



# GRIEVE EASY

“The PAIN, The POWER & The PROCESS Of FAILED  
RELATIONSHIPS From HURT To WHOLENESS”

Matthew E. Bradby, II





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Grieve Easy

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# Dedication



I would like to dedicate this book and its impact to several people...first to my beautiful best friend, lover and partner, my wife Candice J. Bradby, my sons Jayson, and Dylan, my beautiful daughters Chardinay; and yes you too, my baby Aprile Folder aka “Strawberry” you guys are the reason I still stand and fight, endure and come back and give it my all day after day.

To my awesome parents Roosevelt and Betty Barnes, who have literally been my earthly foundations in life regardless of if I was right or wrong. Their life lessons forged steel in the mist of my many storms.

To my little (tall) brother Roosevelt Barnes Jr. who’s deep in the struggle but our daily iron sharpening iron sessions and knowing we got one another’s back forever. There’s nothing like “\_\_\_ rabbit & deer” – the inside joke we will always have for life lol!

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To my entire family...to every aunt, every uncle, every cousin, every nephew and niece and to every friend who has ever sown into my life! I have a very special thank you to the two people who used their wedding day as a day for me to meet my soul mate - Andrew & Shanna Shropshire

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To one of my oldest friends & a real brother since Kindergarten at Harford Heights Elementary Robert “BeBop” Ward & my cousin and his bride Brandi “Cherokee Rose” Ward.

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To all my family – The 70<sup>th</sup> General Supply Company, the 1729<sup>th</sup> Army National Guard – the late Willie Long, Ruth McCuin, Jessie Williams, Kelvin & Lisa Chandler, Edward and Clarice Woods, Michael Young, Kenneth Whitney, Allen Alderman, Robert Young, Capt “Bullethead” Johnson, “Big Hungry” Dason, Yvette Ford, Michelle Carter, Major Gore, the late Sgt. Kenneth Gooding, Claude Mayo, the late Manning Burkett, my little sisters Karen Huston aka “Remi Red” and Adrienne Toliver, Jeanne Robinson, Angie Vassell, Charles Peaker, 1<sup>st</sup> Sgt Salter, Erica Epps, Walter Perry, Rodney Straughter, Cynthia Cornish, Walter “Smooth” Perry, the late Stovall, June McCullough, Phyllis Adams, Tara Jackson, Kenneth Martin, and the whole team (sorry I got writers block and lost track please forgive me if I didn’t shout out your name)

Last but not least, to Mr. Robert White, my Northwestern Senior High English teacher from 1985-1989, who taught me and countless others the art and love of English, reading and writing. Thank you sir!

I would like to send out a special dedication to every man, woman, boy or girl who have ever been hurt by a relationship, a divorce, a scandal and lie. To every minister, pastor or church leader who fell and didn’t want to live! To every person who want to release the pain and try again. To every couple seeking to be married but still have the residue of heartache and heart break in your life. To all the millions and millions who still believe in love! It still exists!

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## **INTRODUCTION**

This book has taken me over five years to complete. As I processed through my failed marriages and awful relationships, I had no choice but to discover a lot about me. As you will see, from chapters one through three, how much I've changed, matured, and gained wisdom from my pain. I've called the early chapters of this journey, SEASON ONE, because in it I was still harboring the pain, anger, and hurt from a previous relationship. SEASON TWO was written about two years after the first chapters and the later chapters, SEASON THREE, was written in 2015, some two to three years after SEASON TWO. Please walk with me as I chronicle my raw feelings, experiences, emotions, and struggles in life as I transcended from a place of pain to the place of total wholeness while embracing the process of learning how to...

## **GRIEVE EASY**

# Foreword

*Grieve Easy*, written by Matthew Bradby, is a must read book that discloses the secrets, stigma's, and success stories of those who are challenged to confront the pain, process and power of failed relationships. As Matthew unpacks the baggage that can sometimes be the result of relationship splits, he is sure to take the reader along with him on his personal journey of healing and holistic living. *Grieve Easy*, pulls on the heart strings of its reader while provoking their mind and emotions to live beyond the pain of broken relationships. By the end of the book, the reader is well equipped to prepare for, promote, and produce healthy connections and associations in the future. Although *Grieve Easy* is the author's first published work, it is evident that he is no stranger, neither is he exempt, from rejection, relational restlessness, or the reigns of redemption.

Blunt honesty, complete transparency, and a charismatic connection laces each paragraph and compels the reader to take in every word, line, page, and chapter. While reading the work, I felt as if the author spoke directly to my mind, emotions and being. It was as if Matthew grabbed my journal, studied my story and called it, *Grieve Easy*. There are several spaces in the book where I was compelled to read multiple times because it echoed my habits, identified cycles that I needed to break, and challenged me to change some of my actions in order to change my life. In every one of the ten chapters the author connects with his audience, speaks directly with them and forms a community that says, "You are not alone. If we are going to work at becoming whole again, we must be honest about where we are, how we feel and where we need to be. Regardless of how hurt you are, you will make it.

