

Online Only GN 08

Fight for Life, Part 3

Power Quotes

By Maria Maria #607 CM/FM 3392 12/01

Dearest Family,

1. This GN is compiled from the quote book that dear Kristen put together to help her in her fight against anorexia, and is mostly on the subjects of hanging on, fighting, seeing things as the Lord sees them, rising above, no impossibilities, victory is possible, comparing, and the blessings and rewards of fighting through to victory. I believe it will be a big blessing not only to anyone who's fighting to overcome an eating disorder, but to many others as well. The great majority of it is applicable no matter what kind of battle you're fighting. It contains many good promises that you can appropriate and stand on, and lots of encouragement to hang on to when you're going through it, when it can be easy to lose sight of why you're fighting in the first place.

2. During heavy battles, the Word is what makes the Enemy flee, and time and time again the Lord reminds us of the power that's in His Word, and that to effectively fight the Enemy, we should claim His Word, quote His Word, stand on His promises, etc. Even if you feel you have no strength to fight, if you can cling to a promise from the Word and just repeat it over and over, the Lord and the Word will fight for you. It often helps to make a personal quote book during times of heavy battle, so that you have something handy that you can read, claim, hang on to and quote to the Enemy, if need be.

3. Kristen compiled this partly from published material and partly from the prophecies that she received and that were received for her situation. Some of the quotes from previously published material were adapted slightly, either to clarify them so that they stand on their own as a quote, or to change the old English such as "thee" to "you," etc. We pray they're a blessing to you as you fight and overcome!

Much love in our wonderful Defender and Protector, Mama

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4. Clear your mind of fear and worry, for now is the time to be clean--to be cleansed of the worry and fear, of the preconceived ideas, the thoughts of your own heart and mind, for I wish to help you. I wish to wash away the fears and tears and make your life whole again. Worry not about these things, for these pains are but a steppingstone in the right direction. Keep going, keep fighting, and I will see you through.

5. Now is the hour for you to grasp hold of the victory banner with both hands and to wave it in faith, knowing that I will answer your prayers and I will help this time to be victorious.

6. If we start trusting or relying too much on our feelings as an indicator of how well we're doing spiritually, we're going to be very unstable! We'll be continually tossed to and fro by every wind of feeling that happens to come along. We'll never know how we're going to be doing tomorrow, as that would be determined by how we feel when we get up in the morning.

7. Regardless of how we may happen to feel, if we love the Lord and are walking by faith and obeying His Word, then we know that our relationship with the Lord is still firm.

8. If you're running on your feelings, then the Devil is going to do his best to get you feeling terrible most of the time!

9. When you're relying on your feelings, the Devil can play with your emotions and make you feel very far from the Lord for days or weeks or even months at a time!

10. Regardless of any feelings of discouragement or condemnation that the Enemy may try to barrage you with, if you know you're truly seeking to love and please the Lord, to obey His Word and follow Him, then you're close to Him--whether you happen to feel close to Him or not!

11. I'm going to get up from here and do what the Word says, regardless of how I feel!

12. Feelings are nice if you have them, but you can't judge your spirituality by them.

13. Whether you feel close to Jesus or not is beside the point. What we want to do is be close to Jesus, whether we feel close to Him or not! If you know you're truly seeking to love and please the Lord, to obey His Word and follow Him, then you're close to Him!

14. Seek Me early and you shall find Me. Come to Me often. Even if you feel that all you're coming for is to hear Me tell you that you're not ugly or fat, that's fine. I want to be here to help you through this day, and the next, and the ones after that. So come to Me whenever you like, and I'll be here for you to help you along and to make the way easy and clear for you.

15. Fear not, but just walk in faith and I will strengthen you for the battle. Don't get weary before the battle even begins. If you look at the obstacles and the waves that are crashing around you, you'll most certainly feel discouraged. So just keep your eyes on Me and know that you only need to tackle one thing at a time, one meal at a time, or even just one bite at a time.

16. I know that at times your life is rough and basically every day you're being buffeted on every side and you feel like you can't take it anymore. But know that in your darkest hour, in the times when you can't place one foot before the other, I am there, and I'm carrying you through. I have you in My arms now; I'm holding you and helping you.

17. Just try your best, do what you can, and know that I will do the rest, what you can't. I don't want this to be one tiny little bit more difficult than it needs to be. So trust Me and know that I will be with you, helping you.

18. Forget about worrying about whether you're good or bad, or best or better, or perfect or whatever! Just obey the Lord! That's all! You'll never be perfect.

19. God damn the Devil and his doubts! "To Hell with you, Satan! I believe in the promises of Jesus! They avail! They conquer! They win!" Get your eyes on Jesus! Praise God, He cannot fail!

20. Say, "Of course, Lord, I'm one helluva mess! Of course I don't do anything right, You know that. But I love You, so help me! You know I can't do it, so You do it through me! I'm just a yielded vessel!"

21. Just tell the Lord, "Lord, I can't do it, You do it!" That's what He loves! He'll do it!

22. The way to get the most out of life is to look at the good things that you've had instead of all the things you're going to miss or you didn't have!

23. When you go on the attack and you're really positive about it and resist the Enemy, God's Word says he will flee from you! "Submit yourself to God; resist the Devil and he will flee from you!" (Jam.4:7).

24. One of the best ways to resist the Devil is to fight him with the Word of God! So claim the promises!

25. You need to say it out loud with your mouth. You've got to say it. Put it into words and say it out loud and really rebuke the Devil and declare your faith. Show your trust in the Word by quoting it out loud! Even if you think nobody can hear it but yourself, it will do you a lot of good.

26. If your mind is centered on the Lord and stayed on Him, then He is the One you're thinking about, and you can't think about two things at once.

27. Saying the words out loud really crystallizes your resistance and causes the devils to flee! They hate to hear the Word! They can't take it!

28. When you go on the attack and are positive and show that you have faith in the Word, faith in the Lord, faith in praise, it's a sign that you really trust and you really believe. It's like a declaration of faith to the Lord, to others, to the cloud of Heavenly witnesses that surround you, and even to the Devil and his imps! And when your mind is occupied with the Word and praise and prayer, you can't be occupied with your suffering and your pain.

29. When it comes to the Devil, words of praise and Scripture are like bullets or death rays, and they just blast him! Every word just zaps him!

30. Quote Scriptures, sing, pray, praise the Lord, talk in tongues. Keep your mouth busy and your mind busy, and it will keep your ears busy too. It's like a vicious cycle against the Devil and it's a saving cycle for you!

31. Keep your ears so busy hearing your praise and prayers and Scriptures, you can't even hear the voice of the Devil! Drown him out! Just shout! Don't doubt! Kick him out!--With your words, out loud! Even a whisper helps. At least

you can whisper and praise the Lord! Jesus never fails!

32. You've told us to ask what we will and it shall be done unto us. So Lord, I know You have healing, and I ask You to give it to me right now! You said, "I am the Lord Who heals you!" I expect it and I claim it!

33. Touch and heal me, Lord! There is nothing too hard for You, so I ask You to rebuke this affliction! Bless and touch and heal, in the Name of Jesus!

34. It doesn't matter what the problem is, Lord. You're greater than any of these things!

35. You said, "He sent His Word and healed them." I am now praying and obeying Your Word, and You promised, "The prayer of faith shall save the sick and the Lord shall raise him up." So I ask You to touch, heal, and raise me up!

36. Take your hands off me, Satan! I resist you, in the Name of Jesus! I rebuke you, every evil spirit, in the Name of Jesus!

37. Lord, rebuke the Enemy! Rebuke the Destroyer! Rebuke the Oppressor! Touch and heal me for Your work's sake.

38. You promised, Lord, if we shall ask anything in Your Name, it will be given to us! So I rebuke this affliction right this minute, and I ask You to touch me and heal me and rebuke this pain! Drive it away forever, in the Name of Jesus, so I can do Your work without this! You're more than able to rebuke this affliction!

39. Cleanse me, Lord, Your child, from every disease and any foul thing the Enemy has tried to lay upon me! I command you, Satan, to take your hands off me! I'm a child of God! I claim Your healing, Lord! Fulfill Your Word; keep Your promise, in Jesus' name!

40. Protect and keep me, Lord! I thank You for Your mighty angels around my bed and around my head and around me all day long!

41. Help me to remember to thank You continually, all day long, to praise You and sing songs of praise and quote Scriptures. Your Spirit dwells in the praises of Your people! So help me to constantly praise and thank You despite all the Enemy tries to do to discourage me!

42. You said to enter into Your gates with thanksgiving and into Your courts with praise! "In everything give thanks!" You talk so much about giving thanks and praising You and being thankful and grateful, Lord. Help me to remember to be thankful continually, constantly praising You and quoting Your Word to encourage my faith, and even singing positive songs of praise to rebuke the Enemy!

43. The Enemy hates praise! He hates songs that praise You, and he hates Your Word most of all! So keep me full of it, Lord!

44. You promised that even if I have committed sins, they shall be forgiven me. You said that You forgive all our iniquities and You heal all our diseases. Many are the afflictions of the righteous, but You deliver us out of them all!

45. Please give me complete deliverance right now! Rebuke the Enemy! Rebuke this affliction! I put myself in Your hands now, Lord. I believe Your promises and I expect You to answer, in Jesus' name!

46. Hear, O God, when I cry with my voice! Have mercy also upon me and answer me! Help me, precious Jesus! Have mercy, O Lord!

47. Lord, this is Your body, the temple of Your Holy Spirit. You created me, now You take care of me! Touch and heal me!

48. I rebuke you, Satan, in the Name of Jesus! Take your hands off me! I am the Lord's child, His servant! You have no right here at all! I resist you, Satan, in the Name of Jesus!

49. You promised, Jesus, if we resist the Enemy he will flee from us! So I resist the Enemy in the Name of Jesus! Take away this affliction, Lord, so I can use my strength for Your glory!

