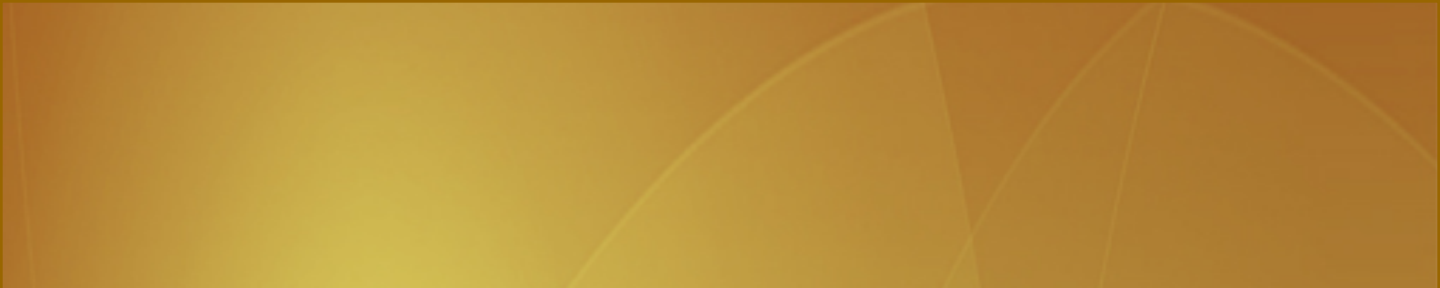
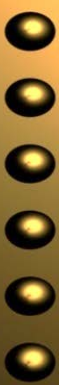


W.O.W

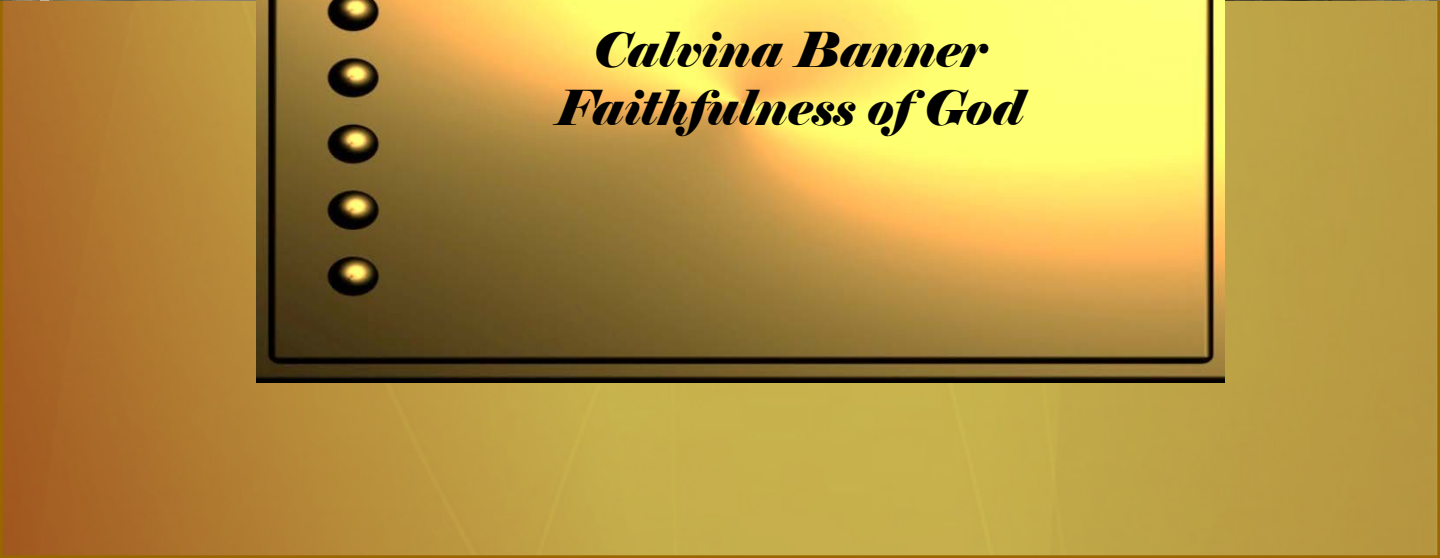
Presentations



W.O.W



***Calvina Banner
Faithfulness of God***



Words from the Lord to remind us of His Faithfulness...

