Fighting off Rejection

Outline

1. Understanding Rejection

**Section A. What is rejection? Did you inherit it or is it something you placed on yourself?**

Chapter 1. What is rejection? Define rejection.

1. Examples of rejection
2. Phases of Rejection

Chapter 2. Where does rejection come from? Spiritual aspect

1. Generational
2. Relational

Chapter #3 When did rejection enter me?

1. Birth
2. Childhood
3. Abuse
4. Death
5. Relationships
6. Church
7. Divorce
8. Healing from Rejection

**Section B. Now that you know the root cause why are you focused on the symptoms?**

Chapter #4: The process of healing from rejection

Chapter #5: How to respond to new rejections.

1. The Aftermath of Rejection

**Section C. Rejection has a smell and others that deal with it can see it on you.**

Chapter #6: The residue rejection leaves.

1. Total Freedom from Rejection and Residue

**Section D. Do you live in a place of freedom or is there still evidence you just came out the fire?**

Chapter #7: What should the other side look like now that you are free.

Introduction

What if I told you that everyone has been rejected. Would you agree or disagree? I can't speak for all, but most people at some point in life have experienced rejection. However, there are others of us who suffer from the spirit of rejection. Not only are you rejected, but you build a lifestyle out of rejection. Which keeps you from your potential because you see and view everything through the lens of rejection. In the since that we all experience rejection some see it as a ladder to climb, while others see it as defeat and will not even try anymore.

Rejection can happen in many ways. I’m here to breakdown what rejection is according to the world as well as how God sees it. There are a few other areas I will be covering. For instance, where does rejection come from? Is it inherited or were you taught this? What rejection looks like from the natural eye as well as the spiritual realm. What do the process of healing look like? Does rejection have residue that others can see? Is rejection just a thorn you learn to live with, or can you have total victory in life beyond rejection?

Allow me to take you on a journey of my life as we define the spirit behind rejection, and the revelations God has given me to help others identify what is hindering them.

**Chapter 1 What is rejection?**

Chapter 2 Where does rejection come from? Just giving a glimpse of what it will be about

Can you believe it that at one point God rejected us. When Abraham had a child without his wife Sarah that child was rejected. That was a whole generation of people that was not considered the chosen people. If you were not a Jew back in Old Testament times you were rejected.

**Generational**

Have you ever considered Generational rejection. You often hear about relational rejection which we will discuss later. But we were rejected as a people first. We were brought to a country where the people did not like us. They used us as slaves. That is rejection at its finest. And to think it started with our own people. Even other parts of the world reject Black Americans. Depending on what part of the country you were born in, certain cities reject you. The people in your neighborhood reject you. Then you may be rejected based on your gender referring to male and female. Then rejected in our personal families. The list could go on. We have the opportunity to be rejected in every area of our lives. Rejection stems from the beginning of time. I have more to write.

**Relational**

**The beginning will start off addressing relational rejection. Followed by personal examples of it.**

**Think about the first time you were rejected. Well, the first time you remember being rejected. Most of us were rejected before the time we remember. For now, let's just stick to the time we remember. I want you to sit in that place. I want you to remember how you felt. What was going on, who you were around. Okay sit there a little bit longer. I know this is not always a pleasant feeling remembering the first time being rejected. For many of us the first time being rejected might have been a bit confusing, you weren’t really sure what happened. You questioned a lot and that's normal. It is usually not until the second or third time you realize rejection just happened. Even then some of us are still not sure how to put it into words.**

**However, once your brain notices a pattern it goes into protective mode. Just like our body. According to better health.vic our “immune system keeps a record of every germ (microbe) it as ever defeated so it can recognize and destroy the microbe quickly if it enters the body again.” That second and third time your body experience pain through rejection your brain begins to create a plan of action. It no longer wants you to feel the pain of rejection in that area. This is what I mean when I say you create a life around rejection. Just like our body naturally fights off disease, the goal is to prevent it from happening again. Same thing happens with us even from a mental state. When your body doesn't like a particular action and it says oh no how can we prevent this from happening. So naturally it creates a plan that you might not even be aware that you are creating. Whether it being you no longer want to go certain places, or you stop talking to people. The minute your brain sees stuff happening, you will volt. Your mind naturally creates a plan to keep you from being hurt is the same way our body naturally creates a plan from us getting sick again. This does not always work but our body still goes into protective mode regardless. In actuality this sometimes causes us to get hurt even more, because instead of us dealing with that rejection, seeing why it bothers us, or why it triggered us, we begin to compartmentalize it. We just tell ourselves that hurts and I feel rejected without having a conversation with the people who actually hurt us. This now creates a door for the spirit of rejection to come in.**

Chapter 3: When did Rejection enter Me?