50. Lord, help me to really go on the attack! Even if I can only whisper, help me to whisper Your Word aloud to myself and to You and to the Devil and to whoever else may be listening--all the hosts of Heaven and even Hell! Help me to voice it!

51. Strengthen me, Lord, and help me, in Jesus' name, to rebuke the Enemy and declare my faith out loud and quote Your Word out loud and pray out loud and praise You out loud and sing, speak in tongues, so I can't even hear the voice of the Devil! Help me to drown it out with prayer and praise and tongues and song and Scriptures, Lord!

52. I'm claiming Your promises which I have quoted, and now the rest is up to You, Lord. You have to fulfill Your Word and do the job.

53. You promised, "If you shall ask anything of the Father in My Name, it shall be given you!" So I ask You in Your Name to plead with Your Father to heal me so that I won't have so much trouble! I need my health for Your work, Lord.

54. I ask You to bless and strengthen and keep and heal me! Rebuke the Enemy, in Jesus' name! You said that "You sent Your Word and healed them!" So I ask You right now to help me and rebuke this pain and deliver me! Please heal me so I can work for You.

55. You said, "Command thou Me!" I command You, Lord, to deliver me from this affliction! Deliver me, that I may live and serve You without all this trouble!

56. I hate you, Devil! I rebuke you, Satan, in the Name of Jesus! Take your hands off me; I'm the servant of the Lord!

57. Help me to fight and resist, in Jesus' name! Help me to rebuke it, Lord! Help me to take command of my authority as Your child and to rebuke the Enemy, to rebuke these afflictions!

58. I give no place to the Enemy, in Jesus' name! "By Your stripes we are healed," Lord. I claim it! I appropriate it, Lord! It's Your Word!

59. God damn you little devils, in Jesus' name! I defeat you in the Name of Jesus Christ! I curse you in the Name of Jesus Christ! I resist you in the Name of Jesus Christ! I command you to depart from me, the Lord's child, in the Name of Jesus!

60. Jesus, precious Jesus, I belong to You! Deliver me from the hands of the Enemy! You promised, "Whatsoever you shall bind on Earth shall be bound in Heaven!" (Mat. 18:18). I ask You to bind the Devil right now!

61. Heal me right now, Lord, in the Name of Jesus, just like You did the woman who touched the hem of Your garment! You can do it, Lord!

62. Help me not to accept it, Lord! Help me to rebuke it, resist it, and fight it! Deliver me, in the Name of Jesus!

63. "Whom the Son shall set free, shall be free indeed!" You promised, Lord, to free me from this! I claim Your promises! It's Your Word; You can't deny Yourself!

64. You promised that, "In the day you cry unto Me with a whole heart, I will answer you!" I cry unto You with a whole heart, Lord, to deliver and heal me! Rebuke the Enemy!

65. I resist you, Satan, in the Name of Jesus! I rebuke you in the Name of Jesus! I rebuke you, Oplexicon! I rebuke you, every demon of Hell that tries to hurt me and afflict me! In the Name of Jesus, I rebuke you! Bless, touch, heal, in Jesus' name!

66. In the Name of Jesus, I have the victory! I know it, Lord! You promised! You can't deny Yourself or Your Word!

67. I thank You for hearing my prayer, and for the precious promises of Your Word upon which I now stand!

68. I love You, Lord, and am trusting You for complete, total deliverance, in the Name of Jesus!

69. Now, therefore, lift up that which is cast down, and strengthen the feeble, and encourage that which is turned out of the way, and rather let it be healed. For this is the will of God, and no man can stand against it!

70. I am the Lord thy God; is there any thing too hard for Me? The Name of the Lord is a strong tower, the righteous runneth into it and are safe. I am the Lord that healeth thee! For thus saith the Lord God of David thy Father, I have heard thy prayers, I have seen thy tears; behold, I will heal thee!

71. Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called and hast professed a good profession among many witnesses. The Lord's ear is not heavy that it cannot hear, nor His arm shortened that it cannot save. Jesus Christ maketh thee whole!

72. The Great Physician now is near, the sympathizing Jesus. He speaks, the drooping heart to cheer; oh, hear the voice of Jesus!

73. His love is so wonderful! Like the old song: "Oh, He heals every heartache, He hears every cry, this wonderful Savior of mine! He helps me in trouble, He heeds when I cry, this wonderful Savior of mine!"

74. It is God that worketh in you both to will and to do of His good pleasure. For He that hath begun a good work in you shall perform it to the day of Jesus Christ! Who hath delivered, Who doth deliver, and Who will yet deliver!

75. Be not weary in fighting, for in due season you shall reap if you faint not! "For the sufferings of this present time are not worthy to be compared with the glory that shall be revealed in you!" "He sent His Word and healed them and delivered them from their destructions!" "I will rebuke the Devourer for your sake!"

76. Unto you that fear My Name shall the Son of Righteousness arise with healing in His wings! Your faith has made you whole; go in peace! As they went, they were healed! The beloved of the Lord shall dwell in safety by Him, and the Lord shall cover him all the day long.

77. I rebuke you, Satan, in Jesus' name! Get thee behind me! I am allowed to eat, food is good for me, and when I listen to you, I get weak, tired, unhealthy, and sad. So I'm not going to listen to you! I'm going to take a stand! I'm going to forget about my battles! Yes, I'm going to go on! I'm going to keep up the good work and keep a smile on my face and a praise in my heart! I rebuke you and all your discouragement! I cast you away! I am praising the Lord and that is going to get rid of you, Devil! I rebuke you, in Jesus' name!

78. Be happy! Rejoice, sing, praise, and think not about the humiliation. Don't dwell on the bad--dwell on the good! Think about how wonderful it will be for you to be able to take the stand, to change, to make that mark and show the Devil that the line has been drawn, his forces are now not allowed to cross, and if they do--bam--they'll get it! Wham! Sock'm down! Beat the lies down with My Word!

79. Become one who cares not about the things of the flesh, but who merely wants to be a tool in My hands that I can use for even greater purposes if it would accept the crushing and the remaking.

80. This is what it will be like as your spirit is now being upgraded: It will be hard, it will be awkward, you won't like it sometimes, and you'll want to go back to the security that you find in anorexia; but the outcome will be marvelous! So be happy! Be excited, because now is the time to change! Now is the time to go on with life! Be thankful for the help and receive it with an open heart and with open arms!

81. The Devil has tricked you into thinking that there will be no happiness in what I have for you. This is the darkest hour, but the dawn will come! It may seem like a very, very long night for you, but the dawn will come!

82. Just tell that to yourself: The dawn will come! The time of victory will come. You won't be living with this your whole life! You may need to fight it; just like with jealousy, it comes up and you have to whack it down again right away by asking for prayer, etc. You need to accept that asking for prayer for this affliction will be a standard thing for you; it will be something that you will need to do repeatedly. Accept it and receive it, for it's the truth.

83. This is a rough time for you, but as with all troublesome times, the dawn will come. The dawn of a new beginning and a new life is right around the corner, and that is the promise of victory that you can count on and hold on to! So rise up and take this challenge, and I will help you.

84. It's My will and My purpose and you are merely being obedient, so don't worry.

85. The sickness needs to be treated, and it needs to be healed. So this one must want the treatment. She must understand that she cannot continue in her sickness. She must desire to be delivered and healed. If she cries out

desperately to Me with her whole heart, in yieldedness and submission, I will deliver her on the spot by breaking the hold of the Enemy in her life.

86. If the desire is there, I will heal her by helping her to overcome the bad habits and negative ungodly attitudes that she has adopted, that have become a part of her mindset and automatic reactions.

87. If she wants to be delivered, if she will, with her whole heart, call on Me and ask Me to do this thing, I will do it. I am her Deliverer! She must reject all other possibilities and lean only on Me. If she wants it with her whole heart, I will do it. This is a small thing for Me, for as I delivered Mary Magdalene on the spot from the devils that plagued her, so can I deliver her on the spot from these chains that have her bound.

88. Even now I am able to deliver her and come to her rescue. She isn't able to fight, but I am more than able.

89. I can break the chains in one fell swoop, if she so desires.

90. Pretty is being what I want you to be, and learning to thank Me for what you consider to be your flaws. I see no flaws in My handiwork. Maybe it's something that you have that is different from someone else, but that doesn't make it a flaw.

91. There are no impossibilities to Me, but when you refuse to let Me change your heart because you don't want the outcome, then it is impossible for Me, because you've tied My hands. Unloose My hands by saying yes, by seeing that there's nothing wrong with the way that I made you. In time, if you strive to see the beauty in My creation--you--then you'll be able to overcome wholly. For now, it might take a bit more faith, but if that's what it takes, so be it.

92. Darling, it has come to that; it has come to just trusting Me--saying that whatever the change means to your body, you accept it.

93. The victory is there for you. You will be able to accept how I made you. It's not impossible, especially if you cry out to Me when those thoughts come that cause you to feel bitter and angry with Me for how I made you. Do not voice your thoughts about how "unfair" it is. Don't speak those things out loud, and certainly don't harbor those thoughts in your heart and mind. They are what break down the progress that you're making.

94. Learn to be happy with how I made you! This is the most important thing, in a lot of ways, because this fear of becoming what I made you to be is what's holding you back from yielding your all. But if you could see the beauty that you could have if you would obey and say yes fully, it would make it so much easier for you. I'm trying to enhance your beauty both physically and spiritually.

95. Let Me enhance your beauty by yielding to Me, and then the road will be much plainer and easier to walk down.

96. "Whatever is not good, whatever causes you to feel discontent, bitter, dissatisfied or unhappy is not of the Lord." It's just the Enemy coming in, and you're letting him stomp all over you. One little unhappy thought leads to unyieldedness, then to rebellion, then to complete disobedience and angry thoughts.

97. I am the Good Shepherd and I'm there with a big stick to chase the Devil away! So come and hide behind Me and I'll protect you. I'll keep you from the Wicked One.

98. Kick him out! Yell, scream, rebuke! Fill your mind with My Words and quote them, too! Get some fighting songs and sing along!

