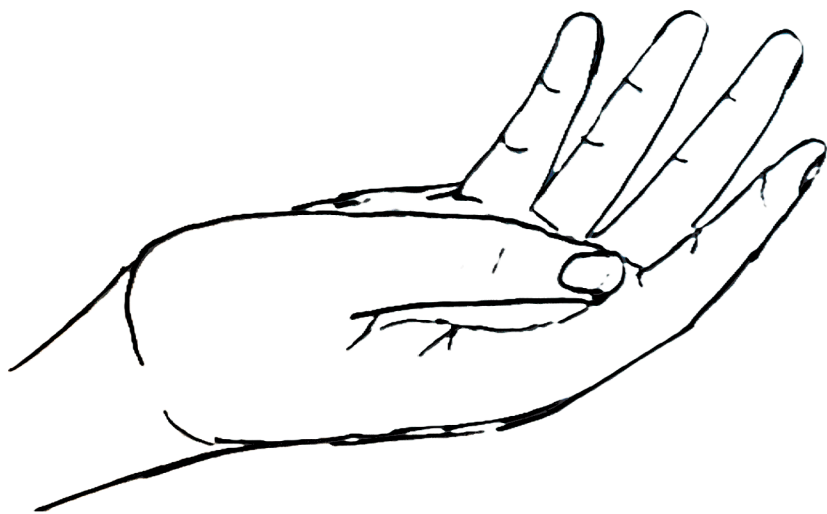


Let's Talk



**Come to me, all of you who are
weary and carry heavy burdens,
and I will give you rest.**

Matthew 11:28 (NLT)

LET'S TALK is written in a clear and honest manner to reach people worldwide to let them know they are loved and valued by God. For years people have been abused and taken advantage of. LET'S TALK will let you know that whatever form of trauma happened, it was not your fault and you can move forward by receiving true freedom through the love that Jesus Christ has given you.

God's heart for you is LOVE. It is an Agape love that is selfless, unconditional, and sacrificial. The Bible says, He sacrificed His son, His only son, just for you. He longs to be in your everyday life, in the big and small things. His love is everlasting. The Bible says in Jeremiah 31:3 (NIV), "I have loved you with an everlasting love; I have drawn you with unfailing kindness." Everlasting love means a love that has no end.

Imagine someone loving you with a love that has no end. All you must do is accept God's love into your heart and you can have all of Him. Spend time with Him and I promise He will meet you right where you are. As you read this book, I pray that you feel the love and heart of your Heavenly Father.

Contents

1. You Are Thoroughly Loved By God
2. Cindy's Testimony
3. Why You Need To Forgive
4. Who You Really Are
5. How You Can Get Help

1

You Are Thoroughly Loved by God

In Ephesians 3:17-19 (NLT) it says, “Then, by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of his love will become the very source and root of your life. Then you will be empowered to discover what every holy one experiences—the great magnitude of the astonishing love of Christ in all its dimensions. How deeply intimate and far-reaching is his love! How enduring and inclusive it is! Endless love beyond measurement that transcends our understanding—this extravagant love pours into you until you are filled to overflowing with the fullness of God!”

When a tree is rooted in the ground it draws nourishment. We are the tree, and we are rooted and grounded in God’s love. If our roots were to be ripped out of the ground what would happen to us (the tree)? The soil (God’s love) is what gives us life. He gave each one of us life. To be rooted in something means you draw nourishment from it. Your life, food, water, and anything which sustains will cause you to flourish and grow. Without the nourishment and love from God, we would wither and die.

God loves us with an unconditional love (a God-kind of love), which is agape love. This kind of love is absolute, not self-centered. It is just like what we read in John 3:16 (ESV), “For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish, but have eternal life.” Do

you know anyone that would give their son's life to save you? I don't, but God did it! God the Father gave His only Son, Jesus, just for you. Even if you were the only person left on the planet, He would give Him just for you! Let that sink in for a moment. Jesus died just for you!

If you died today, do you know for sure that you would go to Heaven and spend eternity with God? Would you say this salvation prayer out loud and ask Jesus to come into your heart and live?

Dear Heavenly Father,

I know that I have done wrong. Jesus, I know You went to the cross and died just for me. I ask You to please forgive me for my sins, and come live in my heart. Jesus, I know that when You died for me, Your blood washed me clean and I believe You rose from the grave so I can come and live with You in Heaven. I thank You, Jesus, for changing me and filling me with Your Holy Spirit, and I know the Holy Spirit is going to guide me and help me to live for You. Thank You, in Jesus' name, I am free! Jesus, be the Lord of my life. AMEN!

"If you confessed those words with your mouth and believed in your heart that God has raised Jesus from the dead, the Bible, which is God's Holy Word, says that you will be saved!" Romans 10:9 (NKJ) Welcome to the family of God! "As a child of God, you are now an heir to all His promises and a co-heir with Christ, ..." Rom. 8:17 (NKJ).

This means you are an heir to all God's promises and He treats us as His children. As joint heirs with Christ, we are entitled to the same inheritance and privileges as Jesus, which includes eternal life and all the resources of God's Kingdom. We are not only saved by God's grace, but as co-heirs with Christ, we are called to live out the inheritance we have received.

Let me explain: there is one God, but He exist as three different “people.” They are God the Father, God the Son and God the Holy Spirit, who are equal and fully God. Each one has a role, but they are ultimately one God in three “persons.” It is important to know that when we pray, we pray to the Father asking in the name of Jesus with the help and guidance of the Holy Spirit.

When you become a child of God, His Holy Spirit comes to live inside of you which empowers and strengthens you to live a life of victory. God the Father gave us His Holy Spirit to help us in our everyday life. Jesus told his disciples that He would ask the Father to send them a Helper, who will be with them forever. In John 14:26 (AMPC), Jesus promised to send “...the Comforter (Counselor, Helper, Intercessor, Advocate, Strengtheners, Standby), the Holy Spirit, Whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will cause you to recall (will remind you of, bring to your remembrance), everything I have told you.”

In John 15:26 (ESV) Jesus said, “But when the Helper comes, whom I will send to you from the Father, the Spirit of truth, who proceeds from the Father, he will bear witness about me.” In John 16:7 (ESV), Jesus said, “Nevertheless, I tell you the truth, it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send Him to you.”

When you accept Jesus into your heart, it is the moment of your eternal salvation, and you are marked with the seal of the Holy Spirit Who comes to live inside of you. There is a second experience called the Baptism of the Holy Spirit, which is the infilling of God’s Spirit that gives you the empowerment to speak in a heavenly language that is not your native tongue.

