Father God,

I always put you first in my life because you are my protector, provider, comforter and my all in all. I give you all the praise, honor and the glory for the breath in my body to see another day. I pray that the holy spirit guides my thoughts as I write this book. I pray that my book bring healing to everyone’s mind, body and soul. Give them eyes to see and ears to hear as they open their hearts to receive a blessing. Father God, the joy of having a relationship with you gives me strength and therefore I’m grateful to do your will and bless others.

**INTRODUCTION**

Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

1Peter 5:8

Has there ever been a time in your life where you’ve felt like the devil is always bothering you. The freedom that I gained when I closed the door to the strongholds in my life has opened back up due to certain scars and pain. The devil stole my freedom away from me during the time in my life when he saw that door open back up because he knows my weakness. I begin to realize that the cause of the door opening back up can have a different effect on you mentally, physically, emotionally and spiritually.

The mental state is all in your mind that becomes overwhelmed and then depression begins to set in. Your mind is all over the place as if it’s detached from your body. You’re standing there and watching your head roll down the street in many directions and you’re yelling for it to come back. Your head is trying to escape the toxic body that you’re living in, it’s had enough also. The nightmares, sleepless nights, and toxic deep thoughts aren’t making things any better. You’re trying to plan your escape and go into hiding. Then you realize that that’s not going to make the problem go away.

The physical state is when you’re carrying so much baggage around, to the point that your health slowly begins to break down internal and external. The doors of infirmities (sickness and disease) are open when there’s things you’re holding onto that is toxic to your body. Those things could be deep dark secrets, stress, or anything that’s wearing you down, to the point your body feel like dead weight. Letting go of those things that’s keeping you from moving forward in life is a good way to close the door to infirmities (sickness and disease). Self-care is a part of the healing process and is very important in order to getting your life back, so you can live in peace

The emotional state is an outcome of the mental and physical state and this where it becomes serious. Your mind is communicating with your body and your emotions and there’s no way to control it no matter how hard you try. These emotions such as becoming angry, crying, complaining, happy, sad, etc. Emotions has taken over you and when you look in the mirror, you ask yourself “What is wrong with me? This is when you know it’s time to talk to someone about what you’re going through or get some counseling before things get out of hand.

The spiritual state is an effect of the mental, physical and emotional state when you’re going through something and you begin to question your faith and trust in God. When it comes to reading the scripture and praying has all ceased realizing that it’s not the answer. You’re running around in circles trying to find your Happy Place. God was trying so hard to get my attention, but I wouldn’t listen. I didn’t have eyes to see or ears to hear because I had shy away from God. I finally fell to my knees and realized that God was my Happy Place all along.

Cause and effect mean there is always something that caused the effect (outcome) of your mental, physical, emotional and spiritual state. These causes could be physical, verbal and emotional which can damage a person for the rest of their lives. Always remember to not allow fear to keep you from living in happiness, stress free and at peace. God is the only one that can take away all the hurt and pain if you just put your trust in him.

Father God, I’m ready to birth this baby that I’ve been carrying for years when it only takes nine months to give birth. I’m going to push and push until this baby comes out. My baby’s name is Freedom and I’m ready to feel its presence. I’ve been holding on to this baby, which is tearing me apart mentally, physically, emotionally and spiritually.

\*MENTAL STATE\*

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God

Romans 12:2

CHAPTER 1

\*ABUSE\*

He healed the broken in heart, and bindeth up their wounds

Isaiah 147:3

“In the midst of our lives we must find the One who tends to our scars, mends our hearts, and heals our souls (Aisha Mirza)

Abuse is the cause of the mental state and implanted into my womb which is the beginning stage of my spiritual birth. When it comes to abuse whether its physical, verbal, controlling or sexual could cause everlasting scars that leaves a long-lasting effect. The abuse could be caused by your spouse, companion, family member, etc. The devil comes into your life unannounced and uninvited because he knows your weakness. Opening up to anyone about what you’re going through or have been through behind closed doors is difficult because sometimes they don’t understand, especially if they haven’t experienced abuse. There is so much going on in your mind to the point it seems like it’s a battle going on in your brain. There are so many options that you could come up with, but too afraid to choose one, so you’re sitting there wondering, “If I tell someone about my abuse would they believe me?” The odds are against you because the system makes it hard for a victim of abuse.