99. You have to fight all the harder, quote the Word even more vigilantly, and rebuke more firmly than you ever have in your entire life, because you're so close to the edge and it would be so easy for you to slip right back into your old ways and fall even deeper. You don't want that, do you? I know you don't. So fight! Fight with all your might!

100. If you don't have enough mental and spiritual strength in yourself to pull out eloquent fighting quotes or words to express your feelings, but you just have to say something, say the name "Jesus" and that will do the trick! It will help you to get your mind off the Enemy and off the battle and on to Me.

101. Punch the Devil and fight him, and if you can keep him from coming in with one little thought, then you will also have the victory over the ones that come after it--the rebellious ones, the fearful ones, the unyielded ones. It will take you staying militant and not letting the Enemy have one inch in your mind or heart. It's that important and that

serious that you fight it, that you keep him out. And soon you'll realize that he won't be coming in so much.

102. Scream at him, pray, quote the Word so that you can't hear the Enemy's voice, because it will kill you!

103. Don't listen to the Devil! Do whatever it takes to fight him!

104. Don't let the Devil regain any ground! He's on the defensive now and he doesn't like it. He's fuming mad and he's doing his darnedest to get you to quit. Don't quit and don't let him in for one instant, and then you will have the victory!

105. Discouragement will be one of the tactics that he'll try next, to keep you from gaining the victories that you need. So fight him now and fight him always! Quote, sing, fight, pray, punch--do whatever it takes to keep him out! Don't let him in; don't even listen to him!

106. Well, My dear, there is no way to change your bad habits, your pride in thinking that you know what's best, without taking the difficult road back out of the muck and mire and onto the road of light, peace, contentment, and love. It will take time.

107. This can be a short road or a long road depending on your choices now. If you don't take the offer, you'll look back and be so sorry you didn't forsake your pride and get on the bandwagon that has been sent to save you. There are people in the wagon who want to help you out. They've braved the pits, the fire, and the attacks of the Enemy to come in and save you. So get on! Get on with your whole heart and don't look back. Cover your eyes. Ask for help to learn how to cover your ears so that you don't hear the temptations, the voices that are constantly speaking to you to try to get you to jump off.

108. You're afraid of what things will be like on the right path. You're afraid of the light, or how you'll look. Well, you'll look beautiful--not only to others, but even to yourself as well. I wouldn't give you a half-victory where you'll feel ugly and disgusting for the rest of your life! No way! I'll give you peace about your weight. I'll give you contentment and happiness, to where you'll be free of the worries and cares that cover you now. You'll be able to strip yourself of the hang-ups, the mind battles, and the roots of bitterness against Me that have held you down. These roots of bitterness and discontentment with how I made you are what are still holding you back. Cut them! Break them off!

109. Give up your hang-ups and realize that you don't know what's best for you, and those who are trying to help you are doing what's best for you. Tell yourself that over and over again. "I don't know what's best and I've proven that time and time again. They know what's best, and I'm going to obey."

110. Resist the Enemy, fight, and give yourself pep talks! Tell yourself that you want this, because you do. Tell yourself you need this, because you do. Tell yourself that you don't know what's best, because you really don't. Tell yourself that I will help you, because I will. Tell yourself that you can do all things with Me!

111. Ask for Me to come. Just say, "Jesus, I'm struggling. I can't make it, but You can. You can do it, Jesus. Please help me." I want to help you. You just need to free Me to help you. I fight for those who cannot fight for themselves, so let Me fight for you.

112. Fight your pride by being humble enough to admit that you were and are wrong. You can't just say it once; you have to keep thinking and reminding yourself that your thought patterns were wrong and that now is the time to change them.

113. Accept that you don't know what's best. Tell yourself this. Swallow your pride and do what you're told. Humility obeys. Humility doesn't ask why. Humility doesn't resent or feel that it knows better. Pride is the root of such things, and that's what is manifested in your life at this time.

114. "I can do ALL things through Christ which strengtheneth me!" That verse is for you. Don't just quote it and think it's such a nice promise to cling to; that's hypocritical. I want you to apply it! Apply it now! Apply it today, and you'll feel the peace that comes with humility and surrender!

115. I love you and I know that this time is a struggle; it's painful and difficult, but the light will come. You don't know when it will come, but I can see and it won't be long. So fight with all your might! The victory is just around the bend! I'll give you lots of little victories to keep you spurred onwards and to keep you encouraged. Look at each little victory as a steppingstone, as something to rejoice over. Keep rewarding yourself by praising Me for the victories, by recognizing them and thanking Me for them.

116. The Enemy will try to tell you that the steps that you take aren't enough, that they're not good enough, that you're not doing what you should, that it really wasn't a victory, that you'll never make it and that there's no use in trying because the ultimate goal is so unattainable. That's not true. You will get to the ultimate goal of freedom through lots of little victories all along the way. Rejoice for the victories and testify of them--not only to yourself, but also to others.

117. Each victory will be more glorious and each battle will be easier because that Ol' Boy is really losing his grip on you! Rejoice and be exceeding glad, for great is your reward both here and in the Hereafter!

118. Have the "I can" spirit!

119. Go the distance and change!

120. This will not be something that I will require of you for the rest of your life, neither will this time of purging and change be something that will last for the rest of your life. The more honest you can be, the more stirring of your heart you can do, the shorter the time will be! So keep that as your motivation in searching your heart, because the outcome will be wonderful! You'll be so happy you stood the tests, yielded to all I asked of you, and got the help and oversight that you desperately needed!

121. You must be willing to accept these changes--the changes of mind, heart, and soul; the change of saying yes; the change of doing what you're told.

122. You must speak in faith that the way the Lord made you is the right way. You can't sow your wrong mindset in the hearts of others by complaining about how He made you--you're going to have to speak faith and live faith.

123. You must fight this. You must be honest about who you feel the need to compete with, and seek help and prayer.

124. We want you to be happy--that's why you're being helped! It's to lead you away from the road of sadness, dissatisfaction and discontentment, to the road of happiness, health, satisfaction, and renewed love for others and life! That's all! The Enemy was sucking out not only your life, but also your joy of living--but now you're getting it back. It will take work, it will take meddling, and it will take honesty on your part, and good, in-depth shepherding. But the question you need to ask yourself is, "Do I want to be freed? Do I want to live life happily, or fade off into complete sadness and death?"

125. (*Dad:*) Say, "Yes! Lord, help me to make it! Lord, help me to change! Lord, take me and remake me!" And He will! He wants to bless you with freedom! It's His will. So do everything you can! Yield to anything that is asked of you, and do it!

126. This is a long-term battle that you're fighting, and ... the lasting victory will be to keep staying close to your shepherds and to the Lord in all that you do.

127. Because the Lord's gifted you with being able to see more in the spirit, it also makes you more susceptible to the wrong spiritual signals if you're not truly keeping your mind stayed on Him.

128. Don't worry or fear that your shepherds will resent you because you ask for talk time and help. That's what they're there for, and if you do your best to make their job as easy as you can by being honest and striving to be as yielded as you possibly can, and giving your all to the Lord and wanting nothing more than to please Him, then all will be well. You do your part and the Lord will do His part by supplying the shepherding that you need.

129. You've given your life to this service and I'm now making you into what I want you to be, for the long haul. I want you to stay here; this is the choice that I wish for you to make, and you have made it. You've given your all. I see this and I'm blessing you for it.

130. You're going to have to fight tooth and nail to regain some life. "But I'm not that thin," you say. Well, maybe you're not "that" thin, but for your frame you are thin, so just take it by faith. Even if you don't believe that you're in danger, you are.

131. I am the great Doctor of the Universe and I know your body very, very well, and I'm telling you that you must change. You can't ever, ever, ever go back to your former eating habits and your past exercise regimen. Never! Do you

hear? You are never, ever allowed to go back there again or you will die! You won't be able to keep yourself from going too far. You'll need constant safeguards to be in place.

132. Be thankful that now you're freed from that bondage and your life will be saved in the process! That's a victory! You're free! And you're never going to fall into the clutches of those things again, because you know the Enemy's devices and you know that you don't want to be there. And most of all, I'm going to help you to never go back there. If you continually pray and ask Me to help you, I will!

133. You deserve to live because I say so, because it's My will for you to live. I want you on this Earth and I put you here for a purpose. I have jobs yet for you to do, people for you to meet, and love to show to others.

134. There is help to be had and there is freedom to feel on Earth, while still living! I want you to experience so much more in this life.

135. Now is your time to shine. I know you don't feel like you're shining; you almost feel like a black light. Well, maybe that's how it looks to you, but to others and to Me, you're shining. So just keep shining with My love.

136. Even if you feel like you can't do anything else right, you can smile right, you can hug right, you can make others happy right! Those are plenty of reasons to live right there, but there are many more.

137. You deserve to live because I want you there to be a vessel that I can use. Right now, I'm just making you more useful--not showing you that you have no use. So don't buckle under the pressure and don't let the strain of it all get to you. Just rise above on the wings of prayer and praise and let Me help you soar over the mountains and on to the new horizon of a new life, a new heart, and a new mind.

138. You deserve to live because I choose for you to live. I ordain you and I order you to respect this life that I've given you and all its many blessings. Don't throw it away through carelessness or foolishness, but treat your life and your body as a gift from Me that you should care for properly, so that when I return you will not be found wanting. I love you.

139. All the weapons and keys are at your disposal, and each one will help you along your way. Sometimes the key that you must use to open one door is praise. Sometimes you must use prophecy to help you through the next one, because the key to it is hidden. At other times I will show you that you must use the weapon of faith to fight this attack. Each one will help you. Each one you must use at different times. I will help you and show you what to use at each hurdle so that you can use it to propel you over it and on to greater victories.

140. You can rise above this seeming impossibility! I know you feel that this is impossible, but it isn't with Me! With Me, all things are possible.

141. You need to keep yourself stirred up in mind, heart, body, and spirit. You must stay surrendered, yielded, and desperate for Me at all times. You could lose the victory if you don't stay desperate. You could lose your vision if you don't keep stirring yourself up.