**Birth**

Unknowing, to my surprise I was born into rejection. I was a product of date raper according to my mother. She had been dating this man for about a month. They met at a party and they both were dancers. He took her on a date. She was only 15 at the time of conception. This young man was 4 years older. I only have my mom’s version of the story. I found this out years after my father died. So, here begins my journey “rejected from the womb”. My mom did not want me, how could she I was a reminder of her innocence being taken away. How her life would change forever. Can you imagine at age 15 knowing if you finished school you would have to do it with everyone knowing your sin. Oh, the humiliation that she must have faced. (Section not finished)

**Childhood rejected through yes.**

Abandonment now I’m sure my mom wouldn’t call it that because in her eyes she didn’t abandon her child who would ever want that to be their title or be associated with the word abandonment, but in my eyes as I grew up that’s what I seen. Now at the time that you’re in it, you don’t consider it. You don’t think that’s it. Don’t get me wrong, I knew my mom loved me, but the issue was my mom gave me everything I wanted. No matter what I asked for she figured out a way. I don’t remember too many times my mom telling me no which is kind of like a contradiction for the spirit of rejection. Meaning that rejection means to be told no, to be overlooked. I didn’t know it was like an oxymoron. Meaning my mom always said yes, she rarely said no. I probably can count on one hand how many times she told me no. At the same time the spirit of rejection is when someone constantly keeps hearing no. For instance: no, I don’t want you, no I don’t need you, no we got somebody else, no you’re not good enough, no to the no to the no no no. But with my mom it was always yes, yes, yes, yes, and yes.

So, as you read earlier, I told you that my mom had me when she was young and so I probably would say that my grandmother raised me to some degree because when you are 16 and have a child, you’re not raising a child you are a child as well. You’re still being raised yourself and so I get it. I understand she was young she didn’t know what she was doing. Totally get it but that didn’t change the way I felt about it in those moments. It was a time when I didn’t understand, when I didn’t know what to think about it, at eight or nine years old you didn’t know that your mom had you when she was 16. You don’t know how to put the ages together. I wasn’t like oh my mom was only 16, like you’re not doing that. Honestly at thirteen, or fourteen I don’t think I knew. I can’t remember what age I found out but even when I found out I still didn’t know what that meant. I think I only knew because they were trying to keep me from having a child when I was a teenager. So, I wouldn’t be a product of what my mom gave me or how she had me. So, I knew from that point of don’t have a child when you are a teenager, but I didn’t understand like I understand now. For instance, she was a teenager, and she knew nothing. We grew up together, at the time you are being molested, sexually assaulted you don’t think about your mom as oh she was young, she didn’t know any better. Your thoughts about your mom are where are you at? Why are you not here? You didn’t protect me so it’s crazy to think that my mom never told me no but yet I develop the spirit of rejection and it’s because no didn’t come from her mouth, but it came from her actions.

**Abuse** (Section not finished)

**Rejected through death.**

I remember around 1987 I found out my grandma had breast cancer and my mom sent me away to go stay with my other grandma on my dad’s side. Basically, while she went through the hardest part of her life to only call me back to come to the funeral. Sometimes as parents we do the worst thing to our kids. I get you don’t want me to see her in this state, but at the same time you take away the very thing I know and love that is dear to my heart. Then when I come back, she is gone, make it make sense. How did you protect me? Because you got to say goodbye and I didn’t. So, again how did you protect me because you didn’t want me to see that she was sick? Well, she was sick before I left and so being away and wanting to see her and not knowing how she’s doing was more hurtful than being there to see it. You can’t unsee what you know. Then to come back and she’s gone yeah, I don’t think they thought that all the way through. If anything, have a conversation with your child explain to them the transitioning that is happening. Because at some point, we know, all of this at some point in time is going to happen. And it didn’t mean I had to see everything right, because I get you want to protect your child. But there could’ve been a better way. There is always a better way, and from that point on rejection was like a freefall for me. Because now the one thing that has been stability in my life is now gone.