When we are being tempted, God's Word says:

“Therefore submit to God. Resist the devil and he will flee from you”.
James 4:7 (NKJV)

When we are struggling with strongholds, God's Word says:

“Therefore if the Son makes you free, you shall be free indeed.” John
8:36 (NKJV)

When we worry, God's Word says:

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus”. Philippians 4:6-7 (NIV)

When we feel overwhelmed, God's Word says:

“Come to Me, all you who labor and are heavy laden, and I will give you rest.” Matthew 11:28 (NKJV)

When we are seeking peace, God's Word says:

“You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.” Isaiah 26:3 (NKJV)

When we are seeking promotion, God's Word says:

“Humble yourselves, therefore, under God's mighty hand that he may lift you up in due time”. 1 Peter 5:6 (NIV)

When we are believing God for change, God's Word says:

“Forget the former things, do not dwell on the past. See I am doing a new thing! Now it springs up. Do you not perceive it?” Isaiah 43:18-19 (NIV)

When we are discouraged or hopeless, God's Word says:

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future”.
Jeremiah 29:11 (NIV)

Words from the Lord to remind us of His Faithfulness...

When we feel like giving up, God's Word says:

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up”. Galatians 6:9 (NIV)

When we are trusting God's plan, God's Word says:

“A man's heart plans his way, but the Lord directs his steps”. Proverbs 16:9 (NKJV)

When we pray, God's Word says:

“If you believe, you will receive whatever you ask for in prayer”.
Matthew 21:22 (NIV)

When we are seeking wisdom, God's Word says:

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you”. James 1:5 (NIV)

When we are believing God for justice, God's Word says:

“And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly...” Luke 18:7-8 (NIV)

When we are believing in God's greatness, God's Word says:

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us”. Ephesians 3:20 (NKJV)



WOW

***Barbara Harris
Immutability of God***



The Immutability of God

❖ Introduction

❖ What is Immutability?

1. God is immutable in His nature, purposes, and promises
2. How does scripture support this fact

❖ God is omniscience

1. Having infinite knowledge
2. Supporting scripture

❖ God is omnipresent

1. Having the ability to be everywhere at the same time
2. Supporting scripture

❖ God is omnipotent

1. Almighty
2. Supporting scripture



W.O.W



***Mary Vanorsby
Holiness of God***

WOW Retreat 2013
September 12, 2013
Sister Mary Vanorsby
Second Baptist Church
Pastor Larry V. Tyler

An Attribute of Christ: Holy!

1. Who was chosen for divine services for the lord in (exodus29:9)?
2. What scripture and book were the people told to remember the sabbath day to keep it holy?
3. What does (eph.4:24) tells us to do?
4. There are two scriptures that refer to the angles crying holy, holy, holy. Which one says who was, who is, and is to come?
5. Which disciple said "go away from me Lord for I am a sinful man? (give the scripture).
6. What was placed behind the curtain in the tabernacle?
7. Elisha was called a holy man of god by a well to do woman in what scripture?
8. Name the scriptures that says, who is like you O Lord? And there is none holy like you O Lord.
9. In love what does God reveal of himself?
10. Being Holy what does God demand of His people?
11. What is ceremonial holiness?



W.O.D.W

Niya King

*The Sovereignty of God
(The Great I.A.M)*



The Sovereignty of God

(The Great I AM)

Exodus 3:13-14

Sovereignty- supreme power or supreme excellence

Supreme- highest rank

Isa. 46:5-10

Who can compare to God?

What is Absolute authority?

Absolute- viewed or existing independently and not in relation to other things; not relative or comparative

Psalms 115:3

1 Chronicles 29:11-12

Kingdom...

Kingdom- : a politically organized community or major territorial unit having a monarchical form of government headed by a king or queen

a : a realm or region in which something is dominant

b : the realm in which God's will is fulfilled

Do you belong in the Kingdom?

In what Kingdom is God sovereign?

Isa. 49:1

Lam. 3:37

Isa. 49:1

Name- a word or set of words by which a person, animal, place, or thing is known, addressed, or referred to

What is your God given name?

Is there sovereignty in you?

Gen. 1:26

1 Corinthians 3:16

1 Corinthians 6:19

Are you God's property?

Living in God's Kingdom...

Who is seen when people see you?

Ephesians 6:13-17

Being covered by a Sovereign God...



