

## REFLECTIONS ON “DISCOVERING U”

The Journey of Discovering U. When God gave me the ministry of Discovering U, I was so excited, I needed to share with someone else and I needed to help others. I did not realize that I was actually “Discovering Me.” I Discovered Me, during a time, when I was on a dark path, with no direction, lost and confused. I asked myself: Where did it begin? How did I come to a place of not knowing who I am? How did I get lost? What was my purpose? It was so easy to point the finger at someone else, to blame others. But, on “The Journey of Discovering U,” I found the answer. I had to search ‘Self.’

In the beginning of group sessions, I shared ‘My Testimony’ the beginning of the journey.

In my marriage of then 26 years; with 7 years of marriage separation, my spouse became a “victim” of an ungodly spirit, the Spiritual Drug Demon, known as “Crack Cocaine.” Without going into details, I would like to share how his addictive behavior with drugs brought destruction in many areas of his life, as well as, into the lives of our family. I had come know that not only was my husband a victim of this spiritual drug demon, but the drug demon had also captured me, as well as our children. His addiction had a negative effect on the family. And, Yes, this ungodly spirit was the entry way for other ungodly spirit to come in and hold the family captive. We were “Victims of the Victim.” I was not until I became tired of being sick-and-tired, of being sick-and-tired, of being sick-and-tired, that I prayed for a change in my life and the lives of our children, I would refer to “When A Women Fed Up.” I cried out, I sought the Lord, He freed us from the Spiritual Drug Demon, “Crack Cocaine.”

Through this struggle of my husband’s addition, the hurt, the pain, the disappointment, and the lack of support in the marital relationship and relationship with others, and becoming a single parent, I learned what was missing in my life. I learned that I did not have a relationship with my spiritual Father. I learned that I could not blame anyone for the misguidance in my life, but ‘Self.’ I had to come to the knowledge that I am a Victim of Self, before I am a victim to someone else situation.

I no longer saw myself as a victim. I had to be built in the Lord and establish a relationship with Him. I had become an example to my daughters of acknowledging my own faults. Understanding that my response even in these situations was important.

## **AFFIRMATIONS OF “DISCOVERING U”**

**DISCOVERING U** – Exposed ‘Self’ to ‘Self.’ I had to look at me and do a self-evaluation of Self before I could proceed with trying to help someone else. I had to know that I was also lost. Through my relationship with a friend, the mirror was handed to me. It was difficult to look at me in the mirror. I found it difficult to answer simple questions about me. As I attempted to answer those simple questions, I heard nothing but uncertainty and doubt. The truth is I really did not know the answers. I had lived my life for my husband, my children, my career, my education, and for others. I had lost my dreams, my desires, my goals, and my ambition. I had lived my life without knowing who I am. I had lost me. The mirror was the beginning, the beginning of the journey of my self- examination.

**A TREASURE TO BE FOUND** – As I continued my journey, As I begin to spend time with ‘Self,’ I came to know and understand that everything that I was looking for is in me. There is a hidden treasure in me. A treasure box filled with beautiful and precious “jewels” of wisdom, gifts and ideas. A treasure box that I did not know existed because of not knowing ‘Self.’ Caught up in my own hurts, pains and disappointments.

**NO LIMITS** – Before I discovered the precious jewels in the treasure of ‘Self.’ I hesitated to do anything. I had doubt about what I was doing. I had so many excuses for not going forward, from being accepted by others, to my finances. I had to know that if God has given me the vision to do something that I had to trust Him. I had to know that there are No Limits of what I would be able to do, as long as I my trust is in Him.

**RISE UP SISTA, RISE UP** – To encourage ‘Self’. To encourage others. The time is now. We must come together and build. To stop destroying one other. We are tearing down our own house. We are tearing down the houses of others. We are one body. We should work together to build.

Now, I know, I am a free spirit. I surrendered and now I am going through the process of being built on a firm foundation in the Lord. 1 Peter 5:10, “so after you have suffered a little while, He will restore, support and strengthened you, and He will place you on a firm foundation.”

In the group sessions of Bible study, I used the topics above to help guide us through the process of Discovering U. To encourage the members of the group to take a self-examination of “Self” and to analyze the decisions made.

### **‘THE STRUGGLE IS WITHIN’ – ‘TAKE A LOOK AT SELF’**

Individually, *we* can easily identify the wrongs/faults of others, BUT *we* fail to identify the wrongs/faults of ‘Self’. (Pass Judgment of Others)

Take a closer look at ‘Self’:

**\*\*You were lost before the STORM** – before the hurts, pains, disappointments, failures and other setbacks. You were lost when You chose a path, opposite the Devine Path for ‘Self’. One wrong decision; One wrong choice; changed the direction of the path for You.

Yes, I would continue to write more affirmations as God gives it to me. The journey of Discovering U, is about Discovering U. I have shared my journey with others and received testimonies from others on how the message encouraged them and help them come to an understanding of where they are in life and how to make better decisions.

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