"This Book" is a transformative memoir and self-help guide that explores the author's journey from a life of fear and self-sacrifice to one of submission and liberation. Through candid storytelling and insightful reflection, the author shares her personal experiences of grappling with toxic dynamics, including feeling like a doormat, tolerating Jezebel-like behavior, and confronting the Ahab spirit within herself and others.

Key Themes:

* Submission and Empowerment: The book delves into the complex dynamics of submission, particularly within the context of relationships and societal expectations. It explores how fear, insecurity, and childhood conditioning can shape one's perception of submission, and offers practical strategies for breaking free from toxic patterns and in living in true biblical submission.
* Tolerating Toxic Behavior: Drawing from personal anecdotes and biblical insights, the author examines the detrimental effects of tolerating toxic behavior, particularly the Jezebel spirit in both men and women. She highlights the importance of recognizing and confronting toxic dynamics in order to find healing and restoration.
* Confronting the Ahab Spirit: The book delves into the counterpart to the Jezebel spirit: the Ahab spirit in relationships. It explores the characteristics of living in the fear of man and its role in perpetuating unhealthy relationships, while offering guidance on how to break free from its influence.

Unique Selling Points:

* Personal Authenticity: This book offers a raw and honest portrayal of the author's own struggles and triumphs, allowing readers to connect with their journey on a deeply personal level.
* Biblical Insights: The book incorporates biblical teachings and scriptures to provide a spiritual foundation for navigating toxic relationships and finding freedom in submission to God's will.
* Practical Guidance: Alongside personal anecdotes, the author offers practical tools and strategies for readers to apply in their own lives, empowering them to break free from toxic patterns and embrace true freedom in submission.

Target Audience:

This book is targeted towards individuals who have experienced or are currently grappling with toxic relationships, feelings of fear and disempowerment, and a desire for healing and restoration. It will resonate with readers seeking personal growth, spiritual guidance in navigating challenging dynamics, and wanting to experience a rewarding life—through submission.

Book Outline:

I. Introduction

* Brief overview of the author's journey
* Introduction to the themes of shame, fear, identity, and spiritual growth

II. Childhood Wounds

* Exploration of early experiences of rejection and shame
* Impact on the author's self-perception and relationships
* Reflect on early experiences that shaped the author's understanding of submission and authority.
* Discuss how fear and insecurity influenced the author’s perception of submission, leading to a pattern of people-pleasing and self-sacrifice.

III. Marriage and Shame

* Discussion of the author's marriage and decision-making rooted in shame
* Revelation of the voice of shame and its influence on the author's choices
* Share personal anecdotes of navigating submission within the author’s marriage, highlighting moments of tension and conflict.
* Explore the biblical concept of submission in marriage and how it clashed with the author’s experiences.

IV. Wrestling with Fear, Identity, and Ungodly Submission

* Examination of fear and pride in the author's life
* Struggles with submission and obedience in the context of marriage
* Order and the Home
* “And if you are Sarah’s daughters”...

V. Tolerating Jezebel

* Introduce the concept of the Jezebel spirit and its manifestation in relationships in both men and women.
* Reflect on Revelations 2:20 and its relevance to tolerating toxic behavior in the name of submission.
	+ (Delve into the complex dynamics of submission, particularly in the context of feeling like a doormat and tolerating toxic behavior.)
* Discuss the consequences of allowing Jezebel-like behavior to persist unchecked.
	+ TOGETHER OUR WORST FEARS CAME TO FRUITION, WE WERE BOTH ABANDONED

VI. Confronting Ahab/ VII. Awakening and Transformation

* Examine the counterpart to the Jezebel spirit: the Ahab spirit in men and women.
* Dive into the characteristics of the Ahab spirit and its role in perpetuating toxic dynamics.
* Share insights from biblical examples of Ahab and his influence on those around him.
* Ahab will be punished too: Releasing Yourself from a Victim-Mindset
* Divine moments of revelation
* Embracing humility and seeking intimacy with God

VIII. Breaking Free

* Offer practical strategies for breaking free from the cycle of submission to toxic authority and the fear of submission.
* Provide tools for identifying and confronting the Jezebel and Ahab spirits in relationships.
* Offer practical strategies for recognizing and avoiding the “red flags” before an investment is ever made.
* Share personal victories and testimonies of finding freedom and empowerment through submission, first to God.

IX. Healing and Empowerment

* Journey towards healing from past wounds and traumas
* Rediscovery of identity as a beloved child of God
* Illustration of Water and Bags—knowing your value and what you require

X. Surrender and Submission

* Choice to submit to God's will and authority
* Overcoming rebellion and embracing God's perfect love
* Experience of God's transformational power and glory
* Realigning with God's purposes and plans

XI. Truth and Exodus

* Breaking free from generational bondage and curses
* Interceding for future generations and embracing spiritual authority
* Seeking God's presence and pursuing deeper intimacy
* Discovering the truth about oneself and experiencing God's love

XII. Conclusion

* Reflections on the journey and lessons learned
* Encouragement for readers to embrace their own journey of healing and restoration
* Help readers live in the freedom of submission by aligning themselves with God's truth and rejecting the bondage of toxic dynamics.