142. I won't let you fall if you keep praying for the victory.

143. Keep claiming My promises and don't let go. Hold on to My Word, because it's as a lifesaver that has been thrown out to you. And even though the undercurrents feel like they're pulling you under and you're gasping for air, know that I will keep you if you keep holding on to the Word. It's what will save you.

144. The Word, the Word, the Word! It's the weapon that can fight all attacks. The Word takes on many forms. It's comforting and encouraging, helpful and uplifting, and I'm giving it to you. I'm giving you the key to unlock every door, to overcome every obstacle, to leap every hurdle, to rise above every impossibility, to heal every wound that you get, to comfort your heart, to give you courage to carry on. All of this is in My Word, and I want you to never let it go. Never let a day pass without immersing yourself in My Words.

145. Quote the Word, memorize the Word, live the Word, read the Word, listen to the Word, speak about the Word, because the Word is the only thing that will keep you--both My written Word and My Word that I will speak to you daily. If you hold on to Me and to My Word, you will rise above, you will conquer, you will win against the foe! So don't doubt; trust and build your faith block by block by reading My Word! It's there for you. It's free, it's at your disposal, and it's the key to victory and to rising above. So use it, read it, and wield it against the Enemy, and he won't be able to touch a

hair of your head. You are protected; your shields are running at 100 percent. Keep them that way by refueling with the Word! You can do it!

146. The victory is being happy with how I made you, so that no matter how you look, you'll always have that peace, that feeling that you are beautiful because I made you, and everything that I make is beautiful.

147. The victory is being able to enjoy life with your friends. The victory is being able to be a fit person without taking it too far. The victory is being able to go out on a hike and enjoy the scenery, the conversation and the fun, without feeling so exhausted. The victory is feeling well, not having such stomachaches. The victory is being able to walk without blacking out. The victory is sleep.

148. The victory is being able to feel at peace and being able to accept My love and others' love for you. The victory is being able to testify of the miracle that I have wrought in your life, helping others by being a walking miracle. The victory is not living in fear. The victory is being able to receive My love and not feeling that there is one part of your heart that is not Mine. The victory is not hearing those horrible voices anymore!

149. The victory is being able to live, to love, to enjoy life, to feel whole, like a real human. The victory is not having such a chip on your shoulder; not having so many areas where people just can't go. The victory is being able to go anywhere and do anything with anyone without having such gripping fear that maybe they'll make you eat, or maybe they'll think you're fat, or that you shouldn't be eating this or that.

150. The victory is a whole new life! You will be born again; you're becoming a new creature. Doesn't it feel good? Don't you enjoy things so much more?

151. You're getting there. The victory is coming and you're going to make it because you have My strength and power here to hold on to you. I love you and I'm helping you to make it.

152. You shouldn't worry about it; you shouldn't even let yourself think that the victory will be undesirable. By the time you reach it you'll be sooooo happy; you'll feel liberated and you won't even want to go back.

153. I know you fear that once you reach the goal that has been laid down for you, the pull to cut back, the pull to diet, the pull to stop eating will be more than you can bear, but that's not the case. The pull will be gone. The reason you felt the pull before is that you hadn't fully received the victory from Me.

154. The Enemy is filling your heart with lies and fears to make you not want the victory, or to make you think that you won't like it once you get it. He's trying to keep you from taking that victory banner with both hands because he doesn't want you to have it, and he's making you think that you don't want it either, and that once you get it, it'll only bring pain and horror. Once you reach that goal, the pain will be gone. Right now you're still so in his clutches that you can't picture this victory; you can't fathom that you'd ever want it. But day by day, minute by minute, hour by hour your heart is changing. You're realizing more and more that the victory is a desirable thing, that it brings so much happiness with it. And by the time you reach it, it will be glorious.

155. Just like I don't expect you to have faith to change completely tomorrow, I also don't expect you to feel like you fully want that victory right now, but each day you will want it more and more. Each day it won't seem as daunting. Each day your joy of salvation will become clearer and clearer. Right now it's clouded over with fear, but when you're able to break through each bramble, cut each cord, and the light starts to shine over your darkened way, you'll see the beauty that surrounds you.

156. The victory is something that you'll be so happy for! Each day you'll want it more and more. You want it now and you'll want it more.

157. The victory will be a happy moment for you. It's not like I'd punish you for all your fighting by making the final outcome something that is so hard for you that you wish you'd never tried. I'm a loving and merciful God, and I know what your heart desires and I will give that to you. You are pleasing Me with all that you're doing for Me, with all that you're surrendering. I know that you want the victory and I will give it to you, and you'll be so happy when that day comes. The trials will be gone, the battles will no longer be there, and you'll be free!

158. As you know, when you're in the midst of a battle, nothing looks positive. All you can see is the dark, foreboding clouds looming above your head. This is how you're seeing the situation at the moment; but these clouds will pass and the sun will come out again, along with a rainbow, which will bring about glorious victories for you!

159. I have overcome the world and I will help you in overcoming this battle.

160. I will help you to defeat these demons, and together we will get the victory! Nothing is too hard for Me, nothing at all!

161. You're being victorious! You're gaining monumental victories! Hold on to your crown and don't let the Enemy steal it from you. Don't give him one inch, or he will take a mile. He is conniving and devious and will stop at nothing to try to get you to give up your victory, but don't you listen to him. Instead, listen to Me and those around you. Fight! Don't give up!

162. I'm preparing you for the future, when you'll be a help to many others who are going through these same battles. You can now be a comfort, a listening ear, and an encouragement of "if I can make it, you can too." I'm preparing you for something that will benefit not only you, but a lot of others. So don't give up the fight, but continue to fight and defeat the Devil. He hates the fact that you're gaining victories, and he will stop at nothing to try to get you to put down your victory and say it's too hard.

163. I love you, Honey, and you're doing great! I'll help you through this battle just as I've helped you through the other ones. Soon this will pass and you'll see that it served a purpose--to help you be a stronger fighter and to teach you endurance during the battle, as well as to help you overcome your fears and pride. It will be worth it all; trust Me. Have I ever failed you? I won't fail you now. I love you, My little one. You're doing great, so keep it up! Don't look down but look up!

164. There is no rose without a thorn, and truly the rose of surrender and yieldedness will be born out of these and many other thorns.

165. If you've learned anything in your life and service for Me it is that I do all things well, and that all things work together for good to them that love Me and are called according to My purpose.

166. Do not fret or question My ways, for they are beyond yours.

167. Don't allow the Enemy's seeds of bitterness, resentment, criticalness, and hate to be planted. Rather yield to Me and let Me break your heart. Out of the ashes of this seeming defeat can grow the beautiful lilies of victory.

168. You may wonder why I again choose to put you to the test and remake you, but do not fret so. Know that I am the Master Builder and I will not smash you without remaking you again in a better, happier, and stronger way. I am wise and I do all things well.

169. I now hold supreme sway in your life, and I am at work even now planting the seeds of the lilies of victory in the burned-out ashes of the Enemy's former strongholds.

170. Even as you accept and pray that you can have the strength, I take you at your word and count it as done.

171. The Enemy may storm and bluster outside of your walls, outside of your heart, but he will not be able to touch the real you, the inside, unless you again give him entrance. But I know you don't wish to do this, because your heart is filled up with Me now. It is all Mine and I am reveling in it.

172. Join Me now in sealing up any last cracks or breaches in your spiritual defense. Put away from you all comparing and jealousy, the need to be better than another. Put away those negative impulses of the Devil and learn to rejoice in all My works.

173. From here on out, I promise that things will become easier. I will give you grace for the battles as you step up boldly to face them. Thank you for coming this far; I never had a doubt that you would make it. The Enemy came close, but I knew you would stand fast, and you didn't disappoint Me. I'm so proud of you!

174. The Lord has to clear out all the old in order to form the new vessel out of the clay of His choosing.

175. The Lord treats us very individually and measures out what we need in exact proportion to what He knows we can take, and He does that for every individual. He doesn't mete out things generically, but He's in the business of making tailor-made, special-order lessons, battles, and victories for us.

176. I have heard your plight, My little bird, and I know of your desire to fly once again. I have sent My angels to care for you during this time. You have come to rest in the security of Me now, to find shelter within My branches. I will lovingly care for you.

177. My angels are there to watch over you; they surround you continually, caring for you and bringing you back to full strength.

178. You have found refuge in Me now, My love. You no longer have to face the adverse winds on your own; I will protect you from them. Rest here in Me now.

179. In time your broken wing will mend and the freedom of the skies will be yours to claim. You will once again sing freedom's song, as you learn to use your wings again and soar the open skies.

180. You will fly once more, My love; I promise you this.

181. Just look at every difficult time, every trial, every test as an opportunity to rise above! Remember that I'm allowing you to have lots of them so that you become an expert in using the keys of the Kingdom and overcoming the obstacles.

182. I will do the miracle! There's nothing in all of Heaven or Hell or Earth that can stop My wonderful, miraculous, overcoming power! Your will is on My side, so we have nothing to lose and everything to gain!--Nothing to lose, that is, except the sadness and frustration! Eventually the battle will be completely covered by the victory. You won't even remember it anymore. I'll wipe it all away. So hang on, because each day that you fight and hang on brings you closer to that wonderful, glorious, promised victory!

183. I don't mean to glorify war, but I want you to stop and think for a moment about many of the wars throughout history that have been fought for the freedom of a country. They had to endure a time of great difficulty and intense battle, even many casualties, so that for years to come they might enjoy peace and safety and freedom throughout the land. That's what you're going through right now--a war for your freedom and safety and happiness. The Enemy will try to make it seem endless and that it's not worth fighting, but if you can just endure this time of intense battle, you will then be able to enjoy freedom, safety, and peace for years to come. It's a war for freedom, My love, and it's worth fighting!