Regardless of whether you were at fault as it relates to the split in relationships, *Grieve Easy* purports that the end (of anything) does not have to be the end (of your life); it is possible to keep on going. It is my belief that this literary work will grab your attention, provide freedom from failure, and equip you to retool and recommit to life, love, and lasting covenants. Help is here; and it has come in the form of Matthew Bradby's, *Grieve Easy: A Real Look at the Pain, the Process and the Power of Failed Relationships from Hurt to Wholeness*.

Cheers to your faith, freedom, and future!

Michelle Pringle Yates,  
Chief Editor

# SEASON 1

It still hurts! A BOMB THAT I NEVER IMAGINED COMING JUST EXPLODED AND I AM FORCED TO SIFT THROUGH THE WRECKAGE TO SEE WHAT SURVIVED! Yes, you are reading my pain. As you read this I am almost all cried out. It is finally real. I went to court to bring clarity on what really happened that night, to tell the courts my ex's elaborate plan, how she has been gone for a few weeks, how she had another man, how she went to a police station and put on an award winning show and got what she wanted. She got the arrest warrant with no evidence. I got locked up and locked out my house. She won a major battle. I was homeless and forced to return to my parents' home. I am facing several court hearings. I am out on bail and still have to pastor my church and go to work tomorrow. I do not have money to pay for a lawyer, get my own place, and still pay the bills for the house I was ordered to vacate. Everyone sees me as a monster. People have left my church. With the help of her newly found sister, my ex has devised a crafty plan that seems to be working. I have never faced an enemy like this! I can't lose this one! I can't go out like this! I had saved too many people's marriages. I have given up too much to give my life to GOD. I have sacrificed so much. I had forgiven her more than once for cheating and like a fool I am suffering because of it. I am in pain but GOD has not sanctioned it to be over. He keeps admonishing me to, "hold on" but I cannot seem to see my way. Too many people are looking to me for strength and I am as weak as ever. Today, I am changing the game. Today, I am going to punch the devil right in his face! This means war! Let me draw first blood with this...

**GRIEVE EASY... LET'S GO!**



# Chapter One



## **DON'T LIE TO YOURSELF**

“It hurts but you need to feel all of it.”

*“You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness”—Psalms 30:11 (King James Version)*

A breakup of a long running relationship or a sudden agonizing divorce can be a heartbreaking event, where many never fully recover from. No matter the length of the relationship or the terms of its ending; the pain and residual effects of a broken psyche, will cling to our lives and cause us to never trust or experience the joy of real love again. These broken connections have the ability to literally rob us of the social necessities we all need to remain functional citizens in today's society. If we are going to work at becoming whole again, we must be honest concerning our feelings in the mist of the situation. The satire in the event is that many of us can win an Academy Award in

acting. We are quick to say we are over the divorce or break up but subconsciously we make inner pacts with our selves saying, "I will never allow anyone to get close to me like that again." We get selfish in our pain. We shut out friends and family who have been placed in our lives to help us achieve, even when we are hurt. Yes, we are many times, self-ordained Mr. Fixit or Ms. Fixit when it comes to helping others in our lives, but when we get caught up in our pain, we shut down and shut up. We run away from the very issues we must resolve in order to move on to a life free from the captivity of that weakness. This may be new to you, my brother or my sister, but there are just some things, some issues, and some problems in life that your friends, family, money, or social status cannot help you with. It is in these issues that you will discover the true worth of your existence.

In all honesty, only you have the key and the capacity to conquer these tests! Yes, I said it... this is your fight, your battle, the proverbial crossroads of your life, and the outcome is totally up to you! You may know all of the Bible, Koran, or Torah but GOD will sit back and use this portion of your life to see just how mature you are. This test is your wilderness. This test, be it God ordained or self-inflicted, by way of bad decisions and poor choices, is your time to stop being selfish so that you can see the pain for what it is. It is time for you to face three powerful entities: your devils, your current status, and yourself.

If you ask several couples, who have been married for several years, what makes their relationship a success, each couple will give you a plethora of answers! I have learned what works for one couple, may not necessarily work for the next. If you are a man who has a weakness in budgeting or spending and his wife is a wiz in money management; who is anyone outside of their relationship to say that his method of giving her his entire check to manage their household finances is wrong? What is wrong is that every day, people just like you and I, go out and listen to the opinion of friends, family and other outsiders and allow their philosophies to taint what works for your relationship! Are you feeling guilty? Well, I am. I am guilty of this same situation. Yes, when we are afraid of making decisions and choices on our own, we look to others to make those hard decisions but unfortunately, we, not them, have to suffer the consequences. It's the

fear of being wrong that causes us to make this mistake. I caution you today to no longer be afraid of making those valuable choices and decisions in your life. If it is a wrong decision or choice, at least you did more than bystanders do. You gave it a try and will, therefore, gain valuable experience and wisdom in doing so. This may be one of the reasons you may be in the situation you are presently in. I am not pointing the finger at you or blaming you solely, but if you are to be set free from the pain caused by your relationship's end, the truth is your sole key.

