

Chin Up Girl!!!!

**Real Email Conversations about
Surviving Love, Loss and Pain
(With Bonus Affirmations Workbook)**



Joseph Dillard

Foreword by Emilie McKendall

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FOREWORD

When relationships are mentioned many thoughts, feelings, images and emotions come to mind. Not to mention the multitude of questions. As a media person I can tell you I have conducted numerous interviews and held seminars about relationships. Many authors have written books on how to catch the “perfect” mate and have the “perfect” marriage. However, no one seems to have the “perfect” answer.

As the host of my weekly talk show, "Emilie & Friends", I have moderated several conversations about topics ranging from politics to education to empowerment to relationships to religion and to business. By far, the most popular topics with my listeners were those dealing with relationships between men and women. What makes this such an exciting topic? We seek psychics and also map our astrological charts in search of our soul mate. But are we any closer to an answer or a solution? Is it all part of a mystical spiritual journey? What is the purpose and why is love the one area no matter nationality, race, religion, creed or sexual preference we all long to have?

I met Joseph Dillard over 15 years ago when he was a bank manager in Chicago. He appreciated my loyal business, and I appreciated his personal service. When I walked into the bank that day I had my son with me. I was most impressed by the pictures Joseph had on his desk - family pictures, wife and children and it warmed my heart. In addition to a business relationship we began to talk about the importance of family. When he changed banks, I followed him yes, because of good service, but also because there was this spiritual aspect to him. He appeared genuine in helping his community in addition to being a family man. When Joseph and his family moved to Minnesota, we kept in touch. He would always tell me about his children's achievements (which are numerous) and his wife's many activities. As he spoke I could visualize the smile on his face and feel his pride. We are both spiritual beings so his words would always resonate with me as I continue on my journey. Every conversation ended with the uplifting phrase, "Keep smiling!"

This book allows you to peek into the lives of two friends who have several conversations about life and love. There is some pain and there is also some hope. I believe you will be able to relate to this story. You may smile and you may even cry. I think you will definitely be encouraged and inspired. Nobody guarantees that life will be easy. In fact, sometimes it can seem almost unbearable. One thing I do believe is that we draw people into our lives to teach us in areas where we are weak. Though relationships may come and go, each teaches us a life lesson no matter how happy or sad. And we are in others' lives for the same purpose. Life is a spiritual endeavor with choices and the best choice you can ever make is to realize and to know that tomorrow gives you another chance and God's mercy and manna is sufficient in every moment. Enjoy this book and share it with friends. You'll be glad you did. Have a rainbow day.

Emilie McKendall

PREFACE

What do love, loss, heartache and friendship have to do with prayer? Keep reading and you will discover how all of these things tie together in one woman's intriguing story. You won't want to put this book down until you're finished reading the entire story.

A few years ago my pastor decided to have a 24 hour prayer chain that would begin 28 days before Easter and end at midnight on the Saturday night before Easter. Instead of asking members of my congregation for their prayer requests, I decided to send an email to friends and family around the country to ask if they had any needs that they would like me to pray for during the 28 days of the 24 hour prayer chain. I was excited and overwhelmed by the results.

Although I asked out of concern, I honestly did not think that I would be taken up on my offer. However, every person emailed a request back to me which I prayed for during that time and continue to pray for today. The requests ranged from prayer for relationships, foreclosure situations, children, comfort, finances, increased faith, illness, guidance and increased business/employment. One prayer request led to regular correspondence, a deepening friendship and a life changing transformation.

We do not always know what we are asking for when we make a request, rather we do not know what we are going to get. However, one thing is for sure – prayer changes things! Read this account of personal emails to witness how a prayer request changed a woman's life. It was not as simple as "naming it and claiming it." Sometimes we have to go through something to get what we want.

This book is based on real life events. Some names and other identifying information have been changed to protect the identities and privacy of those involved.

**"weeping may endure for a night,
but joy cometh in the morning."
Psalms 30:5b (KJV)**

1. REQUEST FOR PRAYER

-----Original Message-----

From: Joseph Dillard

To: Joseph Dillard

Sent: Sun, 15 Mar 11:20 pm

Subject: Thinking About You - 24 Hours

How are you doing? I hope that all is well. I am writing to you because beginning Sunday Night/Monday Morning March 16th at midnight my church is beginning a 24 hour prayer chain that will last until Saturday Night April 11th at midnight (the day before Easter). That means that someone will be praying every hour for a total of 672 hours from now until the day before Easter.

I am writing to you because you came to my mind. Although I pray for you often, I am wondering if you have a specific need for which you would like prayer. You do not have to tell me exactly what the specific need is unless you want to. Just respond any time during the next 28 days and ask me to pray for your need. I will agree with you in prayer every day during this time.

I am expecting blessings and miracles for you and your family.

God bless you!

Joseph

[We all have friends and loved ones whom we think about. We all have requests and needs that are bigger than ourselves. When you are concerned or worried and do not know what to do, try prayer. Prayer can go where we cannot go. And if practiced correctly, prayer can give us a peace that everything is going to be alright.]

2. PRAYER REQUEST

To: Joseph
Subject: Re: Thinking About You - 24 Hours
Date: Mon, 16 Mar 12:39:52 -0400
From: Jenny

Hey Joseph.....

I have so many requests!!!! Wanting my business to grow would love to have a special someone in my life who cherishes/loves me as I them and of course my family. I would love to have them all together in the same city with me so that I may be a part of their lives. Out of all the latter is the most important to me. However, please do not misunderstand I have a wonderful life with no complaints ... I do believe God has His hand on me. How are you doing?

-J-

-----Original Message-----

From: Joseph
To: Jenny
Sent: Mon, 16 Mar 2:45 pm
Subject: RE: Thinking About You - 24 Hours

Jenny,

It's great to hear from you. No, I am not getting you wrong. Just because we are blessed does not mean we do not or cannot want more. God is a god of more and more and more than enough, so I am right there with you. Also, I try not to judge. Everyone is an individual and wears different shoes. What is for you is for you. Your desires and my desires are different but God is big enough to handle and fulfill them all.

I am doing well. Lately, I had been a little discouraged about my business. I was wondering when I am going to get paid for what I do and get paid the way I want to get paid. However, that was temporary. We all have to go through a process. I still believe God knows right where I am and has big plans for me to do what I love doing and make provision for me. He is already making provision for my family; I just want more in the area of my business. I am encouraged. Personally, I am doing well. I have struggles and challenges that kick my butt from time to time but I feel pretty good about where I am regarding that area of my life. I am so grateful. Marriage is going well. We continue to love each other and overcome challenges that sometimes divide us temporarily and threaten to destroy us. Nevertheless, our love and commitment prevail. It's not easy but it works, and I am grateful for a woman who loves me very much and a woman I love enough to keep working on me and us. I am very proud of my children. I love them and appreciate them. My daughter is doing well at Lake Forest College. My oldest

son just received another scholarship from the University of Missouri. We are believing that his college education will be paid for 100%. We are not that far away. Our youngest son is distracted and a bit social when it comes to school, but he is a very good and loving kid. We continue to search for the best ways to parent him. We're not giving up because he is too important to us.

I am so believing God for you and with you. I am not sure when it is going to happen, but I believe it will. Please be prepared for a miracle and/or miracles from God. He can and will do anything. I did not realize you did not have that special someone in your life. Nevertheless, I will be praying in that area too. I know that God will give us the desires of our heart, if we trust in Him. I can see your business growing. I believe you already have what a larger clientele would appreciate. I'm not an expert but I know that I like what I see in your business. God knows and feels your heart. Whether you want to move to your family or you want them to move to you, I pray that He knows what is best and will do it in His time according to His will and your desire.

Wow! This is longer than I expected. It is always good to hear from you. I will lay these requests before God every day and lift them up to Him as I pray for you. Take care, be encouraged, and keep the faith. Take care of yourself. Peace.

Joseph

To: Joseph

Subject: Re: Thinking About You - 24 Hours

Date: Mon, 16 Mar 17:14:14 -0400

From: Jenny

I so appreciate you. You are so encouraging! I especially love what you have to say about your wife and your marriage. You should be a preacher! To clarify, I have been dating a nice guy going on about 5 years. However, our moral values don't seem to match up. Yep, other women (his seemingly inability to say no to them). I never have to worry about him being out with others but I know he has been with them behind closed doors. My constant issue is if you are doing something behind my back that you can't do in front my face you are not an honest person. He has done that and it has truly destroyed my trust for him. So, for that reason I don't believe he is the man for me.