184. I make all things new--even you, My love! You're becoming new. You're undergoing your metamorphosis, and it's beautiful to see! You're like the butterfly emerging from the cocoon. It's a tight squeeze, it's difficult, it's even painful, but the struggle is what will make you beautiful and enable you to fly!

185. Each little tiny right decision is progress toward the victory! Each time you fight to do the right thing, you're one step closer to the victory--not just a victory where you have to fight every minute to maintain, but a victory where you actually feel it, you're happy, and the battle is behind you. That day is coming, My love, and each step you take in obedience to Me brings you closer to it. So keep hanging on and fighting!

186. Don't be discouraged when you get hit. Separate the sickness from yourself in your mind. I know you feel that it's a part of you, but I don't see it that way. I see it as an ugly intruder, and I long to protect you, My darling lovely one, and keep it far from you. So whenever you think those thoughts or hear those voices, remember that that's not part of you. That's an evil, ugly intruder trying to steal your happiness. Don't let him! Cry out to Me and let Me protect you and defend you against him. It's not you, My love--it's him that I'm fighting and will lift up My sword against. So do your best to help Me keep him out, and when you're tired and just can't fight anymore, call Me to get rid of him, and I will. I'll protect you, My gentle little one.

187. This is the day that I take you by your hand and lead you to follow Me. This is the day that I put My arms under your spirit and carry you across the sands. This is the day that marks the beginning of the victory: The day of yielding.

188. As your spirit goes, so goes the battle. As your choices go, so goes the battle. As your yieldedness goes, so goes the battle. There is no power in Heaven or on Earth greater than My power, and access to My power depends upon your yieldedness.

189. Just as your spirit has yielded to Me and I have caused an influx of Spirit-Life into your spiritual heart, so your

body now will begin to feel the effects and begin to change, to come out of the bondage of the past into the freedom of your future.

190. As long as you don't give ground now, you will win, no doubt about it! For this is the victory, even your faith and your stance on the new. Hold your ground. Never give up the ship, and the victory will be laid at your feet in glorious manifestations, proving that, yes, there is a God in Heaven and, yes, He does still do miracles today. This is My promise to you, and the future is as bright as all of My love for you, My dear one.

191. My sweet and precious bride, you're doing so well. Even though you're getting hit and sometimes feel like there's no hope, you're still fighting, and that's what's important.

192. You've made the biggest step necessary in this battle, and that was to yield. Now you have strong warriors fighting alongside of you that you didn't have access to before you yielded your will to Me. I was waiting for you to yield. I had a battalion of My finest angels and spirit helpers trained especially for this task, all ready and armed to give you all the help you needed. They were waiting for that moment of total yieldedness to be released into the battle.

193. If you could see the power and might of the spirit helpers and angels you have by your side, it would amaze you! It's an awesome sight! The imps that try to come in with doubt and discouragement are so small in comparison, it's almost funny. They're so freaked out to even come, but they're ordered to by the Devil so they have to try. They come and try to whisper doubts in your ear, but each time you resist them, they get walloped. And now that it's happening to them more and more, they're starting to get reluctant about approaching you. They will continue for a time, but as you keep resisting them, they'll start to come less and less, as they'll know what's coming to them!

194. You're doing the impossible! Yes, believe Me, what you're overcoming and fighting is an impossible battle. In the flesh there is no way you could overcome if it wasn't for your yieldedness to Me which allowed Me to send out this troop of angels and helpers, and if it wasn't for your mates praying and holding you up every day.

195. You will overcome this "impossible" battle. You will defeat the Enemy and win! You will look back on this time as a turning point in your life like no other. You will win this victory and many others, because with Me by your side there's no stopping us, no matter what the obstacle.

196. My precious one, My darling bride, how I love you. I'm so proud of you for fighting this battle. Even though you might not feel like you're doing very well, I want you to know that I think you're doing great!

197. My love, let Me reassure you that you're not only doing well, but with every day that passes you're getting stronger.

198. You might wonder, "Can I really expect to get to the point where I won't battle with anorexia, with negative thoughts about myself, with all these terrible emotions I'm feeling?" The answer is yes, that you will get to the point that you won't be battling these same battles you are today to the same degree of intensity.

199. Things will get better, My love. These battles will ease. The intensity of the attacks of the Enemy will change. The battles will lessen and be easier for you to fight because you'll become stronger. It feels like a total uphill climb right now because you're not used to fighting these attacks of the Enemy, and because he's really fighting you with all he's got to try to discourage you in the beginning. But I promise you that as you keep fighting and keep following My counsel to you, things will change.

200. I guarantee that things will change for the better. Your life will change, your emotions will change, your mindset will change, and you will get the victory not only over anorexia, but in many other areas of your life as a result. There's a lot of victory in store for you, My love; that's why the Enemy is fighting you with all he's got.

201. Don't be surprised if you find yourself fighting battles that you didn't even expect to come up, things you weren't expecting to have to fight at all. The Enemy will try to use whatever he can to discourage you--whether it's eating, exercise, emotional ups and downs, or negative thoughts. But whatever he tries to use against you, hang on to the fact that you're going to fight each battle one at a time and not give up. Hang on to My promises that it will be worth it, that you will win as you keep fighting, and that the results are going to be better than you ever dreamed of!

202. Don't worry about tomorrow and whether or not you're going to have what it takes to make it, because I can promise you My strength and power for each battle. You don't have to be strong in yourself, just lean on Me and call on Me for My help, and I'll be there for you no matter how hard the Enemy attacks.

203. My sweet love, I'm so proud of you for being willing to go through this time of fighting. You have no idea how well you're doing right now, because all you can feel is the heat of the battle, and that makes you feel like you're not doing well. But I can tell you that you're doing great in the spirit because you're not giving up! You're following through with the counsel I'm giving you, you're seeking help from your shepherds, you're doing your part.

204. The Enemy is trying to belittle all the good you're doing and the progress you're making. He's trying to scare you and cause you to give up the fight, to make you fear tomorrow and what might happen. Just continue to take it one day at a time, one step at a time, and trust Me for tomorrow. I'll give you the grace for each step of the way, and I promise that it won't be one step too long or hard for you. I won't give you anything that you can't bear with My help. This battle will not be one iota more than you can take.

205. I'll be very gentle and loving with you, My precious one, for you're very dear to My heart. I love you so much and there's nothing that I wouldn't do to keep you close to My side. So don't worry about the future, about tomorrow's battles. The minute you're tempted to worry about that, just think about Me being right there ready to help you. I know what you're going to face tomorrow and I've already prepared the way for you.

206. Right now you're going through training and you're learning to carry the weapons of battle. They're heavy for you because you're not used to carrying them, but as you continue to fight with the weapons of the spirit and get stronger and stronger, soon you won't even notice the weight and you'll be able to fight with power, strength, and accuracy.

207. You've already killed a few dragons, My love, so don't be weary in well doing. Don't be afraid to face a couple more dragons that try to attack. I'll help you to slay them all with the power and might of My Spirit, but you have to keep holding on to your weapons of battle and keep fighting. You can't let down your guard or give up. I'm making you into a warrior fighter of the End, and you're doing well in your training. So keep going and keep fighting so you can receive the crown of victory that I have for you.

208. Faith is the victory!--Faith in Me, faith in My Word, faith in My promises in spite of how you feel, in spite of the circumstances. The Evil One seeks to spread fear and worry, but I am greater than him. Have faith in Me and believe, for I will see you through.

209. What does it mean to look to Me? It means to turn your face upward, to look into My eyes in the spirit by asking Me how I see things, by trusting Me that I love you and will do that which is best for you, by giving Me your will and yielding to whatever I've brought into your life, and looking for the good in it. When you do that, through our time gazing in each other's eyes in the spirit, I am able to give you not only faith and healing and comfort, but also the deeper things of the spirit that I have in store for you. You gain so much through these types of experiences.

210. You can be a vessel of beauty, one that is full of My love, one that others admire and seek out, if you let Me shine through you. Give yourself completely to Me--to loving Me and honoring Me--and as you do, others will see such beauty of spirit, such sweetness and love, that they will be drawn to you.

211. You must look up and see Me in order to receive the love that is waiting for you. Look fully into My wonderful face and see the depth of My love for you, and as you do, you'll be filled with My peace and joy and your pain will decrease.

212. I'm sorry for these moments of pain and affliction, and for the battle that you must fight and endure, but be not weary and be not afraid, for the end of this trying time is almost here. It's very soon, very near. Hold on.

213. Although the Enemy has been allowed to attack and bring about these afflictions in your life, I have allowed it, for it is also bringing about sweetness, tenderness, and beauty.

214. Don't worry about anything, My love, for nothing will happen to you that is too difficult for you to bear. I will not let it be so. And although I know it's hard and difficult and a spiritual battle, I will help you to bear it and I will make the way easier because of the prayers of your Family. You have nothing to fear, for each of their prayers is a kiss of My love and My healing for you.

215. Rest completely upon My breast, for I am giving you the grace and the strength and the help that you need. I'm proud of you for being such a cheerful, brave soldier. I'm proud of you for enduring these afflictions with such faith, even through your tears. I will not fail you. I will heal and help and restore your health, and you will not faint, you will not

fall. My work will not stop, neither will My Words. So let your heart be at peace and look up into My face.

216. Although the Enemy fights you and attacks, he cannot prevail! As long as you hold on and continue to call on My power and My strength and let Me fight for you, you will have the victory. As long as you let Me live through you and turn to Me for the help that you need, you will always have My help--not only today in this battle with these afflictions, but every day and for every battle.

217. Through the squeezing and crushing of your life, the beauties of your spirit, the love within your heart, and the treasures of your soul pour forth.

218. How beautiful and marvelous in My sight is this death to everything that you are, and this birth of everything that I am in you!

219. Though it hurts My heart to see you suffer so, I know that the blessings you're receiving from Me during this time of affliction are well worth the price you pay.

220. I am near you--nearer than I've ever been before. In the times when no one else is around, it's just you and Me. I'm so close to you. I cry when you cry. I feel pain when you feel pain. But when you are weak, I remain strong. I am the strength in your weakness, the strength in your affliction. I hold you in My arms and I don't allow one bit more than I know you and I can handle and endure together.