WOW RETREAT
What Manner of Man!
Mark 4:35 - 41

Eagle Ridge Resort & Spa
Galena, IL

W.O.W

LaToya Arthmens

WOW Conference Presenter

*Topic: Am I My Own Worst
Enemy*



“Am I My Own Worst Enemy?” Self-Evaluation

Definitions and Key Points

- Self-esteem refers to an inner sense of worthiness that gives a person resilience and resistance to attack or criticism.
- Self-esteem is how you feel about yourself worth.
- Paul encourages us to “think soberly” when it comes to evaluating ourselves (Roman 12:3). In other words assess yourself with honesty and fairness.
- Low self-esteem can manifest itself in many ways:
 - Feelings of self-hate, believing that one is unworthy or incompetent
 - Refusal to get close to people, believing one doesn’t deserve strong or supportive relationships
 - Refusal to trust others
 - Inability to accept oneself as special and unique
 - Rejection of what God intended you to be in Him.
 - Depression
 - Suicidal thoughts
 - A need for lots of attention
 - A competitive spirit
 - Poor decisions made that are based on fears and not reality
- When you rely on the assessment of others to convince you of your value instead of relying on the assessment of the One who created you then your self-esteem is in trouble.
- Prolonged periods of negative feedback in your life results in poor self-esteem.
- You struggle with low self-esteem when you believe the lies of the enemy.

Biblical Counsel

- John 5:1-15, “Crippled Man Healed”
- John 8:2-11, “Jesus Forgives Adulteress Women”
- Luke 8:40-42, “A Girl Restored to Life”
- Luke 8:43-48, “Woman with Issue of Blood”

Recognize Your Self Worth

- Understand your significance based on your God-given gifts and value to Him.
- Identify and spend more time with people who value and appreciate you.
- Watch the movie, “It’s a Wonderful Life.” The character thought he was a failure until the angel showed him how worse the world would have been without him. You have a positive influence on people.
- God has your life in His hands. Not receiving what you expected may be a blessing in disguise.
- Be patient, healing does not happen overnight.
- READ GOD’S WORD! Study what God says about his love and purpose for your life.
- Keep a journal to record your breakthrough.

Reference

Clinton, Tim 2009. *The Quick-Reference Guide to Biblical Counseling*, p. 214-220

God Loves You

Psalm 139:1-6

O Lord, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, And are acquainted with all my ways. For there is not a word on my tongue, But behold, O Lord, You know it altogether. You have hedged me behind and before, And laid Your hand upon me. Such knowledge is too wonderful for me; It is high, I cannot attain it.

Galatians 2:20

I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Jeremiah 29:11

For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil to give you a future and a hope.

Isaiah 43:1

But now, thus says the Lord, who created you, O Jacob, And He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; You are Mine."

1 Peter 1:6-7

In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ.

Psalm 71:20-21

You who have shown me great and severe troubles, shall revive me again, and bring me up again from the depths of the earth. You shall increase my greatness, and comfort me on every side.

My Prayer for You

I pray that the love of God will saturate and restore you like never before. I pray that you will understand that you are fearfully and wonderfully made, and nothing about you is or was a mistake. God made you who you are with a purpose in mind. I pray that you understand that each trial that you've been through was just a test of your faith. I pray that your faith would grow daily as you let God love you. I pray that you will not look for love and restoration from man but from the One who created you, who knew you while you were in the womb. I rebuke Satan in the name of Jesus from the lies he's trying to convince you to believe. And I pray that you would consider all that you've been through and minister to so many others that are suffering from what you're going through. The Lord loves you and needs you! I pray that you would, "Give yourself away," so God can use you! The victory is yours! In Jesus Matchless and Mighty Name I Pray! Amen



