

Audrey Morrow

Breaking
Limitations
One Day at
a Time

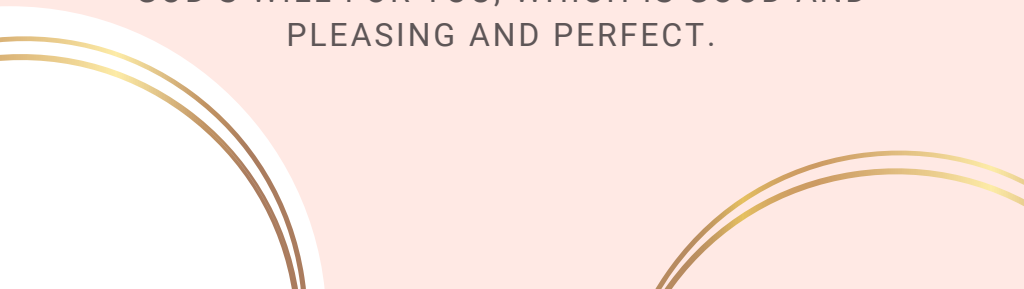
Be Ye Transformed by the
Renewing of Your Mind

W H I S P E R S O F G R A C E

BREAKING
LIMITATIONS
ONE DAY AT A TIME

ROMANS 12 V 1-2 (NLT)

AND SO, DEAR BROTHERS AND SISTERS, I
PLEAD WITH YOU TO GIVE YOUR BODIES TO
GOD BECAUSE OF ALL HE HAS DONE FOR YOU.
LET THEM BE A LIVING AND HOLY SACRIFICE
– THE KIND HE WILL FIND ACCEPTABLE. THIS
IS TRULY THE WAY TO WORSHIP HIM. DON'T
COPY THE BEHAVIOUR AND CUSTOMS OF THIS
WORLD, BUT LET GOD TRANSFORM YOU INTO
A NEW PERSON BY CHANGING THE WAY YOU
THINK. THEN YOU WILL LEARN TO KNOW
GOD'S WILL FOR YOU, WHICH IS GOOD AND
PLEASING AND PERFECT.



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INTRODUCTION

Breaking limitations and long term mindsets isn't easy, we need help – first to be able to recognize what those limiting mindsets are and then to overcome them. As I share my testimony as well as some of the principles and truths I have discovered, I pray that it will help you break through your own struggles and limitations – you may not have a problem with your weight – but these same principles can be applied to any problem, limiting or negative mindsets.

We are all creatures of habit, so therefore we are each easily captured by negative mindsets, which greatly limits us and keeps us in bondage. Instead we can create new habits, which will enable us to walk in freedom and open the door to discover who we really are and what our God given purpose is.

Hebrews 12 v 1 (NLT)

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, LET US STRIP OFF EVERY WEIGHT THAT SLOWS US DOWN, ESPECIALLY THE SIN THAT SO EASILY TRIPS US UP. And let us run with endurance the race God has set before you.

When I study Hebrews 12 v 1 and apply it to myself this is my conclusion: –

God has set before me a race, a plan and a purpose and I want to run with endurance; I want to finish that race well. Therefore, I must identify and strip off every weight and limitation that slows me down, and let go of every sinful or negative mindset which so easily trips me up. There are so many witnesses to this life of faith, whom I can learn from and the bible is full of examples that create encouragement and wisdom. I have no excuse!

Galatians 5 v 24-25 (NLT)

Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the spirit, let us follow the spirit's leading in every part of our lives.

I was ready to ask myself these questions. Are you?

- Have I nailed the passions and desires of my sinful nature to his cross and crucified them there?
- Am I living by the Spirit?
- Am I following the Spirit's leading in EVERY part of my life?

I gave my life to Jesus as a young girl. I was very privileged to have born again parents, who lived what they preached. I understood in childlike faith, that Jesus was my Saviour and friend. I was aware of sin, the difference between right from wrong and can truly say that I knew the presence of God.

I was very sensitive to his presence and his peace from that young age, and that has been an anchor throughout my life. Yet that did not stop me from making wrong choices or getting into trouble and developing limitations and negative mindsets.

I praise God, the one thing I knew for sure, was that no matter how many times, I tripped and failed – ‘never to run from God – but always run to him’. I always turned to my Heavenly Father.

James 4 v 8 (KJV)

Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

Philippians 3 v 12-14 (NLT)

I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing; forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.

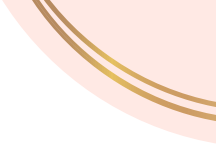
Proverbs 18 v 10 (NKJV)

The name of the Lord is a strong tower; the righteous run to it and are safe.

Sometimes, the Holy Spirit will give me a song, which helps me to express what he has done for me and enable me to encourage someone else. Here is one of those songs.



*The further down this road of life
That I've travelled on
I've seen so many heartaches
I've cried so many tears
I've wandered of and fallen down
Oh so many times
But every time I call out your name
You're there to pick me up again
I'm big enough to know now
I can't make it on my own
I'm big enough to see
I'll only get it wrong
So Father take me by the hand
Lead me like the child I am
Cause I'm big enough to say
Lord I need you everyday*



I knew many scriptures and how to confess those scriptures – but still, I wasn't getting full breakthrough and liberty in my life. This knowledge enabled me to get out of trouble, but I knew that real freedom would be prevention not just a cure. So I set myself to find out more about the freedom promised in this Gospel of the Kingdom that Jesus himself taught.

John 8 v 31-32 (KJV)

*"If ye continue in My word, then are ye my disciples indeed.
And ye shall know the truth, and the truth shall make you
free.*

I made up my mind to stop fighting the limitations to lose weight and instead, seek the strength to change from the inside out.

Chapter 1



Start at the Beginning



I wanted to know 'where to start'? As my husband many times will say "Start at the beginning" but where is that?

The Word of God is always the place to begin, therefore I began by meditating on these 20 scriptures.

1.

1 Peter 3 v 3-4 (NLT)

Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

Remember God does not judge the outward appearance; he is looking at the heart.

Knowing this, I knew I needed to find a way to change my focus from the outside to the inside. I needed to be transformed by the renewing of my mind, I needed to break the limitations and negative mindsets that had held me back for so many years.

How could I involve the Holy Spirit in my food choices?

How could I develop obedience and a gentle spirit?

How could I break the limitations in my life?

Are you ready to ask these questions?

2.

1 Corinthians 6 v 19-20 (NLT)

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honour God with your body.

This is a command not a suggestion.

I had to repent, for I had not fully realized how much God was interested in my physical body as well as my heart and spirit. So many times, Christians focus only on the spiritual. Saying things like “as long as you are saved and going to heaven, that’s all that matters”. The Kingdom of God is much more than just getting to heaven. The Gospel of the Kingdom is full and complete; it covers the Whole Man – Spirit, Soul, and Body.

This has to become a revelation, hence why Paul asked the question – Don't you realise?

It is true that it is our own body and we have a free will, but once we are born again, we must understand that our body becomes the temple of God the Holy Spirit, who desires to live in us. We need to ask the Holy Spirit to give us a conviction and revelation of this amazing truth. Never feel guilty about looking after your body, for it is your responsibility.

We are first Spirit, we have a Soul and we live in a body – we cannot ignore one for the sake of the other.

3.

1 Corinthians 10 v 31 (NKJV)

Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

God without doubt, wants us to take care of our bodies.

What we choose to put in our body is important. What we choose to put on our body is important. Where we go and what we do each day is equally as important!

At the end of a day, can we look back and say that we gave God glory with what we put into our body?

Did we glorify God in our attitude, conversation and behaviour?

I praise God that there is a way to find the strength to make right choices, one day at a time! Through his Word and His Holy Spirit, our Heavenly Father gives us the ability, strength and grace to break every limitation and negative mindset.

4.

Ephesians 2 v 10 (NIV)

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

There are two revelations in this verse – firstly God has a purpose for our lives and secondly we are his handiwork, his creation.

Both are very sobering thoughts.

I used to speak and think, not so nice things about myself. I spoke cruel and ugly words about myself and to myself. I actually thought I deserved things to go wrong in my life.

I needed a new mindset. I needed to discover God's perspective. This verse also reminds me that we are God's treasured work of art. Don't be an art critic of the greatest Artist of All.

5.

2 Chronicles 20 v 12 (NKJV)

For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon you.

After many years of trying to break the limitations and mindsets, the one thing I knew was that I NEEDED HELP!

But more than the help or wisdom of men, I needed help from the one who created me and knew me best. I needed the Grace of God, (his divine assistance) wisdom, and compassion to enable me and strengthen me to take every thought captive. I needed his power to be transformed and renewed.

I needed his help to release the weight and keep it off. I needed his help to make the right choices today that would help all my tomorrows.

What are the negative limitations effecting your life?

6.

Hebrews 12 v11 (NLT)

No discipline is enjoyable while it is happening – it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way.

Change is not always easy, pleasant, or comfortable, but not all change is bad. Remember, growth is change.

We must learn to rely on the fruit of the Spirit in our lives – especially 'self-control'.

Delayed gratification is a wise choice. As humans we want everything right now, we don't want to wait. But sometimes, these are just impulses, and not real desires, so there is never lasting satisfaction. When we give into impulses, we are creating more feelings of guilt and emptiness – and a vicious circle of discontentment, dissatisfaction and limitations.

7.

Galatians 1 v 10 (NIV)

Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.

Sometimes people won't be happy with our choices!

They may try to encourage us to indulge in the wrong things – like food saying “It won't do you any harm”. They may even get upset if we don't join them BUT remember that we are following God's will for our lives. I made up my mind to stay strong in my decisions.

Did I always succeed? No, I failed many times, but I am growing and getting stronger each day – and so can you.

8.

1 Samuel 17 v 47 (NIV)

All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord's, and he will give all of you into our hands.

We are in a battle to make the right choices every day.

That battle is not with ice-cream or crisps, fear, temptation or negative limitations; it is a spiritual battle to which God gives us the victory, through the knowledge of his Son Jesus Christ!

9.

Psalm 145 v 15-16 (NLT)

The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing.

We must learn to identify our addictions and limitations, whether food, drugs, religion or whatever.

Addiction is anything that does not satisfy, instead continually triggers us to want more and more of what we know is not good for us.

God longs for us to walk and live in his freedom to enjoy life. He wants to create in us a new way of thinking and acting.

God desires his children to break every barrier and limitation and enter into his abundant life.

10.

Matthew 6 v 25 (NIV)

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

There's no need to worry.

This was my first stepping stone – Don't stress over which diet to follow – Let God guide you in the decisions you make.

You might say 'Easier said than done' – yes, I agree!

This is the purpose of writing this book, to help you discover, that it is possible and even easier than you can imagine.

11.

Isaiah 55 v 1-2 (NIV)

Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labour on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare.

God is the giver of all good gifts including your food and drink.

Thank God each day for delicious, healthy foods that he has given to enjoy.