221. My cheerful one, fighting through this intense and trying affliction, I'm so proud of you. You will not lose anything through this time; you will only gain. You're in the deep, dark cave of affliction, and the jewels that you will discover in the rocks of these hard dark walls will remain with you forever.

222. The darkness will soon be gone, My love. You'll see a speck of light in the distance, and as you keep letting Me carry you, we'll walk closer and closer to that light. The light is the light of victory, the light of My promises to you. The light will chase away the shades of night and darkness.

223. I know you can see that light now, My dear one. You can barely see it, but it's there. So keep your eyes on the light, on the victory that's in sight. But at the same time, continue collecting those treasures and gems that you find along the way in this cave of affliction. For these are jewels from My hand that will remain with you forever, as a reminder of how I kept you and sustained you and gave you the victory.

224. I must test and test and test, so that again and again you might have the opportunity to overcome, to fight, to be victorious. After many tests, you will be well experienced at handling them, and you will have become a fighter.

225. Though the struggle may endure for a time, joy will always come again. Though weeping may endure for a night, joy will come in the morning. Though the battles may rage fast and furious, victory will always come if you keep fighting. Though battles may come again and again, and the attacks may be repeated and frequent, I will always bring deliverance, and I will never give you one bit more than you're able to take.

226. Look upward into My face, and find there the strength, the grace, the resolve, the determination, and the will to win. For I can do all things through you, and I seek to prove to you that I can do the impossible. I can bring full health and strength to your weakened body; I can bring perfect peace and rest to your troubled mind; I can bring joy and light to your aching heart.

227. I can do the impossible, and I delight in difficult cases. I delight in using your weakness to demonstrate My strength and power, and I love your dependence upon Me and your humility before Me. This empowers Me to do great things in your life--to work great changes, which, though often unseen on the surface, bring about greater depth, greater strength, and a greater closeness to Me. I can then mold you and make you into the vessel of My choice with greater ease. I can iron out the rough spots, the quirks, the kinks and the squeaks, and make you run smoother than ever.

228. I am able! I ask only for your faith, your trust, and your willingness and yieldedness to fight with all that is in you; to do it for Me; to succeed in your training and overcome your trials for My sake, and for the sake of others who I will and do use you to help and minister to.

229. It's all for a purpose. It's all for your good, and of that you have My solemn promise. I would do nothing but that which will help you and be for your benefit--because I love you, I need you, and I want the best for you.

230. Through affliction you've gained understanding and compassion that would be impossible any other way. Through the sorrows and the loneliness you've felt, you've reached out to Me and received of My Spirit in a way that you would not have been desperate enough to do if your body, mind, and spirit were whole and well.

231. I have helped you and given you grace to stand strong. Know that My grace will always be sufficient. My arms will ever be around you and close to you, to uphold you when you're weak, to lift you up when you fall. My care and protection will ever be around you, and the pain and affliction will never be greater than you can bear.

232. Truly these weights have borne good fruit, for they've made you strong. Through them you've grown wings and have flown above circumstances and into the world of My Spirit, where all things are possible to him that believeth.

233. I will stand beside you, with My arms underneath you, carrying you each step of the way. Cling to My side and feel My presence, My dear one. Worry not, for I intercede on your behalf, and I will obtain healing, pardon, and mercy for you, My love.

234. My precious one, the moments are numbered; they're not endless, neither do they run by uncounted. They're all measured, and each one that passes is one less that you will ever have to endure again. These moments of affliction--though precious, and though they give you something that cannot be gained any other way--are hard to endure, so I have carefully counted them, and as they pass, they are never to return again.

235. Trust that these moments of affliction will pass. As they pass, they will leave precious droplets of My Spirit--of wisdom, compassion, brokenness, humility, grace, and strength in weakness. Each of these little droplets is priceless, and you have been blessed with so many. So rest now as these droplets descend upon you. Trust that I'm counting the moments and that they will soon be gone.

236. I love you, My precious one. I will hold and sustain you, and will give you all that you need.

237. I will not put anything in your path that will cause the battle to be taken from your grasp. It has already been promised to you and now it is yours. It's in your hand, so don't fear.

238. You don't have to accept your circumstances. You don't have to be satisfied with the way you are, the way you think, or the way you feel. You can change things! You can change anything, with My help! Your weaknesses can be strengthened, your faith can grow, your spirit can soar, your endurance can be prolonged--anything you wish is possible with the gift of change. And this gift is given to all. There's not one person on this Earth, saved or unsaved, who can't take hold of the gift of change and change something in their life or world for the better.

239. Those who are able to rest their lives in My hands see more change than those who try to hold on to themselves, to keep themselves safe and secure and free from change. Those who let go and who fling their arms wide open in wild abandonment of self are the ones who see great change.

240. The one who believes and believes and continues to believe is the one who gets great answers and sees great changes.

241. Change is not an easy road, but it is a road of great reward. Those who are willing to fight and struggle through the land of change are those who inherit the promises and see the fulfillment of their labors.

242. You have to want change, be desperate for it, and be willing to do anything in order to get it. Change is not handed to you on a silver platter; you must actively exercise this gift. You must, through diligence and desperation, hone it if you are to make progress and reap the good results. I give the power to change to those who are desperate.

243. Change, though painful, costly, and sometimes almost unbearable, is a divine blessing from My hand, and a special touch of My love for you.

244. Only through My miracle-working power can someone have a real change from within.

245. Change usually means a tearing down of that which has been built and the building of a new structure.

246. Your happiness lies in becoming what I want to make you and partaking of My Spirit to the point that you allow it to change you.

247. You must be willing to give up what you have to have Me. I will fill every place that you desert. Every piece of ground of your spirit and your heart that you give to Me, I will gladly take and come in and inhabit for you, making you more like Me.

248. There is no greater honor that can be bestowed upon a man than that a man is so low that I can touch him, and that a man is so weak that I can keep him, and that a man is so desperate that I will hear him. For the honor of God is different than the honor of man, and I bestow upon you the honor of God.

249. Those who have opened their lids to Me and who invite the rain to fill their vessels--whether they're broken, cracked, disfigured, small, large, dirty or marred--will find that their vessels will be kept full at all times, that they will be washed clean, and that they will find themselves tasting and enjoying the fruits of My Spirit in great abundance and with great enjoyment.

250. I don't choose to solve all your problems instantaneously, without your even knowing what the solution is. That would only serve to cripple your faith, for you would miss the lesson, you would miss the learning experience, you would miss the trying moments which cause you to cling to Me and to strengthen your faith. The road that I bring you on now is the road of faith. Though it may seem hard, rough, and rugged, believe Me, it is the road whereby you are able to keep your faith.

251. I place men in positions where they must make difficult decisions so that they can choose to do My will, and thus be blessed. For when I have major blessings to pour forth unto men, I often put a difficult choice in their path, to see if they're willing to fight for My blessing, to be obedient in order to receive My blessing, to be yielded in order to receive what I have for them.

252. Yielding to Me and believing and trusting Me for everything that comes into your life, whether it seems to you to be good or bad, is the path to happiness and victory.

253. Faith is a refusal to panic.

254. Courage is fear that has gone to God in prayer.

255. The greatness of our fears shows us the littleness of our faith.

256. Faith is not clinging--it is letting go!

257. Every tomorrow has two handles. We may take hold of it by the handle of anxiety or we can take hold of it by the handle of faith.

258. Specialize in doing what you can't.

259. You don't know what faith you have until it is tested.

260. He who fears God has nothing else to fear.

261. Fear not tomorrow. God is already there.

262. It doesn't make sense to worry about the future. Why open an umbrella before it starts to rain?

263. Don't worry too much about what lies ahead. Go as far as you can see, and when you get there, you will see farther.

264. Do the thing you fear, and the death of fear is certain.

265. Faith makes all things possible and love makes them easy.

266. Just because you have an intense battle, that doesn't mean you don't have a victory. A lot of victories are very, very hard-fought and hard won, and you feel like you're dying when you're going through them, but you do come out victorious in the end, even though you may be battered and wounded. Eventually, however, if you keep fighting, you will get a major victory where you can actually feel victorious and see the victory and things will be a lot easier!

267. If you're yielding and obeying, even though fighting back your tears, you've got the victory! The Lord will come through for you and make it easier soon, when He knows you are determined not to give up; and the Devil will stop fighting you so hard when he sees that you won't give in.

268. Help her to thank You and praise You; not to weep for herself, but to weep for You and Your work, Your children, and get her eyes off herself. To be sorry for herself is to be selfish and introspective and even to murmur!

269. It's worth it to trust the Lord. It's worth it to praise through your tears, to smile through your pain, to lift up your arms to the Lord and trust, to have faith, to know that Jesus loves you, to know that He's going to take care of you, to know that He's in control, that He knows about every battle, every setback, and He understands.

270. Will I stop trusting Him just because the path that He leads me down has some dark days, brings tears to my eyes, and causes me to suffer? No, I will not stop trusting Him, because I know that He loves me! I know that He hears my prayers. I know that He knows what's best for me!

271. In your very weakness is your strength. As you call out to the Lord, as you come into His arms and you find your strength in Him, this is not weakness. This is true strength! This is what everyone needs to find! Everyone needs to let go of their own strength and their own ways, their own power in the flesh, and run to Jesus' arms. Everyone needs to feel this desperation of Spirit when they know that they have nothing and that they are nothing, that they're barely hanging on, and except for the grace of God they wouldn't even be able to hang on! This is strength!

272. The highest reward for a person's toil is not what they get for it, but what they become by it.

273. God can do the impossible! He can change your heart, your mind, your desires, even your very nature, if you'll just give it all to Him!

274. There is one thing the Lord never tells us to do--and that is to quit!

275. If you withhold anything from the Lord, the Devil will use that as a wedge to get in and try to defeat you and discourage you and keep you from obeying God's will and doing His service.

