

# If You Are In Trouble You Need To Listen To Me



If you are in trouble you need to purchase the above three pocket books and read them throughout the day. The books need to be read over and over again. The books will help you feel better and manage your life. This is not a sales pitch. These three books will help you. Know Your Enemy, A Christian is Never Desperate and The Trial of the Mind are three pocket sized devotionals filled with information to help you face the trials of the day. You can carry these books in your purse or breast pocket and read them to help you. These books were written to show you how to develop and protect your mind and to elevate your self-esteem. There are moments in life when we all have to be encouraged to make it through the day. We have problems at work, problems with our spouses, problems with our children or problems with our bills. These situations and problems weigh us down to where we do not know which way to turn or we just want to quit. These books will help you. You will be encouraged. Drinking is not the answer nor is smoking a joint of marijuana before going to work the answer. More and more women are now being cited for DWIs and entering prison on drug charges and their children thrown into foster care. Pick up these books and read them over and over again until your countenance returns, until you feel the joy of life again. There is a passage in the book A Christian is Never Desperate. I think it will help you. It helped me when I was homeless. Tell yourself "This is what the Lord, The God of Israel, said." Talk to the Lord! Notice the power in this praise, say it again *This is What the Lord, The God of Israel said*, then repeat to yourself what God says about lack, about your health your peace and your prosperity. Repeat God's promises to yourself. Faith is belief.

These books were designed as sources for you to use to give you encouragement, refreshment and strength to fight the daily battles of survival. These books are reminders that you can win at life. Life is not something that you suffer through and then you die. Life is a passage of time to be lived in joy and happiness with God at the helm. These devotionals will keep your mindful of your responsibilities to God and your responsibility to yourself and to your family. Keep one of these books with you at all times. You will find referencing the scriptures will help you strengthen your mind. These scriptures will reinforce your faith and sustain you. When you feel panicky or when worry overcomes you at work, go into the bathroom and repeat one of the scriptures out loud to yourself. These scriptures will fortify you. Some days you will be overcome with fear thinking nothing will get you out of the situation you are in. This is not true. Change can come into your life but you must examine your life decide what you want to change then plan for these changes. You must learn to take one day at a time. This will lower your anxiety. People lose control of their emotions because they keep jumping ahead in their minds. They forecast gloom and doom. Not realizing that most of what they think will happen never happens. You must master taking one day at a time. When you take one day at a time you will began to look forward to incremental change. You must learn to believe in change. Worriers feed their anxiety by thinking nothing will change. They expect nothing so they get nothing. **Worrying will kill you. Fear will kill you and avoidance will kill you. You can develop the courage to save yourself and your children.** Just as you learned to worry you can learn not to worry. The genesis of worry is fear. You can learn how not to be afraid, just as you learn to be afraid. Learn to recognize when you are fearful and learn to fight against fear. It is important that you start walking with God. It is important that you read, study and meditate so that in times of trouble you will not falter but gird your loins and stand for right not evil. Worrying lowers your expectation of the future. If you have a god, why do you have low expectations for your life? You have low expectations because of the way you think. You do not believe. You want to believe but you do not believe. Say I have a god then stand up. This is what every Christian is called to do. Change your thinking change your life.

Failure in life is often due to a person's refusal to change and refusal to confront his or her fears. Rather than picking up a book and learning something new, the person keeps doing the same thing over and over

again expecting a different result. There Are Women Who Are Told the Best way to get a man to marry is to have a child. The first time the woman has a child the man does not marry her. She tries the technique again with a new man. She gets pregnant for the second time has a child the man does not marry her. She tries the technique a third time. **She has not learned.** How many abortions are you going to have? Rather than changing herself she keeps doing the same thing over and over again. Rather than picking up a book and learning how other people solved the same problem, she does not change. She fails to realize there is more than one way to solve a problem and she can learn this information by reading. This woman **has failed to realize** she has made a faulty assumption (Having a baby leads to marriage). Do not be one of these people. Pick up my books and try something new. My books provide a broad discussion on many subjects that affect one's life. Read, learn then change.

Part of change is to stop lying to yourself. Stop walking around pretending everything in your life is okay. Stop acting as if you are in control piling up more and more debt, avoiding your mortgage payments to pretend to be wealthy. And stop depending on the conversations you are having with you best friend. You must sit down and make a clear assessment of your circumstances decide what needs to be changed in your life, make plans for these changes then act. Take a deep breath and admit your problems to yourself. Admit you made mistakes with your children. Now tell yourself you are determined to change your circumstances. You are not going to spend another second living a life that you do not want. And please learn to keep your mouth shut what you may not realize your friends and family may not want you to change or to do better than they. Doubt is a contagious fear conveyed by friends and family usually early in life then this doubt is developed into a habit. What some people do not recognize is that their friends and family members may have a low expectation in life and they are incapable of encouraging themselves or you. They practice a mode of living called "avoidance". They walk around pretending. They live a life of bitterness and die with hatred in their heart for themselves, those around them and God. Yourself image is determined during maturation and it is based on the encouragement and love given to you by your parents or the disdain shown by others. You must learn to encourage yourself and not on the strokes of others. When your boyfriend demands that you prove your love by selling

your body or giving him money while your child's needs go unmet you need to change. You are dealing with an animal and you need to change – leave him and start life anew. Your boyfriend is just a small time pimp who lacks the skills to compete in an open job market. He has no talents and lacks the imagination to develop himself. So you and other women are his prey. He knows you lack self-esteem so he impregnates you with fear to get you to comply. Why have you let love become so important to you that you shame yourself? Change!

Change is not an easy process. It hurts. You will be confused. You will be scared and weary. Things will go wrong but you must be determined to claim your life regardless of your age. Two problems cause women to be defeated: their self-image and their self-doubt. Do not grow old being bitter filled with hatred where your envy of the young turns you into a monster. Do not be afraid that you will live a life of despair. You must learn to live a life of expectation not despair. Evaluate your life. Evaluate the people you confide in. Evaluate then make plans then act. You will be alone but being alone is better than being part of a herd going nowhere. Granted you may not know what to do to change your life. But one thing is certain: if you do not step out seeking knowledge through reading you will never live a fulfilling life. Your children will benefit from your diligence. You believe what you read in magazine when you change your hairdo to attract a man. Why not believe in me when I say my books will have your make a permanent change in your life. Read, learn then change. Change will be difficult but you can do it. Do not let your dreams turn to fantasies providing no substance to your life. Just stand up. A storm always exposed the weakest area in your life.

**Send \$35.00 to Women and Children Restoration Ministries P.O. Box 7267, Ann Arbor, Michigan 48107. Please enclose a shipping address. Your books will be shipped to you. These books will make a good gift to someone you love. Join my discussion group on the Second and Fourth Sunday of the month. Email [yithril11@netzero.net](mailto:yithril11@netzero.net) for dates, times and location of the discussions. If you do not want your children defined by poverty and ignorance, you need to change otherwise prison or prostitution awaits them. © Second Sermon Sincerely **Minister, Gloria G. Lee,****