Rather than focusing on what to avoid – turn your attention to what you can have. Break through the limitations and see new possibilities.

12.

1 Timothy 4 v 8 (NLT)

Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.

Developing a heart for the Lord is what matters most.

When we desire his presence and his peace more than silver or gold, comfort food or anything else – we will find true and lasting happiness and peace.

13.

Colossians 3v2 (NLT)

Think about the things of heaven, not the things of earth.

What we place our focus on really matters.

It is a spiritual law, that what we focus on is both drawn to us and we are drawn closer to. We must learn to question “What Am I focusing on? Does this really matter in the long term?”

14.

Galatians 5 v 22-23 (NLT)

But the Holy Spirit produces this kind of fruit in our lives; love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!

If we desire any of this fruit in our lives – we must get to know the person of the Holy Spirit.

As we grow in knowledge and fellowship with God the Holy Spirit; the fruit or evidence of that relationship will begin to grow and develop. Then we will have strength and grace to make healthy choices, find peace of mind and release the weight and heavy burdens.

15.

Psalm 63 v 5 (NLT)

You satisfy me more than the richest feast. I will praise you with songs of joy.

Hunger is not an emergency with us in this part of the world. But still we must learn that God will supply all our needs when we trust in him, both with food and most of all with our relationship with him.

16.

Psalm 119 v 143

Trouble and anguish have found me out, but your commandments are my delight.

As we grow in faith, we learn to delight in God's will for us. It is a learning process one day at a time.

17.

Lamentations 3 v 22 v 23 (NLT)

The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.

Each day is a fresh, new start!

This is the importance of living life – One Day at a Time, one step at a time.

If we mess up, own up and turn to the one who is faithful and full of mercy.

18.

Nehemiah 8 v 10 (KJV)

Do not sorrow, for the joy of the Lord is your strength.

We have no real true strength of our own.

We can be strong or stubborn for a while, but keeping it up and maintaining it – is exhausting and limiting.

No matter how much we try, we will always find ourselves right back at the same place. That is why, it feels like our lives are 1 step forward – 2 steps back. It is very frustrating yet this is true in every area of life.

Just when we think we are getting somewhere and making ground, something will happen and we find that we haven't really moved. We are held back by invisible barriers and limitations, created by mental buffers.

The good news is that when we exchange our sorrow and weaknesses for the joy of the Lord, we find his strength to change and grow to new levels – he lifts, upholds and keeps us one day at a time.

19.

2 Corinthians 3 v 17 (NIV)

Now the Lord is the spirit, and where the Spirit of the Lord is, there is freedom.

Food was my best friend and my worst enemy! I craved it, gave into it, binged on it and yet hated myself for doing it. I was limited by my own desires.

Praise God, freedom is mine, and by the power of God the Holy Spirit I am breaking free from every limitation and so can you.

20.

Ephesians 6 v 11 (NKJV)

Put on the whole armour of God, that you may be able to stand against the wiles of the devil.

God has promised that when we are tempted, he will provide a way out. During those times of temptation look up, for a way out and it will always be there.

PAUSE, PRAY AND PLAN!

Pause by taking a deep breath, also recognize why you are being tempted? Take a mental note of what is wrong? Pray and ask God to help!

Plan and decide to make good decisions and choices.

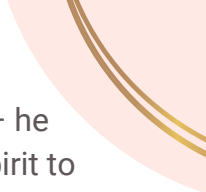
This was a good solid starting point. But even as I read and meditated on these scriptures, I still felt overwhelmed and greatly limited. I was still having a battle in my mind and in my body, with cravings and feelings of hopelessness.

I had discovered light at the end of the tunnel – but I knew I had to press on and not give up!

As I share with you the principles that I discovered, I will share some testimonies along the way of how God spoke and led me into his truth – but I urge you to remember this, the purpose of the testimony is to give you proof that the principle works.

Please remember that how and what God spoke to me was personal to what I needed – **REMEMBER** – God will speak to you in different ways and direct you in your own path.

It is the Word of God that never changes – but from person to person and how God speaks will be different and personal.



Just like God knew exactly what my body needed – he also knows what your body needs. Ask the Holy Spirit to help you to hear his voice, and then allow him to lead and transform you one day at a time.

Chapter 2



Touching Jesus



There was a little woman who had suffered many things for many years, we are told that when she heard about Jesus she said to herself “If I could only touch the hem of his garment, I know I will be healed”. (Matthew 9 and Mark 5)

To touch the hem of his garment meant she had to get close to Jesus. This little woman, is like many of us today, she had tried everything, but only grew worse!

This is definitely how I felt. I had tried everything, I had been to doctors and nothing they did for me or gave me helped, in fact it only made me worse. Wherever I turned for help, it seemed to work for a little while but somehow just didn’t last. All the medical help and good advice – only caused more hopelessness.

Many times, I would find something that would sound so good, which seemed to have the answers. They would talk and talk about having the answer yet not tell you what it was – until you paid for their course or product. I had no money to spare, to chase after these things that were probably filled with empty promises anyway.

In the end, I realized, I can chase my tail and run around in circles, trying this and that or I can ask the One who created me “What does my body need?” and “How can I break this cycle?”.

So just like this little woman, I decided to get close enough to Jesus to touch him. I no longer just wanted to heal; I wanted to be made whole. I had experienced healing many times; I could fill a book with testimonies, BUT now I desired to experience more.

I desired to really experience his freedom and liberty.

Jesus said to this little woman “Your faith has made you whole”. I wanted this wholeness.

We are told that she heard about Jesus, and we are also told that is how faith comes.

Romans 10 v 17 (NIV)

Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.

Maybe she heard many testimonies or only one, we do not know, but whatever she heard stirred up faith to press in through the crowd. This was a real sacrifice because this woman was not allowed to be in the crowd, she was classed as ‘unclean’ because of the ‘issue of blood’ condition she suffered from. This also speaks to us about the isolation and limitations that illness or hopelessness creates in our lives.

This little woman had to push past and breakthrough what others might think or say and put her faith into action.

When we have the desire to touch Jesus – that desire will create the persistence and determination we need to break all limitations one day at a time.

This little woman didn't make herself known, until after she had been healed. This helps me understand the importance of having a personal relationship with our Saviour, who is also our Healer and Deliverer.

We are not depending on others alone to get to Jesus but in our own time, in the secret place, we can touch him. We can talk with him and he can talk to us through God the Holy Spirit. The power or virtue that flowed through Jesus to this woman was the power of the Holy Spirit, that still flows today.

There are two things I desire from this story: -

1. To be like this little woman, to hear, to press forward and to do whatever it takes to get to Jesus to be made whole.
2. I want to be the one, telling others about 'this Jesus' who is the same yesterday, today and forever. I want to be a living testimony to his saving and keeping power.

I love Psalm 145 – which tells us – “God is gracious and full of compassion, slow to anger and abounding in mercy and loving-kindness.” And how we are to speak of God’s glory and talk of his power, to make known his mighty deeds and the glorious majesty of his kingdom.”

This scripture has become my mission statement. I have loved this portion of scripture for many years, I pray it and meditate on it almost every day. It helps me stay on course, and to know that this is my God, this is who he is and I am striving to be like him one day at a time.

That is why I want to share my testimony with you, to talk of the power of God. I pray that faith will be stirred up in your heart, so that you may be like this little woman. No matter how long you have suffered, no matter how hopeless it may seem; your God is able to make you whole.

He has made a way of escape through his son Jesus and has given his Spirit to help comfort and lead us into victory.

Every chain can be broken and destroyed. You can be made whole. I’m not special or better than you, I am just like you. We are each one born in sin and fashioned in iniquity. Put any human being under enough pressure and we are everyone capable of doing anything.

Without Christ we can never be made whole, and without his Holy Spirit we cannot experience true freedom. As you read through these pages, I pray that your spiritual eyes may be opened to the message of the Gospel of the Kingdom, the good news!

I pray that your spiritual ears may be open to hear the Holy Spirit calling your name, one day at a time.

This is why I call the ministry work – “Whispers Of Grace”.

When I began to discover the stillness of his presence, I began to hear him whisper my name, so gently but so clearly. When I hear that gentle whisper “Audrey” I know to get my pen and notebook ready. I write everything down, because I will only forget. I have also found that it is not till later that it makes more sense.

I wasted so many years, without listening for that whisper. Instead all I could hear was the voices of doubt and fear, stress and pressure, driving and pushing me into making decisions. But, now, I have discovered that the Holy Spirit leads so gently.

As a child, I was staying with my Aunt, when one morning while I was upstairs by myself, and heard “Audrey” – it was so clear, I ran downstairs to my Aunt to see what she wanted. She hadn’t called me, but she told me the story of the young boy Samuel, and how it was the Holy Spirit calling my name.

As a child it was so much easier to hear his voice. But as I grew, that still small voice got lost in the midst of all the other voices that surrounded me.

**Praise God, he is patient,
he will never leave nor forsake us;
he was there all the time!**

He is also waiting for you to hear and listen for his voice.

God the Holy Spirit is here on the earth, and He still speaks. He is the one who speaks through the pages of the bible, to those who will allow him. He is the perfect gentleman, he is so gentle, but yet so powerful.

**Just his whisper can bring peace and
his gentle embrace brings a comfort that no man or
woman could ever bring.**

Chapter 3

Focus is the Key to Discipline

John 8 v 12 (NLT)

Jesus spoke to the people once more and said "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life."

Psalms 56 v 13 (NIV)

You have delivered me from death and my feet from stumbling, that I may walk before God in the light of life.

I meditate on these scriptures often, to remind myself that I must follow Jesus only, not religion, my feelings, or other people! I must walk in the revelation that my heavenly Father is the source of life; he alone is my provider and my protector. I want to do what he has called me to do and become who he wants me to be. I desire to break limitations and every negative mindset. Do you?

Then first we must discover what his plan and purposes are.

Be Still – and know that I am God

It is a choice to BE STILL, it does not happen naturally. Sometimes we need to be told “sit down, shut up and listen”.

Many believe that God is real, they pray to God, but never expect Him to speak to them.

Psalm 86 v 11 (NIV)

Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.

The fear of the Lord is not the same as being afraid of God – rather it speaks of a holy reverence and respect. Just like when we speak to anyone, it is always good manners to respectfully listen and allow the other person to speak.

Proverbs 3 v 5-6

Trust in the Lord with all your heart and lean not on your own understanding in all your ways acknowledge him (recognize him, respect and honour him) and he will direct your paths.

Proverbs 3 v 7-8 (AMP)

*Do not be wise in your own eyes;
Fear the LORD [with reverent awe and obedience] and turn [entirely] away from evil.*

It will be health to your body [your marrow, your nerves, your sinews, your muscles--all your inner parts] And refreshment (physical well-being) to your bones.

TO DO OR NOT TO DO

Whenever we meditate on these scriptures, we will notice that there are things we are to do, and some we are not to do.