Thanks for your heart.... I treasure our friendship.

-J-

-----Original Message-----

From: Joseph

To: Jenny

Sent: Mon, 16 Mar 4:04 pm

Subject: RE: Thinking About You - 24 Hours

Thank you so much and you're very welcome! We're a couple who has been through something and continues to be committed to making our marriage work. We're just two people who know that we have to choose to love each other freely each and every day and work to put self aside so we can move forward and enjoy each other's love.

I'm glad you know where you stand with your guy. At least you can make a decision based on what you know instead of being in the dark. That is so important. If you want my opinion, let me know. I will not offer it regarding this unless you ask.

I really appreciate you and our friendship. As I have said before, you know you're my girl! I'm here anytime - for real. We've known each other for a long time, and I'm glad our friendship and trust has grown as the years have gone by. You're a wonderful person. Much love.

Joseph

P.S. I am a minister. I knew I was called for years but just accepted my calling about three years ago. I realized that God called me because of who I am, not who I think I should be. I thought He made a mistake but now I know that I have something to share with somebody who can identify with my life, challenges, message, etc. My life and story may not be for everybody, but I know that it is for somebody. I want to be available to be a blessing to those who cross my path. That's what it is all about to me.

-----Original Message-----

From: Joseph Dillard

To: Joseph Dillard

Sent: Sun, 29 Mar 10:26 pm

Subject: Prayer

How are you doing? I am writing for two reasons. First, to thank you for your prayer request. I am so grateful and honored that you shared and trusted me with your request. It was great to hear from you. Second, I want you to know that I have prayed for you and your request 12 of the last 14 days (for some reason Saturdays have been somewhat of a struggle with a lot going on; nevertheless, I pick up where I left off on Sundays).

If you are willing, I would love for you to share with me any changes/blessings/miracles, great or small, that you have seen or experienced in your life. Whether or not you share, I know that blessings are headed your way. Take care of yourself, keep the faith, and enjoy life.

God bless you!

Joseph

To: Joseph
Subject: Re: Prayer
Date: Mon, 30 Mar 15:47:08 -0400
From: Jenny

Of course I will let you know of any changes. Thank you soooooo much.

Love ya!

-J-

-----Original Message-----

From: Joseph
To: Jenny
Sent: Mon, 30 Mar 3:51 pm
Subject: RE: Prayer

I'm expecting great things for you. You're very welcome

Take care and keep smiling.

Joseph

[Sometimes when we are able to share who we are, it allows others to share who they are. There is something to be said about transparency and how much you share and to whom you share. You should listen to people to determine how willing they are to share their "wounds". If they are not willing to open up about their situation, then it probably is best not to share too much because it will not benefit their situation. The purpose of sharing is to strengthen and to encourage. It is not to divulge information that could be harmful to you or the person to whom you are sharing.]

Nevertheless, one of the most valuable "tools" you can have is a listening ear. A lot of the time people just want to talk and to be heard. We have a lot going on inside and if we can share with someone we trust and get it out, then it usually makes it better. I did not say that it solves the problem. It just makes the burden a little lighter for the one who is carrying the cares of this world and the troubles of this life.]

3. PRAYER CHAIN ENDS/LIFE CHANGING BEGINS

-----Original Message-----

From: Joseph Dillard

To: Joseph Dillard

Sent: Sun, 12 Apr 7:36 am

Subject: Happy Easter

How are you doing? I hope you are doing well. I am doing fine and enjoying this beautiful Easter morning. The prayer chain has ended, and I feel so great about having the opportunity to agree and pray with you regarding your requests. After my last email I became a little more diligent and prayed 14 of 14 days. I committed to praying from 8am - 9am daily.

Although the prayer chain is over, please continue to trust God with your requests. I believe that He heard them and will answer in His time, exactly when you need it. I plan to continue to pray for requests from the prayer chain on a weekly basis on Wednesdays. If you would like to make a request and receive a weekly update and/or report to pray along with me or just to be included, please respond to let me know.

Finally, please pray that God continues to bless my family. Pray regarding financial concerns for college and other obligations. Finally, I pray for direction and favor regarding my business. I believe God for all of the things and appreciate your prayers.

Enjoy this day with your family and enjoy God's blessings. I look forward to hearing from you as God begins to and continues to answer your requests. Take good care of you and God bless you. It's been an honor and a pleasure. Thank you again for trusting me with your requests.

Joseph

----- Original Message -----

From: Jenny

To: Joseph

Sent: Monday, April 13, 10:55 AM

Subject: Re: Happy Easter

Thank you so very much. I am having emotional challenges from the break-up. I lost who I was during the relationship (4+ years) and behaved in a manner that was not consistent with who I am. I tried and tried to make it work but when only one person puts their all into it they're the one who ultimately has to endure the pain. I'm sure he doesn't even think of me anymore. One thing I do know is that on the other side is something better. When able to talk more I will. Thanks for keeping me in prayer as I will you.

Much love

-J-

-----Original Message-----

From: Joseph

To: Jenny

Sent: Mon, 13 Apr 11:14 am

Subject: Re: Happy Easter

You're very welcome, Jenny!

You are so right - there are better days ahead. Weeping may endure for the night but joy comes in the morning. You're a very special lady. Time will reveal your blessings. I am sure that God will give you the desires of your heart. I will be here when you are able to talk more. Take care of you, my dear and try to keep smiling. Know that I am continuing to pray for you. God loves you and so do I. God bless you.

Always,

Joseph

-----Original Message-----

From: Joseph Dillard

To: Joseph Dillard

Sent: Wed, April 15 9:24 am

Subject: Reports

I have gotten some reports of blessings and wanted to share them with you to encourage you and to bless you.

- One requested prosperity for her non-profit with an increase in funding and clients. She was lead to ask for free office space and it was given to her. Also, she has seen an increase in clients pay a fee and sign up for an annual event in which she participates.

- One requested prayer for her husband who has gangrene in his toe. His toe was not amputated and is healing.
- One requested prayer for a closer relationship with God and help with her discovery of how living without her father in her life has affected her. She has a closer relationship with God and is experiencing healing in her life, marriage and other relationships.
- One requested complete healing for her teenage son who has gone through two years of chemotherapy and surgery for cancer. She also asked wisdom in decision making. She recently talked to her son's surgeon and was told he is healing very well. Also, she has peace about the decisions she has to make. She said she is not worrying about circumstances but trusting God, so she has more peace.
- Another requested that her daughter return to the Lord as her first love as she goes through her college experience. She reported that her daughter is getting on track.
- A mother requested prayer concerning her family because her house is in foreclosure. Very recently, the mother received an offer on the the house that was higher than the asking price.
- Another requested blessings for her upcoming art show. She reported that traffic was light but sales were good due to a few strong buyers.

These are great blessings. Some are big and some are small; nevertheless, they are blessings and answered prayers. Your report may not be on here today, but I am believing that you will read about what God has done for you too. Stay encouraged. Keep smiling. God bless you! I'm praying for you.

Joseph

-----Original Message-----

From: Joseph

To: Jenny

Sent: Thu, 16 Apr 6:51 am

Subject: Today's Gift - 04/16

Good Morning, Jenny!

How are you feeling? Every day I get a reading to remind me of the things I need to do in order to overcome some of the challenges I have faced and continue to face in my life such as self esteem and codependency issues. Well, today this is the reading that was sent to me. Coincidence? I don't think so. Enjoy and be blessed.

Always,

Joseph

P.S. Also, affirm yourself. Look in the mirror and tell yourself:

I am beautiful

I deserve to be respected

I am worthy of love

I am ok

I love myself

Honestly, it's hard for me to do this sometimes, but I know it's just what I need to value myself. I love to hear others say it about me, but I need to start by saying it to myself about myself. God loves you. Keep smiling!

No one can make you feel inferior without your consent.

--Eleanor Roosevelt

In this moment, we are the best we can be. Today, we can work at loving the best in ourselves and not fearing the worst. We are truly wonderful and growing people with gifts and qualities that make us who we are. No one can make us feel inferior without our consent.

Now, we are in charge of our lives and growth. We can choose to let go of old negative thinking. We can choose to think positive, loving thoughts about ourselves. We never need to be victims again to other people. We have options today. We can choose to grow and to have a positive life. We can choose to have loving, affirming people in our lives.

Today I will stick with the winners. I am a winner today and every day.