W.O.W



Elder Je Tuan M. Grayson
Topic: Living Free from the
Deadly Trap of Offense

Living Free from the Deadly Trap of Offense

Taught by Elder JeTuan M. Grayson

Matthew 24:10

***And then shall many be offended,
and shall betray one another,
and shall hate one another.***

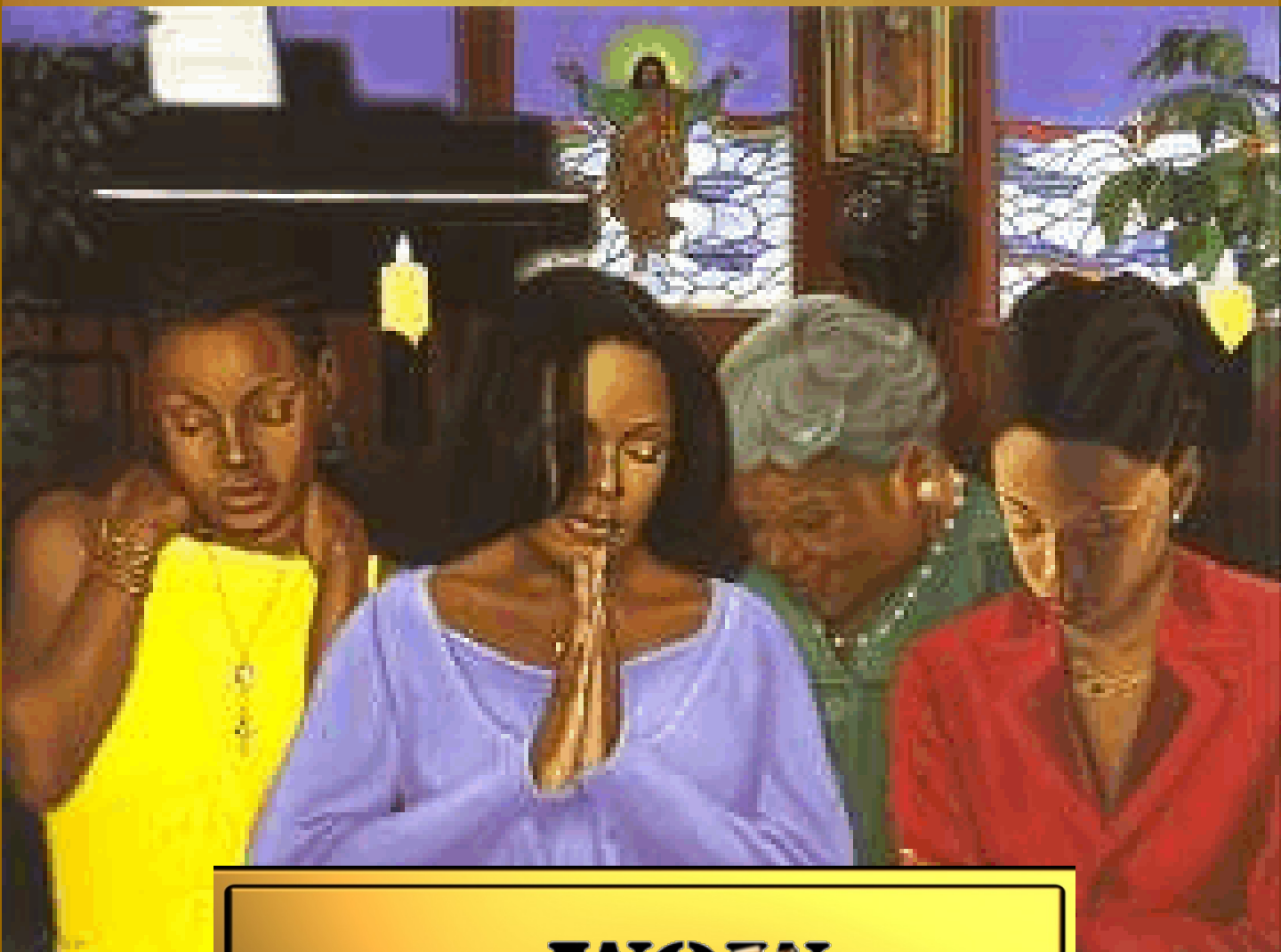
- 1) Me. Offended? (Luke 17:1)
 - a. Massive Offense

- 2) How Could This Happen to Me? (II Timothy 3:7)
 - a. Spiritual Vagabonds.
 - b. Hiding From Reality.

- 3) All that Can Be Shaken Will Be Shaken! (Hebrews 12:26-27)
 - a. The Sure Foundation.
 - b. The Rock of Offense.

- 4) Forgiveness: You Don't Give ,You Don't Get (Mark 11:24-26)
 - a. Escaping the Trap of Revenge.

