart and for all the suffering he brings upon his fellowman.

I do not believe calling myself a Christian makes me superior than anyone else. Man should be judged by his deeds, and the filth that comes from his mouth. I know for a fact that God's greatest commandments are to love the lord with all thy heart and with all thy might and to love thy neighbor as thyself. One cannot love the lord yet excuse himself or herself when adultery or fornication is committed yet turn around and condemn others for their behavior. This is the height of hypocrisy. If you cheat on your taxes, you cheat on your taxes. The crime does not change just because you call yourself a Christian. In other words cheating as a Christian is no different than the cheating of a secular man. There are just as many adulterers in church as there are outside the church. And there are just as many fornicators inside the church as there are outside the church. Anyone can talk moral superiority but it is what one does behind closed doors or what one does when no one is looking that determines character. Anyone can talk the talk but it is the walk that determines destiny.

Some arguments are stupid and trying to prove the existence of a God or disprove the existence of god falls in this category. Since man defines God as omnipotence and all powerful, I leave it to God to prove His existence. Man does not have sufficient evidence to prove or disprove either assertion. It is a matter of choice. God can take care of Himself. He can fight His own battles. He can prove His own

existence. All I care about is that God shows up when I call Him. I want Him to keep His word.

My ultimate goal is that my books help make the world a better place to live. I am tired of people giving up on their lives because the bullies and the evil forces in this country seek to enslave them. Doubt and unbelief does not have to be a mainstay in your life. You do not have to live your life vicariously through true romance novels or Monday Night Football. You do not have to die after eating a bowl of grief and despair. You can live a decent life with a wife or husband you adore.

Only you know how lonely you are. Only you know how many times you have been tempted to use marijuana to make yourself feel better. Only you know what you feel and need. Only you know how many times you have been tempted to commit murder after someone has injured you or to commit suicide after hearing bad news. Murder nor suicide is the answer. You are to never let any man or woman cause you to hate yourself so much that you consider murder or suicide. The best defense against evil doers (bullies) is knowledge and physical development.

You cannot be angry with God without believing there is a God and you cannot believe in God without believing in an evil force.

I want this book to be food for thought and a tool to answer some of life's most challenging questions. I want this book to help the person who gets up every morning fighting the feeling of fear, loneliness and doubt. I want you to learn to recognize and avoid negative people. You must watch who is feeding your mind.

I want you to know you do not have to fail in life. All you have to do is believe in the power inside you and you will be the prophet of your life.

I am not asking you to follow me blindly. In fact I am not asking you to follow me at all. I am asking you to consider your conduct and change as you feel necessary. Ponder what I have written. Question what I have written. Are my aspirations for this country the same as your aspirations? Make up your own mind. Ask yourself, "Is there

anything in this book I can use to enhance my life and make my life better?" If the answer is yes, learn what you can from my writing and make it your goal to be a better person regardless of the circumstances. Ethics and character found in men is what keeps a civilization intact and its citizens happy.

"Bad men cannot make good citizens. It is impossible that a nation of infidels or idolaters should be a nation of freemen. It is when a people forget God that tyrants forge their chains. A vitiated state of morals, a corrupted public conscience, is incompatible with freedom. No free government, or the blessings of liberty, can be preserved to any people but by a firm adherence to justice, moderation, temperance, frugality, and virtue; and by a frequent recurrence to fundamental principles."

Patrick Henry, May 29, 1736 – June 6, 1799, an American statesman - He hailed from Virginia

In the past 12 years I have researched the murders of 20,000 American women and I have written 30 books. I conducted this research at a great cost to my sanity and health. I did this research not only because I believe in the rights of women but because I love my country. I loved my country when I entered the United States Air Force during the Vietnam War. I loved my country when I participated in the civil right marches in Mississippi in the 1960's and I loved my country when America elected its first Black president in 2008. I performed this research and wrote these books because I want this country to become a better place to live. I want children to be fed daily. I am tired of learning of children being raped in their beds by unrelated males in the home. I want women to stop negotiating with their bodies believing their bodies are all God gave them to earn a living. I want children to live in the home with their parents. I want to see an end to foster care. I want to see more stable families so we can stop producing men who rape and murder because they are angry with their mothers. I want more sex offenders imprisoned. I want posses formed to search for the assailants of Black women as posses are formed to search for the assailants of White women. I want incest to be defined as rape and prosecuted as such. I want adult males who prey upon female juveniles to be imprisoned. We must again

prosecute men for statutory rape thereby protecting the young. I want the pimps of this country dealt with. Who are they to sell women?

I want more money allocated for the FBI to hire more men and women to rid our country of those individuals who seek to sexually enslave women. I want the men and women of the FBI to be so trained that the word integrity becomes part of their last name. Let no man say they can be purchased. I want the FBI to give the men who bring women to this country to be used as prostitutes a good thrashing. Forcing women into prostitution who are fleeing poverty and seeking employment is a crime we in this country cannot tolerate. Well over 5 million men and women either gave their lives, or became infirmed to protect this country in war time (no one returns from combat the same). Are we to spit on their deeds by allowing slavery within our borders? We fought a civil war to end slavery so if we allow sexual slavery in our country we are saying their deaths do not matter; integrity is just a label, and American will do anything for money. The American Civil War was the defining moment in this country. The American Civil War should not be forgotten just because it took place more than 150 years ago. The men who fought in this war deserve to be remembered. Entire generations were lost on the battlefield. Family lines ended during this war. Are such sacrifices to be forgotten just because the sacrifice took place years ago? The American Civil War is the most important war America has ever fought. This war pitted brother against brother, neighbor against neighbor. What greater battle can there be than a battle between brothers. Are we moving so fast into the future that we disrespect the past? Did Patrick Henry die so long ago that we do not remember his cry and his honor, “Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take; but as for me, give me liberty, or give me death! He moved a nation with these words. Not only do these men deserve to be remembered the reason for the war should be remembered, the end of one man’s right to own another. Consequently, how can we allow a man to come to this country and use the body of a woman to earn money?