Shortly after my grandma died, I lived with her best friend. Not sure for how long, but this was my first time not living with family. Although they became my family. She had two daughters and one son. They were all older than me. They lived in the same neighborhood. They lived in a trailer which was nice compared to the project apartment we lived in. What we would call a duplex now. I grew up different than most kids my age at the time. I knew more than I should have at my age. It was due to most of the people I hung around being older than me. I lived there because I didn’t want to change schools. My mom was living in another city and was still married. This begins my journey of living from house to house in and out of my mom’s house on the weekend. Most of them were family members or friends of the family. A lot of it was due to me wanting to go to a particular school, but this is where I talk about my mom never telling me no. No matter what I asked for I received.

You know how kids ask for stuff that should be a definite no? Well, when they don’t get their way, they may throw a tantrum or may even say I hate you. Other phrases could be I don’t want to live with you, I want to live with my grandparents, or I want to live with my dad. Most of those times you tell your child to go to their room and don’t come out. Then they get over it. They get mad but you tell them they better get glad. Maybe the worst thing they could do is run away and then come back. Well, my mom was different when I asked, she was like ok you want to stay where? I got to stay with all these people, now some would be family don’t get me wrong they wouldn’t be complete strangers, but they weren’t my mom. So, though I knew she loved me she still left me to pursue her own life.

Because I’m telling you now with my child, I don’t care that she doesn’t want to be here, she doesn’t have a choice, she isn’t going anywhere. You must be careful cause those same spirit that my mom had on her you know it came down to me and I did the same thing to my daughter me and my ex-husband was going through a rough time, and we were going through separation talking about I’ll get a place and you get your own place. I didn’t want my daughter to see that, I didn’t want her in the mist of that, so I sent her to live with her dad. It was for the summer, which wasn’t unusual, she always went down there for the summer. The problem was she didn’t come back in the fall because I had such a hard transition, trying to do this thing on my own and provide for myself, and I was lacking in so many areas that I didn’t want her to see my struggle. So, I let her dad keep her for her sixth grade first semester and what started off as temporary last of a year. What I mean by temporary is she will stay the first semester and then it’s was like well why not let her finish the second semester. But then I heard the Holy Spirit like you’re not going to be like your mother go get your child.

She had a stepmom, and I knew they cared for her but at times I didn’t like what I would hear from her in their treatment of her. Not to say that it was all bad, but you know as parents you are ok with certain stuff and certain things you are not ok with. I’m like they did what? No worries I’m coming to get you. Then I broke the curse you won’t go from house to house, you’re going to live here. Whatever trials and tribulations we go through we are going through it together. I’m going to do my best so that you don’t see that we struggle but you will know your mom is here. You will know your mom loves you. You are going to know that sometimes your mom doesn’t have it, and your mom can’t afford it. But one thing you will know for sure is your mom has your back. You will not be staying at anyone else’s house. And I will do my best to limit who has the ability to abuse you.

**Relationships**

I want to take this time to break down rejection that I have endured and face through relationships and what I mean by that is just taking you on a little journey of rejection one after the other, and still not totally getting all that God has for me. Do you know that when a man cheats on you it’s just another form of rejection. Most of us would all agree with that. However, a lot of the time we say it’s not you it’s him. Let be honest it does not feel that way when it happens. For instance, it’s not like they cheat and leave. They cheated and still want you. It would be easier if they left. But instead, they say I don’t want you out of my life or to break up or to divorce you, no, I want you. But I just want to put my Ding-a-ling in somebody else as well. This has nothing to do with you. I love you I need you, but I just have this desire to stick it somewhere else. Of course, they are not this brave to say this way, but it is the truth. It’s as though they want you to be okay with that, like don’t go nowhere don’t leave me. I will take care of you. I’m a provide for you. I will make sure you want for nothing, just don’t get mad if I stick it over here don’t even get mad if I end up getting somebody pregnant (a story for later). The things we put up with because of the spirits we carry.