----- Original Message -----

From: Jenny

To: Joseph

Sent: Thursday, April 16, 3:28 PM

Subject: Re: Today's Gift - 04/16

I am so blessed to have you as a friend. Your words of encouragement are truly helping me. Our conversation led me to think again about what has been going on inside me. If you have a moment please give me a call.

Love ya

-J-

[We have to remember to be available to our friends and family. Many people are suffering in silence. They may speak in general terms about what is going on in life, but they may not feel comfortable or have the courage to tell us what is really going on. Sometimes, we do not take the time to listen for hints that they are crying out for help. They want a trusted friend to just listen and help them through their pain. Sometimes the helping begins when we think the problem should be solved. In a lot of cases, we have just touched the surface. Listen closely and you may hear a cry for a deeper relationship – for a need to be met.]

4. GROWING THROUGH PAIN/WEeping

-----Original Message-----

From: Joseph
To: Jenny
Sent: Thu, 16 Apr 9:32 pm
Subject: Re: Today's Gift - 04/16

Jenny,

It's always great talking to you. Even during this challenging time. I feel blessed to be able to be there for you and to encourage you. I would encourage you to keep thinking about what has been going on inside of you, as you said in your email below. Also, think about what has happened in the last 4 - 5 years, what you remember, what you missed, and what you should be aware of in the future. Also, I do not mean to take it lightly or to undermine anything but remember that we grow the most during the difficult times. Challenges stretch us and push us to be better, if we take advantage of the lessons and learn. We can't go to the next level without a challenge. We do not want it, I know I don't, but you can look back and see that life always gets more difficult when we start to go higher. My friend, you're going higher. Emotionally, spiritually, and professionally. Mark my words. You know I am praying for you and will keep praying for you. Trust God. Don't let fear make you lose your mind. You can make it. You will make it. I believe in you, girl! Keep smiling...through the pain and tears. Take care.

Always,
Joseph

----- Original Message -----

From: Jenny
To: Joseph
Sent: Friday, April 17 7:27 AM
Subject: Re: Today's Gift - 04/16

I know what you say is true about challenges making us grow. I wake up in the middle of the night sometimes because my heart is so heavy. I look forward to the day when I won't think about him anymore. I did have good times with him and I don't think he is a bad person. I just think his womanizing ways is something he can't help. Something he has to figure out for himself. He isn't a spiritual man which really should have been my first clue. For some reason all the bad times keep playing on a loop in my brain. All the times I knew about other women and didn't walk away. I always knew he had a bad reputation both personally and professionally but in his words ... I thought people were just jealous of him because of his accomplishments. I want to be better, I want to be able to discern what is placed before me that I may make better choices. I know God/the Universe has my back and I know this is temporary but it still hurts. I keep telling myself that I couldn't have spent almost 5 years with a person and expect for it to be over in 3 days. So, I know I will endure and be better for it. It is so hard for me to pray right now. I know God knows my heart. I know you and I have not spoken for a while even though we kept in contact through email. So, I believe God sent you to me to help me through this process and you will never know how grateful I am for you.

Love you

-J-

-----Original Message-----

From: Joseph

To: Jenny

Sent: Fri, 17 Apr 8:06 am

Subject: Re: Today's Gift - 04/16

I woke up early this morning with you on my mind. You were heavy on my heart. So I prayed. It was spiritual warfare, and I felt good afterward. I felt confident. I felt a release. I am not trying to sound super spiritual, but I realized that God is the answer and is the one who is going to help you through this. Draw closer to God during this difficult time. I know it is tough, and I will continue to pray for you and with you through these struggles. I will hold you up, so when you can't pray you still know that someone is praying for you and reaching out to God on your behalf. Nevertheless, as you draw closer to God you will get more strength and more peace. I went to God about your job. I believe in my heart that you will not be fired. When I began to pray about your job I felt such a powerful presence. Jenny, we have been praying that your business grows. I believe God! I have assurance that you will not be fired. Do not be afraid. God is greater than any force or influence. Do not worry about what men can do to you. Trust in God, Jenny. Trust in God. I have peace and confidence that everything will be all right. After praying for you I was able to go back to sleep. Open your heart and let God speak to you. Go to church and hear His word for you. That's all I know. When I am in trouble or need an answer or don't know what else to do, I know God's got my back. I know that if I trust in Him, everything will work out fine. Not necessarily the way I think it should or want it to, but it will work out in my favor.

I like what I'm hearing from you. You're really digging deep. You're seeing what was there but would not allow yourself to see before. You're feeling the pain even though it hurts. Feel it and experience it as a reminder of what you don't want to feel and experience again. You're right, a man who is not spiritual cannot fulfill your needs. You have different desires and values. You're going in different directions. Usually, people we love who are not spiritual lead us away from our spiritual life because we want to please them instead of God. God in his love is constantly trying to draw us back to Him and sometimes takes drastic measures to get us back to where we need to be. I'm a witness to that and appreciate His tough love...though it hurts. You will be able to discern what and who is placed before you. This is one of the things that is going to help. When we talk again I will share more about how I am learning to discern things that were right in front of me. I knew it was wrong but wondered how could something so "perfect" be wrong. Well, it was "perfect" because that is what I wanted. It was wrong because it was wrong. I wanted to make myself believe it was right or good.

I really think counseling for you would be good. Not because you are bad but because you have some major things I do not think you have dealt with in your life. I think it takes talking to someone to get those things out and work on how to overcome them and deal with them. Also, I think it will help you take care of you. Counseling can help make us better. Not for someone else but for ourselves. So we don't hurt ourselves. So we can be whole. So we can deal with our issues. Wouldn't you rather give that special someone a "whole" Jenny, instead of a Jenny who gives her whole self but is not whole? Understand?

Yes, I too believe that God brought me to you. In fact, I believe he brought us together several years ago for such a time as this. I never would have imagined, but I am grateful to God to be here for you. I really am. You are my friend, and I appreciate you. I want the best for you. I want you to want the best for you and do something about it. I feel so much better about your situation because I am trusting God even more to work it out for you. At first I was just being a good friend and wondering what could I do. Now, I think I am being even a better friend by being there for you and really trusting God and praying to God to fill in the gaps where I can't help and to lead me to write and to say what will bless and encourage you. God loves you so much, Jenny. Please love you. I am praying against depression and shame. You have to come out of that if you are going there. Finally, it's not all about you. You are going to realize that someday you are going to be able to help someone in a similar situation make it through. How do I know? Because I'm doing it right now. I never would have guessed that all the pain and shame I endured was going to end up being a blessing for somebody else. So, my dear, sweet friend...keep smiling and enjoy your day!

Always,
Joseph

To: Joseph

Subject: Re: Today's Gift - 04/16

Date: Fri, 17 Apr 14:12:07 -0400

From: Jenny

I hear what you are saying about praying and that. I have to talk to God and let Him know my heart is heavy right now and the words won't come. I know I sound like a big girl sometimes but inside I wish my mom was here to make it all better. Your words are encouraging to me and I believe all you are saying. One day I know I will look back and laugh at this. It's just the process right now and I appreciate and love you for holding my hand and walking me through it.

-J-

-----Original Message-----

From: Joseph

To: Jenny

Sent: Fri, 17 Apr 2:19 pm

Subject: RE: Today's Gift - 04/16

Like you said, God knows your heart. In fact, He knows your pain and is holding you in the cradle of His arms.

I know what you mean, girl. There is nothing like a mother's comfort and love. I do not know if we ever grow out of that need or desire for that special comfort and love.

I am here for you, and I am willing to help you through this tough time. You are very welcome, Jenny. Thank you for being my friend.

It is so warm and beautiful here. I know it's not hot enough for you yet. You like it steamy if I remember. Well, this beautiful sunshiny weather in the 70's feels great to me. I hope you're experiencing and enjoy the same weather there.

Always,

Joseph

[This life is full of pain and trouble. Naturally we do not want to experience suffering, but we need to go through the pain instead of trying to avoid it in order to get our healing. I am not saying that you should look for pain – you don't need to look because pain will find you. I am saying to feel it and try to understand it so you can get through it and hopefully not have to go through it again. It might seem hard at the time, but it surely won't last forever.]

5. STANDING IN THE GAP

----- Original Message -----

From: Joseph

To: Jenny

Sent: Sunday, April 19 7:58 PM

Jenny,

I always enjoy talking to you. I thank God that I have the time when I get the time. Hang in there. Love yourself. You may have done things that you are not proud of, but you are not a bad person. Dislike the things you did, not yourself. You deserve to be loved by others, but you have to love yourself first. Remember your affirmations. Keep saying them. Say them in the morning and before you go to bed. You're worth it, Jenny. I know you are.