I also wrote these books because I want people to begin questioning what they read in the newspapers and question the motive of the person reporting the news. I want people to begin to spend

more time together. I want women, children, and the elderly protected, and most of all I want people to be encouraged to live the life they desire. I believe in man. I believe in the men in this country. I believe when called upon the men in this country can be better men than any conceived. I believe with encouragement and knowledge men and women can live better and happier lives. I also wrote this book because I want men to know they do not need alcohol, marijuana or crack to deal with the problems in life. I want men to know there is courage inside them. There is fealty inside of them and most of all there is the power of God inside of them.

We should not forget where we came from, who we are, what we stand for, why we fought, or why we died.

Again, knowledge is the best weapon against evil. Seek knowledge through reading so your life will not be defined by pain and fear but defined by enlightenment and courage.

Learn more about me as an author by reading 12 of my articles on the Internet

The Deadliest Moment  
Hands Across America  
Change A Woman's Life  
Every Day Say This Prayer  
Teach Someone To Read  
Reading Will Change Your Life  
Bringing Change Into Your Life  
The Body of a Woman Was Found  
A Better Life Awaits You When You Read  
Male Version Bringing Change Into Your Life  
If You Believe In God You Do Not Belong In Prison  
God's Encouraging Words To Heal Your Mind Soul and Body



## FROM THE PUBLISHER

There must be something in books, things we can't imagine, to make a woman stay in a burning house; there must be something there. You don't stay for nothing.

Ray Bradbury (1920 - ) from *Fahrenheit 451*

"The greatest gift is a passion for reading. It is cheap, it consoles, it distracts, it excites, it gives you knowledge of the world and experience of a wide kind. It is a moral illumination."

Elizabeth Hardwick (1916 - ) Literary critic and Novelist

Since you are reading this page you are trying to make up your mind whether or not you want to purchase this book. The cover has attracted you, so you have decided to open the book and browse. As for the question do you want to purchase this book? My answer to you is "Yes!" It is a resounding "Yes!" Yes you want to purchase this book because reading this book will change your life. Reading is an activity like none other. The consequences of reading are extraordinary just as the consequences of not reading are extraordinary where you will live your life in darkness. You can sit before an orchestra where the music will thrill you to passion and for a while your spirit will soar. You can turn the radio on in your car and the music will carry you away but there is nothing like reading. Reading will not only transport you to another place and time reading will change the circumstances of your life forever. Reading will carry you to the future where you will see possibilities and reading will send you to visit the past where you will see potential.

Music provides a temporary high for your relief from your surroundings whereas reading can lead you to a permanent relief from everything around you. Reading can change your reality transforming you into a new person. You can read one paragraph and say "Why not?" or "of course!" You can read one book and say "I never thought of that" and read a second book and say "If only I had known this before?" You can see one word on the page and say to yourself "that can be me." "I have

possibilities in my life.” Once you begin reading in earnest you will realize that you can learn equally from reading about how a man failed in his life and as well as how a man succeeded in his life. In fact learning how a person failed is a good road map for success, because failure always provides you with an alternative point of view.

Think of the man who decided to construct the street light, or to design the fire hydrant, or to design the light bulb. Where did these ideas come from; what was the source of their inspiration? One source of these inventions was reading. Reading allows for the accumulation of information. When this information is assimilated in the human brain an idea is born. One invention sparks another invention that sparks another great idea until finally man is raised to an enhanced state of existence. Reading provides the recipe for originality.

A man says to himself there must be a better way. He goes to a library trying to find that better way. He reads and reads and reads assimilating information looking for that better way. If he does not find that better way in the books he has read, he has still learned something. He has learned that he has to invent the better way. This time he begins to read books looking for ideas to help him as he invents. In the book Father Hunt, by Rex Stout (1886-1975), who wrote over 70 detective novels, the character, Nero Wolfe, makes a brilliant point that I will never forget regarding how an idea is born. Rex Stout wrote Father Hunt in 1968. I read the book in 1976 and I still remember Nero Wolfe’s preoccupation of how his sidekick, Archie Goodman, came up with the idea of a silver abacus being owned by Paul Revere. Archie Goodman told Nero Wolfe that he used the possible existence of a silver abacus owned by Paul Revere to gain an interview with a wealthy businessman. Paul Revere never owned a silver abacus but the possibilities of such an item triggered the imagination that allowed for the interview.

During the publication of this book I spoke to three men each man made a negative comment regarding reading. One man said that no one would read each individual name on the list in the book; the second man said no one would purchase the books

people because were too busy worrying about money to read or to purchase a book. In hard times no one buys books. What American woman would be interested in what I had to say to purchase a book? The third man said some of the books were too large. No woman would take the time to read the books. He said the number of page in each book would immediately turn women off. No women or men would purchase a book consisting of four hundred to five hundred pages. Needless to say I was disheartened for a second. Then I sat and thought about their comments. Their words were not complimentary to women or to people in general. According to them there is nothing to life during hard times but meat and potatoes. Grayness had descended on the earth. Life was so brutal that reading could be ignored. I decided to persevere. These men had to be wrong. I continue to believe that reading, regardless of the number of pages in a book, is seen as an activity that enriches the soul and enlightens the mind leading men and women to greater and greater heights and inventions. The fate of America will be decided by how well we nourish our minds and assimilate information to continue our growth. I shall continue to believe that people will see that reading leads to a better life.

When you read you can learn to eat healthy and to better manage your money and life. Reading allows you to quickly prepare for a dinner party or help you impress a friend. When you read you are open to adventure and confidence bathes your spirit. Reading is the commencement of light and the cessation of darkness. Reading is the activity that allows the soul to take flight. If you desire a change in the status and wealth of your life, then reading is an activity that you can ill afford not to do.

Please do not read this book once and put it down. This book should become your companion. This book contains hundreds of verses that can be useful to you day in and day out. If you continually read this book and the verses within you strength will abound and your trust in God will be forever.