When you go through abuse by someone that you thought loved you, then there is so much damage that can be done. The wounds and scars that comes from abuse is a struggle to heal from because I’m letting my thoughts take over. The only way I’m going to completely heal from this is by telling my story in order to help others who are going through or has been through what I’ve experienced throughout my life. It’s time for me to open my mouth and my heart and share my testimony. I’ve done a lot of damage to myself for trying to hold everything in because all I was doing was poisoning my mind, body and soul.

This is the very reason when someone is a victim of abuse sometimes keep it to themselves and it takes over their lives. You don’t want to share your story with anyone because it seems like you’re always the one at fault. I’ll never judge anyone that’s going through something in their lives because I’ve been there myself. What I’ve been through throughout my life was unexpected and I never thought this would happen to me but it’s just how the mind works.

You begin to blame yourself for what happened to you or question yourself, “Why did this happen to me?” Even though, you won’t get an answer it just feels good to ask yourself this question all the time. Of course, I prayed all the time and spent time with God, but my mind was so overloaded with toxic thoughts which the devil had taken over and I couldn’t hear from God. God was always there but my mind wasn’t focused to hear him speak.

There was no way anyone could notice that I was going through anything because I always kept a smile on my face (exterior), but deep down inside (interior) I’m hurting, I’m damaged, and my mind was all over the place. My body was feeling like pieces of a puzzle scattered all over the table trying to put the pieces back together, in order to feel whole again. My focus was on healing before it gets so out of hand that I couldn’t find myself.

Abuse comes with a lot of baggage and weight that you can carry throughout your lives if you don’t forgive and “Let go and Let God.” It’s not an easy road, it’s a process that takes time and patience. God is my doctor, healer, protector, my all in all. God is all that I need to bring me to the inner peace that I’m searching for in order to heal these open wounds. It’s time for a change in my life, “Change is good” that sounds great and God is in control. There is so much that I’ve been through in my life, this is why writing is a part of my healing process. God has us go through things in order to test our faith which only makes us stronger and wiser. The devil will try to distract you, but he will not get me because I’m too strong for him and I’m a woman of God. I put my trust in God with all my heart and soul.

The devil saw my weakness because of my hurt and pain and has been in and out of my life walking beside me holding my hand feeding me lies, telling me he loves me. I was blind and thought he was there for me, but he deceived me. God gave me eyes to see and ears to hear and says, “No more will you use this woman of God” all she has been through. God says, “I will not let this go on any longer.” You live and you learn, that’s what life’s about. I’m speaking out because it’s been so hard to live a normal life with a peace of mind. I found my healing through spending time with God and writing about all the things that’s on my mind.

Father God,

I want to thank you for healing me of my wounds so I can have eyes to see and ears to hear. Putting you first in my life allowed me to have forgiveness in my heart in order to continue receiving my blessings. Father God I just give you all the praise, honor and glory for allowing the Holy Spirit to guide me and giving me a peace of mind to always focus on your word. I know that you have me covered throughout my spiritual birthing in order for me to have Freedom.

In Jesus’ name, I pray.

Amen

Chapter 2

\*DEPRESSION & SUICIDAL THOUGHTS\*

\*DEPRESSION\*

Come unto me, all ye that labour and are heavy laden, and I will give you rest

Matthew 11:28

The effect of depression is an outcome of abuse, which is damaging the mind, body and soul even more. This is a major disorder that’s been added to my womb due to me feeling lost. I’m feeling nauseated (sick to my stomach) and weak. I’m running around in circles trying to find myself. The crying, sleepless nights and deep thoughts are over coming to the point it’s taking over my life. I didn’t even know who I was anymore because the devil had me hostage.

I would stand in front of the mirror and ask myself, “Who are you?” “Where is Stacy?” If the mirror would answer back, then it’ll make me feel better because my body was here, but my mind and soul was lost.

I always kept a smile on my face which is normal for me but deep down inside the hurt, pain, scars and wounds was making me nauseous. I would cry out to God to please help me. “Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee,” Hebrews 13:5. God was always there but I couldn’t hear him speak because I wouldn’t let go of the heaviness and give it over to him. I’m thinking I could do it on my own, but it doesn’t work like that because God is my protector, comforter, provider and my all and all.

Depression is real and each time that I’ve been through depression it’s been a different outcome. The devil is always sitting there laughing while I’m suffering, but he should know by now that I always get the last laugh because I’m a child of God.