When I experienced my most challenging time, first, I got really desperate. Then I decided to stand still. I stood still so I could hear the voice of God. I told myself that the next moves I made had to be directed by God. I knew I was going to make some big changes but did not know exactly what they were going to be, but I knew that I needed God to lead me. I needed Him to tell me what to do. I prayed for direction and guidance. I prayed for strength and deliverance. I drew closer to God and got more peace in my life. I am confident that I am where I am today because of God's direction and guidance. Because I humbled myself and sought Him rather than trying to figure it out myself.

Remember this, I know this from experience - when you are involved in risky behavior, you do not think about what is good for you. You just do whatever it is. You act and think later. You are not rational. Afterward, you usually thank God for His mercy and grace because anything could have happened. Well, when we are in our right mind, we are not involved in risky behavior. Although we are tempted, we think before we act. We count the cost. If the cost is too high, we move on. Don't be risky. Count the cost. Where do you want to be 2 - 3 years from now? What will you need to do to get there? Who will you need to be? I know you do not want to be in the same position. So, you will need to do different things.

Take care of yourself. Be true to you. Love yourself. God loves you, my friend. Very much! Keep your head up. Keep smiling. Don't stoop to lower levels. You are not mediocre. You're exceptional. God bless you!

Always,
Joseph

----- Original Message -----

From: Jenny

To: Joseph

Sent: Monday, April 20 8:57 AM

Subject: Re:

I keep telling you how much I appreciate you and from the bottom of my heart I mean it. I need you at this time to stand in the gap for me. I have been unable to pray/meditate because of the heaviness of

my heart. I love God, I know that this is best no matter how much it hurts. However, I feel like I brought it all on myself.

-J-

----- Original Message -----

From: Joseph

To: Jenny

Sent: Monday, April 20 8:14 AM

Jenny,

I'm standing in the gap for you. I feel your hurt. I hear your pain. I know you love God. The fact that you cannot pray right now is not an indication of your love for God. Remember, God hears the simplest prays - help me God, I need you God, I don't know what to do God, guide me God, I don't want to hurt anymore God, I can't stand the pain God, what is going on God, why is this happening God, etc. God knows and God cares. One more thing, even if you did bring this on yourself, you have to forgive yourself. That is the hardest thing for most of us to do. It is easier to forgive others for what they have done than to forgive ourselves. We have so much guilt and shame that we carry because we do not forgive ourselves. Forgive yourself, Jenny. Find it in your heart to forgive yourself. Are you worthy of forgiveness? Do you deserve to be forgiven? If God can forgive you, then you can forgive you too! Yes, you are worthy of forgiveness. Yes, you do deserve to be forgiven. God loves you. Try to smile, Jenny.

Always,

Joseph

----- Original Message -----

From: Joseph

To: Jenny

Sent: Tuesday, April 21 7:53 PM

Subject: Gold

Jenny,

I'm really proud of you. Despite the pain and tears, you are really doing some good things. Like thinking clearly about going on that trip with a married man. And sending a respectable letter. And thinking about what has gone on and what you want. And feeling the pain and learning from it. I am so proud of you! I am proud because it could be so easy to give in to the emotions and pain and hurt and temptations but you're being strong so you can get what you need out of this - and probably what you want too even though it does not look like it or feel like it. I appreciate talking to you. I appreciate you. Keep smiling and keep the faith. Your breakthrough is closer than you think. Don't give up and don't give in. Be strong. Just because you're crying doesn't mean you're not strong. Just because you're hurting doesn't mean that you won't be victorious. Sometimes we must endure battle scars to win. But in time, healing takes place. The scars and wounds don't always go away but that doesn't mean that we're not healed. Scars and wounds that remain remind us of where we've been and what we've done.

Of lessons learned. Of things not to repeat. You're close, my sister. Hang in there and be tried in that fire so you can come out as pure gold. You're the best. Keep smiling. Peace to you and much love.
Always,
Joseph

[One of the most difficult things in life is to go through something all by yourself. It does not seem like anyone else is going through the same thing as you or has gone through the same thing. Your situation is magnified by your solitude. That is why it is so important to reach out to someone to help you through. We need someone to pray for us when we do not feel like praying. We need someone to encourage us when we feel hopeless and discouraged. We need someone to be there. Reach out to someone whether you are in pain or see someone in pain. It will make a world of difference to you and them.]

6. HOPE?

-----Original Message-----

From: Joseph
To: Jenny
Sent: Wed, 22 Apr 6:44 am
Subject: Today's Gift - 04/22

Jenny,

Here is my reading for today. Maybe you can use it and maybe you can't. Nevertheless, there is definitely some good information in here. Also, there is some healing in these words. Take what is good for you and ignore the rest. God loves you. Be blessed.

Always,
Joseph

Humility is to make a right estimate of oneself.

- Charles Haddon Spurgeon

What does it take to come to the place where we can exchange pride for humility? First we must stop the blasphemous charade of pretending that we are no good. "I'm worthless" has often been spoken in the name of humility. But these words, or any other words that express the same sentiment, are a self-indulgence and a cop-out.

The essence of humility is summed up in the Serenity Prayer: *God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.*

Humility is truth. To be humble is to know the truth about our limits, to recognize what can be changed, and to accept that all good things are possible with the help of God.

Excessive pride prohibits acceptance because it prohibits the truth, and the truth is that some things are unchangeable. Refusal to accept that truth gets us plenty of frustrations and anger - and no humility at all.

Today, I humbly ask God for the wisdom to accept what is and to let go of what isn't.

----- Original Message -----

From: Jenny
To: Joseph
Sent: Wednesday, April 22 8:01 AM
Subject: Re: Today's Gift - 04/22

WOW would you believe part of my prayer today is that I remain humble and walk in the character of God!?!

----- Original Message -----

From: Joseph
To: Jenny
Sent: Wednesday, April 22 8:25 AM
Subject: Re: Today's Gift - 04/22

Yes, I believe it. I'm excited for you. God is so good!

----- Original Message -----

From: Jenny
To: Joseph
Sent: Wednesday, April 22 7:58 AM
Subject: Re: Gold

I always enjoy starting my day by reading your messages to me. You're one of the blessings that I count each day that God has given me. It would be so much worse to be going through this without you in my life to talk to me, to minister to me, to pray for me and go give me good counsel. Today was the first time I was able to pray - it felt so good. When I woke up this morning I could see myself smiling again, happy again, saying TA DA! Here I am!. I know it will take time and I do believe I will be victorious and be loved like I know I should be loved.

Have a blessed day
Love you
-J-

----- Original Message -----

From: Joseph
To: Jenny
Sent: Wednesday, April 22 8:23 AM
Subject: Re: Gold

Jenny,
I am rejoicing with this email! I'm rejoicing because I see you turning a corner. Love you too! You're coming out of this. Yes, it is taking time but everything worthwhile takes time. I can see the sun breaking through the clouds. Yes, there are still some clouds there and they will not completely go away but they will let the sun shine through. And soon there will be more sun than clouds. Keep taking the necessary steps. Do what you do, girl. Keep smiling. Here you are! God bless you!
Always,
Joseph

-----Original Message-----

From: Joseph

To: Jenny

Sent: Fri, 24 Apr 7:31 am

Subject: Today's Gift - 04/24

Good Morning, Jenny

How are you today, my friend? I hope you are doing well. I'm tired but good. No complaints. I look forward to hearing about last night and talking to you soon. Here is Today's reading. I believe you can appreciate it. I am not a prophet, but I want to prophesy something into your life. I have been waiting to send this to you. Now is the right time.

<http://youtu.be/FMvDKt8rnr4>

(this is the link to the YouTube video of The Struggle Is Over by Youth For Christ)

The Struggle Is Over

Wherever you are
Whatever you've been going through
God says the struggle is over for you
You've been in this place long enough
And your mountainside has been rough
The struggle is over for you

You've been in this place long enough
And your mountainside has been rough
The struggle is over for you

I've been in this place long enough
And my mountainside has been rough
The struggle is over for me
God loves you. Take care. Be blessed.

Always,

Joseph

In three words, I can sum up everything I've learned about life: It goes on.

-- Robert Frost

If we've ever dug in a garden and unearthed an ants' nest, we can recall their first reaction to our unintended destruction: they do everything possible to save their lives and supplies. The ants scurry around, moving the larvae to an underground room. Exposed contents are then relocated to unseen

passages. In a matter of minutes, the ants are again safely underground and ready to resume their daily routines.