Many use a 'TO DO' list – but I have discovered, that God also gives us a 'NOT TO DO' list.

For example, in proverbs 3 v 5-6 we are commanded to trust in the Lord with all our heart, but in v 7 we are commanded to be not wise in your own eyes.

It makes perfect sense, that we cannot be trusting God with ALL our heart, (that is our will, mind and emotions) and at the same time be thinking that we are wise or that we know best.

Have you come to that revelation yet? Have you worked out, what is your own will verses what God's will is?

This is what I had to do; I kept looking into these scriptures, until I could see where I was trusting in God and where I was still trying to lean on my own understanding.

I found verse 7 very challenging. We are commanded to fear the Lord with reverent awe and obedience.

Many times it is so easy to stand in awe of God and his creation, when we behold the beauty and majesty of the sky, flowers, birds, animals, the mountains and oceans, or the stars at night.

What about obedience?

Obedience doesn't come just so easily, because that requires discipline. Yet verse 7, continues by saying, 'to turn (repent) entirely from evil'. Again, it is easy to list the sins that we don't do, but what about searching our hearts for all other hidden sins.

I began to pray, like King David, search my heart and cleanse me from any hidden sins.

Psalm 19 v 12 (NLT)

How can I know all the sins lurking in my heart? Cleanse me from these hidden faults.

We must understand that the nature of every man is a sinful nature, a selfish nature and that the heart of man is deceitful above all things.

Without God's divine assistance (His Grace) human nature is limited and we are helpless victims to time and chance.

Jeremiah 17 v 9 (NLT)

"The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?"

God is very concerned about the condition of our heart. It takes the mirror of the Word of God, to reveal the motives and intentions of our heart. We can do and say all the right things outwardly and remain in sin inwardly.

This is especially true, within Christian circles; we can seem to be doing all the 'right' things, helping others etc. only to find ourselves, spent, exhausted and greatly limited, even in our work for God.

God doesn't want his children ending in burn out but he wants us to be a continual burning bright light shining as a witness of his glory and strength.

His plan is for us to be transformed by the renewing of our mind so that we can become more like him. But we need his help.

Hebrews 4 v 12 (NLT)

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

The Holy Spirit is our teacher and comforter; He is the Spirit of Truth the one who reveals God's Ways to us.

God has a standard and that is why he looks at the heart, not just the outward appearance. Men judge from the outward but praise God, he sees us, as we really are and continues to love us.

That is why it is safe to come to him and pray, "Search my heart and show me anything that is not pleasing in your sight".

He doesn't condemn us, as he shows us what is wrong but instead he gives us his grace to turn away from sin and turn to him. He already knows our every weakness and limitation, so he offers us his strength to breakthrough and overcome.

The closer we come to him, the more aware we become of our own weaknesses, limitations and negative mindsets.

When our desire to know him is greater than our desire for our own comfort, we will finally be empowered to change, one day at a time.

Human nature does not usually welcome or enjoy change, yet every living thing on earth by its own nature is continually changing. Nothing stays the same. No change means 'stagnant' or death. Water is a great example, if just left sitting, it will soon become stale, begin to stink and become useless, no matter how pure it was to begin with.

Our day to day habits can cause our lives to become stale and stagnant OR we can develop new daily habits that will keep us fresh, vibrant, flowing and growing.

I truly believe that, true transformation begins in the knowledge of truth, which is in the light of God's Word. We can work really hard through our own motivation and will power or we can allow the power of God's love, peace and joy to come alive in us and change us from the inside out, one day at a time.

One thing is for sure, we all like to see quick results or we will quickly lose heart.

God wants to give you a testimony, he wants you to experience his peace, not just to talk or read about it. As you encounter his presence, you will find that motivation and excitement for life will increase naturally.

When I fell sick, and ended up in hospital, my body had lost all strength, the doctors did everything they knew to do, yet nothing was working. Every day, for 3 weeks they kept telling me, that I was very ill, yet they didn't know why or what to do about it.

I praise God that even when my body was so weak, my spirit was alive and well.

In those moments when the pain was unbearable and I was so weak – ALL I HAD – WAS ALL I NEEDED – his Word hidden in my heart, his Word working in me, and the Spirit of God, his very breath living in me.

I remembered my dad's testimony of when he knew he was in trouble and felt his life draining from his body.

He had a duodenal ulcer that had burst, and as he was losing blood and strength, he prayed “Lord, I’m giving myself into your hands, you take it from here”.

He had a young family and a wife who was pregnant, and many reasons to fear and panic.

Instead, he made the decision to relax into the hands of his heavenly Father, who miraculously raised him up. Even as the doctors were ready to call time of death, he opened his eyes. The doctors explained about how much blood he had lost and that he would need a very serious operation, but Praise God, he never had that operation. That was when I was 8 years old. As a result, no-one will ever talk me out of the power of God to heal. And as I lay, weak and helpless physically, I heard that gentle voice of the Holy Spirit, bringing the Word of God to my remembrance, just like Jesus promised he would.

I felt that river of peace flowing. I remember seeing so many desperate patients, stressed nurses and doctors and I began to weep. The doctors came to me, asking, ‘Are you crying? What’s wrong?’ The only words I could get out were ‘it’s the pain’. A few different doctors and nurses said ‘I have never seen anyone cry like this for pain’. They seemed confused or amazed. Yet, I was thinking, that was a very strange thing for them to say, I thought, people are crying all over the place, how can they say that.

I was confused at first, but then as I pondered over this, I began to realise, I was weeping for the pain, I could see around me, the pain of those who had no peace and no hope. It wasn't my body that was weeping, it was my spirit.

I remembered what God had told me some months earlier, about how he would cause me to see the pain of fear on the faces of people, and how it would be difficult to look at, but he would be with me!

I had such a joy in my spirit for the presence of my Saviour, in my time of need, but a realization that it was only by the grace of God, that I was safe. There was no fear, and it felt like I was in a cocoon in the midst of tumult and confusion. I was held safe, by his love and grace.

I was weeping for the lack of knowledge of the Almighty God – who loved the world and had given his own son, to die in their place! Yet I was unable to do anything about it.

Since then, he has allowed me to see the strongholds in the hearts of men and women. I now see how much we need the power and fire of the Holy Spirit in our lives, to make a difference in this world.

No longer will a weak message reach this lost and dying world, but only the living powerful Gospel of the Kingdom.

I also realized that, my time in his presence and in his Word, shut off from the cares of this world, was the most precious thing to me in that place.

My relationship with my Saviour was what really mattered in those moments.

I remember a voice coming to me “just close your eyes and go home” and I honestly felt that would have been so easy. BUT then like a sword rising up in the hand of a warrior who was bowed low in the mud, the words “I am not finished my work. What about all the things I have been commanded to do, I will not die but live and glorify my God” rose up inside of me.

Another Little Song

*I will run to you and take you at your word
I will rejoice and rest in your presence Lord
You are my hope, You are my strength
I trust in you alone*

*Your Love, Your Grace, Your Power, Your Peace
Keep flowing over me*

*I cry out Abba Father
I worship you my Jesus
I cling to you Holy Spirit
I love your Word and I love your ways*





Whispers of Grace

Audrey, I am doing wonders for you as you spend time with me. I am moving things you cannot see. I am doing a work in your heart that will not only set you free but will sustain you in this next year. I have told you to hold on tight, that is what you are doing when you read my Word.

I am going beyond your imagination because I have called you for this time.

Yes, I have kept you through every trial, test and storm. But now you will know that as I have kept you in the past, even when you didn't know me fully, NOW I will keep you and be with you.

Many times the enemy had desired to destroy you BUT my name was upon you. My hand was upon you. You were marked for me and could not be destroyed. Now with confidence that I AM with you, you are mine, and that you belong to me, you will bring glory to my name. You will remember your shame and know that I have forgiven you and made you whole and as you move forward, never forget that I AM with you!



Like Joseph, you are prepared for where I am taking you.
So walk with confidence. Those I lift up will not be
brought low. I choose you, I called you and I ordained you.
You are mine.

Like the secret to Samson's strength was in his hair, the
secret of your strength is in my presence and time in my
Word by Grace and Truth.

This was one of the words the Holy Spirit whispered to
me months before I went into hospital.



**Praise God - he knows,
what we need in advance.**



Chapter 4



Time in the Presence of God is never wasted



What is your most precious treasure? Is it your family, your job, your money or even your ministry?

After our soul, the most precious asset we possess is TIME, we have been given a short space of time on this earth, time that we are supposed to accomplish the purpose of God in our lives. Mostly we are totally distracted, by the cares of this world and the demands on our lives that we never get round to discovering what God has purposed for us to do.

Most people feel they have no time to read the bible or to pray. They feel that they are so exhausted, and therefore can't concentrate. But the truth is that we all have 24 hours in a day.

What we do with our TIME is our choice!

God will not make us do anything, he calls us, he will enable us, but he will never make us.

Learn to recognize when you are being pushed or feel overwhelmed – and know that this is not from God.

Proverbs 16 v 3 (AMP)

Commit your works to the LORD (submit and trust them to him), and your plans will succeed (if you respond to his will and guidance).

Time invested in a personal relationship with the Holy Spirit and The Word must be our top priority! Reading books and listening to teachings are very good, filling our eyes and ears with good things. But the time we give to sit down to BE still and know that God is God, will produce more than anything else.

This takes focus and focus takes discipline.

It may be difficult to begin with, but it is possible. Because, the God you are seeking is also seeking you, he gives us grace, his divine assistance, when we make up our mind to seek him. Just like he promised in: -

Jeremiah 29 v 13

NLT - If you look for me wholeheartedly, you will find me.

KJV – Ye will seek me, and find me, when ye shall search for me with all your heart.

AMP – Then (with a deep longing) you will seek me and require me (as a vital necessity) and (you will) find me when you search for me with all your heart.

(NOTE: - I like to compare different translations; I find it gives me a greater insight and understanding)

Falling in love with God, His Word and His Holy Spirit will happen naturally as we seek to know him more. When we worship and thank him for who he is and what he has done for us, rather than just coming to him with a prayer list.



Growing in Faith
According to 2 Peter 1 v 2-11 (NLT)



2 May God give you more and more grace and peace as you grow in your knowledge of God and Jesus our Lord.

3 By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvellous glory and excellence.

4 And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires.

5 In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge,

6 and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness,



7 and godliness with brotherly affection, and brotherly affection with love for everyone.

8 The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ.

9 But those who fail to develop in this way are shortsighted or blind, forgetting that they have been cleansed from their old sins.

10 So, dear brothers and sisters, work hard to prove that you really are among those God has called and chosen. Do these things, and you will never fall away.

11 Then God will give you a grand entrance into the eternal Kingdom of our Lord and Saviour Jesus Christ.

Chapter 5



All Life is Spiritual



Once we begin to understand that everything in life is a reflection of what exists already in the spiritual realm, we will realise that we had better get that spiritual realm into proper order. This should be our priority one day at a time.