Do not give this book away for this is my seed to you and to the Lord. These books represent twelve years of my life where I decided to serve the Lord and to work on His behalf. Your growth from my seed will carry my spirit into the next generation. This book should be read over and over again until the information is planted into your heart (spirit) as it was mine and comes out of your mouth as a creative force signifying your connection with the Lord who created you.

Let no man touch you for money.

Tell him and the world God's property is not for sale.  
1 Corinthians 6: 13-20

Poverty shall not be the condition that defines you for life.

There was a woman living in Florida who decided to date a married man. More than likely money was a consideration since she had four or five children. He was still living at home. He did not want to leave his wife. She probably thought having an affair with a married man was a safe bet. She was wrong. When she told him she wanted them to separate and go their own way he killed her and murdered all but one of her children. Most assuredly within a year the FBI captured him in another country but whatever punishment he receives will not equal the suffering of the children's grandparents.

"It is easy to be independent when you've got money. But to be independent when you haven't got a thing, that's the Lord's test.

Mahalia Jackson, American greatest gospel singer  
1911 - 1972

## Reading Is Essential To Faith

If you want to be a better person, and stop biting your nails, and lower your blood pressure, and prevent a heart attack or stoke, and stop patting your feet and shaking your legs in anxiety then this book is for you. God's word is everlasting and it will bring change in your life. Do Not Put This Book Down. Keep it in your Heart and Mind and Reflect on It for years to come

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## Author's Statement

This book presents a frank discourse that requires an open and honest discussion among brave men and women to provide leadership to their sons and daughters.

How long have you been walking around blind and numb, oblivious to the forces affecting your life? It is now time to participate in the destiny of your life. Following is no longer an option. In order to live a better life you must remove the blinders from your eyes and take a look at your behavior then you must change. The use of fear as an excuse not to change is beyond being deceitful. You must recognize the fear in you. One of the most pathetic behaviors for a man or a woman is to blame someone else for his or her misfortune or lack of opportunity or keep using the word "if". If you live in poverty or dire straits, you do not have time for a pity party much less wasting your mental energy reflecting on the past. The past is dead, accept it and move on. If it will make you feel any better, sit down have your wake, scream and holler at life's injustices, beat the table, fall out on the floor, then stand up and meet the day. Unless you meet the challenge of change your children have no hope for the future because so much of their behavior is predicated on what you say and what you do and what you do not do each and everyday. Every day a child in this country is raped in their bed because of the failure of his or her mother. Some women turn a blind eye to the assaults and some women never take the time to be cautious refusing to let any man live in their home with their children. Regardless of the type of mother you are, know this, there is an inescapable day. You will answer for your conduct. Because there is not another adult in the home to share the responsibility of the children is the primary reason why women cohabit, nevertheless, cohabitation is the primary reason children are assaulted in their homes. The next time you think you need a male babysitter or some extra money prepare for the time you will have to sit in church and pray to God to forgive you because your daughter is on crack and your son is in prison all because an unrelated male was allowed in their home. Sitting in church crying because one of your children is murdered means nothing. Saying to yourself after your

children have been murdered that he looked ok also means nothing. What does an “ok man look like”? And telling your children “I’m sorry” also means nothing. No child is impressed by the words “I’m sorry” after they have been brutalized for hours. Once a child is brought into this world, regardless if the father is present or not, a woman has an intrinsic responsibility to protect that child until that child can fend for his or her self. If you fail at this responsibility, you face damnation at your hands or damnation by the spirit. If you are a single woman with children contemplating inviting a male into your home, you need to give this decision a great deal of thought because it will be too late if you let the wrong man into your home. If you are a single woman with children contemplating a second marriage read this book well.

The greatest question you will ever have to ask yourself is, "How great is the love I have for my child?" If you love yourself more than you love your child, your life will reflect it and every one will know. If you love your child more than you love yourself your life will reflect it and God will know. Remember God so loved the world that He sent His son to save man. Are you to do any less for your child? God brought man into the world and He fulfilled His responsibility as a parent when He sent Jesus to earth to deliver man from the curse caused by Adam’s failure. ***Hebrew 2:16 ...For it is clear that it is not the angels that he helps. Instead, he helps the descendants of Abraham.*** This means that he had to become like his people in every way, in order to be their faithful and merciful High Priest in his service to God, so that the people's sin would be forgiven. And now he can help those who are tempted, because he himself was tempted and suffered. Whether you like it or not when you brought your children into the world God called you to be a mother and you must take up this responsibility and change. You **do** have to answer to your children for your behavior because sooner or later they shall ask you why they were not worth enough to you for you to fight for them. They will not accept the answer from you that "*I did the best I could*" when they look around and see that your best is just like everyone else’s best. If you do not believe you did your best, what makes you think your children will believe it?

# Preface

## This Book Is Not For You



This book is not for you if you believe Jesus has changed that he is much more liberal than he was 2000 years ago. This book is not for you if you walk around pretending evilness does not exist, that it is some abstract term used by theologians to subjugate the minds of men, that there is no heaven or hell or that you will not be called to account for your behavior. This book is also not for you if you turn a blind eye to the fact that there are some White and Black fathers in this country who are raping their children in their bed and that these fathers are your sons and that the judiciary to support male control are telling women, "If you divorce your husband you shall lose your children." This book is not for you if you believe people are to be bullied and brainwashed into believing religious dogma. This book is not for you if you are a mother-in-law participating in the destruction of your son's marriage because you are angry over the circumstances of your life and envious of your daughter-in-law's will power and strength of self.

This book is for you if you are seeking change in your life, if you are seeking definition and a reason for being. This book was written for the man or woman who knows they need help and are willing to consider another person's opinion regardless how provocative. Jesus was a provocateur and a revolutionary. It was his calling to stir the pot and to push the envelope. Jesus advocated original thought and thinking for oneself. Not once did Jesus ever say follow me blindly. He provided man with several reasons why he should be followed. How man should guide his behavior and why one behavior was better than another behavior. He never said you should follow the crowd inside or outside of church. He said follow me because I am the light of the world and through me you shall find everlasting life. After he said all of this he proved it by being resurrected. He was the light of the world.