I. Introduction

There are revelations that can be realized only through intimacy and connection with the living God. It is through sacred conversations with God that I found freedom and a new understanding of who I am in Christ Jesus. In seeking his presence, I received the courage to face my fears, confront my shame and accept the love that God had for me — discovering the true meaning of redemption and restoration. Like warm honey in the sun, God’s presence embraced me, filled me and healed me in every way I didn’t even know I needed. The patriarchal love that broke me is the patriarchal love that God used to heal me.

From the time I was a little girl, being a doormat was all I knew.

I remember fighting, tears and flashing lights, and at a very young age, I decided that I would not be confrontational. As I grew up, I remained faithful to the vow.

Practicing avoidance worked for me, especially in marriage. I stuffed every volatile, demeaning and self-mutilating word spoken into my heart until it spilled out on my skin and spread throughout my body, pound after pound. I felt so rejected, and the struggle with rejection became like a beating drum, the cadence growing in rate and intensity year after year.

But it all started long before marriage. I was born out of wedlock, then I had children out of wedlock — no condemnation, right? When we do not do things God’s way, it gives Satan the authority to pervert the very blessings of God and replace them with a curse. When a child is born out of wedlock, he or she can feel rejected rather than accepted and worthy of the inheritance and honor that God ordains for godly children. This can be painful.

When I was just 4 years old, my eyes were awakened to all sorts of curiosities. My purity was left unguarded. The door of perversion was opened in my life — a door that had been accessed many times throughout my bloodline.

Eventually, my identity was stolen away. I felt so unsafe. I would say, “I don’t want to be a girl anymore.” I asked God, “Why did you make me a girl?” It had nothing to do with sexuality, but everything to do with safety. I was much older when I discovered gender did not matter to the evil behind child exploitation and sexual perversion.

But in God’s reality, all I ever wanted to be was a woman. God knew the truth about me. I wanted to be a wife, a mother and a grandmother. I wanted to nurture and care. From the time I was a little girl, I wanted to multiply and be fruitful. But I was afraid. I was always afraid.

It started as a fear of not being believed (shame), then it turned into a fear of being wrong (pride). The problem with pride is, we don’t know what we don’t know. And because we think we know so much, we fail to ask the right questions and seek God for more.

When we don’t seek more, we miss the opportunity to grow in intimacy with Father God. Pride robs us of true intimacy. I was robbed. The little girl with unmet needs became the woman with unmet needs. I was so malnourished.

For most of my life, I felt rejection and shame. I married out of shame.

The shame was so great, it developed a voice. This voice deceived me for many, many years — so much so that I mistook this voice for the voice of God.

I remember crying to the Lord one morning during one of our sacred conversations as he reminded me of his commandment — that as a wife, I was called to submit to my husband. I cried, “But Lord, who will protect me?!”

I recognized this cry; it was the little girl whose purity was left unguarded and whose identity was stolen. Again, I felt so unsafe, and now I knew I wasn’t safe. This was the moment God revealed to me the desperation of the situation I put myself in. I married someone after God explicitly said, “Leave him alone.” At this moment, I knew for myself that God could only be true to his Word.

God’s Word requires a wife to accept her husband’s authority. But what if this isn’t safe? The scriptures say Sarah obeyed Abraham, calling him lord. You are her daughters when you do what is right without fear of what your husbands might do” NLT. My marriage was full of fear. It lacked the perfect love of God. Perfect love flows down, and honor flows up. If a ruler is not submitted to Christ Jesus, coming under the headship of God the Father; Jesus the Christ; and the Holy Spirit, the comforter, how can one be positioned to receive the pure love of God and give it freely?

We are not to submit to fear, because it is not of God. During one of my encounters with God, I learned that when fear is present, it shows that there are still areas that need to be perfected concerning God’s love towards us. Perfect love casts out fear.

In time, I could see why the Holy Spirit told me marriage would not save me from sin. Marriage showed me what sin was, and marriage showed me the sin in me. Giving counsel to the voices of shame, fear and perversion led me into rebellion. I had two choices: submit to God or submit to rebellion. I chose God.

One morning, during a sacred conversation, God sent this Word through Apostle Raine, who leads the devotional community, “Morning Meets with God”: “I’m reframing your world… because you created a world that I did not pick for you. I’m taking the frame world that you created, and I’m teaching you the power of the glory. I’m teaching you the power of the kingdom that you would get into the world I built.”

It was one of many times God made his judgment known to me. This Word comforted me and ripped me apart all at once, although it was a way of escape. Even when we — out of shame, fear and unbelief choose wickedness and turn away from God, God can use what the devil meant for evil and turn it around for good.

