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\*

(FIRST TRIMESTER)

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\*

(FIRST MONTH)

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 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 can’t find myself.

Abuse comes with a lot of baggage and weight that you can carry throughout our lives if you don’t forgive and let go and let Go. 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 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\*

(SECOND MONTH)

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. 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. 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 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\* and begin crying. 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

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