Right now, no matter where you are in life, I would like to give you some much needed advice, my brothers and sisters. Men, you are no less of a man if you allow your woman to manage the money! If GOD has sent an awesome woman into your life, she is there to enhance you, not compete for dominance in a relationship. Sisters, the same goes for you! If GOD brought this awesome man into your life to help you raise that wayward child or help you in your weak area, you have to join the revolution of change, not kick against the pricks when it hurts your feelings. One of our major issues with life isn't our true ability to make wise decisions; it's the fact that we allow our emotions and feelings to taint good judgment. Be honest, we operate many times on how we feel, not what is essential. Once we conquer our primal urges to "feel like" doing something, we win. We are more productive when pain is not the only option. We grow closer to our pain's termination when we can see an end to the hurt and success is within our grasp. You are about to rise above this mess with a message and that message is, "This Situation Will Not Kill You." You will survive and adapt so that healing can take its proper place.

If you want to be healed, you must know the truth! The truth is that just because you had a breakup of a long-term relationship or marriage that does not mean you are a bad person. Many times, these failures are attributed to:

- ignorance concerning what it takes to have a successful relationship,
- the knowledge of our roles in these relational models,

- the lack of purposeful mentorship and accountability in our relationships,
- the inability to express our thoughts, feelings and emotions properly to our loved ones (communication),
- and/or a combination of a few or all of the above mentioned.

Please stop beating yourself up, chasing shadows, or begging GOD and your ex for a second chance! If you have not received the response that you are seeking, and a great amount of time has elapsed...breathe deeply with me right now... that relationship is over! Now is the time for you to get it through you mind in order to begin living from this point on.

Even if you were the catalyst to the end of the relationship, I would like to encourage you to learn from your pain. Feel the heat of your grief. Realize that although you are not perfect, neither were they! Nobody is perfect. It is most important for you to come to grips with the fact that you are hurting and need an immediate release. Feeling the pain and wanting it to be over immediately does not make you weak, neither does it make you any less of a man or woman. You are human. You are flesh and blood and no matter how much you try to become a robot to your feelings; your pain is real.

In reality you are better than the majority of self-liars who are quick to say, "I'm alright," when deep down inside they are crushed. It is in that feeling that you want to die! You feel that your life is over! You feel like you will never breathe again and sometimes you begin seeing things. Yes, it is here where our mind will play tricks on us and will serve as, "the devil's playground." This is the place where grief meets our delusions and scattered dreams. It is fueled by our rage and the torment of our pain. It is in this place that we begin to lie to ourselves saying that we are alright all while staring into the mirror of our soul, which is now heated by our pain. It is in this realm that our imagination may even wake us up from our sleep, with dreams so surreal, that we can feel reality slipping from our grasp. We feel like we are going crazy. What we see in this state of our experience, may not be what really is. It is at this time pseudo-religious folks believe



GOD HIMSELF shows you what happened and why your ex left you. We begin imagining them with their new lover and how we can enact revenge on them. We may even begin to plot revenge either by calling up our crew or even plotting to hide in the bushes and leaping out on them in unexpectedly.

Why? It's because we are hurt and the only way, we know how to get an immediate release is this primal urge to get even. This sounds fiendish, huh? Be honest, this thought (or something close to it) has come across your mind at least one time during your breakup. This is your soul crying out for redemption! It is here where many of us break the normal veil of sanity and openly face falling into an oblivion of blackness. This is a self-exile, a hell of our own creation. The worst thing that could happen at this point in our lives is, our favorite slow song would playing on the radio, reminding us of our lost. This would spark a recession of the emotion we believed we conquered a few months prior.

If we are not careful in this state, we can allow our emotions and the grief in our hearts to take us to a dark place that may cost us our lives, our freedom or worst! It is in this hurt that we come to the very gates of hell, the place we feel furthest from everyone and everything. This is the place in our lives that truly tests our mantle. This is where the rubber meets the road. It's the place where you have known life as a process not a punishment. This is what the Bible means about being broken, being crushed. It is in THE CRUSHING that grapes become the finest wines, olives give forth its best oil, and in your brokenness, you can finally see that the world does not revolve around you like your favorite internet social site does.