God found me and saved me. But before God could find me, I had to be honest with myself about my location. It was during a sacred conversation that God revealed to me the truth about myself: I was living in rebellion. Adam and Eve hid from God in the Garden of Eden when they sinned against him. Sometimes we do the same thing. Instead of running toward our loving Father, we run away. We give guilt and shame a voice, and they speak to us. Guilt says, “I made a mistake.” Shame says, “I am the mistake.” The enemy’s goal is to malform your identity as early in your life as possible, so much so that you think the identity he creates is who you have always been. But you have always been only who *God* says you are. When we understand this, we can step into the fullness of our identity in Jesus Christ. It is our identity that informs our habits rather than our habits informing our identity.

Often in the Bible, we see God command his children to “go.” “Go to the place.” “Go to a land that I will show you.” “Go where I send you.” The time of my exodus had arrived. It was time to exit generational bondage. So far, I had lived the life that I created. Now, I wanted the life that comes through Christ. It was time to take ownership and follow Jesus. I had to do what only I could do, and that was — obey God. He had to become my choice.

The Bible “stories” are “entertaining” until you wake up in one. How about Abraham and Sarah’s Ishmael? What does it look like when we have to send our Ishmael away — that thing you built with YOUR OWN HANDS — to receive the promise of God? What about when we have to walk away to step into the new? So often, we use “God’s will” as a deflection from taking accountability. The results eventually reveal that it was our own will we followed, from beginning to end.

Through sacred conversations with God, God revealed himself to me as the God of the generations. During the process of maturation and wholeness, during those sacred conversations, God showed me the past. He took me deep into the bloodline and the perversion so that I could partner with him and know how to make intercession for the future. When I started asking the right questions, I started to *hear God*, but he had always been speaking. The Bible says seek, and you will find; knock, and the door will be opened. I missed so many messages from God. There were so many conversations that we didn’t have. Because I felt rejected — I rejected God and did not value his presence and voice in my life as my Father.

But will you follow? Follow means to pursue. Pursue means to seek. As I began to submit my life to Father God and prioritize our sacred time together, he revealed his heart to me and told me what he wanted me to understand all along. It was the pursuit that unlocked the secrets

and mysteries of God’s Word. When I began to search out the meaning of what God was saying, that’s when I really began to follow him.

I was looking for the truth to come and confirm the facts that I perceived… the truth about my past, my marriage and my failures. But God’s presence came as the Spirit of truth to show me the truth about myself and the treasure to be revealed.

Without honesty, we can’t have intimacy with God or anyone else. For a long time, I was so thirsty — thirsty for pure love, deep intimacy and protective covering. The truth is, I had never had pure intimacy from a patriarch in my life, and here God was, ready to give it all to me, the daughter her Father loves.

II. Childhood Wounds

“If you don’t do it, I’m gonna tell your mama you were in the closet with me.” These are the words connected to my first experience of molestation…that I can remember. From a distance, in another room, I could hear my brother yelling, “One, Two, Three, Four…” It was a game of hide and seek. At 7 years old, I was like a bird in a cage with bars wide enough for hands to manipulate me, but not wide enough for me to escape. I did what he told me to do, even through the struggle for breath, the nauseousness, and tears, until he disappeared. When he was satisfied, he made sure that I remembered what would happen. He was 12, I believed him. As the years passed, as I grew up, I couldn’t understand why I believed him. What was wrong with me? How could I fall for that? How could I be so pliable? A deep-rooted distrust for myself began.

This story entails the typical plot to destroy the seed before it awakens to its identity. The enemy often attacks the seed before it is able to develop roots and certainly before it is able to produce fruit. When a seed is planted, it has an identity. For instance, a celery seed carries within itself some of the same flavor profiles of the celery plant. The identity of the seed is the same as the identity of the fruit. The seed, laying dormant, resting in its God-given potential, is buried under the soil to under-go death and germination. No one knows it’s there, unless it is marked by the one who planted it. The planter knows.

One day, I don’t remember why, but my mom asked me a question. It was the look of concern on her face that I remember the most. I told my mom what happened…what he made me do. She told my father. I was afraid. He had an explosive temper, but I knew he would protect me. I was daddy’s girl. That day, when my father came home, I don’t remember him asking me anything. There are no memories of comfort…no lessons of boundaries… no promises of justice. There was only a long brown belt with a prominent buckle, the kind that cowboys wore, with his four initials etched into the leather. He beat me. I layed on the bed and he beat me wherever the belt landed. He cursed me until he was tired and no one stopped him.

This time in my life formed three core beliefs that unknowingly marked me for misuse:

1. A woman is created for pleasure and she has a responsibility to please others to the detriment of herself.
2. I cannot trust myself, but I should give full trust to others whether they are trustworthy or not, to keep the peace and avoid conflict.
3. I cannot protect myself, and no one else will protect me either.