The spirit of rejection had me going in and out of a relationship. I’ve been married twice, and I didn’t even marry the love of my life, God said no because he knew if I committed to that, I would’ve never came out don’t give me wrong the other two relationships I was in I stayed in it longer than I should have, but I had the ability to leave, but if I had gotten married to the love of my life at that time I wouldn’t have made my way out because when I say the love of my life, I was so deep into it that I couldn’t see anything clearly. I was so willing to risk it all. I was so willing to do any and everything for this person. So, when we talk about being dangerously in love, I understand it all too well. It can be very dangerous who you love. And it is weird because he is the one person who showed me who God truly is, meaning that he showed me how to get to know God for myself and that I could have a personal relationship with God that I didn’t have to know him through my mom, my grandparents, or my past. It was so I could know Him for myself. And I can never take that away from him. He taught me how to read my Bible and study the word and how to develop in Christ. You would think this is a good thing and it was. But the problem is he became a god to me. The very person he was teaching me about, he became that to me, and he wasn’t trying to. I allowed it to happen because I loved the fact that he knew God and that he had given me something nobody had ever given me. Because we know that in God there’s peace, there’s joy, there’s hope, and this man had begun to give me that very thing by knowing Christ from myself.

I grew up in church so I knew God well knew of Him I will say since I was a child, but I didn’t understand I could have a personal relationship with Him. It’s amazing how things work. I was already able to speak in tongues at the age of 19 but at the same time I could still say, I didn’t have a personal relationship with God. But it’s as though I was given that power ahead of time for what would happen. They were like steppingstones. So, if you notice I didn’t say I wasn’t saved or that I didn’t accept Christ as my Lord and Savior which I had. I had done it plenty of times because every time I had a chance to go to the altar I was there. The Holy Spirit had already been imparted into me and so I had evidence of speaking in tongues. I had already been baptized, but I still did not know God for myself. Back in the bible days when the veil was up, and everything had to go through the priest, in my mind I was still stuck in that time, and everything had to go through the Pastor. And it’s not like I tried to have a personal relationship with God, and somebody talked me out of it. I didn’t attempt or know it was possible or even that I should. However, this man showed me God for the first time in a different light. And I fell in love with the fact he knew God who was all powerful. That he had a personal relationship with Him. He gave me the opportunity to become God’s friend, he wasn’t selfish with what he had learned.

I began to put him above God, idolatry at its finest. (Section not finished) I will Talk about idolatry and God’s stance on it

God had to show me the very ugliness of this person. I began to put him so high like he couldn’t do any wrong. (Section not finished) I will talk about the reward of idolatry (narcissist partner)

I love hard and I’m sure people say this all the time right but it’s true. I think some people truly love hard like they give their all and they leave nothing out. They go all the way in giving 100% from the start. It is not until you do them wrong that they begin to take away their level of love for you subtracting slowly. Then you have those people who say if I get 50% you get 50%. They give you what they get. They believe in keeping an even balance. This tells me people give love on different levels.

I learned at an early age to love with all my being. Now that I think about it, it comes from the spirit of rejection. Because in the beginning, I never wanted you to say I didn’t give it my all, I didn’t try my best, I didn’t love you. I had seen too many people walkout of my life and my response was to love harder. So, I would go all in with loving them as hard as I possibly could, with unconditional love, no matter what you did, I forgave. And went back in for more until I could not be beaten anymore through heartache and pain through rejection after rejection.

I begin to shut down, and I begin to build walls that I had no intention of tearing down, and each relationship I just kept adding bricks, no matter if it was a friendship, family, intimate relationship, brick by brick by brick by brick it went up. and even though I had bricks going up after bricks going up, I still was being in relationships but each time I did the relationship a little different. I didn’t love as hard. I didn’t give as much. I gave what you gave me and in the back of my head I told myself well I’m not all the way in. Even though my heart was wide open to be hurt again and again. But I’m not all the way in I would say. Which means a person has to be delusional to think that you’re not all the way in but your heart is open to constantly be hurt.

Things I would say to justify it. I’m not all the way in, I love him, but I can determine how much. I never gave up on being in a relationship. I just begin to look at them all differently. Oh, but friendships I gave up on that, but romantic relationships I didn’t give up on. Maybe I value them differently. I’m not sure, maybe I knew that I would have to truly be all in a friendship. But in a relationship, I could let my body do the talking that my heart didn’t have to lead, but my body could lead. Mentally I didn’t have to be all the way in a relationship, I just needed to be in it physically. Wow, that just hit me and so with friendships I couldn’t be all the way in because I had to mentally be there. There is no physical aspect. There is no sex. There is literally conversation me caring about what you have to say, me caring about your family. I didn’t have the energy or the space to give that to anybody that wall I built was solid like cement paved over it. But intimate relationships I didn’t have to open myself up so much, just my legs. Believe me I wanted the best in relationships, and I did give. But I think the minute I realize you’re not even given back, I’m like oh “this what kind of relationship this is” oh I can match you, matter fact, I can beat you at this game. I’m a pro at this and I have known it all my life. I think about the color purple “all my life I had to fight”. (Section not finished)