How do we react when some catastrophe or unplanned event occurs? Do we want to crawl under a rock or are we as resilient as the ants? Instead of moaning over postponed plans or the loss of something in our lives, we can try to be like the ants and learn how to best work with circumstances that come our way.

Life doesn't stop for us to lick wounds or add fuel to grievances. Hours pass, we grow older, nature continues. Every event is part of life's cycle. We can't run away from anything. We must meet life head-on and adjust to its ebb and flow.

I can look at an unplanned event in my life as part of life's cycle. I need to trust that life will go on

----- Original Message -----

From: Jenny

To: Joseph

Sent: Friday, April 24 8:10 AM

Subject: Re: Today's Gift - 04/24

How much I wish it were true. Every time I say I'm not going to cry anymore I cry again. I just can't believe I don't even deserve a phone call. After almost 5 years. Yet, while we dated he constantly kept in touch with his ex. Even up until last year. He claims I was the love of his life ... yet he just couldn't remain faithful and that hurts to the core. I just think it's so callous. Sorry, I'm listening to the song as I'm writing this and it's making me cry more so I'm pouring out to you. I have to get through it and I know someday I will because there is no other option.

Much love

-J-

-----Original Message-----

From: Joseph

To: Jenny

Sent: Fri, 24 Apr 8:14 am

Subject: Re: Today's Gift - 04/24

Don't apologize. Like I said, I'm prophesying. I know it is not over today but it will be. I listened to this song to encourage myself about my struggles. Today I'm singing, The Struggle is Over. Then I was praying for a day it would be. I am not looking at today when I think about your struggle. I'm looking into your future. Today will be gone tomorrow. Tomorrow will be a better day. We'll talk soon. God loves you, Jenny.
Always,

Joseph

[We have to hang on to every bit of hope that we can. We cannot concentrate on how things look today. If we did that, things would never get better. I am sure you can look back to a time when things were worse but now they are better. You have to believe that if happened before, then it will happen again. Today is just a moment in time. Life goes on and things change. Things are going to get better.]

7. WHAT DOES IT ALL MEAN?

-----Original Message-----

From: Joseph

To: Jenny

Sent: Sun, 26 Apr 7:18 am

Subject: Rain

Good Morning, Jenny

How are you doing today? I hope you're doing well and feeling a little better. I heard a good word Saturday morning while I was in a session. It was short and simple but very powerful to me. Here it is:

God told two farmers that it was going to rain. One farmer began to prepare his fields for the rain. The other farmer just waited for it to rain. Which farmer do you think believed that it was going to rain?

I would like you to think about this. Take some time to think about what this means. Then take some time and write what it may mean to you and how it may apply to your life.

Be blessed. God loves you.

Always,

Joseph

----- Original Message -----

From: Jenny

To: Joseph

Sent: Monday, April 27 7:27 AM

Subject: Re: Rain

Hey.....

To me both believed it was going to rain. Both were looking forward to it one was preparing the other just sat and waited. However, the one that prepared seemed to get the most out of the rain how did he prepare did he plant seeds? Did he cover some of his plants? Did he create a drain system in case the fields started to flood? Having analyzed & asked you all of these questions ... I don't know what in the world it all means.

I got up this morning to go to the grocery store. I look up ... he's walking down the street. I stop to speak to him and he seems to be in a good mood. Asked if I would go to dinner with him on Thursday. It reminds me much of my other ex ... it would be so cruel to me days/weeks on end then invite me to dinner to make it all better. It's not better. I still have feelings for him but I do not want the drama. I know I would never be able to trust him. I've come this far and don't want to turn around. I know I want to go to dinner because there is so much I want/need to say.

Your thoughts?

-----Original Message-----

From: Joseph

To: Jenny

Sent: Mon, 27 Apr 7:49 am

Subject: Re: Rain

Jenny,

Isn't this what you wanted? You were so upset that after 5 years he did not have the decency to call. Now you get a chance to talk to him and get closure of dinner. Correct? I think this is just what you need. However, I think you need to build boundaries around it. If you don't want to go back, then make sure you do the things to maintain your progress and do not do the things that will make you go back. You already identified what you believe he is trying to do - make it better by going to dinner. Decide if you want it to be a public or more private setting. Decide what you want to accomplish. Decide what you want to say. Decide how you want to exit. This is about you and not him. I think if you do ahead and have dinner, then you will get what you have been wanting all of these weeks and continue to heal and to move forward.

Good point, both farmers probably did believe it was going to rain. To me, this is what it all means...if you want and/or expect something, then you have to prepare to get the most out of it. You have to be active. You can't just wait for it to happen. You have to do what you can do which opens things up and let God do the rest. If you have a closet full of clothes and want new clothes, you have to make room for the new clothes. You have to exercise your faith and act as if it has happened or is going to happen. Put yourself in a mindset to receive. That's what it means to me.

Those are my thoughts. Take care and enjoy your day. Peace.

Always,

Joseph

----- Original Message -----

From: Jenny

To: Joseph

Sent: Monday, April 27 10:06 AM

Subject: Re: Rain

OK ... good point about the rain. You ask isn't this what I wanted and the answer is no. No, because he didn't call. I saw him walking down the street. Yes, finally I get a chance to say the things I want to say. Not that I believe it will make a difference because if he hasn't changed in over 40 years, he won't change for me. I still feel very hurt but not like it was. I think the hardest part is over and I feel somewhat (not totally) in control. The closure is what I want. I still want the man that wants only me, no other woman. He said he still takes walks in the mornings. I'm thinking of taking him up on that rather than dinner. That way I won't feel trapped. I don't want to appear in public like everything is OK when it isn't. Of course, I need you to help me through this. I'd like to see that list I sent you and if "peace" is on it ... I know I referenced relationships but I don't remember exactly what. Hope to talk with you this evening.

Much love

-J-

-----Original Message-----

From: Joseph

To: Jenny

Sent: Mon, 27 Apr 10:48 am

Subject: Re: Rain

Jenny,

I think walking is an excellent idea. Also, remember that the goal of talking to him is closure not change. It's for you and not for him. You can only control what you are in control of and that is you and your actions. If you choose to talk while walking, say what you have wanted to say, and get some closure, then I think you will be in control and will have what you desire to move forward with your wonderful life. Below is the list I think you were talking about. I was planning on sending it to you again in a couple of months or so to see if your answers had changed. Take care of yourself and have a blessed day. Smile, please. God loves you.

Always,

Joseph

USING ONLY ONE WORD

Not as easy as you might think! Reply , change the answers to suit you and reply to me. It's really hard to only use one word answers.

Where is your cell phone?

desk

Your best friend?

honest

Your hair?

brown

Your mother?

smart

father?

handsome

Your favorite thing?

love

Your dream last night?

forgotten

Your favorite drink?

merlot

Your dream/goal?

adored

What room are you in?

bedroom

Your hobby?

cards

Your fear?

failure

Where do you want to be in 6 years?

popular

Where were you last night?

home

Something that you aren't?

mean

Muffins?

nope

Wish list item?

forgiveness

Last thing you did?

read

TV?

off

Your pets?

none

Friends?

inconsistent

Your life?

blessed

Your mood?

depressed

Missing someone?

Derek

Drinking?

water

Smoking?

never

Your car?

Mustang

Something you're not wearing?

jewelry

Your favorite store?

Nordstrom

Your favorite color?

white

When is the last time you cried?

today

Where do you go to over and over?

mind

My favorite place to eat?

Italian

Favorite place I'd like to be at right now?

Derek's

[When life gets difficult it can also get very confusing. We struggle with questions of why things are happening and what we should do. I believe you should not think too hard about the reason why. However, you should listen for the answer as you are recovering. If you open your ears and your heart, I believe you will eventually get the answers you are seeking. It is not always instantaneous, but I believe the answers will come. And sometimes from the places we least expect.]

8. DOING WHAT'S RIGHT

-----Original Message-----

From: Joseph

To: Jenny

Sent: Tue, 28 Apr 8:03 am

Subject: Did I Tell You...?

Good Morning, Jenny!

How are you doing, my friend? I hope you're still doing well and feeling free. Did I tell you how proud I am of you? Did I tell you how happy I am for you? Did I tell you how much I appreciate you? Did I tell you how good it feels to see you in charge and loving yourself? Well, if I did, then I just wanted to tell you again. Keep smiling, Jenny.