## This Book Is For You



If you are down and out, this book is for you.

If your husband has left you for a younger woman, this book is for you.

If you are angry and you do not know why, this book is for you.

If no one seems to care, this book is for you.

If you feel sad all the time, this book is for you.

If you feel life is no longer worth living, this book is for you.

If you are afraid and are alone in the world, this book is for you.

This book is for you because God's word will turn despair into hope and sadness into joy.

This book is for you because,

Happiness is possible  
Peace of mind can be found,  
Love and joy can come into your life,  
There is a companion for you.  
There is a fulfilling job for you.

This is why this book is for you. This book is for the man and woman who are seeking a healthy mind and body and a better life. This book is for the man or woman who is not afraid to be transformed inside and out. This book is for the man and woman who have finally decided to try God. God's word will change the way you think and God's word will change your life. Put God to work in your life He is always

available. You must have a vision bigger than today. Get a vision and watch it resolve itself when you begin walking with God. Believe for something that God can do. The impossible is something God can do. Believe for the unbelievable, a life of overflow. Stand on the word of God and believe it. God says my word is my bond. My word shall not be broken.

I shall not break my covenant nor alter the word from my mouth. Give God a job put Him to work in your life.

Jesus said:

"I will do whatever you ask for in my name, so that the Father's glory will be shown through the Son. When I go you will not be left all alone. I will come back to you.

"My Father will love those who love me: I too will love them and reveal myself to them."

.....Those who love me will obey my teaching. My Father will love them, and my Father and I will come to them, and live with them....The Helper, the Holy Spirit, whom the Father will send in my name, will teach you everything and make you remember all that I have told you.

John 14:13-25

But when the Holy Spirit comes upon you, you will be filled with power.

Act 1:8

When you feel discouraged come back to this page and read these words again and again and again fill you spirit with joy and hope. You are responsible for your mental health. How you feel and what you choose to believe is under your control. You can transform your life. You do not have to live a life in poverty breathing despair. Just stand up and believe in yourself and believe in God and watch the change that will come into your life. You are responsible for the results of your life. The responsibility for your life lies with you. You are responsible for the things you say to yourself and the things you do not say to yourself. You are also responsible for the ideas you believe

and the ideas you choose not to believe. Regardless, faith and trust are the determinate factors.

Jesus said you will not be left alone. If you believe you will never be left alone, you will trust God during a storm when there is no light showing you a way out. When you believe in Jesus Christ you are never alone and God will come to you and lead you out of your storm.

You can help bring change into the life of a woman by purchasing this book for her. It is important that we spread the word regarding the restoration of the human spirit. Women need to know there is a way out other than negotiating with their bodies. Women in this country are heavily burdened because of the activity of the Devil. He has told men that it is now beneficial for them not to marry, that they are to carry on relationships with women for sexual gratification only. He has told men that having family and being a father is an encumbrance they no longer need to participate in this activity. He has also told those men that are married that it is ok to commit adultery because everyone is doing it. That they should indulge in any activity that makes them feel good. A mistress on the side is a necessary thing. The Devil is telling men it is alright to be self indulgent. If you are unhappy there are a number of devices, such as alcohol, tobacco, and drugs, that he can provide to lift the spirit. You can play an important role in our efforts to relieve the suffering of women having to fight the Devil in their home.

The Devil knows the best way to destroy civilization and return the world to anarchy is to attack the woman. If he can successfully destroy the woman, he can dissolve the family and gain control of the man's mind. Have you not notice the permissiveness and nudity of television shows. The Devil is slowly trying to make us tolerant of all sorts of deviant behavior. It is alright for men to parade around nude. It is ok for people to use profanity on television. It is ok for women to participate in actual sex acts on television and this behavior is good entertainment. If men persist in this behavior, sooner or later we will see men and children having sex on television. One can also call this reality television. How are we going to deal with fornicators on television when we have not defined incest as rape, imprisoning those

fathers that participate in this type of behavior?

Women need to be told there is help available to them. They need to know that there is a God that they can go to, to solve the problems they are experiencing in their life because of the Devil. Women need to know that when they pray help is on the way. This book was written to lift the spirit and to tell the woman there are limitless possibilities in life and happiness and fulfillment is possible. This book is a great gift to a woman. It is a gift that will be used over and over again; a gift that will change the lives of countless women and her children.

If you are a man reading this book you will learn what help your daughters will need throughout their lives

# Dedication

In Memory of Brenda M. Scott, 47

Detroit Councilwoman, September 2, 2002

"Detroit is a city with a lot of churches making  
God know how much we appreciate His glory!"

This book is also dedicated to all of the women in this country raising children alone without the benefit of a husband, the person designated by God as the steward of the family and to all the women trying to live a righteous yet a more expressive and prosperous life.

You will need extra care and extra consideration throughout your life. You will need to understand yourself and you will need to appreciate yourself, because the task of being the sole caregiver is not an easy task nor is it a task greatly appreciated by this nation. Also the task of living a life that is not a drone of not following the crowd to its destruction is also a very difficult task. Nevertheless, you work, plan, and strive to raise your children with a sense of dignity in an extremely hostile society. Some mothers wake in the morning to the fear of being late for work and some mothers go to bed at night to the fear of an intruder. Some women experience their fear in the workplace expecting to be fired at any moment. Some mothers are tormented throughout the day wondering did anyone notice the condiments in their pocket or the toilet paper they put in their paper bag during their lunch hour.

Some mothers wonder did anyone notice the office supplies in their purse destined for her son at school. Some mothers wonder did anyone notice a few of the quarters were missing from the cash register that she will use to ride the bus to work on payday because her daughter needed her last quarter for milk.