\*SUICIDAL THOUGHTS\*

For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

Jeremiah 29:11

When you begin having thoughts of suicide then your life has become serious and it’s time to come back to reality and get a relationship with God. The weight of everything had overpowered me until the point it brought me to my knees. I’m on my knees crying out saying, \*God suicidal thoughts has been added to my womb.” The devil had taken over my mind and my thoughts while I was going through depression. I was having deep thoughts about all the struggles, trial and tribulations that I’ve went through in the past. All I could think about was it wasn’t getting any better so why not just end my life.

I’m already on prescription medication and I could hear the devil whispering to me to take extra pills and I would just shake my head and yell out \*NO, LEAVE ME ALONE\* and begin crying continuously. It felt as if I was dreaming but it was real and now, I understand when someone says that they hear voices talking to them because the devil gets into your mind and take over your thoughts. “Put on the whole armour of God, that ye may be able to stand against the wiles of the devil,” Ephesians 6:11.

The devil was always talking to me and that’s where my suicidal thoughts was coming from. I literally was trying to do anything to find my happy place, but the devil always found a way to spoil it. I kept fighting him off and told him, “You will not win this battle.”

I begin to constantly study the word of God and turn on my praise and worship music to allow the Holy Spirit to fill the room. Then I started to realize why the devil wanted me to end my life because I am a powerful woman of God and he felt threaten by me. There are many times throughout my life that the devil tried to end my life, but God spoke to me and says, “Stacy wake up, you will not die, you will live I’m not finished with you yet.” I’m looking forward to the birth of my baby name “Freedom” which is going to be a joyous time, but I have to endure this pain for the next seven months.

Father God,

I want to thank you for always being there when I needed you. The devil took over my mind and my thoughts to the point that I was mentally scarred. I’m willing and able to do what you ask of me and do your will. My mind is focused on you because there’s no other like you. I’m at peace now and for that I’m grateful.

In Jesus’ name, I pray.

Amen

\*PHYSICAL STATE\*

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own.

1 Corinthians 6:19

CHAPTER 3

FEAR & ANXIETY

FEAR

I sought the Lord, and he heard me, and delivered me from all my fears

Psalms 34:4

Fear can be an effect of your (mental state) or many of things. My fear was an effect of abuse. The devil says, “I got you under my control.” That’s where fear takes over your body (external and internal), which is a result of the physical state. My womb can’t take anymore, now fear has entered into my womb and I’m only three months.

I allowed fear to control my every movement, sound and my life. I would jump from the sound of anything out of fear. I had a heartened heart against men to the point that I became very defensive. If a man would just simply say, “Hello” I would say, “Don’t talk to me in a fearful tone.” When I would be in the store walking down the aisle, I always looked down when a man was coming toward me because I was afraid to look them in the face. I always looked down at the floor or would turn around and go the opposite way because I thought they were out to get me. I know my mind was playing tricks on me but that’s what happens when you’re not focused on God.

My whole aspect on life didn’t seem normal to me or maybe I was just imagining things because instead of questioning myself, I knew whom I was supposed to talk to. I got down on my knees and said, “God what is wrong with me?” “I’m not myself please, please, please, I’m crying out to you.” Then I realized it’s me that needs to get myself together because I’ve allowed myself to shy away from the word of God. God is right there with his arms folded just looking right at me, protecting me, comforting me, but it’s me that’s not focused and have faith in God who’s the only one that I needed in my life.

Fear can destroy your life because you’re in fear of moving forward, so you stop and turn around looking back down the very road (the past) where you don’t need to go because it’s not good for you spirit. I felt trapped as if I was in a maze trying to find my way out. I could hear a voice saying, “Stacy” but I was hiding from the voice because of fear. I didn’t know if this voice was trying to harm me or help me. I know now that it was the voice of God who was always there to help me because he knows me better than I know myself.

ANXIETY

But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.

1 Peter 5:10

Anxiety is an effect from fear, and this is where it becomes uncontrollable unless you keep God first in your life and continue to have faith in him. So now anxiety wants to enter my womb and team up with fear and attack me. I’ve put my mind and body through so much stress that I would have panic attacks. Panic attacks are when the devil is sitting back waiting on his timing to attack. I could be doing great one minute and then the next minute my heart begins to beat fast as if it’s beating out of my chest. I begin to feel like I’m having shortness of breath, sweating and feeling faint. That’s because my mind and body is taking over me externally and internally.

When I felt like anxiety was beginning to take over then I would begin praying and asking God to allow the holy spirit to consume me to stop the anxiety before it takes over. Fear and anxiety work together like a tag team and you can’t live a normal life because of the stress. Fear and Anxiety isn’t in God’s plan or timing because he wants us to be in perfect peace.