Always,

Joseph

P.S. Now do you understand what I meant when I sent you, "The Struggle Is Over?" I still think I sent it at the right time. I know there are still going to be struggles and challenges. You know I know. But you know that the real struggle is over. You know that you're going to make it. You know that life is going to be different. I couldn't wait for the struggle to be over to enjoy the hope and joy in the lyrics. I had to embrace it and accept the prophecy for myself. And now I can say, in spite of everything, "The Struggle Is Over!" And so can you. Love you, girl!

----- Original Message -----

From: Jenny

To: Joseph

Sent: Tuesday, April 28 8:38 AM

Subject: Re: Did I Tell You...?

Gooood morning.....

I'm doing good today. A little disappointed that it's raining. Want to get this part over. I think once I say what I need to ... I may be hurt I'll feel even better. I still have to get over the disappointment of another failed relationship. But, I know I will. I don't just want better, I need better. I would never be satisfied being one of many. I could never be satisfied not trusting my partner. I think I'm still a game to him. But, like you said it's about me now

I appreciate you/your counseling more than you will ever know. I still need your prayers.

-J-

-----Original Message-----

From: Joseph
To: Jenny
Sent: Tue, 28 Apr 8:56 am
Subject: Did I Tell You...?

Jenny,

You are right about all of those things. You are going to be just fine. I'm glad you're thinking about the feelings and emotions. I'm glad you're thinking about what you want and what you need. Then you won't be surprised. Also, you will remember why you are doing what you are doing. When the time is right, you will get to say what you need to say. Isn't that how it has always worked out? God's got your back. I'm still praying for you. Even when things are good I will be praying for you. In the good times and the bad. I'm still here, Jenny. Thank you for being you and allowing me to be me. You're a wonderful person.

Again, I really appreciate getting to know you, Jenny. I enjoy being your friend and you being my friend. Enjoy your day.

Always,
Joseph

-----Original Message-----

From: Joseph
To: Jenny
Sent: Wed, 29 Apr 6:14 am
Subject: Rejoice

Good Morning, Jenny

How are you doing today? I hope you're doing well. I hope the sun is shining. I can't complain. God is good! Life is good! Take care of yourself and enjoy your day. This is the day that the Lord has made. Rejoice and be glad. Keep smiling. Peace to you.

Always,
Joseph

-----Original Message-----

From: Joseph
To: Jenny
Sent: Thu, 30 Apr 7:05 am
Subject: Today's Gift - 04/30

Good Morning, Jenny

How are you feeling this morning? Is it still cloudy like it is here? Even if you do not see the sun today, I hope you feel the Son today. Here is what I got for my reading today. Making amends is for the person who did the wrong, so that does not apply to you. However, I think there are some good points to take from this as you contemplate your meeting/conversation tonight. I am praying for you. I know you're going to make it through this just fine. Have a great day. I'll talk to you soon, my friend. Keep smiling.

Always,
Joseph

Be careful with amends.

Hurting someone thoughtlessly just to lift our own guilt is not the right thing to do. Amends are for rebuilding the burned bridges in our lives. But if amends will hurt someone, we must decide if it's in that person's best interest to be told now. Oftentimes it's best left unsaid, but never denied to ourselves or to God.

Changing our behavior intentionally is one part of making amends. The point in every amends attempt is to take responsibility for what we did and express our regrets. Couple this with changed behavior, and we will feel better about ourselves immediately.

I will not shy away from any amends I need to make today, but I'll be careful not to hurt someone with information he or she doesn't need to know.

----- Original Message -----

From: Jenny

To: Joseph

Sent: Thursday, April 30 8:10 AM

Subject: Re: Today's Gift - 04/30

Yes, I've been thinking about the whole thing. I don't want to be mean. It was never my style but I began behaving that way in the relationship. To him and to others I thought had offended me. I still haven't heard from him ... I know our meeting is at 6. I can't make the call, I just can't. Then I've been wondering how I would feel if he stood me up. That is also a possibility although it was never his style. I have an appointment at 11:30, so I will try to call you if I get out in time. Usually it doesn't take more than an hour. I feel like crying again today. Don't know why. Sometimes I wake up feel good about not being in the relationship and other times it hurts so bad. I finally told my girlfriend about seeing him and she is begging me not to see him. She may be right but then she says she hasn't had a date in over a year. That's scary!!! So, at this time I'm trying not to have conversations in my head. If the meeting is to take place I want God to speak through me. I always need your prayers. I'll be glad when the Son/sun comes all the way up!

Love ya'

-J-

-----Original Message-----

From: Joseph

To: Jenny

Sent: Thu, 30 Apr 8:35 am

Subject: Re: Today's Gift - 04/30

I know you'll do the right thing. When this is all done and over with, I think it would be good to really concentrate on you. You said something in your last email that was very telling. You said, "That's scary!!!", when talking about your girlfriend not having a date for over a year. If she is ok with that, then it's fine. I do not think there is anything wrong with it as long as you can be content. The thing is to look at why it is so scary to you. I think looking at this will help you continue to discover things about yourself and to heal. I also think it will help you as you look at your relationships. Being alone has been a big part of your struggle. You do not want that struggle to affect you as you move forward into other relationships. Again, you have to be content with you. You have to love you. You do not have to deal with it now, but I definitely think it is a big key to unlocking the door to your happiness, satisfaction, and contentment in the future. You're always in my prayers. Take care of you, Jenny. God loves you. Always,
Joseph

[When we are hurt, one of our first responses is to want to hurt the one who is responsible for the pain or who we feel should suffer along with us. A lot of times, those thoughts and feelings do not align with our beliefs and values. We do not believe it is right to seek vengeance. We do not believe it will solve anything, but in the moment we think it will make us feel better. Follow your heart and hold on to your values. You will not regret the decisions you make.]

9. CHIN UP GIRL!!!!

----- Original Message -----

From: Jenny
To: Joseph
Sent: Friday, May 15 7:49 AM
Subject:

How are you feeling?

-----Original Message-----

From: Joseph
To: Jenny
Sent: Fri, 15 May 7:57 am
Subject: Re:

Today is the first day all week that I feel really good. I have been struggling and burdened all week long. It's been rough but I feel like the struggle is over for me and the sun is shining again. I am grateful for a new day! Hallelujah! Whew! It feels so good!

How are you, Jenny?

----- Original Message -----

From: Jenny
To: Joseph
Sent: Friday, May 15 9:52 AM
Subject: Re:

LOL I like reading your message. I'm good. I wish I could turn off my mind sometimes. Or, at least keep it more focused on the Lord and my divinity. I'm trying to keep busy. Want this weekend to be over. Always the hardest on the weekend. Chin up girl!!!!

-J-

-----Original Message-----

From: Joseph
To: Jenny
Sent: Fri, 15 May 9:59 am
Subject: Re:

I like that (Chin up girl!!!). Sometimes we have to talk to ourselves - talk ourselves through challenges and other tough times. Just a couple of days. You'll make it, girl. I am so proud of you...really. I am happy for you too. I don't know if you can see it, but I see and hear a difference in you. You're happier

and more playful. I'm not just saying that. I notice differences just like you do. You're getting your groove back. Have a great day and a great weekend.

Always,
Joseph

-----Original Message-----

From: Joseph
To: Jenny
Sent: Thu, 21 May 7:09 am
Subject: Imperfections

Good Morning, Jenny!

How's my friend doing? Jenny, it's always so good to talk to you. Last night I heard a good word for me at church. It related to what I was telling you about. It had to do with imperfections. We have imperfections to help us to rely on God and to increase our faith. Without our imperfections we would not rely on God. We would think we have it all together. It was so clear and relevant to me. Just when I think I have it all together a problem or my struggle knocks me off of my feet and takes me to my knees so I can pray more to God for help and strength. I truly pray harder and more deliberately when I'm struggling. It was definitely good for me to hear. Also, God uses our imperfections for His perfect will. I know I don't have problems and struggles for nothing. God definitely uses my struggles to guide me, strengthen me, and help me be what, who, and where I need to be. I definitely believe that. I hope you have a good day. God loves you, Jenny. I'll talk to you soon.

Always,
Joseph

----- Original Message -----

From: Jenny
To: Joseph
Sent: Thursday, May 21 9:04 AM
Subject: Re: Imperfections

That is a great testimony. I understand exactly what you are saying. Sometimes we want somebody else to feel what we feel and take it away. But only we can do the work and we can only do it knowing who we are in God and God in us.