All over this nation there are mothers wondering how long they will be able to hold on and make it until the next day. I ask you to please stand because you are the most important person in your child's life and you can make it. You can weather the storm. You can make it through the day. The most important thing in life is for you to live and to maintain the life of your child. Every time you despair remember Hagar. God saved her and He shall save you. God says fear not. Do not let the fear of uncertainty control you. There is a way out of your dilemma or troubles.

Fear will contaminate your faith if you allow fear to persist. You cannot let fear exist in your life. Whenever you feel fear enveloping you reach for the word of God to send fear from your life. If you tolerate fear in your life, it will contaminate your dreams and you will never walk in God's design for your life. You must always prophesize good fortune into your life.

Above all you must never entertain the thought of killing yourself or your children. You must dismiss this idea entirely. Suicide is an extremely selfish act. You cannot under any circumstances kill your children. The thought may creep into your mind but push it out. Death is not an option. There may not be food in the house but you must stand. There may not be lights or heat in the home but you must stand. Every time you make tomato soup from ketchup you must stand. Every time you steal toilet paper from the library stalls you must stand. You are surviving by the power of your conviction. You have taken a position. Everyone needs a code they can live by, you have made up your mind. You have said your children are worth the suffering you must endure. You have made the decision to carry your children into the future to give them a chance at life. Nothing must come before this conviction. You must pray for strength. You must pray for guidance and you must pray for a miracle and never consider defeat. Do not be afraid but be of good cheer. There is a God and He is aware of the love you have in your heart for your child. Go to Him with your troubles, go to Him with your trials and go to Him with your pain. He shall deliver you. When you accept God as your deliverer it changes your mental posture. You will stop worrying and your mind will be at ease. Instead of confusion ideas will come to you. Possibilities will come to you. One action committed in an act of possibility can open a door to prosperity and

life. Rather than despair you will begin to look for opportunities you will begin to expect change. And you will begin to look for God to lead you in a specific direction.

The greatest weapon the Devil uses against the single mother is poverty. He tears at her self-esteem through her inability to provide for her child. He tears at her self-esteem when she sees her girlfriend's prospering. He tears at her self-esteem when she cannot purchase a dress. Do not fall for this deceit. You did not create the poverty that surrounds you and your child. No woman invites poverty into her child's life. You should never judge yourself by your inability to provide for your child. You do not have time for self-recrimination. Self-recrimination is a useless emotion. Recrimination is counter-productive. You must realize poverty is just a tool that is used to defeat men and women to make men and women believe that living holy and righteous is impossible. Poverty and ignorance are tools used by rich men to enslave his fellow man keeping him on top and the less fortunate on the bottom. Poverty is not an evaluation of your self worth. Your conduct is an evaluation of your self worth. You must keep yourself thinking positively about your future. Poverty is a tool that the Devil uses to keep a constant supply of sinners populating the earth. These sinners unwittingly assist the Devil in his mission to subjugate man, to make man live beneath himself. People become sinners because they give into temptation they stop believing in the future. Poverty can be overwhelming especially if you are uneducated and are not trained. Poverty can cause depression, diseases and hopelessness and poverty can cause a woman to make unwise decisions, such as allowing an unrelated male to baby sit her children while she works or allowing an unrelated male to live in her home. The Devil uses poverty to plunge people into sexual sin, the sin that tears most at the body of Christ. Poverty can be defeated when you are persistent and are determined. You must respect yourself and you must respect the commitment you have made to motherhood. Every time you hold your child and comfort him or her you are fulfilling your role as a mother. God's grace will be upon you.

Women raising children alone feel rejected by society and by the man they once loved. Many women think, "How could he reject me

when I loved him and bore him children?" If you answer this question with the answer "something must be wrong with me" you put yourself in an internal cauldron. You start to silently beat yourself up for poor performance, bad skin, or not doing enough to make him happy. Some women put on a smiling face to the world but inside they feel neglected. You must realize that the man who rejected you had his own set of values and standards and these values and standards did not necessarily have to agree with you or God.

Before you begin heaping recriminations upon yourself or beating yourself up you need to take a close look at your mate. He may not have been the man you believed he was. Do not get caught up in the internal question of "Why did I not see these qualities in him before he and I became involved?" Give yourself a break you are not clairvoyant where you can discern everyone's motive or hidden agenda. You made a mistake. Accept the mistake and go on. Just do not lie to yourself. If you did not look before you leaped, accept your behavior and vow to begin looking at the behavior of men before you began any type of association with them. Tell your children to learn from your mistake and not become involved with anyone except through marriage.

You cannot judge your self-worth based on his behavior. The man who rejected you was operating out of his own set of values. He may not value taking care of a child. He may not value building a family. Being honest may not be important to him. Most of all you are not responsible for his behavior. Feel better about yourself.

Remember most people do what is best for them and if your husband or boyfriend runs true to form he will do what is best for him (e.g. the adulterer Scott Peterson, 30, Michael John Fletcher and David L. Corn, 44, or the liar Mark Hacking, James Keown, 31 and Neil Entwistle). Scott Peterson, Michael John Fletcher and David L. Corn were adulterers who murdered their wives because they wanted out of the marriage but they did not want to leave the marriage empty handed or pay child support. Mrs. Melissa A. Corn, 35, had cerebral palsy and used a wheelchair. The mistress of Mrs. Corn's husband saw her body in the woods days before any one knew she was dead. Mark Hacking, James Keown and Neil Entwistle were three men who lied to their wives and others and to keep their lies from being revealed, they

murdered their wives. So if your husband or boyfriend believes what is best for him involves sleeping late into the day, staying out late at night, or having extra marital relationships, then this is what your husband or boyfriend will do. What you must do as a woman is to decide what is best for you. If you decide what is best for you is to stay at home and be miserable, listening in on his phone calls, checking his pager or cell phone then this is what you should do. But if you decide what is best for you is to live in a sound, healthy environment then you will leave and put some distance between you and your husband and boyfriend, severing all ties. Later after a divorce you will then seek a man who works and believes in honoring his wife. Regardless of what decision you make it will require you to change. Take a look in the mirror and ask yourself, "Who am I." Your answer should be, "I am a child of God made in His image brought into the world to make a difference." Once you make this statement to yourself get up off of your knees and go and make a difference in the world. One difference in the world you can make is raising a healthy, happy child.