In Matthew 3:11 (NKJV), John the Baptist said, “I indeed baptize you with water unto repentance, but He (Jesus) who is coming after me is mightier than I, whose sandals I am not worthy to carry. He will baptize you with Holy Spirit and fire.” The scripture teaches that you can be baptized with God’s Holy Spirit and

fire with the evidence of speaking in a heavenly language, referred to in the Bible as tongues.

I got saved and lived as a Christian and it was good. About 20 years later, when I got baptized with Holy Spirit and fire, it was power that I had never experienced before. I was now able to easily read the Bible with greater understanding than ever before. Now I was able to hear God's voice in my inner spirit giving me daily guidance, encouragement and direction. He is the one who taught me to look for God in the big and small things. The Holy Spirit guided me and comforted me in times of great loss (e.g., when my daughter died). I have been empowered to achieve amazing things that I never could have done on my own without Holy Spirit.

God knows us more than we know ourselves. He talks to us and guides us to know what He wants us to do. In fact, that is how and why this book was written. It was His idea, and He asked me to write it just for you. He is so good.

God's perfect will is for every believer to be filled with the Holy Spirit and power. He will give you the power to live right, pray right, do right, and be a witness for Him. In Acts 1:8 (NLT) Jesus said, "But you will receive power when the Holy Spirit comes upon you; and you will be My witnesses, telling people about Me everywhere..." You would like everything that Heaven has for you, right? Of course you do. We all do.

Place your hand on your belly and say this with your heart and your lips out loud. Say:

Jesus, You are my Savior and You are the Baptizer of the Holy Spirit and fire. I want everything that You have for me. Baptize me with the Holy Spirit and fire with the evidence of speaking in tongues. I receive Your gift of the Holy Spirit right now and I receive my prayer language, in Jesus' name.

Now open your mouth and speak it out. Start speaking forth those heavenly syllables. It comes from your belly, not from your head.

John 7:38 (NKJV) Jesus said, "He that believes in me, as the scripture has said, out of his heart will flow rivers of living water." I command those rivers to flow right now. Be filled with the Holy Spirit and fire, in Jesus' mighty name. Amen

When you pray in your heavenly language, it is the Holy Spirit praying through you directly to the Father. It is God's perfect prayer. You can pray in tongues anytime – when you worship, as you get ready for the day, as you drive to and from work or school.

The more you pray in tongues, the more you are built up and strengthened. The more you pray in tongues, the more you hear the voice of God which is so vitally important to developing your relationship with Him.

When you do not know what to pray or how to pray, pray in tongues. When you pray in tongues, you edify yourself – you bless yourself and build yourself up spiritually.

God's Heart for You

Ephesians 1:4-6 tells us that before the world began, God set His heart upon adopting you into His family. Hallelujah! He loves us even in our mess. He knows all and sees all. He hates it when we do wrong things, but He loves us no matter what.

Just remember, since you said the salvation prayer, your sins have been washed white as snow and He remembers your wrongdoings no more. Therefore, if you mess up, go to your Heavenly Father, confess and ask for forgiveness. He loves you and will welcome you with open arms.

God delights in spending time with you. There is a scripture in Zephaniah 3:17 (NKJV), which states, “The Lord your God is in your midst, a mighty One who will save; He will rejoice over you with gladness; He will quiet you with His love; He will rejoice over you with singing.” He delights in you!

Breakdown of Zephaniah 3:17

- “*The Lord your God is in your midst*” – this emphasizes God’s presence and closeness to His people.
- “*a mighty one who will save*” – This highlights God’s power and ability to deliver and protect.
- “*He will rejoice over you with gladness*” – This conveys God’s joy and delight in His people.
- “*He will quiet you with his love*” – This speaks of God’s comforting and soothing presence.
- “*He will rejoice over you with singing*” – This shows God’s exuberance and celebration of His people.

Do you feel God’s heart and love for you right now? He is waiting for you to come and talk to him.

We have a Father who has given us so many benefits, promises, and gifts. You can read all about them in His Word, the Bible. They are in the package of salvation, when you accept Jesus in your heart, and they are FREE. He is the perfect Father who loves us so much and His heart for you is love. In this book, we have included testimonies, which are personal accounts of what God has done in our lives. The Bible encourages us to share our testimonies to witness of God’s goodness and mercy, so others can be inspired and encouraged by His great love.

Theresa's Testimony

I have a daughter, and during her late teens and 20's, she was always making bad choices by being involved in drugs, men, and drinking alcohol. It was overwhelmingly frustrating for me! During this time through a friend, I learned how to speak God's promises over my daughter, who was a prodigal. I would continuously pray for her and speak out loud His promises for her.

Some months later, I began seeing a change in her. She was spending more time with her kids and family. In March of 2020, someone offered to pay for her to go to a weekend encounter with Jesus. That was huge for her to agree to go, because she had not been to church in 16 years. Also, she did not have any friends going, and did not know anyone there, except for a few of the leaders hosting the event. It was a big step for her to go, and God met her there. She went there with an attitude of, "don't talk to me," but came back from the encounter weekend with her whole face glowing completely filled with God's joy and laughter. For the first time in her life, she encountered God's unconditional love, and it changed her forever.

Four months later, she dropped dead on the floor in my house and went home to be with the Lord. Looking back now, I can truly see God's hand orchestrating everything to get her to the encounter for that life changing weekend. He loved her so much that He made sure she went to heaven to be with Him until I get there to be with them both. He was in every detail, big and small. He orchestrated it all and He loves you just as much!

It is difficult to put into words and communicate the depth of God's love for you. Our human minds have difficulty in understanding an unconditional love because human love is so conditional. However, God's love is unconditional. It is only through the Holy Spirit that we can comprehend and experience the height, depth, width and length of the love that God has for us.

Let me share with you two examples from my life of how God

has personally shown me His love in the small things. While I was driving to work one day, I was craving pancakes with maple syrup. I planned to stop at a nearby restaurant, but when I got there, it was packed with cars and if I stopped, then I would be late for work. So, I continued driving and was very disappointed because I really wanted those pancakes.