When I faced the total exhaustion of my manhood, enduring the pain of my first failed marriage, my good friend Michael, parked an amazing word in my head some years back that opened a door to my healing and release. He said, "It's important that we not force GOD to break both of our legs before we realize that He's trying to get our attention!" In a nutshell I knew exactly what he meant. See I was very hardheaded. I thought just because I had been in the Army, survived the streets, survived drug addiction and survived the life of a hustler

that I knew how to get through everything! Yes, just because I had a job, a wife and was seven times three plus, did not negate the fact that I lacked some key characteristics that would make me into everything I needed to be. This included being a great lover, listener, provider, best friend, communicator, confidant and high priest in my household to my spouse and family. I had done what many men have done for years; prey on the woman to meet my needs while totally neglecting, and sometimes, even ignoring her wants and needs. Ladies are guilty of this, as well, on the same and other levels. In this season of existence, we all believe that what's between our legs will keep us, keep our families together, and our partners satisfied, but in all actuality, it is what's in our hearts and in our heads that will sustain us.

We have to learn it the hard way. Yes, the hard way! You can see it coming a mile away. Too bad many of us don't have a close real friend (not your bandwagon riders or the entourage you call your friends) to tell us the honest truth when we are the one who is responsible for messing things up. Can I be honest with you right now, even at this point of the book? Even if you are a main culprit in the demise of your relationship. You are not alone. Your partner played a role in your dysfunctional relationship too, no matter how good they paint the picture to society.

Often times our ex-lovers play the role of GOD! They know exactly who you are, what you are capable of doing but like many of us, we fail to heed the warning signs believing our love will turn that beast into the prince or princess we so desire! I found that at this point I tried to play GOD. You know what I am talking about. It's the place where we use our own imperfections as both an excuse and motivation to create that perfect person for us. We lie to ourselves believing that as imperfect as we are, we can miraculously turn a "pimp" into a prophet and a "hoe" into a housewife! We began believing we can do what GOD will not do. Let's get real; I believed I could. It was this that makes the pain hurt even the more. FAILURE! I LOST! It is in that motion that the pride of life seeps in, coiling itself around our necks like a viper and whispers in our ear, "You are a loser!" Defeat hurts! That's why you hurt even more now. Many of you feel as if you did your best. Others, like me, believed that just because I went to church and had a relationship with GOD, HE would supernaturally

turn our problems around. Right now, I beg you to tell the truth. Say it aloud, "I AM HURTING BECAUSE I LOST, I AM HURTING BECAUSE I FEEL DEFEATED!"

Good, now you know you aren't GOD. Now you will learn to respect others and their roles that they play in life. Now you will finally know you are flesh and blood, a real man or woman. Maybe now you will get out of GOD's way and listen to HIM fully. Maybe in your brokenness you will yield your wishes, hopes and dreams, and start living better, not bitter.

The key here is FOR YOU TO FEEL THE PAIN. Experience the sadness, feel and vent your darkness. You have to get it out. You have to feel it in order to release it. Trust that no matter how horrible these emotions may be, in a healthy environment, they will not last long. As soon as you come to face to face with them and allow the process to work its perfect work, you will become whole again. If need be, find a good friend who is not judgmental for counsel. You need a friend who is a great listener and most importantly, a person of unquestionable character. You will need someone who will hold you accountable for all of your actions while you are processing through this season in your life. This should be a person who is not afraid to tell you the truth, and who will not allow you to act on your emotions but will allow you an avenue to vent.

The very important key to this process is to know that YOU WILL NOT GO CRAZY. Feeling these strong, dark emotions will not hurt you. It is the inability to release these feelings that presents problems for many of us. Our total health, during these stressful times, is at risk. I am not just talking about mental health here. Physically, we suffer because of the neglect of healthy living perimeters, placing our lives in immediate danger. It has been documented that such stressors have caused people under duress; aneurisms, strokes, heart attacks, and even death. Perhaps now you can fully understand why I say it is necessary to feel the pain and deal with it today. Many, even now as you read this book, will continue to hide from reality and will face a gauntlet of issues because depression may begin to set in. You may act out of whack, make bad decisions in this season but I, like many who have

tread these waters, and understand that you are still human, you are just hurting. I guarantee that you will feel so much better when you allow yourself to feel again.

Ok, we have exposed many of the painful points and emotions you may face as a result of a breakup. Many will run and cower behind people, places and things but in this stage of your being, you truly need to know this key point: You are closer to GOD than you have ever been in your life! Losing everything dear to you, becoming estranged with everything that was comfortable and convenient for you, and having to start all over again (and like myself, literally having to find a place to live and relish in knowing the sum of your total existence may dwell in a few plastic bags or totes.) are all reasons why for you have decided to finally stop, look and listen. You have nothing now, except the fading heartbeat you once shared with your lover, as life goes on! This is good ground to have a great new beginning.