Chapter #4: The process of healing from rejection

Healing from rejection is a process. However, knowing the root cause of an issue makes healing simpler. Not saying that it's not a process or that it won't take time. But knowing the cause allows you to attack that particular area. A lot of times we don't get healed because we don't know the root cause. We are too focused on the symptoms that we have. Think about it, just from a literal since. When having a common cold we tend to focus on the symptoms. For example, a child has a fever, and they are coughing, so you begin to focus on that particular symptoms and you give medicine to the fever to knock it down, which is great because you need it. Or it's a cough and you take the cough syrup, to get rid of the cough. But it's not until you realize the root cause of the issue that you are able to truly receive healing. I could have a fever, but the root cause could be an infection in my body. Once I know that it's an infection, then I'm able to focus on the infection part of it and take whatever medicine I need to heal the infection. Once I heal that, all the other symptoms go away. Just in a natural state, they go away. However, if all I do is focus on every symptom in my body, I will remain sick. One day I was at church, and I was not feeling well. I had just finished ministering in dance. I noticed I had a fever, and I had the chills. I become lethargic and dizzy. I begin to focus on the symptoms I had. I went home and took medicine for different symptoms I had, but it was not helping. The next day another symptom came I had a headache. So, I took more medicine thinking it was just something simple. The following day my fever broke, and my headache went away. This was my body’s way of tricking me to think I was healing. My fever was gone, and I no longer had the chills. The symptoms I was dealing with had dissipated. Then suddenly, my throat started hurting. I was like I was feeling better what is this. This is what causes you to go back and reconsider what's really going on. Because what you thought might have been a simple cold is now an infection, pneumonia, or the flu. At this point I can no longer be dr. Larkezia diagnosing myself, I need the real professionals. I went to the doctor and guess what I had. Strep throat can you believe that? Oh, my I would never have guessed that especially not from the symptoms I was having. I honestly thought I had the flu the way my body was feeling in the beginning. But when I noticed I was having a hard time eating oh I said something must give cause your girl likes to eat. My reaction had to be different, because over the counter medicine cures some things but not all things. I needed antibiotics for what I had.

This is what healing from rejection looks like when we focus on the symptoms of rejection. We never really, truly get healed from it. A symptom of rejection could be you are a people pleaser. You are constantly pleasing everybody, and you never get anything out of it. You begin to focus on the symptoms of why do I please everybody? Why do I never get anything in return. Then you start to tell yourself, well, I'm going to start telling people no. I'm not going to be doing everything and I'm not getting anything out of it. I am tired of people asking me to do things at the last minute because they know I will do it. Whatever your case may be. Do not get me wrong this is great you might tackle that symptom right, but then, you have another symptom. Were now, you're not letting anybody in. You're not willing to trust anybody because all the people that you had in your life that you did trust have let you down. They were always pulling from you but never adding to you. That alone is still rejection. Because now you have closed yourself off to even receiving anyone's love and care because other people didn't do it. Now you don't expect anybody to do it. You know how we always say all men cheat because of the ones we dealt with? They cheated. So therefore, all men cheat. But that is not the case. All men do not cheat. Mature men do not cheat. They say what they want, they say what they need, when they're not getting it, they communicate that. So that's the difference when you're used to a particular crowd, you like to sum it up with all. That is like the saying, all black women are aggressive. No, not all black women are aggressive. Depending on how you were raised, you were brought up in what you're surrounded by. You may be a little bit more assertive than others. It's not aggressive as take over, take charge, or be in control. There are some women that had to be very assertive and make things happen because they were going to lack for it. Their families were going to lack it. So instead of waiting for others to make it happen they made a decision to go and make it happen for themselves. But that's for another conversation as far as all black women are aggressive. I know a lot of black women who are very passive. And sometimes I wish they were a little bit more aggressive, because they get taken advantage of. There are times I feel sorry for them. Here are a few ways to heal from the spirit of rejection. The first step is recognizing that is the issue and that it is such a thing called the spirit of rejection. After acknowledging that it exists. Then you want to go to the root cause of why it exists in your life. Where did this stem from? Is it something that was passed down from generation to generation. Like how early did it start for you? That is going back to the root cause because a lot of times we like to go back to our quote relationship. The one we were in and the man or the woman rejected us in such a way that now we are bitter. We then tell ourselves that is why we might suffer from the spirit of rejection because of the relationships we were in. But again, that is not the root cause that's just a symptom. You must understand that symptoms cause other symptoms to happen. For example. When somebody has a fever like I mentioned earlier, that's a symptom. However, with that symptom, once your body begins to have a fever, other symptoms happen. Sometimes your body begins to shut down because of the fever. And then you must take other medicine and then that medicine might cause other issues. It's like a trickle effect. And many doctors love this because they get paid good money to handle symptoms. Without getting to the root cause of your issue. Then you find out all along that the fever that is causing all these other issues is just the symptom of this infection in your liver.