- 5) Reconciliation (Matthew 5:21-24, II Corinthians 5:18)



W.O.W

Valarie Yvette Hunt

*Topic: Walking in Freedom:
From Hurting to Hallelujah*





Walking in Freedom: From Hurting to Hallelujah

**Valarie Yvette Hunt
Second Baptist Church
Rev. Larry V. Tyler – Pastor
Marilyn Coutee – WOW President**

#5 Walking in Freedom



#4 Reaching The Stage of Hallelujah

#3 Steps to Overcome

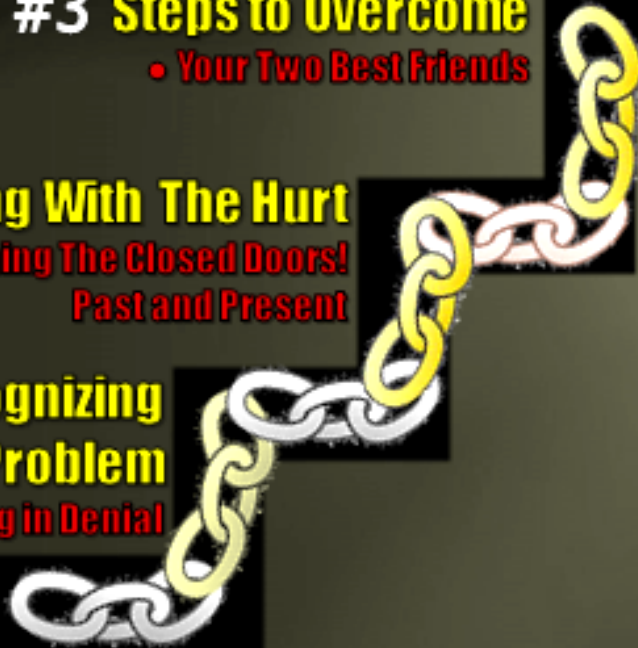
- Your Two Best Friends

#2 Dealing With The Hurt

- Opening The Closed Doors!
Past and Present

#1 Recognizing The Problem

- Living in Denial



Notes:



#1 **RECOGNIZING THE PROBLEM**

Notes:



DEALING WITH THE HURT

LIVING IN DENIAL:

To say that someone is in denial means that he/she is unwilling to accept the truth of a specific situation. It is perhaps very destructive, and sometime used as a defense mechanism to prevent the possibility of being hurt.

Notes:

2 Corinthians 4:8-9 (KJV)

We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed.



Notes:



#2 DEALING WITH THE HURT

Notes:

DEALING WITH THE HURT



OPENING THE CLOSED DOORS (PAST & PRESENT):

- Cleaning the cobwebs out the closet
- Revisiting those things that we are:
 - Ashamed of
 - Hurt us....The things that are problems in our life

Notes:



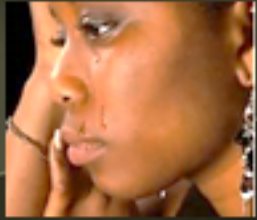
#3 STEPS TO OVERCOME

Notes:



#4 REACHING THE STAGE OF HALLELUJAH

Notes:



REACHING THE STAGE OF HALLELUJAH

hal • le • lu • jah or hal • le • lu • iah (, hæl ə 'lu yə)

interj. 1. Praise ye the Lord!

n. 2. an exclamation of “hallelujah!”

3. a shout of joy, praise, or gratitude.

Notes:



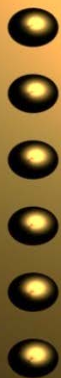
#5 WALKING IN FREEDOM

Notes:



W.O.W

DR. CAROLYN C. WALKER



SECOND BAPTIST CHURCH

Reverend Larry Tyler, Pastor

WOW RETREAT "CHRISTIAN COMMITMENT"



Held at
EAGLE RIDGE RESORT AND SPA
GALENA, IL
September 13-14, 2013

Sister Marilyn Coutee,
Chairperson, Women's Ministry

DR. CAROLYN C. WALKER,
PRESENTER

“CHRISTIAN COMMITMENT



What does Christian Commitment mean?

Promise, pledge, vow, obligation, word, loyalty, devotion, steadfastness.
Faithfulness

What does Christian Commitment mean.....to **YOU**?

List at least five people, functions, anything you think you are committed to:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

List at least five things God would want you to be committed to:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Psalms 37:5

Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.