Psalms 30:11 shines through, speaking a shower of hope to your soul, saying,

*“You have turned for me my mourning into dancing; you have put off my sackcloth and clothed me with gladness.”*

You had to go through it! We have heard this said so many times before. Many of our favorite leaders, pastors, preachers, philosophers, motivational teachers and family members have echoed those words because it is a truth that is imperative to grasp.

The Scripture teaches us that GOD will turn your pain, stress, and the dreadful experience we call, “mourning” into dancing, but I’m sure you are wondering how. In order to understand this, I have to do something many preachers, teachers, pastors, mentors, so-called self - help geniuses and gurus fail to do. I have to teach you about the process of GOD! Real talk! The secret to understanding GOD is that we have to know His methodologies: the what, when, where, how and why things occur in our lives like this. In this environment you will realize that although you thought you had control, you really don’t. This is what my grandparents simply call “LIFE!” You need to know

how to learn from this experience in order to avoid repeating it again (By the way... it is not all evil... your muscles of love and faith are only exercised and matured by this kind of pain). It is not until we feel and acknowledge pain that we know that weakness is leaving our mortal bodies.

The secret of GOD's methodology, as released by the knowledge of Scripture, is that GOD is one of order and process. We hear so much in church and even media around us about the blessings of GOD, the gifts of GOD, and the positions of GOD however, we tend to miss the fact that there is always a process that we must partake in before we reach the full manifestation of the promises and blessings of GOD. Often, we forget and miss out on the lessons GOD tries to show us because of erroneous thinking that suggest that the blessings of GOD come from obtaining the promises of GOD! The truth is that many of the true blessings we receive from GOD are opened to us as we go through the processes HE has established to reform and restore us to the state of HIS wholeness. In fact, many times what we have in us or who we are with, may not be what HE intends for us be when HE allows us to reach the zenith of our lives. Sometimes, GOD allows life to amputate the things we refuse to give up or the things we value more than HIM.

So many times, we get caught up with obtaining success in the promise that we don't like to undertake the sacrifice that it takes to walk through the process of obtaining the promise. For instance, many of us want to love and be loved so much that we may lower our standards just so we do not have to be alone. I've found something in that last statement to be so true and helpful. We, as creatures created by GOD, formed and tried by HIS WORD and this world, secretly DESPISE BEING ALONE. Yes, I am talking to you, Mr. and Miss Independent!

Who do you really think that you are fooling? There is a side of you, and you know it, that jumps from one relationship to another just to have something tangible to call yours. You may have even done this very thing in the midst of a past pain or while still in the one you are now crying about. Please note that relationships that are formed as

rebounds do not necessarily have to be of a sexual or intimate nature; these kinds of relationships can be the ones you keep on the back burner just in case the primary fails.

It is our thinking that if we have a companion we are “cool.” We feel successful based on the appearance of our mate. You know fellas, she has a Coke bottle shape, big posterior or an ample set of breasts you desire. Ladies, you are in awe with the right complexion, swagger, smile and most importantly, that manly aura of strength, toughness, domination and resolve that makes you weak in the knees. For years I have sat by on the job, at the mall, in public restaurants and even in the mist of friends and family to hear people who are miserable, try and convince themselves that they can be happy with a cute smile. This will not work. This is not the answer you need. In all actuality, a relationship is the last thing you need now. You need the truth and time to resolve the issues and demons that lie within you. Grabbing a new partner will only prolong the process and even push you to hiding, yet again, from you.

It is in the painful end of that cherished relationship that GOD will make us, mold us, and most importantly, mature us into who HE wants us to be. Can you see the big picture now? It is not your ex, or even the new person you have added to your life prematurely, who is not ready for the truth of your future. **YOU ARE THE ONE WHO IS NOT READY.** The future you is much bigger than the NOW you, so you are too small to fill those shoes. You need to feel pain, and experience failure to order to appreciate what little you have in life. You can't see it, but you must admit, you feel it. You have heard how much greatness you house within from family and church members, friends, foes, and even in that still voice that often reminds you that you are much better than where you are, even now. That same voice admonishes that you are much bigger and better than what you have settled for. The new you, your destiny, had to be put up on the shelf by GOD until you are able to grow into it. This process cannot be cheated or bought; it has to be earned.

It is time to grieve now! Your past relationship is DEAD! No amount of talking, buying gifts, begging or pleading will ever win them back. It is over!

You, like me, and countless others, need closure. On one occasion, I spent several days fasting and praying for GOD to heal my marriage or to give me a definitive answer to my pain. It was on the very last day of this campaign that I left my church to meet with my estranged wife for resolve. Just like many church folk today, when we leave from a divine encounter with GOD, we think GOD is going to work it all out the way we want it to be. We close our minds to the fact that HIS answer may not be the one we genuinely want to hear. Oh, you should have seen me on this day! I got out my car full of power and glory, walked up to the door of my former home and knocked on the door with a smile on my face and a ready-made testimony of how GOD was about to work it out. I knocked on the door ready to win back my wife and my life as I once knew it. I could not fail! I was the BISHOP! She opened the door and as I looked inside, I almost had my eyeballs handed to me as she rushed me outside to talk. I don't know if she had someone or something inside with her that she did not want me to see, but the house that I had worked so hard to maintain was no longer accessible or even welcomed ground for me anymore.