Many times, it feels like life is out of control, and we are victims of time and chance.

We might look at others and think, it's ok for them, they don't have the same background or issues that I have to deal with. You may blame what has happened to you as a child, or other life experiences; you may even believe that others are just lucky.

It is a hard fact of life that we cannot simply blame circumstances or other people alone, we are each responsible for making the right choices, day by day.

We are not fully aware, of the consequences of our daily habits and choices because not everything manifests quickly.

Thanks to the grace of God there is a time delay, which gives us time to repent.

For example, we know the Bible declares that the wages of sin is death, yet, we don't fully walk in the revelation of that. We do not sin today and drop dead right away. But when we sin, something IS dying in us, could be our joy, love, and strength, the will to live or enjoy life. Our Visions, hopes and relationships are all suffering, like a very slow death.

Praise God, for his mighty Grace, he not only gives us time to repent, but he also restores lost time, when we turn to him.

NOTE: True Repentance is turning or returning to God. This is not only how we get saved but this is how we live daily. A life of repentance is not about being 'sin' conscious or feeling condemned, but rather a life that is constantly remaining in alignment with the heart of our heavenly Father. Staying in agreement with him at all times. Continually being aware of his ways, which does not bring us into bondage, but rather into a place where we can experience his best in our lives – the Abundant Life and Freedom from every burden.

Under the Law of the Old Covenant, there were many violations of God's law that demanded immediate stoning to death.

Aren't you glad we are living in the Day of Grace?

No matter how far we are from God and his will for our lives, we can turn or return to him, and he has promised that he will not turn us away.

The best way, to know this grace is to come to him daily, and to talk to him about everything. Ask for his help and mercy, and rely on and trust him completely, one day at a time.

Hebrews 4:16 (KJV)

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

Ask any Pastor or Minister and they will confirm that most people just want to talk about their problems and ask for prayer. I have found that is not a solution, it may give them a little release to get it off their chest but there is no long term change.

Simply, because if someone tells me, how they have failed and I, knowing that I have also failed many times, will say 'it's ok – turn to God, repent and all will be well'.

Most of the time, I get the sense that they are not telling me the whole story, they are only telling me their side of the story. God even shows me sometimes, what is really happening, but very rarely, is the person ready to admit it, so their prayer remains unanswered. Then they are left feeling disappointed.

BUT, when we come to God, before his throne of Grace, truly acknowledging his Majesty and his Glory! We stand completely bare before him, we cannot blame others, or justify our actions, we have no excuses or alibi.

We must be totally honest and broken before him!
Because this is where true healing, forgiveness and deliverance flows.

The best way to the path of victory is to set time aside to be still, in his presence. Surrendering and giving him, our days, and asking for his light in everything.

When we want anything to change in our lives, we must first be willing to change.



We are changed in his presence.





Another little song: -

*Your loving kindness and tender mercies
Are new every morning, are new every day
Your favour surrounds me, your grace makes away
As I walk hand in hand with you
As I walk hand in hand with you*

*I will wake in the morning
To the joy of your presence
I will say Thank You Lord
For this a brand new day
I surrender all my thoughts
All my plans, all my ways
Into your perfect love
Into your perfect love*



I really wanted to win the battle of being overweight, feeling unfit and unhealthy. I had to be willing to change, but knew that change had to come from the inside. I had tried everything in my own strength yet nothing had worked. When I came to my creator, the one who knew exactly what my body needed, I was empowered by his grace and divine assistance to let go of trying and get hold of his peace, his Word and His Light. Then, I was able to let go and lay aside every weight spiritually, mentally and physically. As the release and lightness came into my spirit, it liberated both my mind and body.

It is ok to have plans and desires, but we must learn to commit them to our Heavenly Father.

Psalm 37 v 4-5 (NKJV)

Delight yourself also in the LORD, and He shall give you the desires of your heart. Commit your way to the LORD, Trust also in Him, and He shall bring it to pass

I made the decision to make my personal time, and relationship with The Word and the Holy Spirit a priority and it has changed my life in so many ways.

The amazing thing about the principles of God's Word is that they work. They work for anyone, no matter what background, age or situation. They work for anyone who will put them into action while trusting fully in God.

Make time, to pray, make time to read the bible, make time to BE still. It will be the greatest investment you will ever make.

Chapter 6



Discipline yourself to read the Bible



A major change in my life began when I decided to follow a plan to read the bible in 90 days. It was at the beginning of the year, during a 21 day fast. I found it difficult to do a full fast, while cooking for my family, so I fasted during the day, and then had one meal in the evening, during that time, was a good time to start the reading plan. I admit that at first it was difficult, I had never read every word before, I would usually have skipped over the names etc. I soon began to enjoy it, and have continued to read the bible cover to cover. What I discovered, was the more I read, the more I discovered. I have fallen deeply in love with the Word of God and I love how the Holy Spirit speaks.

NOTE: There are many different reading plans. Find what works for you – and then commit to doing it. Even if at first it's difficult to understand or you feel you're not getting anything from it, keep going.

When you open the Bible you make room for God to speak but don't miss the point – It's a personal relationship with the Holy Spirit and The Word.

You open the bible but it is the Holy Spirit that opens the Bible up to you.

Without relying on the Holy Spirit, who is the Spirit of Truth, the revealer, the teacher and the comforter, you will not be able to truly understand what you read. You will have head knowledge, mixed with the confusion of human intellectual limitations and men's religious explanations. But when you become like Ezra and are determined to study and obey the Word of the Lord, it will be a light to your path and a lamp unto your feet. Insight, revelation knowledge will come, light will shine, if you continue, if you allow it to. It will change you on the inside, then pour out into your thoughts and overflow to your body affecting everything and everyone around you.

Ezra 7 v 10 (NLT)

For Ezra had devoted himself to the study and observance of the Law of the Lord, and to teaching its decrees and laws in Israel.

Psalms 119 v 105 (KJV)

Thy word is a lamp unto my feet, and a light unto my path.



Whispers of Grace



“Audrey there is a way that provides my best for you, a way of total submission and obedience to me and a way that provides such depths of provision and blessing that you cannot even imagine. My children, don’t attain to it – their focus is too low. But lift up your eyes from this day forward and march forward – because I have prepared the way – as you take the steps I put in your heart – I will strengthen and bless your days – and you will be a blessing unto others.

As you fill your day with me so I will fill your day. Give me your mornings – give me your breakfast and you will walk in my divine health. All damage will be reversed. Get ready to be amazed. Keep your eyes fixed firmly on me. I will show you the way to your blessing. I will open doors of promotion to you. As you give me your days. I give you my life. The desire of your heart is to see my life demonstrated for all to see – delight yourself in me and I will give you the desires of your heart.

You are my Ambassador – I will give you the inspiration, revelation and knowledge – continually along the way. New people are coming into your path. Don’t look to the people – look to me, for I will speak through you to meet their need and to bless them. Be bold and speak what I burn in your heart.



Be filled with me and I will overflow to others, your mouth is my speaker, your heart is my transmitter and receiver – like a radio – stay tuned to me. The more disciplined you are to stay filled, the clearer my voice shall be. Stay charged by praying in the spirit, stay filled with my Word. I am in your dream. It is from me. Hold to it, let it develop. Take it and never doubt. All things are possible.

You will be able to say. LOOK what the LORD has done. Expect supernatural assistance. What you expect you will be able to receive. You will not be disappointed. Be diligent – dedicated – focused – the speed is determined by your obedience and submission.”

NOTE: This is how the Holy Spirit speaks to me – BUT REMEMBER – Allow him to speak to you – in your own unique way of hearing. Never compare yourself with anyone else.

I knew I needed his divine assistance, and that it was only going to be found in him alone. I knew that the work I needed was not from the outside but from the inside. I didn't fully understand, and I could not have explained it to you then, but as I took God at his word, step by step, everything began falling into place, one day at a time.

The completion is always determined by getting started and if you don't start you cannot finish.

If I start the day with the knowledge of his loving kindness, which is new every morning, I will finish the day with the knowledge of his faithfulness.

Psalm 92 v 2 (KJV)

To shew forth thy lovingkindness in the morning and thy faithfulness every night.

According to the instruction the Holy Spirit gave me, the first step I had to take was to replace 'my bread' (my breakfast) with the 'Bread' of life, every morning.

I needed the comfort of the Holy Spirit within me, through fellowship, communion and meditation, not the comfort of food.

Psalm 94 v 19 (NLT)

*When doubts filled my mind,
your comfort gave me renewed hope and cheer.*

Remember if we delight ourselves in the Lord he will give us the desires of our heart.

I decided to obey, I began to give my breakfast to the Lord, instead of feasting on physical food; I was feasting on his word, the Bread of heaven. I felt led to have hot water and lemon, and found that I could spend hours reading or studying The Word, not eating until around 2pm.

When we obey, there is a strength and grace (divine assistance) that empowers us!



I was amazed at how easy this change was for me. My mind thought, I will not be able to do this, but my spirit said 'I can do all things through Christ who strengthens me'.

NOTE: Remember that I had time to read and study for hours. Be led by the Holy Spirit, he knows what is best for you.

I was feasting each morning on the Word of God, and falling more in love, as the Word was opening up to me. The spiritual nourishment was overflowing into my mind (my soul – my will, mind and emotions) and physical body.

Some might call this intermediate fasting, which is simply giving your digestive system time to rest and recover. Intermediate fasting is a good practice, and there are different times and plans according to different body needs. But I was receiving much more; I was being fed from the life giving fountain.

I found this quote "Most people are over fed and under nourished". This made so much sense to me, I felt that my body was not getting the nourishment it required.

There is a spiritual meaning to this quote also. Many times we can be full of teachings and information about God and his Word – and still be under nourished. Simply because we require more than head knowledge alone.

We must know God personally; we need that personal relationship that draws revelation and wisdom from his heart directly into ours!



The next thing to happen to me was a revelation of victory. I knew, about the victory that Jesus had won on the cross, I knew about how he had broken every curse, but now it was made personal to me. I discovered this great mystery “Read the Bible, until you find yourself there in the pages”.

When you read the bible and find Jesus it is most wonderful but when you find yourself also it is life changing.

One of those times for me, was in Romans chapter 6. I will share more about this in the next chapter.

As I read Romans 6 and meditated on it, the chains were falling, and being destroyed. I was being made free.

I cannot explain how he did it, I can only tell you, with joy, that those chains that had held me in bondage to food and a poor self-image were destroyed. I knew something had changed, something that I couldn't do by myself. I knew freedom for the first time! My focus on food was gone, my desires and tastes had changed. Did it happen overnight? Yes, and No! Yes, it happened very quickly, but I didn't fully realise what had happened. It took me a little while to process this change.

Like, when someone becomes a new born again Child of God, they make the decision and choose Christ as their own personal Saviour, and from that very moment they are made new; but it's not until sometime later they look back and say – ‘I don't know how he did it, but I am not the same person I used to be’.

