

# L.I.V.E. Daily!

Love ~ Invest ~ Victory ~ Encourage

May 2017 Issue



To all of the new members, welcome to the L.I.V.E. Club! I truly appreciate everyone for joining me and for helping to make my L.I.V.E. community a reality. I will tell you that this journey is not easy and not exempt from encountering trials along the way, but I implore you to try to L.I.V.E. Daily!

## The Journey

### Invest: What Is On Your Plate?

How often do you read the “Nutrition Facts” label to obtain the nutritional information about a particular food or beverage prior to your consumption? Have you ever chosen to refrain from certain foods, beverages, or habits in an attempt to live a healthier life? Do you pay attention to your daily intake of things such as calories, fat, sodium, or fiber? Have you ever found yourself eating something that you knew was harmful to your body, but yet, you continued to eat more of it?

Reading a dietary label on the back of a package is easy, but many of us do not apply that type of action to every aspect of our lives. For too long, I saw my nourishment as only food and beverage without giving thought to my emotional and spiritual conditions. For too long, my primary focus was to invest in the betterment of other people and to merely hope for reciprocity. My experience with love was intensely complicated and hurtful for the majority of my life. Somehow, I kept believing that the right love would eventually find me. I was convinced that if I just exhausted all that I had, then I would eventually be fulfilled.

While sitting in a dark place of depression, I realized the extreme value of investing in myself. I had to redirect many of my investments and had to recognize **what** was really exercising power over my life. I said **what** because it was my harbored shame and unforgiveness that consumed me for decades. Also, I settled in a relationship with a man that was depleting me, but I continued to operate on an empty tank in search of fulfillment. Eventually, I learned that carrying such burdens was the equivalent of blowing up every number on the dietary label.

When you think about appeasing your various appetites, do not forget about your spirit. It is so important that you invest in yourself and connect with God. With God at the center, you will find that your strength is not in carrying your burdens, but in letting go of your burdens. A burden is intended to produce excessive weight and to impede your progress. I encourage you to remember that your consumption is not limited to only food and beverage, but it is about everything and everyone that affects your well-being and peace of mind so invest wisely. Often times, we all need to clean up our diet and treat ourselves to much healthier pleasures in life. So, the next time you feel overweight in any sense, I suggest that you take a look at **what** is on your plate!

Be Blessed and L.I.V.E.!

Dr. Saunya

## #butGodmoment

Styled in the Spirit!



## #butGodmoment

**“I” written by Evangelist Dr. Sonoma Suggs**

I, I, I, I cry  
And sometimes I know why  
I allowed life to take me down  
Spent most of my time wearing a frown

Thought at times, I was doing my best  
But did I really take the time to INVEST  
In my life while hiding behind a *mask*  
That hid my incompetence to do what was asked

I refused to believe that I could enjoy sweet rest  
Because all I faced was another test  
I carried the *garbage* that stifled me  
But one small investment made me free

Free to soar to climb above  
Unforgiveness and bitterness through my Jesus’ love  
I am somebody...that is God’s will  
To attain beyond the things I feel

One simple decision turned my life around  
Emptied out the *garbage* that had me bound  
Today, I declare that I will INVEST  
In this life I have been given because I am Blessed!