Father God

I’m giving my fears and anxiety over to you. I realized that I can’t do this alone and I would like my mind, body and soul to be at peace. Allow the holy spirit to consume me so I could feel your presence. I can now rejoice and praise you for taking away the evil and turning it into good. Thank you, God,

In Jesus’ name, I pray, Amen.

CHAPTER 4

SHAME & ISOLATION

SHAME

But thou, O LORD, art a shield for me; my glory, and the lifter up of mine head.

Psalms 3:3

When it comes to shame, I began to feel like that everything I’ve been through someone knew or could see it written all over my face. I became so confused because while I’m talking to someone, I was trying my best to not to look them in their face. I became fidgety (nervous) because even though I haven’t told anyone what I’ve been going through, I assumed that they knew. That was my guilty conscious and my damaged soul deep down in my womb that was ashamed causing me heartache and pain during my fourth month of my spiritual birth.

I would always blame myself for all the deep hurt, wounds, scars and baggage that I was carrying around and said to myself, “You deserve it.” Maybe I did or maybe I didn’t, my mind was too far gone at this point because I thought it was normal. There was a part of me (heart) that wanted to talk to someone about what I was going through and a part of me (mind) that didn’t because I knew they wouldn’t understand. God says, “I’m listening, and I understand.”

ISOLATION

The righteous cry, and the Lord heareth, and delivereth them out of all their troubles. The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

Proverbs 34:17-18

I would always go into isolation in my home on my days off from work by not coming out the house and isolating myself in my room. It could be one, two, up to three days in a row until the sun would blind me when I did step out to get some fresh air. My self-conscious was bad and I just didn’t want anyone to see me because I felt like I just wanted to be alone and waddle in my self-pity.

God knew what I was going through, he was just waiting on me to talk to him. I know now this is why I stayed in the housed because it was a part of God’s plan to and get my attention because it was just me and him. I feel ashamed because I didn’t put my faith in God. God was always there protecting me and talking to me into lifting my head up. God heard my cry and knew my heart was wounded and he saved my soul.

Father God,

I just want to give you all the praise, honor, and glory for delivering from shame and isolation. You heard my cry from a wounded heart and said, “Woman of God lift your head up for I know the plans that I have for you.” I’m now walking in boldness and ready to do your will.

In Jesus’ name I pray.

Amen

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CHAPTER 5

INFIRMITY

And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself. And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity.

Luke 13:11-12

The cause of my infirmity (sickness and disease) was an effect of my mental and physical state. The baggage that I’ve been carrying onto which has wore me down to my knees. I’ve been holding on or battling my scars, wounds, hurt and pain my whole life. I haven’t been completely healed so it’s tearing me up externally (outside) and internally (inside). This is where infirmities come in and take over your body.

I allowed these certain things build up and up and up to its highest level until my body became toxic from head to toe and begin declining. The sickness begins at a minor stage and then gradually becomes out of control because I didn’t think that I needed healing. The doctor would tell me that I have epilepsy and lupus, diseases that I never heard about. I began to ask myself, “Where did this come from?” This couldn’t be a generational curse because there’s no one in my family that has this autoimmune disease.

I was broken down into pieces and there was no life left in my mind, body or soul. My body was tired and worn out and I was trying to get my life back. God spoke to me and I opened my bible and he revealed this scripture to me.

A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

Proverbs 17:22

My spirit was definitely broken, and I was yearning for a merry heart, so I raised my hands up and asked, “God Breathe Life in me.” When you hold onto wounds, scars and pain it becomes toxic to your mind, body and soul and this causes infirmity (sickness and disease).

Father God,

You are my healer and I want to thank you for healing me from infirmities. There was so many times that I wanted to give up, but you would whisper in my ear, “I’m not through with you yet.” Thank you for healing me from these wounds which had taken over my mind, body and soul. My trust has always been in you God forever and always. I give you all the praise, honor and glory.

In Jesus’ name I pray.

Amen

EMOTIONAL STATE

A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

Proverbs 15:13

CHAPTER 6

BITTERNESS & ANGER

**BITTERNESS**

Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled.

Hebrews 12:14-15

Bitterness is another feeling that I’ve experienced from all the hurt and pain. Bitterness is the root and my whole body is an example of a lemon. I’m watering my body with bitter tears, I have a bitter taste in my mouth, bitter thoughts in my head and my stomach is sour because of bitterness. I’m hiding all this hurt and pain behind my bitterness like a shade tree.