But my job today is to help you get to the root cause. I've included stories in this book about my life. And for the longest, I assumed my rejection started from relationships that I was in, I might even would say, when I was living from place to place, with other family members, but not my mom. I would say, oh, that's where my spirit of rejection entered. But come to find out the root cause of my rejection is from birth. My rejection stems from generational rejection. Do not get me wrong, I was also taught things that allowed the spirit of rejection to grow.

This is where I will include the birth part of my rejction

Chapter #5: How to respond to new rejections.

How Should one respond to new Rejections. One might wonder if there is a true way to answer this question. There are many ways to deal with rejections. The truth lies in how you see yourself through God’s eyes and not man. When you see yourself, the way God see’s you rejection is not a factor. In the beginning of time, we were rejected by God when sin was among us. It was through Jesus Christ that we were able to be connected to the Father again. Without Jesus sin is always present. Once we got adopted into the family of Jesus Christ and we became new creatures. Here are several ways you should respond to rejections.

Once your mind has been renewed. Then you heart can be renewed. You will begin to see yourself differently. One of the most important things is to love who God made you to be.

Here are several ways you should respond to rejections.

Every answer you cannot take personal. I will give an example

You must forgive quickly. I will give an example

You have to realize some No’s are protection. I will give an example

You don’t measure yourself against others but against your best version of yourself. I will give an example

The Aftermath of Rejection

Chapter #6: The residue rejection leaves.

I did not realize the impact rejection had on me. Even after years of conquering it. It wasn’t until I was 43 that I understood rejection still had a hold of me and it wasn’t rejection itself, it was the residue of rejection. Although I got to a place where rejection no longer had me bound. For instance, when people told me no or rejected me or didn’t want me to be a part of something it no longer bothered me going forward. I was healed from the spirit of rejection, so a person telling me no didn’t affect me anymore because I knew who I was in Christ. I knew the place God had brought me to. A no to me didn't sting or cut me like it did before. This is what I mean when I say I was healed from the spirit of rejection. It no longer had a hold of me. I was no longer affected to the point that I'm putting up walls or I'm being bothered or wanting to be to myself. This is my definition of being healed from it. However, I never went back and corrected the patterns and all the habits I picked up because of the spirit of rejection in the beginning. For instance, with the spirit of rejection you might pick up the habit of putting up walls to protect yourself to not let anyone in, that is one. Secondly, you might have one where you are constantly being a people pleaser, because you don't want anyone to say no to you, so you don’t say no to them. You then may also feel like the more you do for somebody the more they'll like you. You may begin to ask yourself how they can turn you down when you're always so good and great to them. Then you have people that don't need anybody. They are like “I got it; I can do it by myself.” you know like a solo. There are different types of people who deal with rejection and how they deal with it. However, there's residue that comes from it all. So, you pick up these habits to protect yourself when dealing with rejection. One of the habits I picked up was not expecting much from people. This in turn caused me to not expect much from myself. I got to a point where I felt like what I did was not good enough for people. Therefore, I shouldn’t do my best, I shouldn't give them my all, because it wasn’t going to matter anyway. So why should I care. So, in the midst of that I created this habit where I didn't do my best. There are so many things I did at the bare minimum. I did just enough to get by. It was just enough to please people to a certain extent: without exerting myself, without giving my all, without going above and beyond. Because they didn't care so in my eyes why should I care.