### This is where it can get interesting. As the seed begins to take root, it must be nourished, protected, given light, and entrusted to the Lord so that He may grow it (1 Corinthians 3:7). If not, the seed becomes vulnerable to harsh environmental conditions that can lead to lifelessness. Satan may not be concerned with this seed, because it will be destroyed due to negligence. After the seed has taken root, and sprouted, it is now considered a seedling. It has been released to its next level, in the high calling of being fruitful and multiplying. At this stage, extra care is needed in protecting its newly formed structures.

The first leaves that are produced by seedlings are not true leaves and the plant cannot be identified by these “seed leaves”. These leaves are actually part of the embryo and only serve to provide access to the stored sustenance that God already placed within the seed. The stored sustenance nourishes the seedling until it is able to produce true leaves that are able to process light. This is when the enemy will typically come in to pluck up and uproot the tender, exposed parts of the seedling, before it is able to be identified, and prescribed the appropriate regimen that will allow God to fulfill His law and grow it. As a steward, we cannot expect The Most-High God to grow what we have neglected.

### It is the enemy’s great pleasure to destroy the seedling and its potential before it is ever able to develop in intimacy with the Light of the World and reach its high calling of reproduction. Though the enemy tries, he will never succeed!

### “No weapon formed against you shall prosper, And every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the LORD, And their righteousness is from Me,” says the LORD. Isaiah 54:17, NKJV

The more I live, the more I appreciate that we all have a unique story and journey. God has provided for us all, saved us all, and brought us up out of a low place of bondage, by the blood of Jesus.

When we awaken to our God-given identity in Christ Jesus and our authority in the earth, our story changes.

Many weapons have formed against you, and maybe you fell victim to them, because you saw yourself as helpless. Have you been living a life of passivity, neglecting the sustenance that God had already placed within you? This may have been your story, but as servants of the Lord, we have a heritage, a birthright! The Lord Jesus has given us authority and righteousness as His true servants and representatives of God.

What does this mean? As several scriptures confirm, whatever we declare, we will have.

Are you decreeing life or death? Because it is our birthright to produce, we will produce.

### What the enemy cannot choke out with thorns, he will pervert with seeds of conflicting fruit. What the enemy can not destroy, he may genetically modify, bringing forth fruits of perversion, wickedness, sin, and ultimately death.

### But praise be to our God who has provided for us all, and saved us all, by the blood of Jesus!

## Because we have experienced His character and come to the realization that He has placed His unique identity within each one of us; we can live in authority over the enemy!

Some of us had a father that prioritized rules rather than relationship, if we were fathered at all.

Jehovah is not like that. God is not like your earthly father. He is not a man. He wants a relationship above rules.

Father God says, “If you love me, you will keep my commandments”, John 14:15, notice the order:

1. Love me
2. Then you will be empowered to keep my commandments

You will keep and obey God’s commandments because you value your relationship with Him.

You will keep and obey God’s commandments to you, because you will accept his offering of love (John 3:16) and therefore be empowered through Jesus to be made complete, perfected. (Colossians 2:10)

God’s commandments to us don’t end with the Bible—the LORD GOD still commands,

He still speaks today.

So why aren’t we hearing our Father God? Could disappointment have closed your ears? What about fear?

Children don’t love their parents because of what their parents do for them. Even children who have been abused, mistreated, neglected, or unloved still have the capacity to love their parents. The heart of a child is a gift! Protect it.

The heart of a child is so pure and selfless, I can think of nothing greater, except the sacrificial love of Jesus. And can you believe, the Lord calls us to “come as a Child”?

When we can come to Father God as a Child, it is actually the reflection of Maturity in Christ. Who can truly know the mind of Christ?

III. Marriage and Shame

What has the enemy arranged in your life? Why did God allow it? In Job Chapter 1 and Zechariah 3:1, we see the accuser and we see God being the Most High God—running the show! So, why did God allow the foxes access? Consider this:

1. God knew it would strengthen you.
2. You are His child and He is trying to train you.
3. He wants to activate the gift of Faith in you.
4. He is humbling you. (G5011-to be God-reliant rather than self-reliant)

Humility exalts the Lord as our all and activates the gift of faith. Humility activates grace (James 4:6-8). Humility is the key to asking the right questions.

There was a time when I didn’t even know what questions to ask. I was not at all aware of what I didn’t know. This was purely a lack of humility. Humility is releasing your right to help yourself while living in this explosive “self-help” culture, accepting that Holy Spirit is here to help us, and letting Him be our Helper. Humility is relying on God and His instructions, rather than your own plan and will. Humility is knowing that you need Jesus Christ. Humility is knowing that your thoughts are not God’s thoughts, nor His ways your ways. Humility helps us ask the right questions and seek God to find the answers. Now onto the SEEK.Inside of the word “seek” is the word “see”. If you want to SEE what God is saying, you must SEARCH it out- SEEK; pursue; chase-with desperation.