-J-

-----Original Message-----

From: Joseph
To: Jenny
Sent: Thu, 21 May 9:33 am
Subject: Re: Imperfections

Absolutely! And we know who we are in God and how God can work in us through our imperfections.
Peace and Much Love.
Joseph

-----Original Message-----

From: Joseph
To: Jenny
Sent: Sun, 24 May 7:39 am
Subject: Today's Gift - 05/24

Good Morning, Jenny
I just wanted to share this. It reminded
me of our conversation of Friday. Keep smiling.
Joseph

Grief and crisis

. . . accept it as a wise teacher.

A couple has a child whom they would go to great lengths to protect, yet the child falls ill and lies near death. A woman devotes years to a career; then the economy shifts, leaving her unemployed. Addiction diverts a man from his path, and he loses everything he cares about. Life brings trial and defeat as part of its package. We would never choose defeat and we cannot avoid its pain, but we can accept it as a wise teacher. Out of defeat is born new strength.

We need wisdom to deal with defeat and grief. We will face them together more than once. The false comforts of self-pity and blame may tempt us in our pain, but they take much more from us than they give back. Through crisis we see clearly what truly counts in our lives, and we are better prepared to relish the pleasures when they arrive.

----- Original Message -----

From: Jenny
To: Joseph
Sent: Tuesday, May 26 9:06 AM
Subject: Re: Today's Gift - 05/24

Hey Sweetie..... thanks for this. Hope all is well.

[Sometimes you have to encourage yourself. It's great to have others talk to you and to give you a word of encouragement, but eventually you have to speak hope and happiness into your own life. Scripture says that life and death are in the power of the tongue. Speak life into your situation.]

10. CLOSURE

-----Original Message-----

From: Joseph
To: Jenny
Sent: Wed, 3 Jun 7:11 am
Subject: Today's Gift - 06/03

Good Morning, Jenny.
I thought I would share this with you. I hope you're doing well. Have a great day.

Joseph

For all the sadness of closure, there is a new and joyful unfolding in the process of becoming.

--Mary Casey

We must let go of people, places, memories, and move on to new experiences. The doors of the past must be closed before we can enter those that are opening to us today. However, no experience is gone forever. All of our experiences are threaded together, each one contributing to the events that claim our attention now.

With each day, each experience, each new understanding, we are advancing along the path of personal growth. Let us remember that each of us has a particular path, like no other. Thus, our experiences are ours alone. We need not envy what comes to someone else.

Life is unfolding for us. The pain of the present may be necessary for the pleasure of tomorrow. We can accept the unfolding. Our inner selves have a goal; experiences of the past must be left in the past; experiences at hand will lead us to our destination today.

I am moving and changing and growing, at the right pace. The process can be trusted. What is right for me will come to me. I will let the joy of becoming warm me.

----- Original Message -----

From: Jenny

To: Joseph

Sent: Wednesday, June 03 11:40 AM

Subject: Re: Today's Gift - 06/03

Yes, I'm cool.....I'm feeling better.

[There comes a point when we need to realize that it is time to let go. We cannot move forward if we keep holding on to the past and the pain that comes with it. When the lesson is learned, it is time to proceed. Closing one door allows us to open another door... to a brighter future.]

11. GRATEFUL/JOY

-----Original Message-----

From: Joseph

To: Jenny

Sent: Thu, Jul 29 (one year later)10:32 am

Subject: FW: Today's Gift – 07/29

Hi, Jenny

I read my reading today and wanted to share it. I'm not saying that you need it; I just like it so much that I wanted to share it. Also, I remember a time when I used to share them with you almost on a daily basis. Take care of you and keep smiling!

Always,

Joseph

Today's thought is:

Fair play is primarily not blaming others for anything that is wrong with us.

--Eric Hoffer

As adults, we accept responsibility for our feelings and our circumstances. We haven't chosen our own troubles, but we have the job of dealing with them. If a man falls and breaks a leg, he might say to someone, "It's your fault, and I'll make you pay for this!" But that won't fix his leg. The healing still has to come from within.

Our impulse to blame others is an attempt to escape our responsibilities. We become overcritical. We want someone else to take the rap for our pain and our misdeeds, but this only delays our wholeness. There is no point in blaming ourselves either. When we first confront our discomfort directly and accept responsibility for dealing with it, we feel an inner urge to escape again. If we stay with the discomfort a while, a new stage begins – the healing and acceptance stage. A feeling of wholeness comes, a feeling of being a real person, of having reached our full size.

May I not indulge in blame today – toward myself or anyone else. Instead, may I be strong and responsible.

From: Jenny
To: Joseph
Sent: Thu, Jul 29 3:32 pm
Subject: Re: Today's Gift - 07/29

Yes, I do remember and I'm grateful everyday that I have passed that place. However, I'm still working on what drew that to me. I feel confident, in-charge, happy etc I still don't have the answer but I do know some things are related to Karma. Will always continue to evolve. I love you !!!!!

Jenny

-----Original message-----

From: Joseph
To: Jenny
Sent: Fri, Feb 11 (two years later) 12:27:11 GMT+00:00
Subject: One Word

Good Morning, Jenny!

How are you? I hope you are well. I'm doing fine. If you get a chance, will you please complete this and return it to me. Remember, I asked you to fill it out about 2 years ago?
I know some things - a lot of things have changed since then. Love you, Jenny!
Keep smiling.

Joseph

USING ONLY ONE WORD

Not as easy as you might think! change the answers to suit you and pass it on. It's really hard to only use one word answers. Be sure to send back to the person you received it from!

From: Jenny
To: Joseph
Date: Fri, 11 Feb 08:58:19 -0600
Subject: Re: One Word

USING ONLY ONE WORD

Not as easy as you might think! Reply , change the answers to suit you and reply to me. It's really hard to only use one word answers.

Where is your cell phone?
purse

Your best friend?
honest

Your hair?

blonde

Your mother?

smart

father?

handsome

Your favorite thing?

love

Your dream last night?

forgotten

Your favorite drink?

merlot

Your dream/goal?

adored

What room are you in?

office

Your hobby?

cards

Your fear?

failure

Where do you want to be in 6 years?

popular

Where were you last night?

dancing

Something that you aren't?

mean

Muffins?

nope

Wish list item?

forgiveness

Last thing you did?

call

TV?

off

Your pets?

none

Friends?

inconsistent

Your life?

blessed

Your mood?

calm

Missing someone?

mother

Drinking?

water

Smoking?

never

Your car?

Mustang

Something you're not wearing?

watch

Your favorite store?

Nordstrom

Your favorite color?

white

When is the last time you cried?

months

Where do you go to over and over?

journal

My favorite place to eat?

Italian

Favorite place I'd like to be at right now?

present

[There will be joy in the morning. The night will not last forever. Joy will come. Believe it and receive it. Some nights last longer than others but the morning will come and there will be joy. The sun is rising!]

EPILOGUE

There are times when we go through painful periods in our lives. We suffer emotionally, spiritually, mentally, physically and also financially. Sometimes the pain is brought on by others. Other times we bring the pain on ourselves. As a result we feel resentment, embarrassment, shame, sorrow, doubt, fear, anger and many times we feel all alone. Do not go through your situation all by yourself. Talk to a friend, a parent, a counselor, a minister or anybody you can trust. No matter what has happened, things will get better. It may not seem like it but there are brighter days ahead. When the storms of life settle down and the clouds finally pass, the sun will shine again. There is hope for a brighter day. Don't give up. You will find that you will grow from your experience. You will be stronger, wiser and better. There is hope for tomorrow. You will come out of your situation shining like pure gold. It's not easy, but you can do it! One more thing – make sure you learn something from your experience. If you do not learn something, you are destined to go through it again and again and again until you do. Be encouraged and be blessed.

By the way, Jenny's business is growing. She got a great opportunity to expand. She has had some challenges with her family that keep her from being as close to them as she would like. Jenny still questions her actions that resulted in her break up, but she has learned from her experience and is not settling for the same kind of men in her life. She is still looking for that special someone and still believes he is out there for her. Jenny still cries sometimes but her tears are filled with more joy and hope than in the past.

Use the attached workbook "Chin Up Girl!!!! 25 Victorious Life Affirmations" to help you transform your life and to change your future. Speak victory and success into your life.

"How precious it is Lord, to realize that you are thinking about me constantly!

I can't even count how many times your thoughts turn toward me.

And when I waken in the morning, you are still thinking of me.

Psalms 139:17, 18 (Living Bible Edition)

AFFIRMATIONS WORKBOOK

Chin Up Girl!!!!

25 Victorious Life Affirmations



This Workbook Is Designed To Help You Take
Control Of Your Life And Future, By Taking Control
The Words You Are Speaking Today!