Commentary on Psalm 37:1-6

When we look abroad we see the world full of evil-doers that flourish and live in ease. So it was seen of old, therefore let us not marvel at the matter. We are tempted to fret at this, to think them the only happy people, and so we are prone to do like them: but this we are warned against. Outward prosperity is fading. When we look forward, with an eye of faith, we shall see no reason to envy the wicked. Their weeping and wailing will be everlasting. The life of religion is a believing trust in the Lord, and diligent care to serve him according to his will. It is not trusting God, but tempting him, if we do not make conscience of our duty to him. A man's life consists not in abundance, but, Thou shalt have food convenient for thee. This is more than we deserve, and it is enough for one that is going to heaven. To delight in God is as much a privilege as a duty. He has not promised to gratify the appetites of the body, and the humours of the fancy, but the desires of the renewed, sanctified soul. What is the desire of the heart of a good man? It is this, to know, and love, and serve God. Commit thy way unto the Lord; roll thy way upon the Lord, so the margin reads it. Cast thy burden upon the Lord, the burden of thy care. We must roll it off ourselves, not afflict and perplex ourselves with thoughts about future events, but refer them to God. By prayer spread thy case and all thy cares before the Lord, and trust in him. We must do our duty, and then leave the event with God. The promise is very sweet: He shall bring that to pass, whatever it is, which thou has committed to him.

Proverbs 16:3

Commit thy works unto the LORD, and thy thoughts shall be established.

WOMEN IN THE BIBLE WHO WERE COMMITTED TO SOMETHING AND/OR SOMEONE



DO YOU SEE

YOURSELF

Eve - means "living" - When the serpent came with questions, she only knew what Adam had told her, and he had several things wrong; like about not touching the tree, and "maybe" it would cause death -- and did she know which tree was which? Rebellious Adam and the wily serpent got a "because" from God, but Eve was deceived and suffered (shared) the consequences, including the pain of childbirth. And so it is today... She was committed to?

Deborah - means "bee, wasp". Judges 4:4 says: "And Deborah, a prophetess, (a warrior) the wife of Lapidoth, she judged Israel at that time". She is one of about twenty persons who "judged Israel" in that time period between Joshua and Saul: the era leading to the Prophet Samuel. Deborah's only recorded prophecy concerned the outcome of the battle between Barak and Sisera.
Judges 4:9. She was committed to?

Esther - means "Star". One of just two books named after women. She's the young Jewish beauty selected to replace the disobedient Queen Vashti. Her next of kin Mordecai believed it was "**for such a time as this**" that she was instrumental in providing a Way for the saving of her people from annihilation, and deliverance from the prideful Haman. She was committed to?

Hannah - means "grace". One of two wives, Hannah was the one with no children until she prayed fervently and went to the house of the Lord. The priest there "marked her mouth" and thought she was drunk (cp Acts2), but in time she gives birth to Samuel the Prophet. They are of the tribe of Ephraim, and only the Levites were allowed to be priests. 1Sam1.
She was committed to?

Delilah - means "languishing". You don't hear this name much and maybe it's because the woman is an overt liar who made a mockery of Samson in her quest for money. He'd already been "played the fool" earlier by the woman pestering him for his Riddle -- surely he knew better than to give up his Secret?
She was committed to?

Jezebel - means "w/o cohabitation". This wife of wimpiest King Ahab is the most notorious woman in the Bible, and perhaps the stupidest, too, for her attempt on the life of Elijah. In the end, she was eaten by dogs as Elijah had prophesied. The "Jezebel" spoken of in Revelation 2:20 is probably not her given name, but rather characterize those ungodly ways.
She truly misused her power. She was committed to?

Ruth - means "Friend". Think Truth with a capital "T". Her first mother-in-law is Naomi, but her second is Rahab who *marries* into the tribe of Judah, and bears a son named Boaz: the Redeemer-Husband! Isa54:5 Ruth is a Gentile: the scripture foretelling concerning the Bride of Christ, the Church or part thereof,
and how we achieve the victory by gleaning in His fields only.
She was committed to?

Rahab - means "proud". Called a harlot in Joshua 2 & 6, and twice in the N.T., besides being used poetically in the Psalms and Isaiah. Only her name to justify that occupation, and in this day and age we'd be more apt to call her a traitor to her own people for making the salvation deal with Israel.
She hid the two un-named spies.
She was committed to?



DID YOU SEE YOURSELF IN ANY OF THESE WOMEN?