When you start asking the right questions, you will begin to HEAR God more clearly. He is always speaking though.

Humility is the key to asking the right questions. There was a time when I didn’t even know what questions to ask. I didn’t know what I didn’t know. This was purely a lack of humility.

Humility is releasing your right to help yourself while living in this explosive “self-help” culture and accepting that Holy Spirit is here to help us and letting Him be our Helper. Humility is relying on God and His instructions, rather than your own plan and will. Humility is knowing that you need Jesus Christ. Humility is knowing that your thoughts are not God’s thoughts, nor His ways your ways. Humility helps us ask the right questions and seek God find the answers. Now onto the SEEK.

IV. Wrestling with Fear, Identity, and Ungodly Submission

It used to be so difficult to show up as my unique self because I knew the truth; that people see you and me through their own personal experiences and perspectives. This brought about another level of fear; fear of being seen and not seen.
Before I knew it, I would be trying to manage someone’s perception of me, because of the need to be accurately understood. This is a form of fear of man and can lead to manipulation.
Most of the time, people are only seeing us carnally or in the role we are playing in their lives and have not taken the time to hear and see the way the Lord Jesus does. We know and understand this to be true, especially when we have necessary roles and assignments we must fill in other’s lives. Complete submission to the authority of God becomes vital and being in order is prudent, especially when this is what is required of our children who are most certainly watching us, whether intently or not. We don’t have to be ignorant about how to mother godly sons and daughters at any stage, nor do we have to wonder about our role as a Godly spouse. We were given an instruction manual. It is the Bible, the Word of God.

We know the Bible says train up a child in the way he should go: And when he is old, he will not depart from it. “Train” means to teach a person a particular skill or type of behavior through practice and instruction over a period of time. Repetition of the desired behavior is key. This takes patience, a fruit of the spirit that many people declare they do not have. It also takes “a period of time”. We as parents must be careful to provide adequate opportunities for our children to be trained in our homes. We can do this by exercising Godly submission in the home. Submission is not just for the woman, but for the man as well.

There are two types of submission: Godly submission and ungodly submission. Godly submission (G5293) means to yield to one’s advice; to subject oneself to obey. Ungodly submission (the submission of a silly woman laden with sin falling prey to the abuser and accuser) refers to (H3584) meaning to be deceived, deal falsely, act deceptively. I didn’t come to this revelation on my own, it would’ve meant the dissemination of my marriage at that very moment. These were Holy Spirit’s words, not my own, but I immediately knew it was a reference to 2 Timothy 3:1-9. God had called me out as a gullible woman loaded down with sins, swayed by all kinds of evil desires including: drunkenness, perversion, masterbation, lust, and codependency as the cherry on top of a rebellion sundae. Before this moment, I had always been learning but never able to come to a knowledge of the truth, the truth about myself, my spouse, and my marriage. The weekend before my second wedding anniversary, God spoke truth to me at the quiet Biloxi, MS beach. It was the hard truth that I welcomed, because God trusted me to receive it.

Right before this encounter, I had prayed to God, “Lord you can say it to me, even if it disagrees with me and my ways, for my ways are not your ways. Your ways are not my ways and your thoughts are not my thoughts.” Immediately God began to speak through me, and I was diligent to write down every word He said that morning, because I would need those words to get me through the suffering that was to come.

We cannot perceive the mysteries of the Lord God without first having the Spirit of the Fear of the Lord. As I was in prayer one morning, I asked, “Lord what is your desire for my marriage? What is the purpose you have for our marriage? I release every disappointment I have experienced and declare that it will not produce bitterness, hopelessness, or resentment. Then I heard the Lord say, “I desired that this marriage would produce oil in you, that it would crush you, not in the way that would kill you, but in the way that would release you and break you OPEN.”

I asked, “Lord Jesus the Christ, show me everywhere that I am minimizing sin. Show me where I need to repent and make changes, in Jesus’ name.” The Lord responded, “...honor your husband better, not because he deserves it, but because you honor me, your Father who is with you. Trust me to do the rest. You give the honor and let God do the rest. Yes, this seems like the weak way and you may even feel foolish, but don’t you know that God still uses foolish things to confound those with worldly wisdom.

 You are not alone; I believe the Lord Jesus will send you the resources you and your family need as you receive Him as your source.

### As you surrender your concerns to Him, and partner with Him, He will partner with you.

Do the thing, build. Stand firmly. Be strong and courageous. God wants to go beyond the commentary. Revelation is now!

Concerning what God is calling you to build, faithful one, if you:

1. Walk in The LORD your GOD’s statues

2. Execute His Judgements

3. Keep all His Commandments to walk in them (His Law is written on your hearts [Jer. 31:33])

The LORD your GOD will:

1. Perform His Word, using YOU

2. He will dwell among You

3. He will not forsake You

God’s presence alone brings MUCH!