When I arrived at work, I began preparing the store which I manage, to open. Our cashier was supposed to arrive by 9 a.m., but she walked in the store 15 minutes late. As I began to reprimand her for being tardy, she handed me a Styrofoam container and said, "I am sorry I am late, but I stopped to get you some pancakes." I was so shocked! My eyes teared up and I started crying. She said, "It is only pancakes." I said, "These are not just any pancakes, these are from my Heavenly Father, and he used you to bring them to me." This girl is not even a Christian, but God used her to bring me what I desired the most that day.

He did it again very recently. I was hungry on the way to work and wanted a biscuit. I did not have time to stop and so I just kept driving. I arrived at work and another employee came in and said, "Here, I brought you a biscuit." I laughed and said, "Of course you did, because my Daddy told you to." God tells us in Psalm 37:4 (ESV), "Delight yourself in the Lord, and He will give you the desires of your heart."

Think about your last week, has God given you kisses from heaven? Start looking for Him in your everyday life. Jeremiah 31:3 (NRSV) says, "I have loved you with an everlasting love; therefore, I have continued my faithfulness to you."

As I am writing this, all I keep hearing is, YOU ARE LOVED.

QUESTIONS

1. Do you know how much your Father in heaven loves you?
2. Can you think of a big thing or small thing that has happened in your past that you missed? Can you see that it was God?

3. List 1 big thing He has done for you.
4. List 1 small thing He has done for you.
5. Write out a prayer in your journal to your Heavenly Father. Thank Him for something He has done and tell Him how much you love Him. Thank Him for loving you.

SCRIPTURES

Jeremiah 31:3 (NKJV): ...Yes, I have loved you with an everlasting love; therefore with loving-kindness I have drawn you.

1 John 4:9 (NIV): This is how God showed His love among us: He sent His one and only Son into the world that we might live through Him.

John 16:27 (ESV): For the Father Himself loves you, because you have loved Me (Jesus) and have believed that I came from God.

Deuteronomy 7:13 (ESV): He will love you, bless you, and multiply you.

2

Cindy's Testimony

Hello, my name is Cindy. I want to share about how God brought me out of a dark time in my life. Here is my testimony of how the Lord rescued and restored me.

I was raised in poverty (an environment of strife, anger, manipulation, lack, and control) where my family fought all the time. Due to years of sexual abuse that I endured during my childhood, I lost my virginity at a young age.

The abuse caused my whole personality to dramatically change. I became angry, hurt, depressed, overwhelmed by feelings of guilt, shame, and so much more. I went through stages where I did not trust people, especially men.

It was during this dark time that God connected me with a Christian youth leader who visited my school. From this, I surrendered my life to Jesus. I was saved and encountered the love of the Father, which filled the deep void that was inside me.

I became involved with activities at church, which helped me to cope with the trauma that was going on at home. My salvation through the Lord Jesus gave me the strength and courage I needed to stand up to my abuser at age 15 and tell him it had to stop.

Thank God it did stop, but unfortunately the unresolved scars, pain, and trauma caused from the abuse remained for years into

my adulthood and affected my life in very destructive ways. I tried to numb the deep pain and cope with drugs, alcohol, or sex, but it never worked and only made everything worse. I was still in pain inside and a very unhappy person. It took me hitting rock bottom with a failed marriage and nowhere to turn before I started to realize I really needed help.

God used special people in my life to bring about my healing. They helped me to take the steps needed to change, and I learned that I could only do it with God's help.

I started bringing everything before the Lord. I gave Him all my anger, hurt, depression, shame, guilt, and everything I was feeling.

The healing process took time and it was not easy. At times it was painful, but it was all worth it. I did not rush the process because I wanted to be completely free in the Lord.

You Can Be Free

Here are a few simple steps to guide you so that you too can walk in freedom.

1 – Surrender Your Experience

I encourage you not to carry harmful feelings around with you like I did. No matter your situation or what experiences you have had, God can do the same for you as He did for me – He can set you free in Jesus.

2 – Understand It's Not Your Fault

It took a lot for me to realize that I had no reason to feel shame or guilt. Understand that these feelings are normal. In my healing journey, I asked God why this abuse happened to me. He told me it was nothing that I did, and that I did not deserve it.

I want to strongly encourage you not to wait until years later to get help as I did. You can receive freedom. This book will help

you in that process.

It is important to understand that we have an enemy in this world and his name is Satan. What the enemy meant for evil, God will use for His good and for His glory. The Bible says in Romans 8:28, God is in the business of turning bad into good. He does not cause everything, but He can use everything and turn it into something good.

3 – Receive God’s Love

God loves you and has a special plan for you. His love is unconditional. It is pure, true and unending. God is a safe place to run to, and I promise He will not turn you away. He can handle all your problems. He will carry you through it all.

Romans 8:32 (TPT) says, “For God has proved His love by giving us His greatest treasure, the gift of His Son. And since God freely offered Him up as the sacrifice for us all, he certainly won’t withhold from us anything else He has to give.” That is how much God loves us. Because He did not spare His own Son for us, He will certainly will not withhold all that He has to give. Amen!

I can really relate to how you feel when it comes to sexual abuse and the pain it causes. Looking back now, I realize God was chasing me all the time, but I just was not in a place where I could see or hear Him. In my pain, I was running from God instead of running to Him. Despite that, God was faithful and kept me safe. I know through all of this that God has made me a stronger person. God has given me this testimony to share with others so they too can be set free.

How To Be Truly Free

Here are the steps needed to change and receive true freedom in Christ Jesus:

1. Surrender your life to Jesus and receive the free gift of Salvation.

2. Get a Bible or download a bible app for free and read it daily.
3. Receive God's Love and learn your identity in Christ.
4. Plug into a good Christian church that preaches Jesus and teaches the whole truth of the Bible.
5. Find a group of good Christian friends to come alongside you to help you in your daily walk.
6. Forgive others and even forgive yourself. Don't hold grudges against those that harmed you.
7. Release it all to God.
8. Forget, move forward and keep your heart free and your life joyful.
9. Share Jesus with others, pray, and continue to learn and grow closer to Him.

To stay free, this needs to be a lifestyle change, and you need to do these steps daily, because there are challenges of life every day.

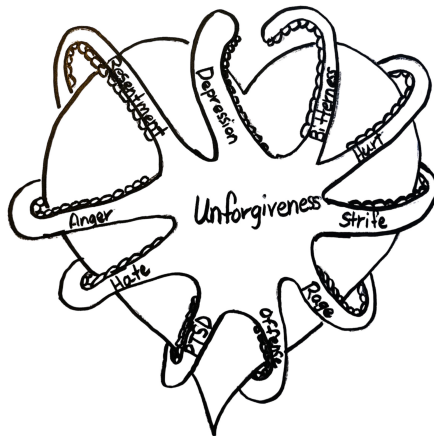
Pray to God and ask Him to bring the right people in your path to help you along your healing journey. Do not let your past and what has happened to you define you. Remember, that is not who you are. You are a child of the King.