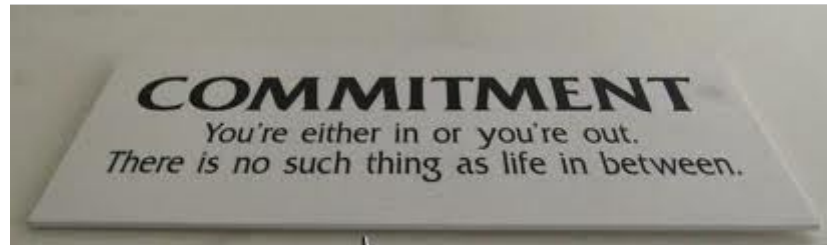
**COMMITMENT MEANS
STAYING LOYAL TO
WHAT YOU SAID YOU
WERE GOING TO DO
LONG AFTER THE
MOOD YOU SAID IT IN
HAS LEFT YOU.**

**WHAT IS THE PROBLEM? WHY ARE WE SO
“UNRELIABLE” WITH OUR COMMITMENT TO GOD, EACH
OTHER, OURSELVES AND OUR ASSIGNMENTS?**

SOMETHING TO THINK ABOUT.....



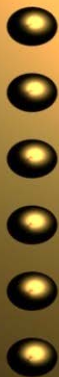
You cannot make a real commitment unless you accept that it's a choice that you keep making again and again and again.



"THERE'S A DIFFERENCE BETWEEN INTEREST AND COMMITMENT. WHEN YOU'RE INTERESTED IN DOING SOMETHING, YOU DO IT ONLY WHEN IT'S CONVENIENT. WHEN YOU'RE COMMITTED TO SOMETHING, YOU ACCEPT NO EXCUSES; ONLY RESULTS."
— KENNETH BLANCHARD



W.O.W



***Lizz Fleming
Broken Children
Grown-Up Pain
How Childhood Trauma Affects
Adult Lives***

Broken Children

Grown-Up Pain

How Childhood Trauma Affects Adult Lives



Second Baptist Church

Reverend Larry V. Tyler, Pastor

Marilyn Coutee, WOW President

WOW Retreat, 2013

Lizz Fleming, Workshop Leader

Broken Children

Grown-Up Pain

How Childhood Trauma Affects Adult Lives

- } Why do we act the way we do?*
- } Do you know "grown" people who act like children?*
- } Do you sometimes behave in ways that disappoint and puzzle you?*
- } Are you repeatedly attracted to the wrong people?*
- } Do you want to change, but you seem stuck and do not have the answers?*

Ephesians 4:14

"That we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting"

Some of our lives might resemble the above type of lifestyle!

This workshop will present information designed to raise our awareness and provide clarity related to God's faithfulness to guide us, when we allow our minds and hearts to become sensitive to His Holy Spirit, and open to what His Word says, and how much He loves us.

The goal is to provide information meant to motivate a desire to become more aware of your feelings, thoughts, and actions. And as a result of that awareness, newness will take place allowing you to begin the process of healing, maturity and growth in Christ.

Were you “broken” as a child?

Do you struggle with despair, emotional isolation, immaturity and abusive behavior? If you do, you probably experienced some sort of trauma as a child

The way we are wired

Before the age of puberty, essential chemicals are missing from the brain, making it impossible to have reliable reasoning ability

If trauma occurs during this period, our brains become wired with improper information that drives our future decisions

Why “broken” children can’t grow up

Childhood wounds and trauma can continue to inflict pain into our lives for the rest of lives, unless we recognize them, confront them and seek healing from God

Arrested Development “hindered emotional growth”

We grow physically and chronologically, but remain emotionally the age the trauma occurred

What God says... “My people are destroyed for lack of knowledge” Hosea 4:6

He also tells us to... “cast down arguments or strongholds, and bring every thought into captivity” 2 Cor. 10:5

It’s all about the brain: *the information received by our senses comes into the part of the brain called the **thalamus**, it decides if the input it received is traumatic, good or bad based on the past information stored in the brain.*

The thalamus actually “hijacks” the brain and starts making its own decisions in an attempt to protect us from being hurt over and over again

This is where everything get's messed up

The child under the age of puberty is in the age of directives not the age of decisions...therefore unable to "cast down arguments or strongholds" So as adults, we tend to base our decisions on our "wounded" perceptions

Perception:

The organization, identification and interpretation of sensory information in order to represent and understand

Perception is very seldom reality "We don't see the world as it is, we see the world as we are!"