God is going to grow what He has called you to build at the pace of your character development.

V. Tolerating Jezebel

* Introduce the concept of the Jezebel spirit and its manifestation in relationships in both men and women.
* Reflect on Revelations 2:20 and its relevance to tolerating toxic behavior in the name of submission.
	+ (Delve into the complex dynamics of submission, particularly in the context of feeling like a doormat and tolerating toxic behavior.)
* Discuss the consequences of allowing Jezebel-like behavior to persist unchecked.

VI. Confronting Ahab/ VII. Awakening and Transformation

A couple of years ago, I cut off my locs. It was grievous. It was freeing.

I was new.

The feeling of exhilarating shock was quickly replaced with hurt, then anger, because the stranger I entrusted with my transition did not take me where I was trying to go. I was trying to go back to a time where I felt hope. Instead they gave me a new look. I cried. I trusted some who did not know me, to execute a vision they could not see.

It felt like a violation.

The shaving of my head was a humiliating experience.

It humbled me.

In that moment I could see all of the ways I had gone through life without taking accountability and responsibility for my own journey. This wasn’t the first time I had left it up to someone else to tell me what I wanted. I was a person with an excessive emotional or psychological reliance on a partner. They call it codependency. Do you know someone like this?

When I made it home, I looked at my lifeless locs sprawled out for me to examine. I could see all of the pride I had in my hair. I stood over it and looked at it laying right to left, in a foldable gift box. That pride—it was beautiful, but it did not belong to me anymore.

That pride was heavy.

That pride was long—it spanned years.

That pride was high-maintenance.

That pride was old.

It was shame wrapped in layers of itself, intertwined and entangled around itself and it made me feel good. It was my hiding place.

The toxic paradigm of pride and people-pleasing had come to an end. The thing about pride and codependency is that when coupled in a relationship, they completely decimate intimacy and become a breeding ground for destructive relationship patterns.

When God showed me the truth about myself, I no longer saw myself as a lifetime victim, but rather a willing vessel of non-participation in the twisting of my own life.

Face to face with myself, and the rapidly crumbling false identity that I had accepted, the Spirit of Truth descended upon me. For a lifetime I was motivated by fear. My worst fear had become making my husband so upset he would leave me, or worse, not leave me but silently abandon the relationship and watch my garden whither slowly from thirst. I served from a place of idolatry. I served him above God. I measured my value by comparing myself to others, rather than the Word of God in the Bible. I tried to control others through guilt, rather than making hard decisions myself. I lived a lie and told myself things won’t always be like this, he is not hitting me and then I waited for a heart of rebellion to change. And it did. It was my heart that needed to be changed. I felt so unworthy of love, that I gave myself completely over to rebellion, as one final act of desperation to get my husband to love me. I absorbed his shame, my shame, his blame and mine. It was my burden to keep the peace under the overwhelming pressure of chaos and deep confusion. I abandoned my own needs for a person without capacity and it wasn’t his fault. That was the hardest revelation to hear. It wasn’t his fault. It wasn’t my parents’ fault. And I couldn’t be a victim anymore. I had nothing to hide behind…no more reasons.

I had to fall in love with God and His statutes. I had to nurture every part of me that I neglected. I have had to let every wound heal—instead of picking at it over and over until it left its mark on my scattered soul. I had to let go of every betrayal. And that hurt. I loved people, who I knew were cognizantly hurting me, and I never once confronted them. I had to renounce shame, guilt, self-righteousness, and the attitude of entitlement to intimately know that God doesn’t owe me anything, but He gave me everything.

Daily I continue to seek God’s face so that I can see myself and others clearly.

As I eagerly await the new growth this process will bring, I honor the instructions that ensue. I commit myself to learning every lesson the Lord wants to teach me: patience, long-suffering, faithfulness, gentleness, kindness, self-control, love, peace, and joy.

We all have stories. We all have reasons why we shouldn’t be here. We have reasons to give up, but do not let your reasons become your excuses. Persevere. Grow. Change. Repent. It’s never too late to obey God.

Many weapons have formed against you, and you may have fallen victim to them, because you saw yourself as helpless. But you’re Not helpless. Do not neglect the sustenance that God has already placed within you.

As servants of the Lord, we have a heritage, a birthright!

The Lord Jesus has given us authority and righteousness as His true servants and representatives of God.

As several scriptures confirm, whatever we declare, we will have!

God already placed within you everything you needed to fulfill your purpose in the earth.

When we awaken to our God-given identity in Christ Jesus and our authority in the earth, our story changes.

Praise be to our God who has provided for us all, and saved us all, by the blood of Jesus!

He has been a covenant keeper and because we have experienced His character and come to the realization that He has placed His unique identity within each one of us; we can live in authority over the enemy!