Please do not wait as long as I did to get free. Now that I am on the other side walking in freedom, I have complete peace and joy, and you can have it too. God will restore every part of you from the inside out. Trust in Him today and allow Him to do that. What He did for me, He will do for you.

3

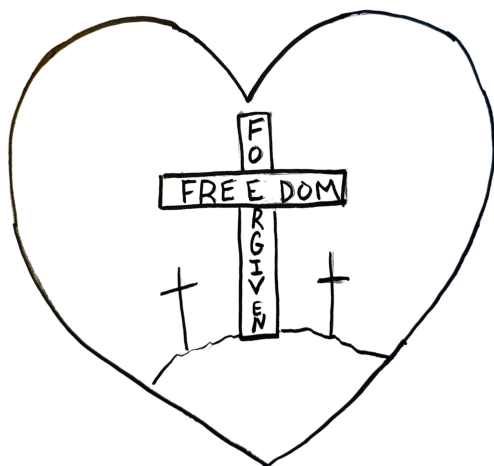
Why You Need To Forgive

Here is a very important spiritual principle: Forgiveness is the antidote for the poison of unforgiveness. When you hold unforgiveness toward someone, it is like you are drinking a poison, but you are expecting the other person who offended you to get sick. When you forgive someone for hurting you, you drink the antidote for the poison of unforgiveness in your body.



This illustration shows how unforgiveness attacks your heart like an octopus attacks its prey. Its tentacles squeeze your heart tightly like a vice which keeps you in bondage and limits what God can do in your life. Deep-seated emotions such as bitterness, anger, rage, depression, PTSD, offense, and hatred can destroy you if left

unchecked. However, forgiveness will set you free.



In the ultimate demonstration of God's love, Jesus, who knew no sin, died on the cross in our place to cover the penalty for human sin, allowing for forgiveness and reconciliation with God. Jesus took the punishment that we deserved, so that we can have forgiveness from our sins. Since God has forgiven us of our sins, how can you ask God to forgive you if you will not forgive others? It says in Mark 11:25 (NIV), "And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins." If we want God to forgive us from our sins, then we must forgive others and not hold anything against them. You must forgive with the same grace that enables you to be forgiven.

Revenge does not heal. It only makes things worse. It takes the grace of God to forgive an offense. Do not let things fester down in your spirit. Unforgiveness can be like a poison and goes all through your body causing health issues. Forgive and give it to God. He wants you completely healed in every way, so that nothing hinders your relationship with Him.

The Bible says it's a commandment to forgive others. Matthew 6:14 (NIV) says, "For if you forgive other people when they sin

against you, your Heavenly Father will also forgive you.” Also, Colossians 3:13 (NIV) says, “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

Forgiving others is very important to God so it should be the same for us. It actually should be a priority. Matthew 6:15 (NLT) says, “But if you refuse to forgive others, your Father will not forgive your sins.” So, we must forgive others no matter what it is, if we want God to forgive us of our sins.

Cindy's Forgiveness Journey

As God had me walking through the steps of forgiving others, He showed me people that I held unforgiveness towards. My dad was one and my ex-husband was another. God had to show me how to love my dad in a new way. As I submitted to the Lord, I realized God is my Heavenly Father and He loves me the way I needed to be loved without any judgments. Over time, God brought me to the point that I could love my dad's faults. This was not always easy.

God had to bring me to my knees and show me how I had to forgive and love him through Jesus' eyes. I'm still working on it. Sometimes it's a daily choice to forgive my dad. I've come a long way with this, but I know I still have work to be done in this area of my life.

I know I must continue to forgive my dad if I want continued peace in my life. This also applies to my ex-husband and others who have hurt me. Another person whom I had to forgive is the person who took my older brother's life. He was attacked, beaten and left to die. I don't know who did this to him. It really does not matter now because God knows who it is. For in Deuteronomy 32:35 (GNT) it says, “The LORD will take revenge and punish them; the time will come when they will fall; the day of their doom is near.” So, I trust the Lord and what His Word says,

and I forgave this person.

Yes, I have really forgiven these people; however, the hardest one I had to forgive is the person who molested me when I was a child. Walking through the steps of forgiveness and giving this person over to God was one of the hardest things I have ever had to do. It took a while, and it didn't happen overnight. I did not rush it.

Steps To Forgiveness

Here are some steps to forgiveness that will help you in your process:

1. Acknowledge the pain; working through pain can only happen once you admit you have been hurt.
2. Think through things.
3. Imagine being on the other side.
4. Remember God's forgiveness.
5. Reflect on our biblical commandment to forgive.
6. Let go of the hurt.
7. Continue to forgive.
8. Pray for the person who hurt you.

I walked through these forgiveness steps with the Lord leading in every way with the help of three trusted friends. Pray and ask God to bring your trustworthy friends who love the Lord Jesus and are willing to be there to help and pray with you. When you are ready, God will bring the right people in your life, just like He did for me. I am so glad and grateful that He did!

God loves you and wants you to be free from any pain and any bondage in your life. So, turn to Him and trust Him today; there is so much freedom in forgiving someone. In Galatians 5:1

(NIV) it says, “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” So be free in Christ by forgiving others and do not be in bondage to anything or anyone, especially those who have hurt you. Unforgiveness leads to hatred and isolation towards others and the Lord. I encourage you to not let this happen to you like it did to me, forgive others now and be free in Jesus.

QUESTIONS

1. Why should we forgive?
2. Just like it says in the Bible, you must forgive if you want your Father in heaven to forgive you. Are you holding back in forgiving someone?
3. Who do you need to forgive and what steps should you take to forgive them?

SCRIPTURES

Matthew 6:14-15 (TPT): And when you pray, make sure you forgive the faults of others so that your Father in heaven will also forgive you. But if you withhold forgiveness from others, your Father withholds forgiveness from you.

Colossians 2:13-14 (TPT): Tolerate the weakness of those in the family of faith, forgiving one another in the same way you have been graciously forgiven by Jesus Christ. If you find fault with someone, release this same gift of forgiveness to them. For love is supreme and must flow through each of these virtues. Love becomes the mark of true maturity.