At this door encounter, she and I had discourse and the unveiling began. She told me she had another man. She told me she loved me but was pretty much over us. All the cat and mouse games, coming to my job and even strategic, friendly telephone calls throughout the day and late nights were just a game. Yes, the snare of the fowler was in full effect today, people! Everything was right there in living color. The ploy of a victim yet a betrayer, my ministry was decimated by a rouse of accusations, lies and betrayal, and other people who I knew witnessed the infidelity for themselves. The internet opened not only my eyes, but the eyes of others connected to me. The shock that I could not hide the truth scared me to death. I had to realize that containment was no longer an option. People know and had witnessed more than I ever knew. Well, let me be honest and say people knew and witnessed more than what I wanted to believe. Yes, we as men tend to have an ego problem and would never believe that the women, we chose to

wife would ever do anything so diabolical as to make us look bad, especially when we are the bread winners. It was this day, my brothers and sisters, where the rubber met the road and it all came out.

It was this day that I literally lost everything. I lost hope, for the truth finally set me free. I lost a portion of my faith because I believed GOD to restore my marriage. I was confused because for years He has used me to assist in the restoration of other people's marriage through ministry, so I figured that HE had to do that same thing for me. RIGHT? I lost the respect of the people I pastored, even while standing strong, and preaching and teaching with renewed vigor and power. I made it my daily faith confession that GOD would restore my marriage just watch and see. It was here, in this process many began to leave the church. Many people I had risked life, limb and sacrificed so much for witnessed my personal apocalypse and lost faith in both me and the process. One person even said "Bishop, either you are a prophet or a man living in delusion!" Another said "Bishop I come to church seeking hope not to see a pastor living a lie going down with a sinking ship!"

As one leader speaking to a mass of potential leaders or even to leaders going through hell themselves, please know that we can move from hero to zero in less than 60 seconds. We have to garner the fact that the people who come to and join our fellowship are already bruised by life. They gage their level of faith and hope by the power of God in our lives and are therefore, unable to handle the times when divinity on our lives are challenged by our humanity. Some are convinced that they we have to be superhero's 24 hours a day and anything less than that is unacceptable.

As you read this, please know I am a strong, mature man of GOD. There are never any hard feelings toward those that left. That's what many people do in chaos; they move on to higher, safer ground even if that means returning to the familiar dysfunctional life that has proven nor to work. For some, it's comfortable to die by the hand they can see than to die in unfamiliar, uncomfortable and uncharted territory. I am a professional who realizes that you should never mix business with personal but sometimes it just happens. In this I had no control. I lost



the one thing I could rely on. Above all things, I lost the ability to outthink adversity and the uncanny will to maximize control in my life. GOD had this now and Matthew could do nothing to escape destiny, even if I was the central catalyst in this dreadful diary of dysfunction.

I knew the grief concerning my entire life would all come crashing in, despite of all the wise counsel of friends and family telling me that the relationship was not worth selling my soul to reclaim it. I found myself on my knees, outside on the concrete begging her for one more chance! Her mind was made up. Apparently, she said what she meant and meant what she said. It was over and it wasn't a darn thing I could do about it. In the spirit of the competitiveness, I asked her if she loved him. Looking back in retrospect, not only was this an amazingly bold question to ask, but this was also a dumb question because it really did not matter. The second question I asked is the one each of you would have asked! Yes, that's right, "DO YOU LOVE ME?" Well, I got my answer. She honestly admitted she loved me and never stopped but she wanted to give him a try. In my best Tina Turner's voice, I know you are thinking, "WHAT'S LOVE GOT TO DO WITH THIS?" How are you so in love with your husband but dating another man while you are still legally married?

Man, you should have been there to see me; the world renown Bishop Matthew Edward Bradby, II, Betty's oldest boy, the king of confidence, the Bad Boy of Ministry on the ground and in the rain, crying for a woman who pretty much said, "Dummy I have moved on without you!" Our matrimony meant nothing now. In rebuttal, I remembered all the times I forgave her mistakes and infidelities. At this point, I was sure this counted for nothing. Did going against my family and friends to defend and wed you count for anything? Ah-ha! There it is! The answer I had hid from for so long; this relationship should have never been. Maybe, just maybe, I was out of order. Maybe I took a seasonal person in my life and made them permanent. Maybe the mission of my life needed a utility belt, equipping its wearer a multiplicity of gadgets for an extended time, not one designed for one task.