276. Things that are really worthwhile cost something! You've got to go the hard way and the rough way and take the knocks and make the sacrifices and die daily and suffer, and it costs something!

277. Though you feel your faith is small, and though you feel your strength is nothing, I see your faith and your strength in Me as a great thing. It is easy to trust and have faith when all goes well, when all around you are blessings; but when all seems to go wrong and you feel as though your very life and your desire to live is being snuffed out, when you feel your heart sink and ache within you, if you still have faith, what great faith it is! How it pleases Me!

278. Anything that's negative and makes you feel bad and out of it, that's the Devil, and you have to resist it.

279. If what you've gone through can just help people to be comforted and encouraged and know that there is someone who understands, it's really worth it.

280. The route to freedom is not found overnight; it is found through continual perseverance. It is discovered through a willingness to fight, to proceed regardless of the grim surroundings or the helplessness you feel. Freedom is granted to those who are willing to search it out despite hardship, and claim it as their own.

281. The Devil likes to play on our weaknesses, especially if he can find a motivation for it, some sin or unyieldedness in our mind or heart that will give his doubts or fears a little extra push. He tries to influence your mind or your spirit to accept his thoughts, his doubts and complaints, to get you agreeing with him instead of fighting him and resisting him and realizing how much he's influencing you!

282. The only way you're ever going to conquer your own spirit is not to try to conquer it, but to let Jesus conquer it! He's your own Best Friend, and the key to getting spiritual victories is to yield yourself completely to Him!

283. If we're willing to do whatever God requires, and are yielded to Him, and make the decision that we want to be delivered, without reservations, then He never fails and always delivers!

284. If you face and fight the Devil, he knows you'll win! If you fight, he knows you cannot lose and he cannot win,

so he tries to scare you or discourage you into giving up the fight, to persuade you to surrender.

285. It's not enough to meekly mutter and quote Scriptures! You've got to really fight, resist, and rebuke the Devil!

286. It's not just a matter of saying a little prayer, but it's stirring up your spirit, stirring up yourself, asking the Lord to make you desperate to get the victory, to want to fight!

287. If you really want the victory over genuine spiritual problems and spiritual battles, you've got to have an attitude of desperation, of a stirred-up spirit that's on the attack! You've got to have that attitude in your heart!--Not just read and pray and shout at the Enemy, which is a good thing to do, but you've got to really feel it and believe it and be on the attack, not lethargic or lukewarm!

288. You've got to sock it to the Enemy and overcome the barriers that he tries to put in your path to keep you from getting the victory and blessing and deliverance that God has for you!

289. Be specific and even name the demon or the vices or weaknesses that the Enemy is using to tempt, weaken, or defeat you, if possible, and command the Enemy to depart in Jesus' name! And he will!

290. Honey, you're not just fighting for yourself--you're fighting for all those who will come to know Me through your sample and through the Words you help to get out. Think of that when you're tired and weary and wonder if it's worth it to keep going. Picture all those who don't yet know Me, who will come to know Me through your obedience and faithfulness and the miracles that I'm going to do through My Word that you help to get out to the waiting world. You can't fail them, Honey! My love didn't fail you! Fight for them when you're tired of fighting for yourself! That's why the Enemy fights you so hard--because he doesn't want all those poor, lost souls finding eternal happiness, and he knows that if he can knock you out of the way, he's got a chance at keeping them from ever finding it in this life. So hang on for their sakes.

291. You can do it! You can make it! Sing it, like the Little Engine Who Could! "I can, I can, I can!" "I can do all things through Christ!" Claim it, Honey, it's true! I'm here with you, and together we are unbeatable!

292. Did you know that you're becoming even more beautiful to Me and to those who love you? Your yieldedness is making you absolutely radiant. There is nothing more beautiful to Me than a surrendered, humble soul. You're glowing, My darling, and you're going to come out of this happier than you could ever imagine yourself being! You'll not only have the satisfaction of being truly strong in Me and having endured the battle, but you'll have the shine and reward of victory. It's going to be great!

293. Though the way may seem rough sometimes, My love, keep your head held high--victory is yours!

294. I can dispel that dark doubt you're battling with. Bring it to Me, My love. Let Me blow out that icky cloud of smoke and make the air fresh again.

295. "Lord, help this food to taste like cherries to me!" Zap! I can do that! I can change something you hate into something you love, just like that. I'll just rewire your brain to think it's something else and you can love eating it.

296. Why is this battle such a fight?--Because it's going to be the greatest victory you've ever gotten!

297. You can do it! You can make it! You can keep climbing!

298. Don't look down--there's nothing there for you. Look up, the sky is the place for you!

299. There has no temptation taken you but such as is common to man, but I am able to make a way of escape. Come! Escape! Run! Run into My arms! I'll protect you, believe Me I will, from that evil punk.

300. Wham! Take that, you vile skunk! Satan old boy, you're in for a beating today! Come here and just try to take My bride out of My hands! I'll show you a thing or two that you'll feel for months! Come on, you coward. Take that!!

301. Healing takes time, victories take effort, but once you're better the fight diminishes and all you see is the glorious crown I have waiting for you. Right now you see the crown, sort of hazily in the distance, but when you overcome this hurdle, it'll be crystal clear to you. You won't be able to doubt its existence because it'll be on your head like the most beautiful jewel. It's yours, My dear. Keep fighting and get the prize!

302. The secret to victory and success, My little one, is to look up into My face each time you're in the middle of a battle. Each time the Ol' Boy tries to condemn or discourage you, look up into My face, into My eyes, and you will see your victory there in My eyes! And you will immediately have the faith to step out and conquer in that particular battle! A mere glance at Me, your Knight in shining armor, will instill in you the courage, and you will know that I am your strength and that I'm fighting for you and with you, and that the victory is won!

303. The victories that come at a high cost are the ones that become your most enduring treasures. The transformation that is taking place in your body, mind, and spirit will not only refresh and renew your life here and now, but will be a star of glory in your crown in Heaven, a high mark on your "records" up Here, and a tribute and honor to you for ever and ever.

304. I haven't just given you one key, but a whole ring of keys to unlock the doors of the seemingly "impossible." For each particular situation there is a particular key. There is no problem or battle or fear that I haven't thought of in advance, and provided you with the exact defense for. It's all there on your ring of magical keys that I'm teaching you day by day to use to their full potential.

305. The victory is sure! All you need is an ounce of faith. Just one bit of faith defeats the Enemy; that's why if you just have a tiny seed of it, the victory is assured, as long as you don't let it go. In other words, fight as he will, the Enemy cannot win as long as you hold that seed of faith in your hand. That's all that is necessary. It's the shield, it's the substance, it's all that is needed to obtain victory. Hold onto it hard. It's a magic genie right there in your hand. Don't let it go!

306. You're a fighter, My love. You're a warrior. And let Me tell you, the Enemy is right now trembling before Me because of the stand you've taken! He's biting his fingernails and ranting and raving, but there's nothing he can do, absolutely nothing except to rant and to rave.

307. Isn't it fun to fight the Devil?! Isn't it exhilarating, knowing that you have the K.O. punch right there in your hand? You can do it, dear! You can do it! There is absolutely no doubt about it! I've given you the punch, and I want to see you land it right there on his nose! You're gonna win! I can see it already! Just don't give up. The victory is yours. Though all hell seems to break out against you sometimes, remember, you have the power to win, and as long as you realize that, and as long as you keep fighting, the Enemy cannot overcome you. So wait for your chances. Look for an opening, and send him reeling!

308. Learn to enjoy the fight! Learn to love to fight against all odds! I've put that within you, just like I put it in David, the little shepherd boy. He fought the lion; he beat the bear. He knew he could defeat Goliath too, and so he did. With a big God on your side, you just cannot lose, that's all there is to it. I've chosen little people like you and David to prove that one person with God can overcome absolutely any evil that exists. It's possible! It can be done! And that's all you need to know. Knowing this bit of information is the key to the victory. It's like I've given you the inside scoop, the knowledge that the victory is yours, and all you have to do is utilize that knowledge now by not giving up, and the time will come when you'll see that Devil lying flat on his back on the canvas. Your hands will be raised high above your head in praise and victory, and you'll know then that all I've said is true. The time is coming, dear, the time is coming.

309. Not one prayer, one promise, one moment of desperation in seeking Me is wasted. Not one. For with what measure you mete, it is measured unto you again, pressed down, and running over. Those who have been so tested in this manner--and all My children will be at one time or another--when you arrive in Heaven, you will see that I Myself have interceded on your behalf.

310. If you're praying for the thing that is My will, or even if you're praying to know what My will is, then you start the process of My will being done. The fact that you pray and ask Me to do it, to work in a certain direction, makes it happen.

311. Change is both a gift and something that you have to fight for. Without fighting you couldn't get the victory, but no matter how hard you fight, without Me you can't do it. But you have given your all to Me and are fighting, so now with Me there is no way you can lose.

312. As you continue to yield, I will keep every promise that I have given, both to you, and to others for you. All will come to pass, as your will stays on My side.

313. When you feel like you can't go on any longer and it's all just too much to bear, reach up for Me. I will take

your hand and pick you up and carry you through the raging water, and I will gently put you down to rest on the other side.

314. I have given you the victory; the battle has been won! Now you just need to keep the victory and not give it back, and by leaning on Me I will help you.

315. In that time of quiet when you can tell Him how much you love Him and how much you appreciate Him, and in that time of letting His Word speak to you and letting His voice reach you, you will learn a wonderful secret. You will be given a powerful weapon. You will be renewed and strengthened and empowered and refreshed. Miraculously, the load will be lighter, things will look brighter, the problems will be solved and things will be so different!

316. Keep fighting, My love. The light that pours on you is from My throne. The demons of doubt and discouragement despair when they gaze at it. You seem to stand out as one of My mighty warriors, but there are others with you, fighting with you, and claiming My promises for you. And when they do, this light that shines over your face and your whole body radiates all the stronger, and you become as a blinding beacon against all those who would rise against you.