Hope for maturity

*Healing and maturity requires the ability to see reality instead of perception, and the need to override what the wounded child's brain has accepted as truth with the Word of God, as it says in **Phil.4:8 and Romans 12:2***

Facing Reality

Admitting our weaknesses is the first step towards healing and seeing reality

The greatest power within a person is the ability to choose to change

Change is challenging and painful

*Change requires lots of self-examination, prayer, determination and **repentance**. We need to recognize that there is a **REASON** for our struggle, but there is no **EXCUSE** for it to remain that way*

Change is possible

*As we begin to identify our wounds and recognize our **REACTIVE** lifestyles, we will desire to grow and mature beyond our woundedness*

*The “growing up” process is developing the character of Christ as it says in “**Eph. 4: 14-16**”*

Why am I attracted to the wrong people?

We need to identify our own needs before we can expect those needs to be met!

No one can make our lives better...no one except us as we begin to discover and verbalize what our needs are

Addictive Relationships

Two people both reacting from the pain of their wounds, drain the energy from their partners...Each frantic for a live-giving source, but the other person chosen has nothing to give and is looking for the same help!

Co-dependent

A psychological condition or relationship in which a person is controlled or manipulated by another person who is affected with an abnormal condition...it refers to the dependence on the needs of, or control of another person

The Rescuer

"If I help this person, I'll have value. Their belief is the other person will not reject or leave them because they can take care of them and they need them"

The Rescuer's Checklist

Do you believe you are responsible to make your partner happy?

Do you make excuses emotionally or mentally for your partner's behavior?

How we see ourselves matter

*Negative self-talk is **programmed** in the brain and can be **unlearned** as our awareness is raised and we begin to see ourselves as God sees us*

Our value in Christ

***In spite of our wounds we can mature**, we can know, understand and believe that God loves us and wants the best for our lives*

Starting over with Christ

*For healing and maturity to occur, we must **RESTART** our maturing process. We must confront the truth and become teachable by the Word of God*

Development Reconstruction

*As we go through the process of identifying our wounds we will be confronted with the choice of **letting go** of the pain and **starting to mature...Eph. 4:14-16***

Guidelines for healing

The purpose of healing and maturity is to override what the wounded child's brain drives them to think, feel and do, by learning to use that part of their brain to make decisions and "bring captive the imaginations and tear down strongholds".

*Most of the time just the knowledge that our behaviors have a source will restart the growing process....**Denial blocks the growing up process***

Filling the empty spaces

"Come out from among them and be separate, says the Lord. Do not touch what is unclean, and I will receive you. I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty" 2 Cor. 6: 17-18

"And you shall know the truth, and the truth shall make you free" John 8:32

*When we completely accept the truth, we can know that **we are not flawed...**We are **not deficient...**He is our Father and we are His children....**We are children of the Most High!***

The Rebirth

*"Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming...Instead, speaking the truth in love, we will in all things grow up into Him who is the Head, that is Christ.....**Eph. 4: 14-15***

"We will know the truth and the truth will set us free"

John 8:32

A letter to my wounded Child

Dear _____

I want you to know there is nothing that has happened to you that you cannot overcome. Nothing you could say or do that would cause me not to love you. You will always have my love and support. You are valuable and beautiful in God's eyes, and in the eyes of those who love you, nothing has happened or will happen to change that. If someone hurt you when you were a child, you can let go of the responsibility of that event. It wasn't your fault, and you could not have done anything to prevent it....You deserve to feel safe and to know how much you are loved and valued in the eyes of God. I give you permission to grow and mature...I give you permission to become the whole, healthy woman of God, He intends for you to be. A woman who is capable of emotional bonding and loving in an abusive free relationship.

Thank you Father for your unconditional love for me and for teaching me to love myself unconditionally, through the help of the Holy Spirit

Serenity Prayer

God grant me the serenity to accept the things I cannot change. Courage to change the things I can, and the wisdom to know the difference.

Living one day at a time, enjoying one moment at a time...Accepting hardships as the pathway to peace...Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He will make all things right, if I surrender to His will.

That I might be reasonably happy in this life and supremely happy in the next....AMEN

References: Understanding the Effect of Your Wounded Past "Paul Hegstrom, PhD

Biblical Counseling Reference Guide, "Dr. Tim Clinton and Dr. Ron Hawkins"

