

BREADCRUMBS

Trail back to the heart of God



UNWRAPPING FEAR TO RECEIVE MORE

For most of my life, I thought the spirit of fear meant demonic torment. But Paul wasn't just talking about an outside enemy—he was addressing an internal attitude: timidity, cowardice, hesitancy. Fear that took root through whispered lies from childhood, family, school. It shaped how I saw myself—not good enough, too late, too much. This fear disguised itself as personality, but it was really resistance to the fullness of God's love and power.

When Paul contrasts fear with power, love, and a sound mind, I see now—they aren't just qualities, they are divine antidotes. They expose and uproot what was never from God to begin with. And now, especially in this season of life, I cannot afford to hold on to fear. There is More—and it begins with receiving truth.

NOT THAT SPIRIT

I used to think
the spirit of fear
was only the stuff of demons,
hauntings,
shadows in corners I prayed away.

But now,
I hear Paul's voice different—
not shouting "Be delivered!"
but whispering,

"That fear you carry? It's timidity..."
It's cowardice.
It's the hush of childhood lies
that said you can't,
you're not,
you'll never be.
It's the fear of looking foolish.
Of asking for more.
Of stepping into light
after living so long in the safe shadows.

But God—
He didn't give me that spirit.

No.
He gave me
power to stand,
love to risk,
a sound mind to silence old echoes.

And now?
Now I name it.
Not to wear it—
but to unrobe it.
Not to fear it—
but to leave it.

Because fear was never my inheritance.
It was an intruder.

But today—
I reclaim what's mine:
More.
Boldness.
God's breath in my lungs.
His image in my frame.

And no whisper
from the past
will stop the sound
of my yes.

Verita J. Welcome



The More Project

Mission. Out of the ashes of conflict, rejection, and loss, The More Project exists to awaken hope, restore purpose, and affirm identity in Christ for Christians aged 55 and older.

We believe that God is not finished with your story—and that He still desires to do exceedingly, abundantly more in and through you.

Whether you've experienced displacement, disability, disappointment, or discouragement, The More Project invites you to rediscover your place, your power, and your promise.

Rooted in Ephesians 3:20, the More project offers:

- Workshops on healing, identity, and purpose
- Faith-based groups to process and grow in community
- Brain health tools to renew clarity and strength
- Personal mapping to help you live meaningfully in this season

God isn't finished. There's still more—for you, for me, for His kingdom.

for information: <https://cwcnj.org/more-project-1>



About Me

Venita Welcome is a licensed professional counselor and specializes in Christian counseling. She is a brain health coach, spiritual care leader, and founder of The More Project—a sacred initiative for Christians 55 and older who carry the scars of displacement, disability, and disappointment but still believe in the promises of more.

Her work is deeply personal. Out of her own seasons of pain, loss, and spiritual wilderness came Breadcrumbs—simple reflections, stories, and sacred pauses that help people reconnect with God in their everyday lives. Whether through a quiet moment, a spoken word, or a spontaneous conversation with the Lord, Breadcrumbs offers a trail back to the Father's heart.

The More Project LLC operates under the umbrella of Christian Wellness Center of NJ. Venita combines biblical wisdom with brain-based healing to help individuals rediscover clarity, purpose, and emotional wholeness. Her approach is both clinical and deeply spiritual, recognizing that true healing involves the whole person—mind, body, and spirit.

Rooted in Ephesians 3:20, Venita's message is clear: God is not finished. There is still MORE—for you, for her, and for anyone willing to walk the sacred path back to Him.

Venita J. Welcome

WHEN THE TITLE TRIES TO SPEAK LOUDER

Venita J. Welcome
I heard it whisper—
the name I gave it.
The More Project.

It sounded holy.
It felt like fire.

But the fire is not the voice.
And the whisper is not the wind.
And the name is not the Name.

I felt the shift—
from surrender to structure,
from presence to planning,
from He is to I am building.

But He never asked me to build.
He asked me to follow.

To walk dusty roads
with shoes off
and ears open.

I remember Elijah didn't wear a title.
He wore obedience.
Isaiah didn't craft a brand.
He cried, Here I am—send me.
Jesus—
Jesus didn't say,
"This is my ministry."
He said, "I and the Father are one."

So let this project be a shadow.
Let the title bow low.

Let my love never rise higher
than the One who called me.

And if I ever forget—
strip it all.

I'd rather lose the name
than lose the flame.

Amen.