One day at a time, I surprised myself. My thinking changed, my desires have changed and my outlook has changed. I even regained my original body shape.

The invisible barriers and limitations where breaking.

We are constantly told that as we get older, it is harder to lose weight, with age, things like menopause and hormones our bodies change etc. I am about to celebrate my 50th birthday and God is proving that His way doesn't depend on what men may say or think.

I can truly say that the release of physical weight was only a reflection of the weight lifted from my soul. I had found lightness in my spirit, soul and body.

It is at this point, when God begins to bring us into transformation, we either embrace the new and throw away the old, or we chose to hold tight to the old and refuse to change. This is not wise! We cannot go back; we can only go forward.

Mark 2 v 21 -22 (NLT)

Jesus said "Besides, who would patch old clothing with new cloth? For the new patch would shrink and rip away from the old cloth, leaving an even bigger tear than before. And no one puts new wine into old wineskins. For the wine would burst the wineskins, and the wine and the skins would both be lost. New wine calls for new wineskins."

Hebrews 12 v 2 (AMP)

[looking away from all that will distract us and] focusing our eyes on Jesus, who is the Author and Perfector of faith [the first incentive for our belief and the One who brings our faith to maturity], who for the joy [of accomplishing the goal] set before Him endured the cross, disregarding the shame, and sat down at the right hand of the throne of God [revealing His deity, His authority, and the completion of His work].

Philippians 1 v 6 (AMP)

I am convinced and confident of this very thing, that He who has begun a good work in you will [continue to] perfect and complete it until the day of Christ Jesus [the time of His return].

God has a good plan, and we must not fight against him, but rather, yield to him. Take the steps, no matter how small they may be and allow him to lead you.

“One Day at a time – with Jesus” is the BEST ADVICE

As my spirit and soul were being nourished and fed on the Word of God, my flesh began craving the proper food, the food that my body actually needed.

After being in the hospital for 3 and a half weeks, and not eating much, I was so disappointed that I hadn't lost weight. I didn't have much of an appetite, plus the hospital food wasn't very appetizing. During the weeks that followed I took a notion for smoothies. I thought I need some fruit and veggies, to rebuild and strengthen my immune system.

But the truth be told this was 'a little of my own thinking'. The actual thought that came to me was about juicing fruit and vegetables. But I was very resistant to that thought because I had memories from years ago when my parents had juiced and I thought, oh, that's a lot of bother, it's expensive, buying all that fruit and do I really want all that cleaning up etc.

BUT, the smoothies didn't satisfy me. That was my 'easy way out', because I thought it would be the same thing, and all I would have to do is throw everything into a blender.

It is part of our human nature, to look for the path of least resistance, but that is the flesh (human) way. Our flesh does not like discipline. But never let the lack of understanding, stand in your way of success or change!

I had found a book in a charity shop about juicing and I actually read it through twice, thinking, this sounds good, but I'm not sure if it's for me. But it wouldn't leave my mind, so I finally did it.

Through different information that came into my path, I discovered that what I needed was the goodness from the fruit and vegetables; however, my digestive system was unable to break down and extract what I needed. The juicing was a way of doing the hard work for my digestive system. In a way, it gave my system time to rest, heal and to be restored.

This speaks to me, about everything in our lives. If we feel overwhelmed, we will get exhausted and usually end up giving up, feeling like a failure or even hopeless.

It is best to take small steady steps, rather than biting off more than we can chew!

One of the greatest things for healing is rest. We need to rest from the pressure and stress of circumstances. We need rest in our physical body and soul. True rest comes from the Prince of Peace, when we come to Jesus, he is Peace, and he has given his peace to us to find rest for our souls.

One of my favourite scriptures: -

Matthew 11 v 28-30 (NLT)

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Many times we want to leap and run before we can even crawl. Allow yourself to be led by the Holy Spirit, step by step, little by little, precept upon precept.

ONE DAY AT A TIME



Change comes easy when it is broken down into simple steps. Any plan is made possible when we know where to begin, what the end result is and when we are willing to follow step by step.

Whatever challenge we face, we can apply these same principles

1. Trust in the Lord
2. with all your heart
3. lean not on your own understanding
4. he will direct your path

We are always trying to find the right path. When all the time, we are missing steps 1, 2 and 3 because step 4 comes from God.

If we commit ourselves to do steps 1, 2 and 3 God will take care of the rest.

Break every limitation and enter his rest today, let go and give God the Holy Spirit the permission to lead you, one day at a time.

Chapter 7

Sins Power is Broken

My battle to be a healthy weight was defeating me UNTIL I stopped trying to do it by myself. Over the years, I like many tried everything I could find. I went to slimming clubs and lost more £s than lbs. I researched and tried to get my head around what to eat and what not to eat, but following diets always finished with me feeling more hopeless and actually physically sick.

A few years ago I had been going to a slimming club with a friend. I had been following their nutrition plan, which in return had lost some weight, very slowly, but gradually I was feeling worse and worse physically. I was eating all the foods that were supposed to be healthy. In fact, I had become very ill.

I finally went to my GP, and after some tests, I received a phone call one Thursday evening around 8pm, I was quite surprised, to hear it was my GP. She said that the tests were showing dangerous levels of inflammation and that she needed to refer me urgently to a specialist.

Within the next month, I had examinations, exploratory surgery and appointments with the Consultant. All the evidence was there for Inflammation Bowel Decease IBD. BUT the Word of God had already been planted deep in my heart and was producing a strength within me, that I knew was not my own.

I was reluctant to start on medication, not that I am against medication, but I knew from past experience that my body is very sensitive to any form of medication. So I asked if I could control this by diet. But the Consultant just continued to explain how this is a lifelong disease that would require medication for the rest of my life with the probability of surgery in the future.

Still the Word of God was speaking louder saying “Whose Report will you believe”? As I began this next part of my journey, the Word of God continued to grow and strengthen me. I was doing great, for months, until I suffered a back injury. I was in extreme pain and because of pain medication; my body fell into another spin of ill health.

I knew that the extra weight was not helping, but now I felt totally confused and helpless. I didn't know what to eat for the best and now my hopes of exercising were also greatly limited. But again, The Word of God prevailed.

I share this with you, to give you a glimpse into how desperate I was, and also, to let you know, that I understand how frustrating it can be, to do everything you know to do and still nothing works.

There is nothing difficult for our God!

Once I got a hold of the revelation that sins power has been broken and that I was no longer a slave to overeating, ill health, any negative mind-set or limitations and began allowing the Holy Spirit access to transform my thinking – I lost 2 stone, in a matter of weeks.

People started asking me, how did I do it? But I couldn't tell them, because it was not just one thing, it was really not what I was doing, but who was doing a work in me!

Reading Romans 6 is where the revelation began to flow.

I like to read the bible out loud, and as I was reading, this is what came out of my mouth:-

Romans 6 (NLT)

*1. Well then, should we keep on sinning **and overeating** so that God can show us more and more of his wonderful grace? 2 Of course not! Since we have died to sin **and overeating**, how can we continue to live in it? 3 Or have you forgotten that when we were joined with Christ Jesus in baptism, we joined him in his death? 4 For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.*

NOTE: Obviously the words '**and overeating**' are not written in these verses, but this is how the Holy Spirit showed me that I needed self-control and that I needed his help.

You can add any addiction, fear or negative limitation. Religious mind-sets, have given us a list of sins, that we should not do. But sin, simply means, anything that is not in line or in agreement with God's Word or his ways.

My overeating would not be classed as a sin, in most Christian circles, but it was doing my body harm, and my body is the temple of the Holy Spirit.

Being a few stone over weight, not only was damaging my body and my health! but God was also concerned about it. Not just because of the weight, but because I was getting comfort from food, and not from the Holy Spirit.

God does not want his children to live under bondage or slavery to anything. Jesus paid the price with his own body to give us freedom and liberty from all the curse of sin.

JESUS CAME TO BREAK EVERY LIMITATION

As you read through the rest of Romans 6, I will leave room, for you to put whatever issue, bondage or limitation that you require total freedom and liberation from.

Make it personal and let the Holy Spirit open your spiritual understanding.

5 Since we have been united with him in his death, we will also be raised to life as he was. 6 We know that our old sinful selves were crucified with Christ so that sin and _____ might lose its power in our lives. We are no longer slaves to sin and _____. 7 For when we died with Christ we were set free from the power of sin and _____. 8 And since we died with Christ, we know we will also live with him. 9 We are sure of this because Christ was raised from the dead, and he will never die again. Death no longer has any power over him. 10 When he died, he died once to break the power of sin and _____. But now that he lives, he lives for the glory of God. 11 So you also should consider yourselves to be dead to the power of sin and _____ and alive to God through Christ Jesus.

12 Do not let sin and _____ control the way you live; do not give in to sinful desires. 13 Do not let any part of your body become an instrument of evil to serve sin and _____. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God.

14 Sin and _____ is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.

15 Well then, since God's grace has set us free from the law, does that mean we can go on sinning and _____? Of course not! 16 Don't you realize that you become the slave of whatever you choose to obey? You can be a slave to sin and _____, which leads to death, or you can choose to obey God, which leads to righteous living.

17 Thank God! Once you were slaves of sin and _____, but now you wholeheartedly obey this teaching we have given you. 18 Now you are free from your slavery to sin and _____, and you have become slaves to righteous living.

19 Because of the weakness of your human nature, I am using the illustration of slavery to help you understand all this. Previously, you let yourselves be slaves to impurity and lawlessness, which led ever deeper into sin and _____.

Now you must give yourselves to be slaves to righteous living so that you will become holy.

20 When you were slaves to sin and _____, you were free from the obligation to do right. 21 And what was the result?

You are now ashamed of the things you used to do, things that end in eternal doom. 22 But now you are free from the power of

sin and _____ and have become slaves of God. Now you do those things that lead to holiness and result in eternal life. 23 For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.

NOTE: This is not adding to the Word of God, but simply identifying, and calling something what it really is. God has given his Son, to die in our place; there is no justification without Jesus. If we try to justify something in our lives, God is not pleased. He requires us to come into agreement with him concerning everything. We know, that the first step for any recovery is to admit, that there is a problem. If we remain in denial, we will never be able to find freedom. Likewise, God requires us to identify the areas of our lives that are out of order. Identifying those things that are causing us distress, or dis-ease in any way. He wants us to give those things to him, he wants our hearts, and he wants to set us free. He only wants the best for you.

Chapter 8



Alignment



Even the biggest door can be opened with a small key.

When I was young, I had a chain combination lock for my bicycle, it had only 3 numbers, but if it wasn't properly aligned it wouldn't work.