Please note, if the relationship starts illegally (and this one did), nine times out of ten, it will terminate illegally. When she, like many, made up in her mind (and everyone has a legitimate right through their freewill to do whatever they want, regardless of what is right or wrong), that their new found love interest was worth pursuing, nothing that you or I could have done or believed really mattered! It's over! Beat it kid! Scram! It's finished! Kaput!

Oh man, did I cry big tears, too! In the mist of this jolting pain, something miraculous happened. The process of this pain had reached its peak, or its true level of perfection. The tears stopped. I looked at her, this time deeply into her eyes, as she, in another one of her Academy Award Winning performances said, "I will call you later." That was it! The trumpet sounded and I finally heard loud and clear the victorious truth. In laymen's terms she said, "I am not going to choose you over this other "guy!" The truth hurt like no other pain that I have ever experienced. No amount of training could ever prepare me for this. All the prayer, fasting and faith I had could not stop or save me for this final resolve. We were over.

Her actions and statements, both verbal and non-verbal, sealed the deal. Emphatically, she said, "I am choosing him over you regardless of what's right or wrong because I cannot fit in the new you." Please listen to them when they talk, my brother or my sister. Even if they left you for another person, let them go. It might not be right, but they are human and they have a right to do what they desire as it relates to their lives whenever they desire to do so. You just rest assured that they will reap what they sow! Every action has an equal but opposite reaction. Remember you are not their judge—GOD is! You just have to keep the faith and press forward and greatest of all—stop looking back.

That was real closure as I got up off the ground. I stood up, walked to my car, started it up and drove away. That night I not only walked away from her, but I walked away from that season of my life triumphantly. It was over and, in a way, I was glad. The prayer and fasting gave me answers regardless of what I thought I needed to hear. The tears would not roll anymore as the process spoke to me. It said "Matt, (that's what my inner man calls me) why are you crying over

her? Why are you fighting to go back to a woman who cannot give you what you need or want? Why are you fighting for something that is not yours? Why are you crying over dysfunction? Do you believe GOD? Do you believe GOD will restore you, give you the desires of your heart? You preach and teach it all the time! But right now, do you still believe what you say? Do you believe there is a helpmate better than this one who will love and meet your needs according to GOD's Word? DO YOU?"

The truth finally came to life in me, and if not for this day, new boundaries and settlements would have never existed in me. Just think about your life for a moment. There was a time where you were more gullible. Yes, there was a time you would have believed anything that your partner would say. The sun, moon, stars and quasars were birthed on every word that amazing person had spoken. Then, you grew up through life's processes and established new boundaries and rules to protect you.

The best thing that could have ever happened to anyone suffering the pain of a dead or dying relationship happened to me at that point. Humility took over and I, at last, got a chance to quiet my feelings, to see life through rational, not tear soaked eyes. What would my true friends, the fellas on the job, the guys at the barbershop, my younger brother, family and community members who look up to me think if they saw me on my knees, in the rain, crying over a woman? What would my family think? What was I crying for? Maybe, just maybe, I like many of you, was still captive. See, I concluded that I was crying because I did some wrong things in the relationship that I was truly sorry for but I never forgave myself for. While I asked her for forgiveness and asked GOD for forgiveness, as well; the only person who was omitted from this equation was me.

It is in this state of victimization that, if not careful, will cause us to become victims of our own self-contempt. Self-loathing and self-hatred will serve as weapons that we, subsequently, turn on ourselves. Before you know it, we will begin to carry self-inflicted wounds, although the people who were wronged by us has already forgiven us.

In turn, you have placed yourself on trial, are cleared of the charges, yet beg the judge for the key to lock you away, anyway.

Some may be shocked at what I have just admitted to on these very pages. Very few people in my life ever knew this event occurred. This one, out of all the relationships and marital breakups I have experienced in my life, was the worst but GOD was with me every step of the way. Especially when I was totally broken! Once I felt the horror of this dreadful pain, GOD spoke to me and said something that changed my life forever. In a quiet voice, the Lord said, "Matthew my son, I am allowing you to go through this process once again for three divine reasons. One, I know you can take it! Two, I need a real credible witness in the earth to testify of my limitless grace, mercy, power and glory! Thirdly, you have yet to learn lessons from your past failures. It is at an appointed time that you will come forth and reveal this to the world to stop someone from committing suicide and to join in, even now, their pain! My experience was necessary in order to help someone take back their lives and stop them from settling for less, even in the face of what appears to be defeat.

Chapter Recap: My honest advice to you as I close this chapter is that it is imperative that you grieve, cry, yell, vent, and throw your tantrum! The relationship is over, and you are in pain! Get it all out NOW! There is nothing you can do or say that will ever fix the true end of your relationship. It is time to grow up! Stop fearing pain and embrace it fully! Grieve deeply, feel it, remember it, and savor it. It is the milk you need for the new you that is about to be born

There are a few questions that as painful as it may seem, you will need to honestly ask yourself right now about your past relationship failures.