Luke 6:37 (TPT): Jesus said, Forsake the habit of criticizing and judging others, and then you will not be criticized and judged in return. Don't condemn others and you will not be condemned.

Forgive over and over, and you will be forgiven over and over.

Mark 11:25-26 (TPT): And whenever you stand praying, if you find that you carry something in your heart against another person, release him and forgive him, so that your Father in heaven will also release you and forgive you of your faults.

Psalm 103:12 (TPT): Farther than from a sunrise to a sunset - that's how far you've removed our guilt from us.

Freedom In Forgiveness

People may ask how there is freedom in forgiving. The freedom we find in forgiveness gives us the freedom to love others, because through Jesus we can start seeing them through God's eyes. This allows us to move forward in healthy relationships with others and move beyond the trauma we have experienced.

When you have freedom in forgiving, you are free from any shame, guilt, or bondage that the devil may try and hold over your head. He may try to convince you that you cannot be free and that you have brought this shame upon yourself. The devil will also put ideas in your head that you caused this pain and guilt, so you deserve it by the choices you made. He will tell you that you are a loser, and that you do not deserve God's love, because you are such a bad person or that you have messed up too badly, and God will never take you back or love you anymore.

Well, that is simply NOT true. The devil will lie to you and tell you that it was your fault. Do NOT believe the devil's lies, but instead come to the Lord, and give it all to Him so that you can experience true freedom.

You see forgiveness is an act of freedom that restores honest dialogue, shares true and heartfelt feelings, and acknowledges the consequences of an action. It admits that the wrong committed has caused a hurt that must be healed, and it squarely positions responsibility on the offender. It admits that you have been

hurt, works through the feelings related to that hurt, and then move beyond them.

Forgiveness is the restoration of freedom to oneself. Sometimes people may say that forgiveness can feel like we are letting people off the hook for their offenses; but instead, it is us being willing to release our grasp on the wrongs done to us and open ourselves up to God's amazing grace. Forgiveness is the restoration of freedom to oneself; it is the key that we hold in our *own hand* to restore freedom to *our own* prison cell.

Another reason forgiveness is so freeing is because our lives can get trapped in the past; as a result, many people become depressed or anxious. The path to removing this internal weight is to experience the life-freeing power of forgiveness. Learning to forgive others releases burdens and brings freedom back to our heart. Proverbs 4:23 (NLT) says, "Guard your heart above all else, for it determines the course of your life." The Bible tells us that we are responsible for our heart's condition. When we choose to forgive and release it to God, we are guarding our own heart. His grace then restores our hearts, so that we can walk in total freedom and victory in our life.

Forgiveness also frees us from anger. It is an active process in which you make a conscious decision to let go of negative feelings, whether the person deserves it or not. As you release the anger, resentment, and hostility, you begin to feel empathy, compassion, and sometimes, even affection for the person who wronged you.

It is not easy to forgive others when they have not changed or have hurt you deeply, but whether you forgive them does not depend upon them. It depends on you! Just like God's forgiveness is not about you earning it, but about who God is.

If we turn to Jesus, we find full forgiveness of our sins, freedom, and peace. The Bible tells us in Psalm 103:12 (NLT), "He has removed our sins as far from us as the east is from the west." Also,

Ephesians 1:7 (NIV) says, “In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God’s grace.”

We extend forgiveness to others, not because they may or may not be deserving of it, but because Jesus, our Lord and Savior, forgave us and gave us the command to forgive others. We do it out of obedience and honor to Him because He has given so much for us.

Following is a prayer of forgiveness that will lead you in receiving forgiveness and extending it to others, so you can walk free and victorious in your life. Say it out loud and believe it in your heart, and your turning point to a life of freedom will begin today.

Prayer Of Forgiveness

Heavenly Father,

I come before You burdened by bitterness, anger, resentment, and unforgiveness (*add any other emotions that you may have*).

I recognize that these emotions have kept me captive for too long. Only You, God, understand how much I have been hurt by _____ (*insert name of offender*). I don’t want to carry the pain any longer. I ask that you help me to forgive them.

You know all the ways that I have hurt others. I am sorry for my sins. Jesus, thank You for dying for me. I accept Your grace and forgiveness. Today, I am turning to You and I am choosing to forgive the way you have forgiven me. Every time a memory comes back, I will forgive and release that back to You again until the pain is gone.

I thank You that according to John 8:36, “I AM FREE! And whom the Son sets free is FREE INDEED!” Thank you that I am no longer in bondage or slavery to anything or anyone. I am no longer a victim, but a victor!! I am free from mental and emotional bondage, such as depression, oppression, grief, guilt, shame, and broken-heartedness. I am free from all sexual problems and impurities.

I keep my mind pure and stay on you and Your Word. I am free from all anger, unforgiveness, bitterness, resentment, hatred, and self-unforgiveness (*add any other emotions that you have*).

I am free from spirits of death and suicide. I am free from all doubt, fear, unbelief, poverty, lack, and debt. I loose prosperity, divine health and healing over me. In Christ Jesus, I am an overcomer in every area of my life, and I am more than a conqueror. I am FREE indeed! I declare all these things by faith in Jesus’ mighty name. Amen!

QUESTIONS

Now that you have prayed the prayer of forgiveness:

1. Do you feel a release from your past painful experiences?
2. Do you feel the weight of depression and anxiety has lifted off of you?
3. Do you feel the release of anger, resentment or hostility toward your offender(s)?
4. Do you feel free now?

If you are still feeling any of these things (thoughts, feelings, or weights), or if it is trying to come back on you, then you can repeat the prayer of forgiveness as many times as you need to.

SCRIPTURES

Psalm 103:12 (NLT): He has removed our sins as far from us as the east is from the west.

Ephesians 1:7 (TPT): Since we are now joined to Christ, we have been given the treasures of redemption by His blood, to total cancellation of our sins, all because of the cascading riches of His grace.

Psalm 37:8 (TPT): Stay away from anger and revenge. Keep envy far from you, for it only leads you into lies.

Psalm 119:45 (TPT): I will walk with you in complete freedom, for I seek to follow your every command.

4

Who You Really Are

Who God Says You Are

We are created in God's image. Even if you had never accepted Jesus as your savior, you were created in God's image. In Genesis 1:27 (NKJV), "So God created man in His own image; in the image of God, He created him; male and female He created them." That was in the beginning and salvation was not needed yet because Adam and Eve lived in a state of close communion with God.