We can also have all the ingredients for a meal and still not know what to do with them. Many times, I have read a recipe and some of the ingredients I have never even heard of! Have you ever tried to bake a cake, following the instructions but still it didn't turn out just right? Maybe you didn't have the exact ingredients, the proper equipment, made a few substitutes, or took a short cut thinking it won't make a difference? Maybe it was under or over mixed, or the temperature in the oven wasn't just right. But in the end all you wanted was a cake, that tasted good. Many times, these things can be made better through practice. Try as much as you like – not everything gets better with practice. You need to take careful note of where your mistakes are. But the truth be told, we don't always recognise our mistakes.

We wonder why is it that I'm doing everything I know to do and it's still not working. The key is in our own question – 'there must be something you don't know'.

If something isn't working, it's time to stop, look and listen.

Jeremiah 6 v 16 (NLT)

This is what the Lord says: "Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls. But you reply, 'No, that's not the road we want!'

Simple steps of obedience require peace and that peace comes only from Jesus who is the Prince of Peace. We first need to hear, then by his grace, divine assistance and mercy found at the throne of God together with the patience of the Holy Spirit working in us we can obey.

We understand that grace is how we enter God's Kingdom, but though we sing about this Amazing Grace, how many can truly say, they are growing by the grace of God, being strengthened by his divine assistance every day, growing from grace to grace, glory to glory and strength to strength?

We need his help to break every limitation 'one day at a time'.

Hebrews 4 v 11 (NIV)

Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience

We are quick to fight demons, and do all sorts of work – but the labour that really matters is to enter his rest. To enter into and experience what Jesus has made available for us.

Hebrews 4 v 9-11 (NLT)

So there is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labours, just as God did after creating the world. So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall.

The last year and a half, I have been forced to physically rest, due to a back injury. But, instead of giving into the boredom and frustration, I decided to use that time to study and invest my time wisely in God's presence and his word. I am reminded, that a few years ago I had prayed Lord, free my time for more of you.

Now, I am NOT SAYING, God injured my back to give me more time with him, NO, that is not his best plan for me, but he has promised to work all things together for good, for those who love him and are called according to his purpose. (Romans 8 v 28)

Even before the injury, I had been doing a 30-day challenge, rising a couple of hours earlier to pray and study. I felt good, and then WAM – out of the blue the pain hit into my back. I didn't know, at first, but I had a fracture in my spine between 2 damaged discs. This changed my routine completely.

I believe this was the enemy's plan, to distract me. The thought did come to me, 'This is what you get for all that praying and fasting'. But I knew enough to reject that thought and send it back to hell where it came from. I knew enough to rejoice, not in the pain, but that my God will never leave me nor forsake me.

If anything, it made me even more determined to press into God's word and presence even harder than before.

I have been a Christian for many years, being saved very young and I have seen many Christians get on fire for God, then an attack would come that knocked them back or stopped them altogether.

Many times, I heard things like "Every time I move for God, I get knocked back or come under attack". They lose their momentum and many times never gain it back.

I made up my mind – that I will take God's way – no matter what. I have learned that the battle belongs to him.

Here's another little song.



*Dark Clouds may gather all around me
But still your light shines through
Your Holy Spirit gently guides me
And brings sweet comfort to my soul*

*My hands may grow weary
Yet I will cleave to the sword
I will cling to your mighty promises
And I will stand upon your Word*

*Even though I'm on my knees I'm standing
For I know this battle Lord belongs to you*

*Glory hallelujah, I will shout and sing
And I will raise my battle cry
Glory hallelujah, I will shout and sing
And I will lift your name up high*



There are many examples in the Bible to give us hope and breathe courage into our hearts to press on, knowing our God is on our side. We can know that Jesus is the Champion of our Faith and that no weapon formed against us can prosper.

I can't teach you how to have a personal relationship with the Holy Spirit and The Word; I can only share my testimony of the difference it has made to me. I pray that this might encourage you to seek your own experiences and encounters.

Chapter 9



One day at a time with the Word and the Holy Spirit

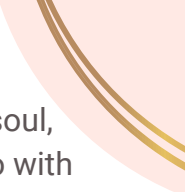


One thing that works for me is doing a 30-day challenge. It helps keep my focus and my life from drifting off track. It is a very powerful thing, because what we do repeatedly we form as a habit, whether we are intentional or not.

What we constantly think about, we draw to us and we find ourselves being drawn to that same thing. Good or bad, this principle or law is at work in all of our lives.

Establishing a 30-day challenge has helped me in many ways. I try to have something spiritual, something mental and something physical to focus on.

You can't hit a target you can't see or that doesn't exist!



We have each been given the gift of time. After our soul, time is the most valuable thing we have. What we do with the time we have been given is our responsibility.

How do you Spend your Time?

Like money we can spend time, but unlike money time cannot be stored up or saved. We cannot save or set aside time for a rainy day. Rather, each moment is right NOW – will we spend it wisely or waste it?

How we invest today will determine our tomorrows. The choices we make today will either be adding value to or stealing from our tomorrows.

Time, spend or invested in meditating on God's Word, and communing with him is never wasted. It's the greatest investment for your future, which provides the greatest dividend ever thought of.

God is able to do exceeding abundantly more than we can ask or even imagine. When the doctor gives a prescription it is usually for a course, for example, take 2 tablets twice a day for 14 days and finish the course.

Recently I read that the majority of people have not read an entire book since they have left school. Many buy books with great intentions but never even get around to starting them, never mind finishing them. Some just flick quickly through and try to get the gist, saying "I'm not a great reader or I can't concentrate!"



The brain is an organ just like the heart, it needs to be kept healthy and active. Just like we can't feed our bodies' junk food all the time and expect to have a healthy heart. We can't feed our minds junk and expect to have a healthy brain. So it is a good thing to train your brain by forming good daily habits.

After the back injury I knew I needed to rest, but with some gentle movement. I felt my upper body strength weaken and my legs also seemed very weak. I knew I needed to begin walking again.

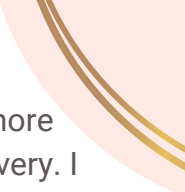
To start with, I was only able to walk for 10 minutes. Yet I thought I have to start somewhere.

I set myself a challenge to walk 10 minutes; using the timer on my phone to measure how far I was walking, in those 10 minutes, each day, I was able to go a little bit further. Then I increased the time and as I did the distance began to increase automatically.

Breaking limitations one day at a time

I was achieving more and more in the same amount of time. I was still much slower than normal but I was improving. Some days were more painful than others, but my focus was on the time not the pain.

NOTE: When I do a 30 day challenge – the rule is – it must be 30 days in a row – if I miss a day – I have to go back to day one! The first time I did it, it actually took me 49 days in total to complete the 30 days. But this helped me develop discipline.



There came a time when I felt, Lord, I am ready for more improvement, I need your help to speed up this recovery. I thought I have been hindered for a whole year – NOW – it is time for breakthrough. I had even wondered and asked God “Why am I not completely healed, even after a year?” as I had received many healings before in shorter times.

I woke up one morning and my spirit was crying out “Lord, give me a prescription”. I immediately understood that I had been doing everything I knew to do, from past experiences BUT now was time for a new revelation. I continued to ask God for his prescription regarding this healing.

Ask and you shall receive

A few nights later, I woke around 5am with an urgency to pray about a friend and their situation and once I had finished praying I heard – Audrey Go and read Proverbs 3 from the Amplified Bible. As I began to read it – like a fire being stirred up – it opened up to me. I knew this is my new prescription. (and probably a new book.)

So, every morning alongside my usual meditation I added Proverbs 3. I read it, studied it, and wrote it, broke it down and began to digest it. I applied the 30-day Challenge and was determined to take this every morning like I would any prescription. I medicated on it, I talked about it and it was working.



One Monday morning, about the second week my husband suggested going for a walk. We had not been for a walk together for over a year, because I was too slow, but without thinking – I said “yes, let’s go!”

I walked and talked the whole time about what God was revealing to me from Proverbs 3. When we arrived back at the car my husband said “Look, you never slowed down or struggled once – even on the hill” and joked that he didn’t have to wait for me even once. We even went for another walk that afternoon.

Once again, I can’t explain, how, but I can tell you that his Word was working in me mightily.

I can only tell you the results. All Praise and Glory to our God – who gives us strength!

With the Peace of God, we can achieve so much more

The most difficult tasks can be achieved with such ease when we have the Peace of God.

We can work hard or we can work smart and with the wisdom of God – we will work smart.

Some people have trained themselves that the only way to get anything accomplished is by hard work and stress. Thinking the more time they put into something the more they will get the job done. They may get the job done but at what cost?

Has it cost them, loss of sleep, loss of friendships, and loss of time with family and or loss of health?

STOP – PAUSE – THINK

Are you sick and tired of stress?

Are you exhausted mentally and physically?

There is a more excellent way according to scriptures like these

Isaiah 26 v 3 (AMP)

“You will keep in perfect and constant peace the one whose mind is steadfast [that is, committed and focused on You—in both inclination and character], Because he trusts and takes refuge in You [with hope and confident expectation].

Matthew 6 v 25 (NIV)

Jesus taught “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes”

Matthew 6 v 27 (AMP)

And who of you by worrying can add one hour to [the length of] his life?

John 14 v 26-27 (NIV)

But the Advocate, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have told you. Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled; do not be afraid.

Philippians 4 v 6-7 (AMP)

Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God.

Chapter 10



Seed Time and Harvest



Understanding the process of seed time and harvest will help us to make progress and prevent getting distracted from our main course.

A good understanding also enables growth in patience. Patience develops much more quickly and easily with confidence. As long as you 'don't know' what is going to happen, it is hard to wait with patience.

Patience can be described as a quiet confidence.

When we understand, and are fully persuaded that God is faithful and that he knows what is best for us, we can continue in quiet confidence and patience.

Even writing this book, I have to remind myself that there is a process. As much as these things are burning in my heart and I want others to know and experience this peace and victory, I also know, that it takes time. Time to make notes, and then to arrange those notes in book form, proof reading, publishing and printing – all before anyone is able to read it.

The wisdom of God works in our lives step by step one day at a time.

Ecclesiastes 3 v 1 (KJV)

To every thing there is a season, and a time to every purpose under the heaven:

Knowing the heart of Father God, reveals to us the confidence that we can have in him. Reading the Bible, gives us insight and revelation of his faithfulness. If there is nothing else we can hope for or cling to, his faithfulness remains steadfast and secure from everlasting to everlasting.

1 Peter 1 v 25 (AMP)

BUT THE WORD OF THE LORD ENDURES FOREVER.” And this is the word [the good news of salvation] which was preached to you.

Think about a farmer, planting seeds or a tree, and how the roots are underground. Don't worry, what is happening around you, while your roots are growing deeper into God's presence and Word. No one else will see or know all that is happening to you – but – you and God. Let his Word grow, deep, and wait patiently with quiet confidence while you are being grounded, rooted and established.

Our enemy understands this process of seed time and harvest. He has had many years to study mankind and he knows our weaknesses. He knows how to plant a seed of doubt or fear and then wait for it to take root.