Here is a premise that must become a foundation in your life. Do not lie to yourself because, believe it or not, lies will spill out into your life and will affect your children, your success, your marriage and all of your relationships. Lying to yourself can make you vicious and mean. You will be forever in conflict internally and externally. You must not lie to yourself. You are intelligent. You know right from wrong stand up and act like it. The greatest pain single women experience deep down to the core of their psyche is the lack of self-worth. This is especially true when you are a single mother or a divorced woman. The lack of self-worth affects your ability to think clearly and concisely. Your lack of self-worth is augmented by your thoughts of rejection. Therefore, you must make an effort to forget the past and all thoughts of rejection. Good self-esteem is the gateway to good and healthy thoughts that will enhance your creativity and productivity.

Do not dwell on the bad things that have happened to you in your life. Not dwelling on bad things means you are to forget the past. The past is dead. How can the past help you develop your future?

Lamenting the past will make you sick, and not nice to be around. If you go to bed every night extolling the past, you are sleeping with the dead. Clinging to the past will only activate anger and anxiety two self-defeating emotions. Give the past a memorial service and move on. Remember fear activates the Devil in your life but faith brings God into your life. Fear comes from an undisciplined mind. Do not open the doorway of your mind to indecision and fear. You must begin to speak to yourself constantly throughout the day in affirming phrases. Carry this book in your purse and select verses to read to yourself. Or put the book in the glove compartment and refer to it during your lunch hour.

Expect God's favor. Tell yourself this is a new day. Tell yourself there is life, peace and happiness in Jesus Christ. I have made him the Lord of my life and I believe I shall receive everything I have prayed for.

You must not get up every morning expecting defeat and failure in your life. When you become a chronic pessimist you have lost the battle. Your thinking has convinced you that life is not worth living that nothing is going to change. Stop telling yourself I have always been afraid. Begin telling yourself "I am no longer afraid of my future my best days are ahead of me." Fear can create a barrier in your mind. You must cast down the wrong imaginations. Act and work and live by faith. You must believe you are going to survive and live a fruitful life.

When you fear you are allowing the Devil to create a stronghold in your mind. You have given him license to operate in your life because when you prophesy defeat for yourself you are saying God's promises will not come to pass. Rise in the morning saying this is a great day for my children and I. I shall do well in this day and I will pass down victory and a long life to my children. Activate the power of God by your attitude of expectancy. God said according to your faith it shall we done unto you. You have to see yourself with a house and a car and happy children. Picture your dream in your mind. Let this picture play over and over and over again until it is firmly planted in the soil of your mind. Believe you are going to receive when you pray.

Stop being afraid quit fearing the worse. Say to yourself I believe every day my circumstances are getting better. God said He would renew my strength. I will not fail my children. Find the scripture you need for the day and speak it to yourself. You are going to receive what you pray for. You must change what you think and the outcome of your day will change. There is power in your thoughts

You cannot listen to the whispers of the Devil when he says you are not going to make it that you are a nobody unworthy of love and affection. You are to read God's promises and believe. One thing you must understand about God's promises His promises are actually prophecies because God always speaks in the affirmative. He always says I shall or I will. The use of I shall and I will means that what He says is a certainty a foregone conclusion.

I too was a mother who raised a child in a hostile environment. I went to the Lord and He delivered me.

One day I received an eviction notice in the mail, I had no food and my electricity was scheduled to be shut off. My phone was already off. A few days after receiving my eviction notice, I received a letter in the mail containing \$100.00 and a note from a friend of mine living in another state. What is amazing about this note is my friend had sent me \$60.00 a few days earlier to help me with my light bill. With the \$100.00 my friend sent me I had \$830.00 to pay towards my rent. I owed \$930.00. When I went to discuss my rent, the attorney said he would knock off a hundred dollars from my debt so all I would owe was \$830.00. A few days after my rent was paid, my sister came to my house and brought me half of a slab of salmon, lettuce, peanuts, and a melon. Two days earlier my sister had loaned me \$100.00 to pay on my light bill. Here is a copy of the note my friend wrote. With the help of Lanice Eddington and Shufronia Castleberry I survived the day.

8/4/05

Hi Gloria

I hope this can help. It's not much maybe I can send more later. Take care of yourself. God answers prayer. He hears you when you pray, keep believing God for miracles. May God Bless you.

Love, Shifloria

"I am the light of the world. Whoever follows me will have the light of life and will never walk in darkness."

John 8:12

## Finding The Light

We would like for you to imagine that you are standing in darkness, but there is a circle of light shining all around you. As you walk the circle of light moves with you. Now imagine you are walking toward another woman standing in darkness she is also surrounded by a circle of light. Now if you continue to walk toward her your light and her light will over lap. Now imagine that the two of you begin walking toward a third woman who is standing in darkness but also surrounded by a circle of light. As the two of you approach the third woman your lights will begin to over lap. Now there are three of you standing together in the light surrounded by darkness and you begin walking toward a fourth woman. What do you think is going to happen? The fourth woman's light will overlap the light surrounding the three of you.

Something else is also going to happen the illumination surrounding the four of you will be greater than the illumination surrounding any one woman increasing your visual perception. We believe every woman living in this country has a light surrounding her that can help solve the problem of domestic and sexual violence. We believe women must come together with their individual lights out of the darkness to illuminate all the dark shadows and folds hiding this awful crime.

“Today I am giving you a choice.....I am now giving you a choice between life and death, between God’s blessing and God’s curse, and I call heaven and earth to witness the choice you make.” Deuteronomy 30:19

If the women in this country and the world begin speaking with one voice to their fathers, to their husbands, to their sons, to their brothers, to their uncles, to their nephews, to their cousins, and to their grandfathers sooner or later the men in this country and the world will hear us and they will understand that they must join us in stopping Violence Against All Women.