After Adam and Eve ate from the Tree of Knowledge of Good and Evil, sin was introduced, breaking man's close relationship with God. They were banished from the Garden of Eden with suffering and death being introduced into the world. God had a plan in motion to reconcile mankind back to Himself. That is why Jesus, the Son of God, had to come as a man who was fully God and yet, fully man, with two distinct natures.

God loved us so much that He sent His Son Jesus, and Jesus loved us so much, that He went to die on the cross willingly. He was the way for us to get back in right standing with God. God is Holy and we could not come to the Father without the Son being sacrificed for our sins. His blood, broken body, sacrifice, resurrection from the dead, and ascension into Heaven are the reasons we can be accepted into the family of God and be saved, healed and

set free.

When you said the salvation prayer in chapter 1, you became a child of God (a Christian – a follower of Christ), a member of His family. It is like when parents have children, they are born into a family. It is the same for you when you accepted Jesus in your heart, you became part of His family and an heir with benefits. Just like your family has a house, property, a car, etc. God owns everything and we belong to Him; therefore, as God's child, we are recipients with a birthright to inherit all that God is in Christ. The only way to receive this birthright, is to accept Jesus Christ into your heart by making Him your Lord and Savior.

Ephesians 1:11 (ESV) declares, "In Him (Christ) we have obtained an inheritance, having been predestined according to the purpose of Him who works all things according to the counsel of His will." When you accepted Jesus as your savior, that was the first miracle you experienced. You were supernaturally rescued and taken from the kingdom of darkness to the Kingdom of God, which is pure light. When the Kingdom of God in the person of the Holy Spirit came into your heart (your innermost being) when you were saved, the darkness of sin and spiritual blindness were forced out, death was removed, and new life came. By God in Christ Jesus, you were born again and made new (a new creation) in your inner man, which is your true self.

Now, God looks at you in Christ and sees you as a new creation who is righteous (in right standing with God.) In your salvation experience, Jesus, who is righteousness, became your righteousness; therefore, you can stand before God as if you have never done wrong – your sins are forgiven. You have been set free from sin's power over you which allows you to live a holy life. You have been redeemed by Christ and receive the gift of eternal life in heaven.

That, my friend, is who you are. It is your identity in Christ. God did it all because He has a plan for your life. Jeremiah 29:11 (NIV) 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 hope and a future.” He created you for a purpose, you are not an accident or a mistake. Never forget that.

You Are A New Creation

God created us as a three-part being: spirit, soul and body. Before we are saved, our body and soul have full dominion over our spirit. Once we are saved; immediately and supernaturally, God’s Holy Spirit comes to live inside of us (in our inner man) and our spirit is made new. In 2 Corinthians 5:17 (ESV), “Therefore, if anyone is in Christ, he is a new creation. The old have passed away; behold, the new has come.”

Even though our spirit is transformed and renewed as a new creation, our soul, which is the mind, will, and emotions, needs to be renewed, and that is done through ‘writing’ the Word of God into your mind and believing it in your heart by faith. After salvation, our soul chooses to either listen and obey the lusts of our flesh or the desires of Holy Spirit. Galatians 5:16-17 (ESV) says, “But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.”

The Holy Spirit, who dwells in you, guides your inner man, your spirit, to be in the principal or head position over your body. He prompts you every day to choose to live directed by your born-again nature in Christ. In Romans 12:2a (NKJV) it says, “And do not be conformed to this world, but be transformed by the renewing of your mind.” This mind renewal is done by reading the Bible, praying, and spending time in God’s presence.

Spending Time With God

Now that you are a child of God, just like an earthly parent, Your Heavenly Father desires to spend time with you. When we pray, it is as simple as talking and listening to Him. Prayer is a

two-way conversation between you and God, involving both you speaking to Him and then you listen for His response. You ask Him for guidance, share your needs, express your thoughts and feelings, and worship Him. So many Christians miss the most important part during their prayer time, which is them listening for God to respond and answer their prayers. At the end of your prayer time, take several minutes to be still and silently listen, focusing on hearing God's response in your Spirit, your inner man.

It is very important to know that God will NEVER tell you or instruct you to do or say anything that does not line up with His Word. This is a primary reason why we are to spend time growing and learning the Bible, so we can know God's character, nature, ways, principles, and will. Pray and ask Holy Spirit to help you recognize and know God's voice and receive His wisdom and direction. Also, seek advice from trusted fellow Christians to make sure it is God you are hearing, and not Satan or your own ideas or thoughts.

As you learn to pray, talk to God from your heart. Do not be concerned with what words you use or how they sound. He knows everything about you and desires for you to know and be in a close relationship with Him and just spend time with Him talking and listening. There was a time when I was a new Christian that I prayed with a friend and felt intimidated because she used "fancy" words in her prayers. When it was my turn to pray out loud, I felt unworthy to pray. A short time later, I heard a sermon on how to pray. The preacher said, "Prayer is just talking to God." As I heard this, I felt a release like a weight coming off my shoulders, because I knew then I was free and could talk to God in my own way.

Let me share another example that might help you experience how easy it is to pray. I once heard a sermon about a woman who would put a chair next to her bed and just talk to God, as if He was sitting in the chair right beside her. This helped her to focus and visualize talking to God, just as she would a close friend.

Be confident and know that God hears your prayers, and that you can hear Him communicating with you. In Psalm 66:19 (NIV) it says, “But God has surely listened and has heard my prayer.” Also, in 1 John 5:14-15 (NIV) it says, “This is the confidence we have in approaching God, that if we ask anything according to His will, He hears us. And if we know that He hears us – whatever we ask – we know that we have what we asked of Him.”

The Bible Is Truth

Begin this part of the book with this prayer:

Father, I pray that I would receive a revelation about the power that is in the Word of God and the Name of Your Son,

Jesus, because I know that no one can bring that revelation to himself, but that it must come from Your Holy Spirit, Who is the Revealer of all truth.

The Bible is truth. John 17:17 (NIV) states, “sanctify them by the truth; your word is truth.” The Bible can be trusted because it is God’s Word for us. It will teach us all things, such as who God is, His character, how much He loves you, and who we are in Him, and why He created you. It is not just a common book, but it is God’s instruction manual to us for how we are to live a victorious life in Christ.

Sometimes people think that because the Bible was written thousands of years ago, it is not relevant to us today. But I have found that everything in it is relevant for today. As we read about the people in the Bible, we can recognize where they went right or wrong, and it guides us to do right in God’s eyes. Reading His Word is one of the most important parts of our Christian life.