But the wisdom of God, his Word and his Spirit working in us will defeat every evil scheme!

The enemy will not waste his time by tempting you in areas where you are strong. He will look for your weak points and very subtly attack you in those areas, when your guard is down. He will take his time, strategically planting his seeds of discord, discontentment, doubt and fear, little by little pulling and pushing until you feel like you are right at the edge of a cliff.

BUT God has promised to always provide a way of escape.

1 Corinthians 10 v 13 (NLT)

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

Offence is the most subtle attack against our souls. We can so easily get offended and think it is the other person's fault BUT if we 'take' the offense we make it 'our own'. Rather, I have learned, I will 'take' His Peace and let God deal with the other person.

After all, who am I to know what is in their heart anyway. It takes all my time to keep my own mind and heart on the right track.

It is good to pray, show me Lord where I am weak and help me be strong by your grace and truth.

Seeking God's wisdom and peace every day, is the best defence against every weakness and evil scheme. Seek to know God's presence more than just his promises.

Matthew 5 v 6 (AMP)

"Blessed [joyful, nourished by God's goodness] are those who hunger and thirst for righteousness [those who actively seek right standing with God], for they will be [completely] satisfied.

One of the main areas the enemy will attack a Christian, is in the area of passion for God and his Word. Jesus told us, the thief comes to steal, kill and to destroy – So we know that if the enemy can steal the truth of God's Word, then he will kill and destroy. BUT – if he can't steal, he won't be able to kill or destroy. So seek to know more about Jesus because he is Truth.

The one, anchor in my life has always been to be in the house of the Lord, to praise and worship him and join with the saints in prayer.

No matter what was happening in my life, this has been strength to my soul! Many times, I have watched, as the passion and hunger in God's people quietly and gradually fade away. Like the hot coal removed from the fire, the fire continues to burn but that coal – goes cold.

I made up my mind, I will not, for anyone or anything forsake coming together in fellowship in the house of God. I will not forsake the preaching of the Word of God. I will not be silent, but like King David, I will be found praising my God!

Psalm 145 v 2

I will praise you every day; yes, I will praise you forever.

As passion slowly dies, soon it will be difficult to pray. It will be difficult to worship. Something happens to make us, tired and we feel justified in not spending time with God as we ought to, after all God knows what 'I'm going through' – beware – this is a thought planted by the enemy OR our own flesh.

When, all is going well, praise him with your whole heart – when, all is not well – praise him even more.

Carelessness is a dangerous thing.

Daily spiritual discipline will guard us from falling prey for these lies, as well as keeping any seeds of fear or doubt from taking root. When we react with the flesh we will fall but if we respond with the sword of the spirit which is the Word of God – he will lift and hold us up.

Did you know that satan can use the Word of God to deceive and destroy you? He tried with Jesus, but Jesus was filled with the Holy Spirit and wisdom. This is why it is so important to know what the Bible actually says.

Confusion is not from above, so beware – Don't just read the bible and think that's all I need. We need the Holy Spirit's inspiration and light; we need him to open the Word up to us.

I love how Peter said it in 2 Peter 1 v 19-21 (NIV)

We also have the prophetic message as something completely reliable, and you will do well to pay attention to it, as to a light shining in a dark place, until the day dawns and the morning star rises in your hearts. Above all, you must understand that no prophecy of Scripture came about by the prophet's own interpretation of things. For prophecy never had its origin in the human will, but prophets, though human, spoke from God as they were carried along by the Holy Spirit.

Just as the scriptures were given and inspired by the Holy Spirit through men, we also need that same Holy Spirit to inspire us to read and understand it.

As I mentioned before, things really changed for me, when I started reading the bible cover to cover. It was definitely a discipline at first, but one of the things I noticed, was so many scriptures that I had heard quoted many times – were either quoted wrong or totally out of context. I was really surprised.

This was one of the reasons; I fell in love with the Word, and wanted to know the truth. Each time I read, I find more depth and insight – It's Amazing!



I was one of those people, who had to have absolute peace and quiet to be able to concentrate, especially while reading. But now I get so lost in the pages of my bible, I can read and study, even if my husband is watching the TV in the same room.

I have moved from making myself read, to loving the Word, to falling in love with the heart of God!

The enemy, may not be able to come between you and your relationship with God; instead, he will attempt to destroy your relationships with others, especially your family and the people of God. When you start having a problem with others, you are in dangerous waters.

When we are offended, we will naturally draw back. When we are critical or gossip we are giving the enemy a foothold in our own lives.

The plan of the enemy, is to isolate and separate us from others and ultimately God!

Isolation shuts us off from the help we need. Pride says I don't need others, as long as I have God. But that is not completely true, according to God's own Word.

I have learned, I don't have to agree with everything but I can still love people. I will withdraw from those who cause division or discord as the bible instructs, but in love praying for them.



We are called to live holy lives, separated from the world, but not separated from the family of God. Isolation is a cold and lonely place. Not only are you cut off from the help and fellowship of others, you are also cutting the flow of the Holy Spirit through you out to others!

There is a place, where you can guard your heart without isolation. Trust God and don't put your trust in man. Be merciful, for we ourselves are not blameless, so be quick to forgive. We cannot afford to hold grudges or bitterness in our hearts.

Meditate on God's Words – NOT on man's Words.

Allow others to grow in their own time, but never, let where someone else is, stop or hinder your own growth.

Realise, you can honour someone in their walk with God without partaking in their ways. Stay true to your own personal relationship with the Word and the Holy Spirit.

There are some things and some places that others can do and go that I am not permitted to do or go. Why? Because I must guard, what God is preparing me to do and to go. On the same, measure when you find your purpose, you will also find your path. When you do – stay on it.

We must be willing and obedient. To follow the path God has revealed to us.

Refuse to be distracted, refuse to be weary, refuse to be silent and press on. Sing praises; call upon the Lord, for He is faithful.

Hold fast to the Word of God and be determined to not let go even for one day. No matter the storm – God is God!

No matter how it feels – God is good. No matter what anyone does or says God is Truth!

Hebrews 10 v 23 (KJV)

Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)

1 Thessalonians 5 v 21 (NLT)

but test everything that is said. Hold on to what is good.

Chapter 11



God's Prescription



People have been asking me “what did you do and what scriptures did God give you?” I am very careful not to make God’s prescription for me something that is for everyone, remember what I needed may not be the same as what you need. It is very important for you to ask the Holy Spirit for your personal prescription.

Just as a starting point, or a guide to help you understand more clearly, I will share the scriptures that I meditated on and how and what the Holy Spirit spoke to me.

As I have said before I like to set myself a 30-day challenge as I find it helps me to keep focused. Also, over 30 days of meditating (or medicating as I like to think of it) on the same scriptures, we gain so much more insight and revelation truth.

Most times, people are reading the bible, a little here and a little there, and are not receiving the deep revelation that takes us beyond knowledge and into experience.

I had been asking God for his prescription for me, for healing and strength in my back and this is how he answered me.

Sunday 3am – 14 August 2022 – I woke with an urgency to pray, I went to the living room and began praying for a family that was going through a difficult time. When I had finished, I heard, that gentle whisper calling my name and this is what I heard: -

“Audrey, there is a river that flows through a heart that is surrendered to me and out of your innermost being shall flow rivers of living water – read it”.

*I found the scripture in John 7 v 38 (AMP)
He who believes in me [who adheres to, trusts in, and
relies on me], as scripture has said from his innermost
being will flow continually rivers of living water.*

I was familiar with this scripture, I had heard it many times before, but this time I saw the condition attached to it. I saw that yes, Jesus had promised, but this promise was for those who believe in, adheres to, trusts in and relies on him. My attention was drawn to the previous verse.

*John 7 v 37 (AMP)
Jesus called out in a loud voice “If anyone is thirsty, let him
come to me and drink”.*

Once again, this was a scripture I had heard many times, but this time I saw an instruction. If I am thirsty, then I must come to him and drink.

A scripture came to my mind, "wherever the river flows, everything will flourish" so I turned my bible to Ezekiel 47 v 9.

Then somehow, I found Isaiah 58 v 11

*The Lord will always guide you; He will satisfy you in a sun-scorched land and **strengthen your frame**. You will be like a well-watered garden; like a spring whose waters never fail.*

NOW, He had my full attention, when I read the words "**STRENGTHEN YOUR FRAME**". I felt my heart leap with excitement, and knew I was about to receive my prescription, because this was exactly what I had asked for.

I listened intently, not wanting to miss anything.

Next I read Isaiah 55 v 1

Come, all you who are thirsty, come to the waters; and you without money, come, buy and eat! Come buy wine and milk without money and without cost.

And Isaiah 12 v 3

With joy you will draw water from the springs of salvation.

Then Isaiah 58 v 9-10

Then you will call and the Lord will answer, you will cry for help and he will say here I am. IF YOU take away from your midst (heart) the yoke (of oppression), the finger pointed in scorn (toward the oppressed or the godly) AND (every form) of wicked sinful, unjust, speech. AND IF you offer yourself to assist the hungry and satisfy the need of the afflicted. THEN your light will rise in darkness and your gloom will become like the midday.

I was challenged once again, and knew in my heart, that if I wanted to help others, I first had to be helped myself. I knew, that I needed a pure heart.

Then I heard these Words clearly – Read Proverbs 3 in the Amplified.

As I read it, I could feel the light pouring into my heart and I knew the key to my healing and strength was in this chapter.

I just knew at that moment this was my prescription.

So for the next 30 days, these are the scriptures I prayed, meditated on, wrote out, studied and talked about, 3 times a day. (Just like you would take a prescription from a doctor). The Word of God is like a medicine to your flesh.

Psalms 86 v 11 (NLT)

Teach me your ways, O Lord, that I may live according to your truth! Grant me purity of heart, so that I may honor you.

Proverbs 4 v 25 (NLT)

Look straight ahead, and fix your eyes on what lies before you.

Psalms 56 v 13 (NLT)

For you have rescued me from death; you have kept my feet from slipping. So now I can walk in your presence, O God, in your life-giving light.

John 8 v 12 (NIV)

I am the light of the world, whoever follows me will never walk in darkness, BUT will have the light of life.

I prayed. Father, I belong to you. You are my master and King. My body is the temple of your Holy Spirit, reign in me. Make me a vessel of honour in your house.

