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Let ME LOVE

I became a woman the day I gave birth to my daughter at just 14 years old. Her father and both of our mothers were present as I cried out in agony through contractions, desperately seeking relief from the pain. I still remember the surprise of learning that after delivering my beautiful, healthy baby girl, I also had to deliver the placenta. I was a child giving birth to a child, yet in that moment, my life changed forever. Although I was young, Womanhood was defined by my willingness to accept responsibility in motherhood, prioritizing the wellness of another human being on every level and forever changing a layer of my identity.

Each morning, I dressed both of us before the sun came up, dropped my daughter off at daycare, attended school, and rushed back to pick her up before heading home. She became my favorite person, my family, my reason, my greatest investment and purpose in becoming the best version of myself. I endured judgment from strangers who saw only a teen mother pushing a stroller, but God continually reminded me that He was never concerned with my age—He cared about my heart towards her. Today, my daughter is 20 years old, living independently and serving others as a Certified Nursing Assistant. Watching her flourish reminds me that my decision to say “yes” to motherhood, regardless of who stayed or who walked away, laid the foundation for the woman we would both become.

ME!

In my early twenties, I made another life-altering decision. Longing for stability and the family I had always dreamed of, I married a man despite God sending multiple people to tell me he was not my husband. Invitations had been mailed, money had been spent, and fear convinced me it was too late to change my mind. The abuse began before we even said, “I do,” and our marriage ended in less than two years. Leaving required courage I did not know I possessed. I had to believe that I deserved safety, respect, and peace. I became a woman not because I wore a wedding ring, but because I found the strength to remove it. I learned that standing alone is never truly lonely when God stands beside me. Even when human love failed me, God’s love remained constant.

My journey continued through education, purpose, and faith. Determined to create a different future, I pursued higher education without fully understanding where it would lead. Eventually, I discovered my calling in social work. I realized that my pain had cultivated compassion and that my experiences had prepared me to advocate for people navigating their own hardships. While earning my degrees, I also pursued a deeper relationship with Jesus. The only time I have ever heard God’s audible voice, He simply said, “Let me love you.” Those four words healed places within me that years of striving never could. Social work taught me how to care for people professionally, while ministry taught me how to care for them spiritually. Together, they became the foundation of my life’s purpose: helping others break free from invisible chains and discover hope, healing, wellness, and wholeness.

As I have continued to evolve, I felt the true weight of womanhood when I finally acknowledged my authority and my divine ability to advocate for myself as fiercely as I advocate for others. Life has presented many trials—moments that sought to weaken me, break my spirit, and silence my voice. Yet through

every hardship, I discovered my resilience, my strength, and my sacred worth. I learned that true empowerment begins the moment I stop abandoning myself to satisfy others’ comfort or expectations. Womanhood, for me, is no longer defined by endurance alone. It is defined by awareness, self-respect, healthy boundaries, and a refusal to shrink or become puffed up. I have learned to honor my needs, to speak truth, to feel the fear and do it anyway, to be my authentic self, and to walk boldly in the fullness of who God created me to be.

Today, I intentionally choose rest over constant striving, peace over performance, and healing over survival. In a world that often celebrates self-sacrifice at the expense of one’s well-being, I have chosen to preserve myself. Although that decision has required financial sacrifices, difficult endings, and uncomfortable boundaries, I know my life is worth protecting. My heart is full of dreams, my mind is full of vision, and my spirit is filled with hope for everything God has prepared for me. The woman I am today no longer feels compelled to prove her worth. She knows how to say no, walk away from what no longer serves her, and trust God’s timing over her own deadlines. I became a woman through motherhood, refined through adversity, strengthened by faith, and liberated by self-love. Every season of my life has shaped me into the woman I was always destined to become, and today, I boldly choose Airiel—even when others do not.



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I am Airiel Sadler TS#28 of 52 of The Souldtown Magazine. I want to thank you all for having SOUL! 🙏