1. What really happened? Openly look at the details to everything that occurred in this relationship. Remember there are three sides to every situation. There is your side. There is your ex's side. And ultimately there is the truth.
2. What did I do? We all contribute to the demise of a relationship or commitment. Honestly ask yourself what did I

do good, bad or to empower dysfunction. We often overlook major flaws in both our and our ex's character in hopes that it will be ok. Did I ignore warning signs? Did I shun friends and family that were trying to warn me? Ask yourself, did I ignore the obvious and if so why?

3. What am I looking for and why must I have it so bad?
4. What do I or did I allow people to treat me the way they did?
5. What is my 6-month goal right now? What is my 12-month goal right now? And what is my two-year plan to build a better you and to recapture the abundant life you seek?

You need a little assistance right now! Connect with a mentor and/or a counselor (a certified professional). There is nothing wrong with admitting that you need someone outside of your family to help you move past this point in your life. It is so much better to get professional help because of the privacy factor that you now need. You need to be helped by someone you can be open, honest and one whom you have to trust. And most importantly, getting a true confidant will grant you new focus, allow you to look at what happened and, moreover, how to dream again. It is equally important that you get a professional, someone trained and experienced in these matters for this season of your life. You will need someone who will keep what you say confidential because you cannot survive another betrayal this soon. And most importantly...DO NOT....I REPEAT DO NOT ENGAGE IN ANOTHER RELATIONSHIP RIGHT NOW ESPECIALLY WHEN YOU ARE HURTING! You need help not another love interest right now as bad as you might think its ok or you are strong enough to move ahead. Get clarity and structure first. Promise me right now you will not get into another relationship right now. Give yourself time to heal and sort out the mess. Stop acting like you are running out of time and run with the big picture. The big picture is you will be ok. You will grow and live past this. The big picture is once you heal and are delivered from this moment, you open yourself up to the right person to invite into your life for we attract who we really are consciously and unconsciously.

Right now I need for you to join me! Celebrate! United we all stand and divided we all fall! I am just starting this journey with you. Are you ready? If so, let's go champ! Turn the page and let's go to work!

**DID YOU ENJOY Chapter One?**

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### **Meet The Author – Matthew E. Bradby, II**

Matthew E. Bradby, II, was born with a purpose and a passion to help hurting people become the best that they can be. His blunt and raw transparency allows him to reach people on a level most ministers cannot and travel in areas most will not venture in. He considers himself “GOD’s chosen man ordained to go through hell to bring people out with a true understanding of their “why.” He walks on purpose, talks on purpose and lives on purpose. Matthew’s spiritual journey and experiences in life from his successes to his failures impacts, infects and empowers everyone he comes in contact with.

Born on May 30, 1971 in Baltimore, MD, Matthew has the privilege of being raised in a large loving family in East Baltimore. In spite of it all, Matthew knows what failure and mistakes are as he transparently shares with the world his life as an ex-drug dealer, ex-drug addict, ex-womanizer, gang member, the victim of three failed marriages, failed ministries, losing his home, friends and family betrayals, all while enduring stress, mental breakdowns plus a wealth of business and personal failures. "If I had not experience failure in my life...people walking away and betrayal...I would never know how real GOD's love really is!" Sometimes I have felt like GOD didn't care and left me to the wolves...but it was at my lowest points of life HE lifted me! GOD let me know when I was down and out that the poorest person in the world is not a man or woman without money or a place to call home...it is a person without a dream and a vision! It is by these measures I was brought to the world to share the truth and power of abundant life."



In October 2002, Matthew was ordained and installed Pastor in October 2002 by the late Bishop Eddie L. Long, Sr. during a special ceremony at New Birth. In March 2008, Matthew was consecrated Bishop and served as the Maryland Presiding Prelate in the U&FFGA for a season. Bishop Matthew E. Bradby now serves as the Presiding Prelate for The WFCC (World Fellowship of Christian Churches International) where his global vision of love, unity and mentorship helps ministries of all sizes grow and network for Kingdom success.

Today Matthew travels the world as a global entrepreneur, motivational speaker, life coach, mentor and Gospel Minister. He has dedicated his life to giving back. His focus is to be that one consistent person in the lives of people he meets who can be the friend you need when all he'll breaks loose in your life. Your pain is real so don't let anyone tell you any different. Your pain has a voice so please listen, learn and grow.

Contact Matthew E. Bradby, II for your next event, conference, group, seminar, training session or show:

Matthew E. Bradby, II  
Web: [www.GrieveEasy.com](http://www.GrieveEasy.com)  
Social Media: Matthew E Bradby, II