In Psalm 119:105 (NLT) it says, “Your Word is a lamp to guide my feet, a light on my path.” This means that the Bible illuminates and guides us to stay on the right path of our Christian

walk. God has given you His Holy Spirit to help you understand His Word and guide you in how to apply it to your life. The attitude we hold toward His Word determines the place God holds in our daily life. Therefore, make reading, studying, and meditating on His Word one of your highest priorities.

Renew Your Mind

God's Word lives in us only to the extent that we practice it. You put it into action by saying, praying, declaring, meditating, believing, and doing His Word. At first, when we start practicing His Word, we may think or feel that we do not really have what the Word of God says that we have, or that we are not who the Word says we are. However, over time, if you will be diligent and confess the Word out loud daily, your mind will be renewed with God's truths, and your thoughts aligned with His Word. This renewal transforms your thought-life, and it determines where you will go. Satan wants to keep you caught up in negative and destructive thoughts that hold you back; but God's Word infuses you with power to counteract the enemy's plans and schemes in your life.

Practicing The Word

The way to put practicing the Word of God into action is to speak His truths out loud with your name personalized into the scriptures. As you meditate and declare His Word and promises, they start to come alive inside of you and rewrite the untruths or unbelief in your soul with God's absolute truth.

When temptations start to rise up in you, you can tell your body, "NO! God's Word SAYS":

- I AM the righteousness of God in Christ.
- I AM an overcomer.
- I have the mind of Christ.

- My old self has been crucified with Christ; it is no longer I that live, but Christ that lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave Himself for me. Galatians 2:20 (NIV)
- The same spirit that raised Christ from the dead, lives and dwells in me.
- Greater is He who lives in me than He who lives in the world.
- Sin no longer has a hold on me.
- The Son has set me free, so I am free indeed. John 8:36 (NKJV)
- I do not have a spirit of fear, but of power, love and a sound mind. 2 Timothy 1:7 (NKJ)
- So now there is no condemnation for me because I belong to Christ Jesus. Romans 8:1 (NLT)
- God's divine power has given me everything I need for a godly life through my knowledge of Him who called me by His own glory and goodness. 2 Peter 1:3 (NIV)

We have to make the decision and settle it in our heart and mind, that we believe God's Word is absolute truth, and that His promises in the Word are for me, that they are mine, because I am His child. That I am who He says I am, that I have what He says I have, and that I can do what He says I can do.

Keep speaking and declaring God's Word over your life to prevent the enemy's schemes and plans from creeping into your life. By consistently doing this, you will protect yourself and live a life of victory and fulfillment with the Holy Spirit's help.

God Wants To Use Your Testimony

Do you know God can use you by sharing your testimony with other people? A testimony is when you share what Jesus has done

for you, and how He changed your life after you received Him as your Lord and Savior.

Sometimes people will question about God and the Bible, but they cannot dispute your testimony, because it is your life story that you are telling. Once while on a mission trip, I shared my testimony to a large group of people and saw hundreds accept Jesus as their Lord and Savior! I was amazed how God could use my personal testimony to reach so many.

Here is part of my testimony: In 2020 when my daughter died suddenly, I told the devil he would pay because he messed with the wrong Momma. I vowed to take as many people to heaven with me as I possibly could. My daughter was 32 years old when she died. She got up and went to work on a Sunday morning, came home, and we ate lunch together as a family. Then one hour later, she fell on the bathroom floor unresponsive. When she woke up that morning, she had no idea it would be the day she would take her last breath.

The power in my personal testimony is that it really makes people stop and ask themselves the question, “When I die, which may be today, am I going to Heaven or Hell?” Tomorrow is not promised, and if you die without Jesus as your Lord and Savior, you will be eternally separated from God. No one wants to go to Hell, which is a real place of eternal torment. There truly is a Heaven to gain and a Hell to shun.

Your personal testimony is different from mine but is just as powerful and God can use it. Write your testimony down in a small notebook and always carry it with you; so that whenever you have the opportunity, you can share and make a difference in someone’s life and their eternal destiny.

Here are some steps to help you write your testimony:

1. Share a little about your life before Jesus.
2. Describe your experience when you accepted Him as Your

Lord and Savior.

3. Tell how your life changed afterwards - what was different about you or your life.

After you share your testimony with someone, ask them these questions to lead them in the salvation prayer:

“Would you like to experience this for yourself? If you were to die this very second, do you know beyond the shadow of a doubt that you would make it to heaven?”

If they say, “Yes” - Say to them, “Great, why do you say that?”

If they respond with anything but, “I have Jesus in my heart,” or something similar to that, then lead them in the Salvation Soul-Winning Script, which we included at the back of this book for you to use.

The first few times you do this, it may be scary, but if you push through, it will change your life and theirs. To see the look on people’s faces after they say the prayer, it is pure joy. Invite them to your church or recommend a church that they could attend, even if it is an online church.

QUESTIONS

1. When you accepted Jesus, which part of you immediately became a new creation?
2. Which part of our 3 parts is our inner man?
3. In whose image are we created?
4. Who does God say you are?
5. What are some ways to spend time with God?
6. What are some ways that God can use you?

CHRISTIAN RESOURCES

Bible Reading Recommendations

The Bible has been described as God's great love story for mankind. It is recommended that new Christians read the New Testament first, because it is their position from which we stand now in Christ Jesus, as our Savior.

Recommended Reading of New Testament

1. The Gospels which are about Jesus' life: Matthew, Mark, Luke, and John.
2. Acts: which tells the story of the early church after Jesus resurrection from the dead and the spread of the Christian faith.
3. The other books of the New Testament, which are called Epistles, are letters written to the early church. Start reading: Hebrews, Romans, Ephesians.

BIBLE APP RECOMMENDATION

YouVersion Bible App

It is a tremendous free resource that gives easy tools to seek God's heart daily through "Verse of the Day," Prayers, Bible Studies, Devotionals, Bible Reader, audio Bibles, and even offline Bible versions and is available in over 2,000 languages.