317. Fight boldly, My love, and the victory will be yours. Keep on going for My cause, and the darkness of night will fade away with the radiance of dawn. The new life you have chosen will erase the pain of the old, and the newness of life that I will place inside you will make all other pleasures fade away to dust.

318. Look up, for your redemption is here! I am your Savior. The light is always shining when you look to Me. Don't look back! Forget the past! Leave the darkness behind and come into the light of My love!

319. No matter how you feel, no matter what it looks like, I have freed you from the bondage of the Enemy and you are no longer the same. You are My beloved--submitted, yielded, and desperate for Me, even when you don't feel like it, Honey. Just walk by faith, that's the victory.

320. Praise is the victory! Praise Me for all I've done so far and you'll be delighted to see the wonderful miracles that I have yet in store for you! You are My special loved one who I am tucking safely under My wing so that I might protect you from all the onslaughts and attacks that could otherwise befall you. Rest, My love, knowing that I have you tucked safely away and I will care for you as a hen cares for and protects her chicks. I love you, My sweet one!

321. When the Enemy comes in like a flood, I will lift up a standard against him. He has no power compared to Mine! I am a mighty Man of war and none can stand against Me! Fight on with the power of My Spirit and you will be victorious! Claim My power! Call out to Me and claim miracles in My Name, and I will do it!

322. *(Dad:)* You're gaining greater victories every day; you just have to keep fighting! Keep knocking the Devil right where it counts, keep hittin' him head-on, keep on keeping on and don't let up. I love to fight, because I know I'm on the winning side! I know what I'm fighting for, and Honey, so do you.

323. So every time that ol' Devil tempts you, saying it's too hard, it's no use, the battle is too intense, I want you to think of me. Think of how I didn't give up! I had to fight some pretty tough battles while I was there with you on Earth.

324. The Devil tried to kill me by cutting off my food supply as well, just like he's tried with you. I wasn't anorexic, but he tried to obstruct my food from going down. All those years I couldn't eat solid food. Even when the folks made it into liquid foods for me, the Devil tried to stop it from going down. He tried to stop me from eating by trying to choke and strangle me time and again, but thanks to the Family's prayers, thanks to Mama's faith, and thanks to the Lord, I didn't give up and victory came. I'm sure glad I didn't quit!

325. Honey, if I could do it, you can too, so just think of this every time the Devil comes around and tries to get you down. Just knock him for a loop and say, "Grandpa held on, and so can I!" And know that I am right here fightin' for you on this side.

326. I can't wait to see you here, Honey, but for right now I want to see you do your thing down there on Earth--that's where you're needed. So keep on fighting and holding on, because the victory is right here--you've got it, so don't give it up!

327. "I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Today it is your choice to present your body a living sacrifice to Me, or your body a dead sacrifice to the Devil. Choose Me and I will not fail you!

328. Do you know how much I love you? Let's talk about personal worth here, okay? Do you know how beautiful you are? How gifted? How devoted? How pleasant? How funny? How sparkly? How lovely? How sexy? How down-to-

earth and easy to confide in? I love you more than the answers to all of these! And the answers to all of these are very, very positive, by the way! You know what makes you worthwhile, Honey?--My love for you. How big and powerful is My love? Well, just consider that the entire universe--and I mean every one of the infinite number of galaxies stretching beyond man's vision to the furthest reaches of the universe--was all created by the power and expanse of My love, for I am Love. That's how much I love you. And that's how much you are worth. I love you so much that I have committed Myself to loving you for eternity. For eternity! That's how important you are to My love and life in the future. That's how precious you are to Me. I mean this with My whole heart. I love you so much that I would change time, seasons, the world, whatever it takes, to have you, to marry you, to spend eternity with you. Just you, Honey.

329. There, there, My love. Don't worry. Don't fear so. They are only lying vanities, they are only fears that are being placed there by the Tempter. He's trying to pull you away, back to his side of the battle. He doesn't like it that you've yielded to Me and come over wholly to My side of the battle, but you have! We're winning and so he's mad and he's pulling out all of his big guns at you right now. But don't worry, I'm protecting you, I'm helping you. When you feel this sad, lonely in your battle, and so discouraged, the best thing and the only thing to do is to call out to Me. I know you feel that there are no words that could calm your spirit and cause you to feel better. You feel that there are no words that could give you peace and tell you that it's going to be okay. I know. I know that it's so hard to trust in Me. But know that I won't take this away without giving you something better. If you ask for bread, I won't give you a stone. You're asking for healing, and I won't pour all your worst fears upon you. No, I am a loving and a merciful God, and I won't give you more than you can bear.

330. This is your slogan for today. "Lord, keep me ever close to You; don't leave my side." And keep quoting, "I can do all things." Both of those together will help you to win this battle. The victory is getting closer and closer. Don't fear. Just trust. Remember, when the way is rough and you get weary, look to Me. But even when the way seems bright and cheery, look to Me! I will be your all in all and I will help you to make it! There are no impossibilities to Me!

331. You need to realize that the goal is not for us to make you into a big pig that will just eat and eat and eat and never stop. The goal is to get you healthy where you won't even be tempted to go from one extreme to the other, but you will have a proper balance in all things. Moderation is godly and moderation is what you will get if you pray and really try your best to do what you're told and to get rid of these hang-ups that are keeping you so trapped and bound. You can do it! You can make it, so think positive!

332. Losing this battle is not an option, so don't fear it so much. Don't fear or worry about what you perceive as causing you pain, or a reason to fear, fret or worry. I will not put anything in your path that will cause the victory to be taken from your grasp. It has already been promised to you and now it's yours. It's yours! It's in your hands. So don't fear.

333. Keep your mind stayed on Me and look at Me. Look up and forward always! Onward and upward!--Not from side-to-side or down at the ground. Keep your eyes always on Me, keep your ears filled with My Words, and cut the Devil to the heart!

334. Be strong and of good courage, for I will strengthen your heart. Wait on Me and there you will find all the help, resolve, strength, courage, and faith that you need to pass this test, to leap this hurdle, and to pass this stretch of the race with flying colors.

335. Rejoice and be exceeding glad, for great is your reward both now and forever for forsaking your own will, for stepping out on the troubled waters and looking at Me. Even if you feel the waves crashing upon you and you're sorely tempted to look down to see where your feet are standing, and you wonder why you haven't gone under when you feel that your strength and buoyancy are gone--I am your strength, I am your buoyancy, and I will keep you above the water no matter how many waves overwhelm you, because I love you and I will never let you down.

336. You are My precious little flower and I will care for you, guard you from harm, and be your Protector. Stay close to Me, your Coach, and all will be well and you will come through victorious! You have My Word, and what more assurance could you ask for than that? I love you!

337. O thou of little faith,
God hath not failed thee yet!
When all looks dark and gloomy,
Thou dost so soon forget!

Forget that He has led thee,

And gently cleared thy way;
On clouds has poured His sunshine,
And turned thy night to day!

And if He's helped thee hitherto,
He will not fail thee now.
How it must wound His loving heart
To see thy anxious brow!

Oh! doubt not any longer,
To Him commit thy way;
Whom in the past thou trusted,
And is the same today!
--Author unknown

338. So on I go, not knowing,
I would not, if I might;
I'd rather walk in the dark with God
Than go alone in the light;
I'd rather walk by faith with Him,
Than walk alone by sight!
--Mary Gardiner Brainard

339. He took the loaves and fishes few
And fed the hungry throng.
He saw the mite of faith he had
And made the cripple strong.

He took the lumps of clay and gave
The blind man precious sight.
He, seeing Mary's trust in Him,
Brought Lazarus back to light.

He takes my whispered, silent prayer,
My faith like mustard seed,
And makes what once was vague and dim,
Reality indeed!
--Chorsten Christensen

340. Trust Him--when dark days assail you;
Trust Him--when your faith is small.
Trust Him--when to simply trust Him
Is the hardest thing of all.

341. Lord, give me faith!--To live from day to day,
With tranquil heart to do my simple part,
And with my hand in Thine, just go Thy way.

Lord, give me faith!--To trust, if not to know;
With quiet mind in all things Thee to find,
And childlike, go where Thou wouldst have me go.

Lord, give me faith!--To leave it all to Thee,
The future is Thy gift, I would not lift
The veil Thy love has hung 'twixt it and me.

When nothing whereon to lean remains,
When strongholds crumble to dust;
When nothing is sure but that God still reigns,
That is just the time to trust.

'Tis better to walk by faith than sight,
In this path of yours and mine;
And the pitch-black night, when there's no outer light
Is the time for faith to shine.

--Author unknown

342. How often we trust each other,
And only doubt our Lord.
We take the word of mortals,
And yet distrust His Word.

But, oh, what light and glory
Would shine o'er all our days.
If we always would remember
God means just what He says.

--A.B. Simpson

343. Waiting! Yes, patiently waiting!
Till next steps made plain shall be;
To hear, with the inner hearing,
The Voice that will call for me.

Waiting! Yes, quietly waiting!
No need for an anxious dread;
Shall He not assuredly guide me,
Who giveth me daily bread?

Waiting! Yes, hopefully waiting!
With hope that needn't grow dim;
The Master is pledged to guide me,
And my eyes are unto Him.

Waiting! Yes, expectantly waiting!
Perhaps it may be today
The Master will quickly open
The gate to My future way.

Waiting! Yes, trustfully waiting!
I know, though I've waited long,
That, while He withholds His purpose,
His waiting cannot be wrong.

Waiting! Yes, waiting. Still waiting!
The Master will not be late;
He knoweth that I am waiting
For Him to unlatch the gate.

--J.D. Smith

344. Blow, blow, blow! Blow away that dismal despair with the light of prayer!
Wash, wash, wash! Wash that thought away, in this unique way...
Pray a prayer, say and stare
The Devil back, hit him smack!
Raise your sword, chase his horde.
Freak him out, whack him about!
Praise and praise, pull out of the daze!
There's victory promised, for you dear!

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