Our voices must become a crescendo....and we must begin to work together. *Galatians 6:1 .....bear one another burdens... and rid ourselves of guilt and sin.*

## Introduction

You can make a positive difference in your life and the lives of your children by remembering to pray every day. Prayer opens the mind to possibilities and possibilities open the heart to hope, and pushes out despair. When God chose Abraham to populate the earth He made Abraham and His people three promises. God said, "If you believe in me your faith will heal you", "If you believe in me your faith will make you whole", and "If you believe in me you shall have everlasting life." God was telling man faith brings God's approval and God's approval brings health, wealth, and prosperity into one's life. There is a popular saying that "You are what you eat" but there is a truer saying that can change the fabric of your life and that saying is "You are definitely what you think." If you think living a better life is possible, your thoughts will show in your actions. You will awake every day working toward a goal expecting a new and different outcome to your actions. You will work towards going back to school, you will work towards finding a better job, you will work towards finding a larger home for you and your family; and you will work toward maintaining a healthy thought life. You will stop and evaluate your associates, leaving behind those individuals that take from your existence individuals who are toxic to your life and the lives of your family. If you believe in God, then you believe there is a way out. If you believe there is a way out, then hope will rise in your heart and you will expect for change to come. With change, the lives of your wife, your husband, and your children will be improved and happiness will enter your home. Below is an excerpt from *The Wall* regarding bringing change in to your life.

During the 1990s, Pastor Creflo Dollar, of the World Changers Ministry in Georgia, often said, "One word from God will change your life." He meant that if a man can get God to speak a word into his life, then that man's life would be changed for the better. Knowing this, the resulting question inside of a man is, "How can I get that one word from God? If one word from God will change my life, then I want that one word from God." Most men want change in their lives. Men want change in status, change in income, change in housing, and change in family relationships in their lives. So if one word from God

can change a man's life, how does a man get God to speak that one word into his life? Any man hearing the words of Pastor Creflo Dollar would be perplexed with the problem of initiating an action that would precipitate a change in God to act in the man's life.

We believe that a word from God comes when a man changes. We believe that when a man changes the way he eats, changes the way he speaks, and changes the way he treats his fellow man, change comes into his life through the word of God. This change in mankind is brought about when one examines his or her attitude. A person's attitude is a reflection of what he or she thinks. It is true that you are what you eat. But it is equally true that you are what you think. If you think you are a nobody, then you will act like a nobody and treat others with disrespect. If you think you are a somebody, then you will act like a somebody and treat others equally. If man changes the way he thinks, he will change the way he lives.

When man began to use fire, washed his hands, and boarded ships to foreign countries, man changed his life. Man changed his life because he changed the way he thought and changed the way he viewed things around him. Thinking is the essential element of change, and discipline is the basic element of thinking. Thinking, change, and discipline are the three ingredients that make up the selection process man uses to conduct his daily life. These elements govern the behavior of man. All three elements have to be working in harmony in order for a man to live a healthy, wealthy, and prosperous life. Now, how do you change the way you think you do three things? First you seek the word of God and you allow the word of God to flourish in your life. You must begin to walk by the word, live by the word, and think by the word. Fill your mind with God's word and changes will come.

Secondly, you begin a reading program. You begin reading book after book after book. You must expose your mind to the thoughts of others and to the world around you. These reading inquiries will bring new ideas and knowledge into your life. You will learn from the experiences of others. How can God enter your life and help you if you limit yourself by not seeking the knowledge of others.

Thirdly, you should begin reading the Bible. We are not advocating reading the Bible and memorizing the verses to spit them back to the congregation or to impress your pastor. We are advocating reading the Bible in order to evaluate God's word to see where His word is relevant in your life. We are not suggesting that you become a sieve for religious rhetoric soaking in every word spoken by your pastor regurgitating this information like a robot because Jesus was not a follower. He advocated original thought and most of the time he was at odds with the religious intelligentsia of the time, in fact, they are the ones who killed him. You are never to follow any man blindly. Any man or woman who says he or she is called of God, but who does not serve man, is not serving God. If the person who is ministering to you as a pastor is not a representative of Jesus, you are to leave his or her church and seek another (2John 1:9 Any one who does not stay with the teaching of Christ, but goes beyond it, does not have God).

*Do any of you think you are religious? If you do not control your tongue, your religion is worthless and you deceive yourself. What God the father considers to be pure and genuine religion is this: to take care of orphans and widows in their suffering and to keep oneself from being corrupted by the world.*      James 1:26

*My friends, what good is it for one of you to say that you have faith if your actions do not prove it? Can that faith save you? Suppose there are brothers and sisters who need clothes and don't have enough to eat? What good is there in your saying to them, "God bless you! Keep warm and eat well!" - if you don't give them the necessities of life? So it is with faith: if it is alone and includes no action, then it is dead.*      James 2: 14

Read your Bible intently it will tell you the characteristics of a man of God. You are not only to listen to what a man or woman says you are to watch what that person does. His or her deceit or his or her honesty will be in the behavior. This is why the remark made by Jesse Duplantis after Hurricane Katrina was so profound. Jesse Duplantis acknowledged on national wide television that people are suspicious of preachers and money. He knows there are preachers who mismanage money and do not minister to their flock. He knows there are preachers who say one thing in the pulpit but do another after church.

He told America any money sent to his church for Hurricane Katrina victims would be used to serve the people. He was not going to use a disaster to fleece the nation. He gave his word. Therefore, you must watch the men and women who lead you so that you will not become disillusioned with God. Remember Christianity is not a cult or a club for the weary it is an embodiment of the word of God that includes all men. You are to use God's word to heal your life to strengthen your mind to help you when the day is dark. The word of God can help you make that one more step to victory whereas the word of the Devil will cause you to take a step backward to defeat.