Proverbs 3 - THE REWARDS OF WISDOM

1. *My son, DO NOT forget my teaching, BUT LET YOUR HEART KEEP MY COMMANDMENTS;*

2. *For length of days and years' worth living and tranquillity and prosperity, the wholeness of life's blessings they will add to you.*

3. *DO NOT LET MERCY AND KINDNESS AND TRUTH LEAVE YOU, instead let these qualities define you; Bind them securely around your neck and write them on the tablet of your heart.*

4. *So find favour and high esteem in the sight of God and man.*

5. *TRUST IN AND RELY CONFIDENTLY on the LORD with all your heart and do not rely on your own insight or understanding.*

6. *IN ALL YOUR WAYS KNOW AND ACKNOWLEDGE and recognize Him, and He will make your paths straight and smooth [removing obstacles that block your way].*

7. *BE NOT WISE IN YOUR OWN EYES; FEAR THE LORD WITH REVERENT AWE AND OBEDIENCE AND TURN AWAY FROM EVIL.*

8. ***IT WILL BE HEALTH TO YOUR BODY, YOUR MARROW, YOUR NERVES, YOUR SINEWS, YOUR MUSCLES AND ALL YOUR INNER PARTS and REFRESHMENT, PHYSICAL WELL-BEING TO YOUR BONES.***

9. *Honour the Lord with your wealth and with the first fruits of all your crops (income).*

10. *THEN your barns will be abundantly filled and your vats will overflow with new wine.*

11. *My son, DO NOT REJECT or take lightly the discipline of the LORD, (learn from your mistakes and the testing that comes from his correction through discipline); nor despise his rebuke.*

12. *FOR those whom the LORD LOVES HE CORRECTS, even as a father corrects the SON IN WHOM HE DELIGHTS.*

When you lie down, you will not be afraid; When you lie down, your sleep will be sweet. Do not be afraid of sudden fear nor of the storm of the wicked when it comes (since you will be blameless). FOR THE LORD will be your confidence, firm and strong, and will keep your foot from being caught in a trap.

DO NOT withhold good from those to whom it is due (its rightful recipients), when it is in your power to do it. DO NOT say to your neighbour "Go and come back, and tomorrow I will give it", when you have it with you. DO NOT devise evil against your neighbour, who lives securely beside you. DO NOT quarrel with a man without cause, if he has done you no harm. DO NOT envy a man of violence and DO NOT choose any of his ways. For the devious are repulsive to the LORD; but his private counsel is with the upright (those with spiritual integrity and moral courage).

The curse of the LORD is on the house of the wicked, but HE BLESSES THE HOME OF THE JUST AND RIGHTEOUS. Though he scoffs at the scoffers and scorns the scorners, YET HE GIVES HIS GRACE TO THE HUMBLE (those who give up self-importance). The wise will inherit honour and glory BUT dishonour and shame is conferred on fools.

My NOTES

In this chapter I see 23 clear instructions or commands. I also find 23 clear rewards. God wants balance in my life, therefore I will seek to have balance in every area. Lord help me to walk in the balance of your truth.

These rewards effect every area of life.

v 1. The number of our days (productive or unproductive).

v3. Character

v4. How God and men see us determines the favour we will experience or lack of help or assistance.

v8. Health in every part of our body.

v10. Financial blessing.

v12. Son-ship – relationship with God.

v22. Soul – our relationship with ourselves.

v 27-31. Our relationship with others.

v 32. Intimacy with God.

v 33. Home – family blessing or curse.

I have typed just what I had written highlighting what really spoke to me personally. As you read through these scriptures, different words may stand out to you.

Verse 7 and 8 are the two scriptures that really stood out to me. I fixed my focus on verse 7 to put that into action in my life (with the help of the Holy Spirit) and then prayed verse 8 over my body.

Father, I pray for the person reading these words, and I thank you and praise you that you created them and you know exactly what they need. I ask you to reveal your truth to them in a way that they will know it is you and minister deep into their soul, that they may experience you're healing and peace from the inside out. You are the great physician and you love them with an everlasting love. You know them by name, and you have provided everything they require through Jesus Christ. Lead them into greater light and truth by your Holy Spirit. In Jesus Name I pray. Amen.

Conclusion

We cannot BE in two places at one time – either BE present in his presence or BE in the world with its limitations and fear.

Proverbs 4 v26 (KJV)

Ponder the path of thy feet and let all thy ways BE established.

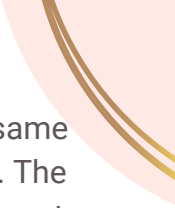
Luke 24 v 49 (NKJV)

Behold, I send the Promise of My Father upon you; but tarry in the city of Jerusalem until you are endued with power from on high.

BE ye a doer of the Word not a hearer only.

We can try to DO – what is right – but it is much better to BE first. BE a hearer first, and then BE a doer. Whatever we BE-COME we will DO naturally. We must never get it back to front.

After Jesus rose again, he was with the disciples for 40 days, teaching and instructing about his Kingdom. The disciples saw Jesus die, and now he was alive. They knew that, beyond a doubt, but still the disciples were not ready to go and do.



They needed to BE filled first, to BE clothed with the same power that Jesus himself was filled and clothed with. The same special power sent from the Father. Not a dove, not a flame but God the Holy Spirit. The third person of the Trinity.

God the Holy Spirit is the one who makes us free. He leads us into all truth, he brings the scriptures to our memory as we need them and he is the one who gives us power to BE-COME the sons of God!

Only when we are BE-ING present in his presence and BE-ING filled with his Word and his Holy Spirit can we BE who we were purposed to BE.

When an electric wire is live – you will know it. Touch it and see!

I can testify that being filled (baptized) with the Holy Spirit makes the difference. I am a very quiet person; I am not self-confident and have no extra-special talents or gifting's. As a child I loved to sing and play the piano, but my voice was so soft and quiet. I just wanted to worship God; I didn't really care if no-one ever heard me. But, yet I had a vision of leading worship. I loved the Word of God, and I had a desire to share and testify what God had done for me, but it was very difficult.

Luke 3 v 16 (KJV)

John answered, saying unto them all, I indeed baptize you with water; but one mightier than I cometh, the latchet of whose shoes I am not worthy to unloose: he shall baptize you with the Holy Ghost and with fire:

I was born again when I was 3 years old, baptized (fully immersed) in water when I was 18 years old, BUT still something was missing.

I needed to be baptized in the Holy Spirit and Fire.

I had a stronghold in my mind that kept me from receiving. I thought, that maybe I didn't have enough love, or wasn't good enough. Being quiet didn't help me either, because I wasn't comfortable speaking out.

One evening I went with my Father to pray for my aunt who had not been well. She was in bed, and as we prayed for her there in her bedroom, the presence of God was so real. I remember feeling a great sense of God's love and compassion and a passion rose up in me that God desired his child to be healed. As I was thanking God for his amazing love, I began to speak in tongues. At first I didn't even realize because the revelation of God's love and power was flowing so powerfully. As we rejoiced together and my aunt was healed,

I realized I had just broken through a great limitation and had received the baptism of the Holy Spirit and Fire.



I was very fortunate to have been taught properly about the gifts of the Holy Spirit, and about being filled day by day. I knew this was only the beginning. Since that day, I began to use this heavenly prayer language (which is called praying in tongues – not to be confused with the Gift of speaking a message in tongues to the congregation which requires interpretation). I am still a softly spoken person, but I have no limitations where or to whom I would speak regarding God's Word. When I lead worship, I am in no doubt that it is the power of the Holy Spirit that strengthens my voice.

There is much confusion today about the 'Baptism of the Holy Spirit'. Most people, I meet either know nothing or have been taught against it in some way.

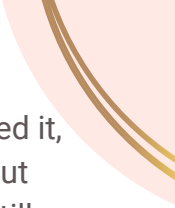
If you are serious about breaking limitations in your life, I urge you to put aside your own thoughts and the teachings of man, open your own bible and ask the Holy Spirit to come and reveal the truth to you.

Luke 11:13 (KJV)

If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him?"

John 14:16-17 (NKJV)

And I will pray the Father, and He will give you another Helper, that He may abide with you forever - the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.



When I learned to drive, I had a little 1980s mini. I loved it, and enjoyed driving it. It had a large steering wheel, but no power steering. It was only a little car, but it was still hard work pulling that big heavy steering wheel. My next car was so different, it had a bigger engine, more power and had power assisted steering – oh what a difference.

This is how I explain, the difference between the Christian life without the Baptism of the Holy Spirit and Fire and with his Divine Power Assistance.

We need his assistance.

I counsel and pray with many different people, and many times they find Christian life very difficult and cannot grasp the simple and straightforward truths of God's Word. The biggest problem I have found is that, they are relying on what others have told them. They are unsure that they are loved and accepted and even doubt that they are really saved.

It is my passion in life, to encourage others to find the truth and continue in that truth, knowing that it is only the truth that makes them free.

John 8 v 31-32 (NKJV)

Then Jesus said to those Jews who believed Him, "If you abide in My Word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.



These truths of God's Word have the power to break and destroy every limitation on your life.

Will you turn to him today and allow him to lead you one day at a time?

About the Author

I have been a born again spirit filled Child of God for many years, I am about to celebrate my 50th birthday on writing this book. I can testify to so many amazing healings and experiences that I have encountered through the knowledge of God's presence, his Word and his Spirit. My passion is to share what God has done for me and to encourage others to find that same freedom from religion, fear and every other chain that limits them.

I believe that God has a good plan and purpose for every person. God sent you to this earth on purpose with a purpose. We do not decide that purpose but we must discover it.



Audrey Morrow



How to Become a Child of God

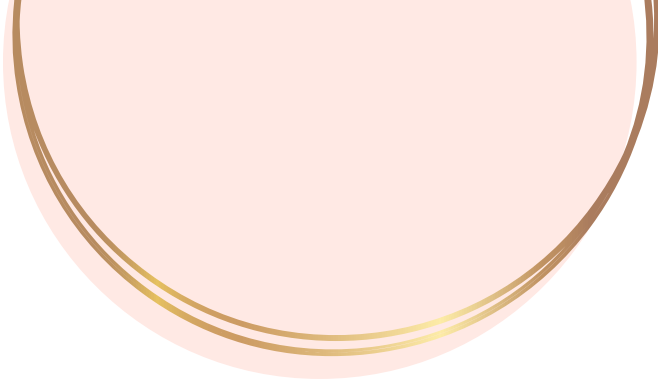
If you have not already accepted Jesus Christ as your Lord and Saviour, I want you to know that Jesus Loves you, and he is waiting for you to call upon his name. He will not turn you away.

The Bible says the Gift of Salvation is for anyone who will believe in their heart and confess with their mouth that Jesus Christ is Lord, and that God has raised him from the dead.

You can stop right now where you are and ask Jesus to come into your life with a simple prayer just like this one.

“Lord Jesus, I acknowledge you as the Son of God, I believe that you died on the cross for my sin and that God raised you to life again. I believe you are the one true living God. I repent of my sin and of doing things my own way, come and wash me clean and make me your child. Thank you for saving me. Thank you for loving me. Amen.”

The Bible says that “by grace you are saved through faith, and this is not from yourselves, it is the gift of God; it is not from works, so that no one can boast.” Ephesians 2:8-9.



If you have prayed, believing in your heart then welcome to the Family of God, you are now a Child of God. Please contact someone you know who is a Born Again Christian and ask them to help you and pray with you. Or if you don't know anyone, please contact us.

(Please note, it is not a prayer that saves you but the one you pray to).

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