

MATURE



**Regain
Your
Youth-
fulness**

--At Any Age

**YOUR
PURPOSE
IN LIFE**

Why Am I Here?

**FRIED
FOODS**

May Lead To Serious
Health Complications

Plus

**NBC's Community
Yvette Nicole Brown
Stellar Gospel Music Awards**

Spiritually

**FASHION
DRESSES,
SHOES,
JEWELRY,
RUNWAY**

FIBROIDS
7 Steps to
Becoming
Fibroid Free

**HEALING
FOR YOUR
BROKENHEART**

**The Fastest
Way To A
Summer Body**

**NO COOK
RECIPES**
Prevents Cancer and
Heart Disease



How do we ever find hope in this dark and scary world that seems to surround us? It seems as though things are crumbling all around us and we continue to spiral downward and feel out-of-control. These are the days that a nice and relaxing hot bubble bath seems to rarely allow you to escape. Things seem to continue to fall apart on a daily basis and yet you still find a way to barely hold on for another day. Does it ever end?

Absolutely! There is hope and YES the emotional brokenness can come to an end. The world will continue to spiral in its craziness and things will continue to crumble. However, we can still find strength, hope and peace in the middle of all of it. "How?" You ask. You say to yourself, "I cannot even imagine a day without the pain. My heart hurts because of the fear that surrounds me every day, every moment. I cannot seem to see anything outside of my circumstances. How can peace be possible?"

We do not have to hold onto our past any longer. It is time we take a stance and fight for our spiritual freedom to become who our Lord God has created us to be. We can fight and with the help of the Lord WE WILL WIN! It is His battle and we do not have to take it on alone. We need to no longer look in the past because we cannot change what is done. We should not worry about the future, for it is only a mystery. We need to live today as if it is our last. For today is a gift, that is why it is called the present. Always rely on prayer and ask the Lord to help you because as you discover things about yourself, you may want to run the other way. You may also discover things about yourself that will scare and embarrass you. The Lord will show you who you were and who you are becoming in Him. As you analyze your emotions and feelings, don't run from them. Stick with it. Make a promise to yourself and allow the Lord to walk you through the process of healing. Find someone you can trust with your life and ask them to be your accountability partner. Remember, you do not want to run from them either. Commit to this process. Know that it will take time and you will achieve the freedom in Christ that He has promised to each and every one of us breathing on this earth.

FINDING HOPE

IN THIS BROKEN WORLD

By H.S. Jeshua

Need prayer or encouragement? Visit the Author's website at www.hsjesuaministries.org. Proceeds from the sale of *Overcome and Born Again* goes to the "Victim's Compensation Fund" to help support victims of sexual and domestic violence.

THERE ARE THREE BASIC KEYS to allowing God to help heal your heart and receive the hope He has for you.

#1 Salvation. Salvation is both an event and a process. Accept that Jesus Christ died on the cross for you. Ask Him into your heart and to forgive your sins. Invite the Holy Spirit into your life and work on a relationship that will allow you to get to know Him. "I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God." (John 3:5, NKJV)

#2 Understand Your Identity. "God has given us everything we need for living a godly life. We can receive all of this by coming to know Christ. And because of His glory and excellence, He has given us great and precious promises. These are the promises that enable us to share His divine nature and escape the world's corruption caused by human desires." (2 Peter 1:3-4, NLT)

#3 Be Determined To Please God. If we live our lives to please God, He will bless us and meet all of our needs. "Seek the Kingdom of God above all else and live righteously, and He will give you everything you need" (Matthew 6:33, NTL). Begin to do what is right, regardless of how you feel. "Let's not get tired of doing what is good. At just the right time, we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT).

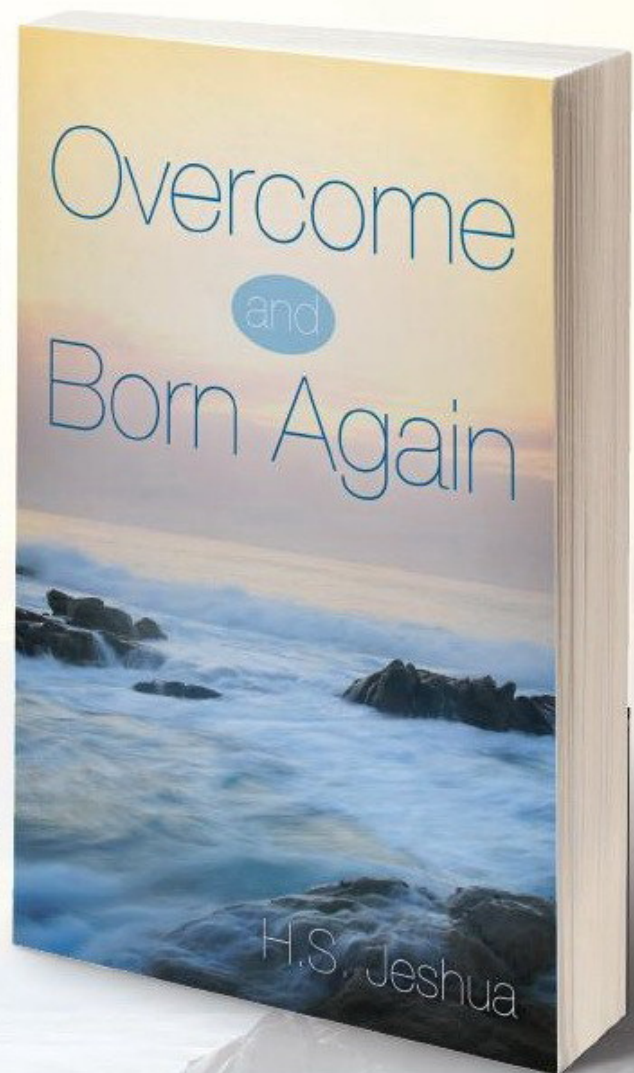


Helping Jesus Change the World, One Day, One Person at a Time

The Author is blessed as a wife of 19 years and a mother of two wonderful boys. She is Certified with the American Association of Christian Counseling (AACC). She has facilitated Celebrate Recovery groups, enjoys speaking at the Women's Prison and does other speaking engagements.

Being an overcomer and survivor set free from the bondage of childhood sexual abuse and domestic violence, she has been called into ministry to help other women to become survivors with purpose.

100% of all profits go into a Victims Compensation Fund to support victims of abuse in your local area.



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