It wasn't until I turned 43 and had a teacher, she literally called me out. Listen, in the way she called me out she did it with so much respect that it hit me like a ton of bricks. She begins to describe her life and as she described her life, I literally saw myself in it. As she continues to describe her life, I realize she is doing this on purpose, to show me, me. It first started off with me telling her about myself and then she said you sound a lot like me and then she said let me tell you what I mean. Let me tell you about myself. She began to describe herself to a T. As she is explaining her life, I'm like oh my goodness that's me. I do that wow and amid her saying this I did not even know I did this. Well, let me take that back, I knew that I did it but I didn't know why I did it or that it was a problem. Think about it you build up a habit for something that happened so long ago that overtime you continue this same habit, but you have forgot why you actually do this. When it came to certain stuff, I just gave the bare minimum I only did what people asked me for. For instance, you know how you ask your children to wash the dishes, and that is all they do. Instead of drying them and putting them up. Not to mention cleaning off the counters or sweeping the floor. They literally say to you, mom you only asked me to wash the dishes. That was me, I only did what you asked. Can you get the groceries and bring them in the house? Sure. I thought I was doing something by putting them on the countertop for you. Not even considering putting them up and taking out the trash of the old items. These are just a few examples.

I had built a lifestyle doing this and it was the same even when it came to doing something that I was very passionate about. Example, I loved worshipping God through movement of dance something I get great pleasure in doing. This is a gift God has given me. But over the years I would put myself in the background to not be seen or minimize my dance to look like everyone else. I was tired of hearing people say she is doing too much. It doesn’t take all that, she is over the top.

However, I got called out during the time I was taking an Eagle’s class called “Shake the Heavens”. This was a choreography class under the direction of Pastor Jasmine. Each year two of my friends and I would take a course. We were a part of the Eagles International Training Institute under the founder Apostle Pamela Scott. I had taken several classes before and even received a minister of dance certificate from a previous class. These classes were design to help us understand the biblical foundation of worship through dance as well as give us a technical component because God called the skillful. I had been given an assignment to take one minute of any music of my choice and create steps based on the previous lesson we were taught. I remember doing the assignment and putting in it everything she had asked us to do. After submitting the assignment, she told me that I can see you only do what is asked of you, you do the bare minimum. She said because you're so good at it you can get away with it. Your good is someone else’s great. She said you know when you do good and people say that was amazing, that was awesome. But you know it wasn't your best. She was referring to when you barely do anything, but because you're that good someone else sees it as great. She said but was it great to God? Was it your best? Did you give it your all? I heard her differently; most people might have been offended. Words of correction to a healed person sound like insight, but when you hear from a place of brokenness word of correction sound like pain in the pit of your stomach. As people we tend to hold on to thing because they give us comfort when we are not ready to change

However, healing requires you to change. It requires you to see differently. This opened my eyes and I realized that was my whole life that I gave my bare minimum. For instance, back then if you asked me to type up your notes that is all I would literally do. I would present it to you as basic as possible. I did not add sections, bullet points or any color. You know the extra stuff to make it amazing. Do not get me wrong, it doesn't mean what I did was bad. I just didn't go above and beyond. Honestly how hard could it be to add bullet points and to section it off for you to understand better. Just in case you had to present it to somebody else. This is just a simple example, but I want you to know how small these little things are and then I want you to see how big they can be as well.

How many of us do this in life. Do just enough to get by. This is not the life God wants for us. And because I had adapted these traits my life being in the position it was in, made a whole lot of sense. I begin to go over the history of my life and how every decision I made was based on the residue of rejection. This showed me how mediocre my life had been, and it was not adding up to who God had called me to be. I was living below my purpose, but this was my wake-up call. This insight was everything to me, it changed the trajectory of my life. She gave me permission to be great in all areas of my life. She literally said, “God gives you permission to be Great”. Now that may be minor to some people, but this was everything to me. It meant I no longer had to be hidden. That I no longer had to shrink for others to be great. It meant that your concern about me had nothing to do with me. It was how you felt about yourself. Me caring about what you said, or thought did not please me or God, it just made me operate below my standards. It is amazing what little words can do for you, but this is what I needed. It was like a Holy Ghost punch to get me in check. A lesson to all of us is: Do not operate below your standards to accommodate no standard people.

To be continued