Every problem in your life is not meant for you to solve. Some of your problems you are to take to God in prayer and ask for guidance. When you give your problem over to God, you are saying, "Lord, I have done all that I can do; now I leave the way to your hands." This is change. Giving your problems to God for Him to help solve is a significant change in a person's life. One problem that you should take to God is asking God to show you how to change. To show you how to be a better man or woman; how to be a better husband or wife; how to be a better father or mother; how to be a better friend; how to be a better person, a person who contributes to the world; and how to be a man who tries to leave the world a better place than how he found it. We are not saying you should change for change's sake, but you should change for the betterment of your life and the lives of your family. Yes, one word from God will change your life, but getting that word from God requires effort and commitment and the love of God.

Exactly what are you prepared to do to bring change into your life?

## Section One



## God's Encouraging Word

There is Victory in Participation

Stop hoping that your prayers will be answered and start praying with confidence that you will have what you ask according to God's word. True success is not based on wealth or status; it is based on how well a person thinks.

You must change the way you think in order to bring what you pray for into reality. You are not going to bring any of your dreams into reality oscillating back and forth between two kingdoms the kingdom of positive thinking and the kingdom of negative thinking. Living a life of *maybe so* will not get you where you want to go. Your thinking must be changed. You must go from thinking negatively to thinking positively. And the only force on earth that will sustain you over time thinking positively in all areas of your life is the force of God. If you expose yourself to the word of God, you will be able to sustain yourself in time of lack and in time of trouble. It is important that you be aware of the words you speak to yourself and to others, and to be aware of your thoughts and the way you respond to every situation especially during a time of trouble. Put yourself in line with God's plan for your life by attending to His words daily and praying according to His word. God's words will transport you to a land where everything is possible to a land where you can be the person you want to be. Maybe it is time to try God. *Faith cometh by hearing, and hearing by the word of God.*

*Roman 10:17*

Every thing you do in life is a seed. There are spiritual seeds, mental seeds, physical seeds, friendship seeds and financial seeds. You sow seeds with your mouth. You sow seeds with your thoughts and you sow seeds with your actions. When you read God's word daily and pray daily your life will change because the word of God

will change your thinking and you will sow your seeds differently. The new seeds will bring a new harvest into your life. As you sow your seeds you should name your seeds as a projection of the harvest your desire.

"...words are a form of action, capable of influencing change.  
Their articulation represent a complete, lived experience."

Ingrid Bengis. American writer, b. 1944

Discover the depths of all that God has for you today by reading His word. If you are unhappy with your life, maybe it is time to change.

"If you do not read throughout your life you will never know what you do not know and your life shall reflect it because education and action is the beginning of knowledge."

Gloria G. Lee, American writer, b. 1945

## Section Two



### You Were Defeated Because You Failed to Believe In Yourself

"...the greater part of our happiness or misery depends on our dispositions and not on our circumstances."

Martha Washington, 1731 -1802

God's Encouraging Words was written to accomplish two things. It was written to raise the spirit and to comfort the weary. It was also written to give courage to the faint at heart and to teach one how to fight. You shall be the judge as to whether we succeeded at our task. We hope to demonstrate that courage is the most important ingredient in life and that when you exercise your courage against an unknown enemy or obstacle you are also exercising your faith in God. The more faith you have in God the greater your commitment will be to winning and the more courage you will exhibit. Happiness and courage are entwined you cannot have one without the other. There is no happiness without courage. Living on your knees is humiliating and unmanly.

Most men or women who are defeated in battle are defeated because of the lack of courage. They fail to believe in themselves. The battle is not lost because the opponent was more ferocious or braver or stronger. The battle is lost because the opponent was more confident. Most men or women who are defeated loose the battle at the starting gate they never get into the ring. They never run a lap around the track. Their minds are plague with self-doubt. They are constantly saying to themselves "What If?" "What if she does not like me?" "What if I can't find a job?" "What if the university does not accept me?" When a person's mind is filled with thoughts of "What If" that person is defeated before he or she comes up to bat. This is why so many college freshmen never finish college. These children go through the hassle of taking the SAT Test, applying to hundreds of college, driving to the university, finding a spot in the dorm and the

first time they flunk a test or the professor tells them they are not college material they quit. They have no staying power. They have no will. They scamper off home allowing someone else to define their destiny.

Courage like anything else must be exercised. If you do not exercise your courage, you will begin concentrating so much on your fears that you will not be able to meet the challenges of the day. Your mind will be so filled with fear that you will not recognize the obvious. To develop courage one must consistently face his or her fears. You can face your fears by first recognizing when you are afraid. Be honest with yourself. Admit to yourself when you are afraid. "I am afraid to apply for a job. I am afraid I will not know what to say or how to counter the interviewer's questions or how to promote myself." Fear can be overcome when you take the time to examine your fear. To overcome your fear you must be honest with yourself. You must confront your fears by asking yourself "Exactly what am I afraid of, what is causing my fears?" Do not camouflage your fears by telling yourself a lie. Openly admit to yourself when you are afraid. Identify specifically what is troubling you then confront your fear with a solution. Fear can be overcome with the word of God because God said, "Take me into battle with you and you will win." All of God's promises are affixed in triumph, all of God's words are prophesy. Whenever God speaks he speaks in the affirmative. Pray for insight into your problem. Ask God for instructions. King David took God into battle with him. Saul took God into battle with him. Saul was undefeated until he defied God. If you want to overcome your fears, take God into battle with you. You will soon learn that when you believe God is with you, fear will leave you. And for heaven sake please learn to read. Go to your local library and learn to read. Fear dissipates with knowledge. The more you know the more confidence you will exhibit. Try reading a book a month. Change the television channel to your local PBS station. Watch the Discovery Channel or the History Channel or the Biography Channel. Find out what children are doing around the country. Go to the museum. Do something to bring new information into your life. The weather changes so should you.

If you are afraid you are going to lose your job, start making preparations to learn another skill or another trade. Do not say to yourself, there is nothing I can do. Do not sit there developing