The bitterness is controlling my emotions to the point that if any man would look or even talk to me, I would snap at them out of anger. The abuse that I’ve went through has caused me to have a hardened heart against men again. I thought that I had closed the door on this, but some healing was still needed and when harm was done to me the door opened back up again.

The root of bitterness causes anger which begins to trouble you into having devilish thoughts.

**ANGER**

Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil.

Ephesians 4:26-27

The bitterness within me caused me to produce anger that was uncontrollable. The quick temper and thoughts of revenge of getting back at the person that caused me so much hurt and pain was my focus. I was even angry at myself because of my decision to not move forward with revenge or destroy someone’s life.

I asked myself, “Should I destroy their life like they done mines?” Then I thought about if I allow my anger to control me to do evil by listening to the devil, then I won’t receive the blessings that God had in store for me. I’m so glad that God has humbled me because two wrongs don’t make a right. I feel grateful that I didn’t give place to the devil and let go and let God.

Father God,

I want to thank you for removing the root of bitterness that produces anger out of my life. Thank you for humbling me and blessing me with a forgiving heart. I put my faith in you God in order to do your will by being a blessing to everyone’s mind, body and soul.

In Jesus’ name, I pray.

Amen

CHAPTER 7

UNWORTHINESS

But even the hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows

Luke 12:7

Unworthiness is an effect from what I’ve been going through mentally and physically. My emotions have completely taken over my life and there is no way of controlling them no matter what I do. I feel like a big puddle of water that’s just sitting on the lawn from the rain (my tears) that’s been flowing nonstop daily. The puddle can’t dry up unless it stops raining and the sun comes out bright and shiny. My tears won’t dry up unless I shake this unworthiness feeling so I could lift my spirits up and begin to smile, be happy and at peace again.

Trying to shake this feeling of unworthiness is hard and I’m still trying to find myself. It’s if the old me is standing on top of the mountain looking down at the (unworthy me) yelling, “Hey Stacy, I’m up here on top of the mountain.” I’m trying my best to climb up that mountain to find myself, but it’s been so hard and it’s a process which is easier said than done. I never understood when someone says, “I’m trying to find myself,” but now I understand and can relate to them.

I feel like my life is a pattern (circle) that goes around and around without stopping. The same sequel of events (hurt and pain) happens to me over and over again, but the healing process is different. The healing process becomes more intense each time because I haven’t completely healed from the previous events (hurt and pain). God, I realized that you the number of hairs on my head and everything about me from head to toe.

I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.

Psalms 139:14

Father God,

I want to thank you for casting out the spirit of unworthiness. I will no longer allow fear to take over my life causing me to think that I’m not worthy because I put my trust in you. God, I know that my life is valuable because you made me with love. I give you all the honor and glory for everything you’ve done for me.

In Jesus name I pray

Amen and Amen

SPIRITUAL STATE

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.

Galatians 5:22-23

CHAPTER 8

UNBELIEF

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

1 John 1:9

The spirit of unbelief is the very thing that came over me, because I was worried about what was going on in my life than my faith in God. Unbelief (Incredulity): which means withholding or refusal of belief (religious unbelief) which is blind, to a great extent (infinitely) (Webster’s 1828 Dictionary USA).

My faith and trust in God was still there in my heart but I just simply gave up on everything that was very important in my life and that was my relationship with God. I stopped praying, believing, reading the bible because I felt as if it wasn’t doing me any good. There wasn’t a mustard seed of faith left in my mind body and soul to believe that my life was going to change.

My mind was so overloaded with toxic thoughts that I couldn’t hear from God, no matter how much I prayed or spent time with him. God was always there for me, but I wasn’t there for him because I was lost. My mind was on a million things and nobody realized that I was going through all this hurt and pain because I didn’t look like what I was going through.

I became discouraged with myself because I couldn’t find God no matter how hard I tried because “my faith was weak” (1828 Webster).

Jesus said unto him, if thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.

Mark 9:23-24

I got down on my knees and cried out to God to please help me because I didn’t want to not believe in him. I know in my heart that I put my trust and belief in God but there was a part of me that could feel that I allowed the hurt and pain to forget about God. Unbelief can be blind (1828 Webster) because you can’t see or realize that you’ve forgot about God, but he knows because he knows your mind, body and soul.

CHAPTER 9

FREEDOM

Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

Galatians 5:1

CONCLUSION

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you.

1 Peter 5:6-7