VIII. Breaking Free

*“I hear your voice Lord Jesus and I respond with obedience…I seek your will Lord for every aspect of my life. I thank you for the quickening in my belly. I thank you for the leaping in my belly. It is the joy of purpose. It is the leaping of pregnancy. Lord, I thank you for what you are birthing in me! Lord, I thank you that you give me a home and that you fill it and make me the joyous mother of children…”*

As I prayed this prayer, going into the last quarter of the year I could feel everything was about to change.

For a long time, I was too poor to produce much. I was the type of poor that entangled itself about any lingering fruit and choked it until it became lifeless. I was poor in spirit, poor in faith, and poor in discipline. I was barren.

This is the state of hopelessness that I was blindly sitting in. Looking back on past years, I couldn’t help but notice my spiritual barrenness. I had not produced and could not produce. The soil of my heart had been tainted by the disappointments of life, and I could not move forward. Constantly replaying past hurts and responses, was like rehearsing, “how to remain a victim.”

Working through unforgiveness, showed me a clearer image of myself and my need for salvation. I began to hear others clearer and, more importantly, I was able to hear and interpret the voice of God, without the thistles, thorns, and bitterness of unforgiveness. It became easy to see how often we miss opportunities to move forward in the new things of Christ Jesus, and it created friction within me.

We spend countless moments replaying the past, thinking about the past, and talking about the past. I have found myself surrounded by people that feel captive by their past, as if the best days of their lives are gone, and good will never return to them again.

This is a misuse of the gift of memory.

God gave us the function of memory so that we can experience Him from Glory to Glory. So that we could remember Him and the victories He has given us. Memory is a tool that Yahweh uses to communicate with us and make Himself known to us as we apply the biblical Word of God.

Think about water. What feeling does the memory of water prompt? For some people this would evoke danger, and for others, feelings of peace and comfort. The Lord knows our nature and expressions. Our memory and experiences help us live in the unique essence of Yahweh that was placed within us before birth. We abuse this tool when we use it to recite trauma and things of this kind. Given the opportunity, that trauma grows and spirals into unforgiveness and more.

Grasping hold of this truth, exposes the havoc that the abuse of memory can wreak.

Unforgiveness can begin as a small thought that ruminates within you, until it takes root. It can look like the inability to let go of the past. It can be the inability to stop replaying past offenses and failures in your mind.

When we choose unforgiveness, we are, ultimately, choosing not to accept all the new things that God’s word says you should behold.

Unforgiveness is ultimately an act of rebellion.

Many of us have uttered the words, “I forgive you,” and truly meant them in our hearts but did not complete the work of renewing our minds. The Holy Spirit exposes us in His light, reveals every dark place within us, and corrects the errors in our thought processes. We must no longer remember the old man, we must turn him over to Satan for destruction and renounce the demonic memories that will try to keep us tied to the old man, for Yahweh has already pronounced judgment on him. Our minds must be renewed.

We must bring EVERY THOUGHT into captivity to the obedience of Christ!

When the wicked thoughts of the past try to enter our minds and hold us and others bound to the old thing, we must interrupt the thoughts, stop, and speak the Word of the Lord, “I cast down every high thing that is exalting itself against the knowledge of God and I bring captive every thought to the obedience of Christ.” Speaking the Word of God is LITERALLY an attack on the enemy and is an act of warfare in the battles he sets against us.

As we submit ourselves to God, He gives us more grace; grace to obey, grace to agree, grace to forgive. As we humble ourselves before the Lord, he will show us favor. This includes the husband submitted to Christ Jesus, the wife that is submitted to her husband, and the children who are submitted to their parents. Our roles in relation to each other are opportunities to submit to God. Obeying the Lord is an act of humility. When we are submitted to the Lord our God we can say, “I submit myself to God, I resist the devil, now devil flee!” and he will flee. Power flows through the submitted.

The Holy Spirit unlocks the power of these scriptures, and reveals them as the sword against the enemy, enabling us to begin to wield the sword of the spirit viciously; even more vicious than we had held on to every evil experience in our lives.

When we hold on to the evil thoughts and experiences that trauma invites, it corrodes us. It damages the soil of our hearts, more than the experience itself, and it can lead to a fruitless life. Do you need to be forgiven today? Do you need to forgive today?

Let’s not go another day in unforgiveness. Shut this gate to the enemy today—while you’re still able.

The Hebrew word for forgive is Kapar, it means to forgive, purge away, atonement (without tension). Forgive= force + giving—the process of the offended party giving up the right to enforce justice. Forgiveness is a two-way transaction that involves the humbling and asking for forgiveness and the release of the right of the offended to enforce justice. At any moment we could be in need of one or both. Whether or not both parts are acted on or accepted, do your part anyway.

X. Surrender and Submission

### A few years ago, I remember having the burden of preparing to complete finals. I had not been as focused as I should have been, regarding schoolwork. In fact, it was extremely difficult and I was extremely distracted. But it could still be OK, if I just completed my final exams.