I Believe You Can...

Change The Course Of Your Life!
Become The Person You Truly Want To Become!
Make A Difference In The Lives Of Others!
Improve Your Financial Future!
Achieve Great Success!
Accomplish Your Goals!
Live Your Dreams!

Joseph Dillard

Dear Friends,

As you use this Chin Up Girl!!!! 25 Victorious Life Affirmations Workbook on a daily basis, you will be using a powerful resource to change your future – Words. You will be consistently challenged to use the right words to positively affect the outcomes for your life now, and for your future. For example, if you are not satisfied with the life you are currently living, you are probably using dissatisfied words to describe your life. Here's the problem: When you speak and hear dissatisfied words on a regular basis, it will always produce low fulfillment, low expectations, low standards of performance, low utilization of potential, low income, low results and **no power to change** your current status and position in life. Dissatisfied words leave you powerless while having no hope for a promising future. If that describes your condition, I have good news and a solution for you and anyone else desiring to live a better life. This Chin Up Girl!!! 25 Victorious Life Affirmations Workbook will help you begin to turn your life around immediately. With this training, you will be speaking, thinking, creating and seeing a powerful future and life for yourself and you will be taking the necessary steps toward becoming a master designer of life. You will learn how to sharpen your vision and your tongue for success, and how to build the motivation you will need to maximize your potential. You will learn how to speak your dreams before you live them and how to use transformational speech to produce transformation in your life. Are you ready for a life makeover? Are you ready to speak it into existence? Be bold! You are about to declare your future realities - ***Make sure your speech is powerful!***

25 VICTORIOUS LIFE AFFIRMATIONS

These affirmations will work like medicine for your mind and soul – preparing and equipping you to achieve unlimited success. Declare them aloud at least twice daily:

1. I AM READY TO LIVE MY DREAMS (IT'S MY SEASON)
2. I AM HERE TO MAKE A MARK ON LIFE (THE POWER OF LEGACY)
3. I AM READY TO BREAK THROUGH SELF-IMPOSED LIMITS
4. TODAY IS MY DAY – I LIVE AN ABUNDANT LIFE AND GOD IS ON MY SIDE
5. I OPEN MYSELF TO DIVINE POSSIBILITIES
6. I CAN SEE MY DREAMS COMING TRUE
7. I HAVE A DYNAMIC VISION (A VISION THAT COMPELS ME INTO ACTION)
8. AM GREATER THAN THE CHALLENGES I FACE
9. I AM READY FOR THIS MOMENT
10. I AM EXCITED ABOUT THE POSSIBILITIES THAT LIFE OFFERS ME
11. I WILL MAKE A DIFFERENCE IN THE LIFE OF SOMEONE ELSE
12. I AM AN OVERCOMER OF CHALLENGES, CONFLICTS AND FEARS
13. I AM A CONQUEROR OF EVERY CHALLENGE I FACE
14. I WILL FIGHT FOR MY DREAMS
15. I AM GOING TO WIN THIS BATTLE AND THE NEXT
16. I REFUSE TO BE DENIED SUCCESS
17. I AM COMMITTED TO MY DREAMS
18. I AM A WINNER AND NOT A LOSER
19. ALL THINGS ARE POSSIBLE FOR ME AND THERE ARE NO LIMITS TO WHAT I CAN ACHIEVE
20. GIVING MY BEST IS NECESSARY
21. I SEEK TO GROW EVERYDAY
22. I BELIEVE I CAN DO ANYTHING I SET MY MIND TO DO
23. I CAN ONLY GIVE WHAT I HAVE
24. I HAVE UNSPEAKABLE JOY AND I AM GOING TO ENJOY MY LIFE
25. I AM A CHAMPION LIVING THE VICTORIOUS LIFE I DREAMED ABOUT

I WILL DECLARE THESE AFFIRMATIONS AT LEAST TWICE DAILY AND I WILL LIVE MY DREAMS AND ACCOMPLISH MY GOALS!

To accomplish great things in life, you must learn that there are three keys used to accelerate achievement. The first key involves being very specific about what you want to achieve. The second key involves revealing your passion and reasons you want to achieve your goals, and the third key reveals the time frame in which your goals must be accomplished.

Here is your assignment: Use these pages to record your dreams, goals and timelines for achievement. Be specific and detailed. (Each page is different).

MY LIFE-TIME DREAMS (What I want to achieve in my life-time)

1. _____

2. _____

3. _____

MY PASSION AND REASONS (Why I must achieve my life-time goals)

1. _____

2. _____

3. _____

MY TIME FRAME (When I must achieve my goals in my life-time)

1. _____

2. _____

3. _____

MY TEN YEAR DREAMS (What I want to achieve in my next ten years)

1. _____

2. _____

3. _____

MY PASSION AND REASONS (Why I must achieve my ten year goals)

1. _____

2. _____

3. _____

MY TIME FRAME (When I must achieve my goals over the next ten years)

1. _____

2. _____

3. _____

MY FIVE YEAR DREAMS (What I want to achieve in my next five years)

1. _____

2. _____

3. _____

MY PASSION AND REASONS (Why I must achieve my five year goals)

1. _____

2. _____

3. _____

MY TIME FRAME (When I must achieve my goals over the next five years)

1. _____

2. _____

3. _____

MY ONE YEAR DREAMS (What I want to achieve in my life this year)

1. _____

2. _____

3. _____

MY PASSION AND REASONS (Why I must achieve my goals this year)

1. _____

2. _____

3. _____

MY TIME FRAME (When I must achieve my goals this year)

1. _____

2. _____

3. _____

THE POWER OF YOUR DREAMS

Here is an exercise to help you turn on the power of your dreams; take one minute to complete the following:

Write down 3 dreams

- Anything you want
- Anywhere you desire to go

YOU HAVE ONE MINUTE

1. _____

2. _____

3. _____

THREE DISCOVERIES YOU NEED TO MAKE!

1. Have you discovered your passion in life (*what you are driven and compelled to do*)?

2. Have you discovered your purpose in life (*what you were born and gifted to do*)?

3. Have you discovered your potential in life (*realizing your greatness*)?

YOUR PERSONAL DEVELOPMENT PLAN AND STRATEGY

1. What do I want to accomplish?

2. What resources and special skills will I need?

3. Where can I go for additional information?

4. What books do I need to read?

5. Who should be my partner(s)?

6. How long should it take?

7. How much will it cost?

8. What courses should I take?

9. Where can I get experience?

10. What do I have to do to get started?

YOUR PERSONAL PRIORITY PLAN

This is where you make a commitment to prioritize the areas that are significant to you.

1. Personal academic goals

2. Personal career goals

3. Personal financial goals

4. Personal family goals

5. Personal relationship goals

6. Personal health and fitness goals

7. Personal spiritual goals

8. Personal investment goals

YOUR ACTION PLAN

1. I will take action on my dreams beginning _____ (date).
2. Here are the steps I must take:
 - A.
 - B.
 - C.
3. Here are the affirmations I will use to capture my dreams (see 25 affirmations above).
4. This is my success target and deadline _____ (date).
5. Here is what I have learned about myself and my dream.
 - A.
 - B.
 - C.

Speak Success Into Your Life!

**“Death and life are in the power of the tongue: and
they that love it shall eat the fruit thereof.”**

Proverbs 18:21 (KJV)

ABOUT THE AUTHOR



Joseph Dillard is the owner of K.I.P. Financial Services. He is a financial coach and a financial counselor who is passionate about financial education. Joseph believes that understanding personal finance is as important as knowing how to read and write. His mission is to change lives and help others reach their goals through financial education. Joseph points out that a goal without a plan is just a wish.

Joseph also works with his wife, Ann, to facilitate visioning workshops. The workshops help individuals and couples write down their dreams and goals and put them on a vision board. This helps them to visualize it and bring it forth. Joseph and Ann also teach a Teen Sunday School Class. They touch the lives of individuals in every age range and from all walks of life. They share knowledge that empowers others to change their lives and to reach their goals.

Joseph is a fan of the book “The Power of People: Four Kinds of People Who Can Change Your Life©” by Verna Cornelia Price, Ph.D. In the book Dr. Price states, “You have power! Where is your power? In you. The way you

access your power is to decide to be challenged and to change. You must change your mind, your relationships, and your actions.” Joseph agrees that the people in your life are major factors in your success and your failure. And getting certain people out of your life is not always a bad thing. In fact, it can be a very good thing!

Joseph and Ann Dillard and live in Minnesota. They have three children.