Pastors We Recommend (On YouTube/YouTube App)

Curry Blake – John G. Lakes Ministries

Kenneth E. Hagin, Sr. – RHEMA

Kenneth E. Hagin, Jr. – RHEMAUSA

Joyce Meyer Ministries

Rodney Howard-Browne – Revival.com

World Harvest Church, Roswell, Georgia – WHCGA.com

AUTHOR/BOOK RECOMMENDATIONS

Kenneth E. Hagin – *In Him*

Kenneth E. Hagin – *Why Tongues*

Joyce Meyer – *The Battlefield of the Mind*

Joyce Meyer – *The Word, The Name, The Blood*

Lester Summerall – *The Gifts and Ministries of the Holy Spirit*

Mark & Patti Virkler – *Dialogue with God, Opening the door to two-way prayer*

5

How You Can Get Help

Hello friend, my name is Sarah. In this chapter I want to share some practical steps on how you can reach out to others for support. No matter what you may go through in life, whether good or bad, you need others around who can support you. I know that asking for help can be difficult because you might feel vulnerable or overwhelmed if you let others know what is going on in your life. I am hoping that through this chapter, I can provide you with encouragement and highlight a few resources that are available to you. No matter what you have been through or are going through, know there is support out there for your unique situation. You are not alone.

First a little background about me, I am a therapist who works with families and children who have experienced trauma. My job is to provide a safe place for others to share their stories with me. Through this work, I have seen people who are hurting get set free from the voice of shame. Some of you may be very familiar with the voice of shame. Shame tells us that what happened was somehow our fault or that no one will understand? This can cause us to become isolated and feel rejected.

Two of the biggest symptoms of shame are anxiety and depression. We can feel “stuck” in our situation and feel like there is no way out. I am here to tell you that shame is a liar! Getting support silences the voice of shame. You can find freedom, resto-

ration, rest, peace, and forgiveness.

Where Do You Start?

There are a lot of great places to start! This could be a friend, therapist, teacher, parent, or church, just to give you a few ideas to help grow your support circle. The more support you have, the more your circle can grow to better equip you. I like to describe support as tools in a toolbox. A hammer cannot be used successfully for every job and support is the same way! We might need different people with different areas of expertise depending upon your situation.

Your People

Who are your people? You might have more people than you think! This could be friends, parents, teachers, pastor, grandparents, cousins, etc. Take time now to read the following questions, reflect and answer them.

1. Who is someone I can trust?
2. What does trust look like to me?
3. What does trust feel like to me?
4. What does mistrust feel like to me?

Trust does not always come easy to everyone. That is ok! Trust needs to be earned. This exercise will help you begin to identify people in your life you can trust.

Resources

It is so brave of you to ask for help. There is strength in admitting that you need help. I will let you in on a little secret, no one has it all together. We all need help at different times in our lives.

One great online resource is www.findahelpline.com where you are able to search your country and be connected with several local resources.

Your Greatest Support

There is, however, a support that is unlike any other. Psalms 46:1 (ESV) says, “God is our refuge and strength, a very present help in trouble.” This is describing one of the many characteristics of God. This means that you have help that is always available to you, no matter the circumstance or time of day. He is always there, ready to hear every hurt, feeling, and thought that you might have. The Bible says in Matthew 11:28 (NLT), “Then Jesus said, Come to me all who are weary and carry heavy burdens, and I will give you rest.” This is an open invitation from your Heavenly Father to lay down what you have been carrying for so long and give it to Him.

It can be a simple prayer just like talking to a friend about what you are feeling and asking for His help. He will help you. This is called surrender. In practicing surrender to Him, true peace is found. In Philippians 4:7 (ESV), God’s peace is described as “peace that surpasses all understanding.”

What this means is that when you talk with God and spend time with Him, there is peace that cannot be explained even in the hardest of circumstances. This is such good news! You can take comfort and encouragement in the fact that you are never alone and always having a direct line to communicate with your Heavenly Father through prayer.

If you take away nothing else from this chapter, I want you to take away that there is a God who loves you, who has a great plan for your life, and who wants you to know Him like he knows you.

We pray that this book begins your journey in knowing Jesus more and more. You are loved by Him. We hope it encouraged and touched your heart, and that you now know that you are not

alone. Your story is not over, it is just beginning.

Say this victory prayer out loud:

Father,

I give you glory for all you are doing in my life. I thank you that whoever is born of God overcomes the world. I am born of God and I overcome the world. This is the victory that overcomes the world. I want to thank You, God, that You always cause me to triumph in Christ. Thank You, God, for giving me the victory through Jesus Christ so that I can overcome all things. I thank You, Jesus, that you are my Savior, that you are my Baptizer in the Holy Spirit, that you are my Healer, that you are my Deliverer, and the Provider for all my needs. I am an over-comer and victorious in every area of my life, and I boldly declare by the sacrifice of Jesus Christ that I am FREE!

In Jesus' Mighty Name. Amen.

All for the Glory of the Lord!!

Salvation Soul-Winning Script:

I have a real quick, but important question to ask you. If you were to die this very second, do you know for sure, beyond a shadow of a doubt, that you would go to Heaven?

If 'No', PROCEED reading.

If 'Yes', That's great, why would you say 'Yes'?

If response was anything but: "Because I have Jesus in my heart," PROCEED reading script.

Let me quickly share with you what the Holy Bible reads. It reads

“for all have sinned and come short of the glory of God.” And “for the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord.” The Bible also reads, “whosoever shall call upon the name of the Lord shall be saved.” And you’re a ‘whosoever’ right? Of course you are — we all are.

I’m going to say a quick prayer for you.

Lord, bless [the person reading this] and his/her family with long and healthy lives. Do a quick work in their heart. Make Yourself so real to them and if they have not received Jesus Christ as their Lord and Savior, I pray that they will do so now.

If you would like to receive the gift that God has for you today, say this prayer with your heart and lips out loud.

Dear Lord Jesus,

Come into my heart; be my Lord and Savior. Forgive me of all my sin. Set me free. Jesus, thank You that You died for me. I believe that You are risen from the dead and that You are coming back again for me. Fill me with the Holy Spirit. Give me a passion for the lost, a hunger for the things of God and a holy boldness to preach the Gospel of Jesus Christ. I’m saved; I’m born-again; I’m forgiven and I’m on my way to Heaven because I have Jesus in my heart.

I want you to know that all of your sins are forgiven. When you mean business with God, He means business with you. Always remember to run to God and never run from God because He loves you and has a great plan for your life.

[illegible]

[illegible]

[illegible]

Written by:

Theresa, Cindy, Tammy, Susie, and Sarah

We are so excited for your new life in Christ and cannot wait to hear your testimony. If you would like to share how this book has impacted you, email us. For a free download of this book, go to our website.

Email: info@letstalk-book.com

Website: www.letstalk-book.com