A few days later, I decided that my lack of desire for another degree was enough to quit. So, I told the Lord, “No, I just don’t want it anymore.” It was the death of ambition.

At that moment the Lord responded, “You know that by doing this…”, I began to fill in the rest of the sentence with what I thought He was going to say. I guessed wrong!

### Astoundingly, I heard the Holy Spirit say, “You know that by doing this, you are giving up your will, for mine.” I was truly stunned. This whole time the Lord had been letting me do what I wanted to do, even though it was not His perfect will for me! He even gave me strategies to be successful!

Experiencing God in this way, knowing His gentleness, and His willingness to let me explore my will in a way that was not harmful, only made me draw closer to Him. Even now, it reminds me of the joy a mother feels when she sees her baby learning to walk, sometimes stumbling, but all the while experiencing a natural part of growing and developing.

I wonder if the Lord feels like this when we grow through tests and trials, using our gift of free will and abandoning our own wills for His.

I can’t say with certainty. But I do know, since that moment of relinquishment, I have felt The Most High God moving in my life every day, talking to me every day, inching me towards His perfect will every day.

With certainty I know that we all have, at some point, struggled with trusting God completely and remembering that He is a God of His Word. Perhaps, it is our very own wills that are battling against us.

## Sometimes choosing to wait on the Lord, and resting in Him, is the greatest act of faith one can take.

#### It is the sacrifice of your will for His will! This can be difficult if we do not believe the Lord. We must remember our Lord Jesus is not deceitful concerning His promises, as some count delay. We must believe that the Lord Jesus is longsuffering towards us, not wanting anyone to perish, but wanting us to come to a changed mind and hate missing the mark. Why? Because the Lord is faithful and is coming back to expose every work, whether it is a work of belief or a sin of unbelief.

In times of suffering, change, and even success, it can be difficult to completely trust the Lord Jesus to manage our lives and futures; even though He is the God who gave us breath!

## These instances are only here to serve as opportunities to trust God and develop godly character. Growing through these different experiences helps us turn to God, our Father, just as Jesus had to.

As I was praying, I heard myself begin to cry to the Lord to carry me, “Lord carry me, carry me over the threshold, I want to go, but I am so weak, Lord carry me over the threshold. “Threshold” stuck out in my spirit, so I looked in the Hebrew concordance and it read, “a store (ie. a supply of provisions), storehouse(s); 624. asoph

See HEBREW acaph

1. asaph: to gather, remove, collect, take away, taken away, withdraw

XI. Truth and Exodus

You have probably heard before, “It is the little foxes that spoil the vine.” When you see the word *vine* what do you think of? Grapes? Wine? Jesus Himself said, “I am the vine, you are the branches, apart from me you can do nothing.” So let’s think of the word *vine* in regards to “relationship.” Now let’s look at the word *foxes.*

One morning during prayer, I saw an image of a fox’s head, as I had seen many times over the past year. But that morning, Holy Spirit asked me a question, “What is the nature of a fox?” The question certainly held more answers than I expected to find. I learned foxes are mostly nocturnal, they thrive in darkness. They have a unique hunting method, and pounce down on their prey, taking the defenseless animal down when it least expects it.

Certain foxes make their dens under rocks and cliffs that are generational with up to 100 entrances. They can survive harsh conditions, lack of food, changing environment; as they have learned to adapt and survive. Not only are these sly foxes crafty, but they are also monogamus and mate for life.

Undoubtedly, by now you know Holy Spirit was not teaching me about natural foxes. In this instance foxes are symbolic of spirits of deceit, perversion, and a representation of a false identity.

If given the opportunity, these spirits can torment for generations. Because they thrive in captivity—limiting, unrenewed mindsets and have so many entrances available within the bloodline. You can ignore them, you can change their environment, quit the destructive habit, starve them, but they can still be there, hiding and waiting to torment your children and their children. These little foxes of deception are so adaptable, that you will oftentimes see even the oppressed begin to take on the very characteristics of the oppressor, just to survive.

What are we talking about here? We’re talking about familiar spirits. These spirits will try to stay within a family for generations and generations, multiplying and reproducing themselves in each family member. These spirits will even go as far as to arrange marriages.

An arranged marriage is a marital union where the bride and groom are selected by individuals other than themselves, in this case it would be familiar spirits. Throughout history arranged marriages were quite beneficial. Benefits included, alliances, advancement of the kingdom, trade, and the hopes of putting their children on other thrones. They would look for someone with royal blood, one suitable, in an effort to attain, and even steal, the authority of the unsuspecting covenant member. The purpose of the marriage arranged by those cunning foxes /familiar spirits is for the enemy to take your royal seat of authority, your voice, your inheritance, and ultimately your identity as a son of God, through Jesus Christ of Nazarath. The purpose was to TAKE OVER!

Because the principle of unity works for both good and evil, who you build with matters. What you build matters.