



DENISE N. FYFFE

Be  
*Enduring*

Encouragement. Inspiration. Upliftment.



# Be Enduring

by

Denise N. Fyffe

Jamaica Pen Publishing

A HELPFUL, HOPEFUL AND HOLISTIC APPROACH  
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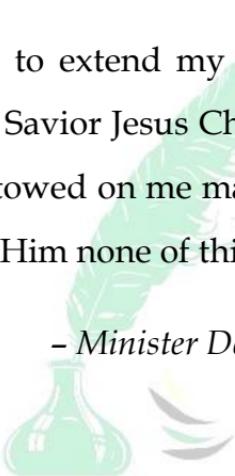
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## *Acknowledgement*

I would like to extend my appreciation to my Lord and Savior Jesus Christ who has blessed and bestowed on me many gifts and talents; without Him none of this is possible.

*- Minister Denise N. Fyffe.*

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## Foreword

Life's journey is a tapestry woven with threads of both joy and trial. At times, the tempests we encounter can upend our world, leaving us disoriented and battered. In the wake of heartbreak, job loss, the departure of loved ones, personal injury, and even the sting of betrayal, we may find ourselves navigating the aftermath of a tornado, struggling to find our footing once again.

The pages ahead bear witness to the truth that hardships are universal, traversing the boundaries of age, background, and circumstance. It is during these pivotal moments, when our faith is tested, our hope wavers, and our self-belief

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falters, that we are faced with a choice: to crumble beneath the weight of despair or to rise with unwavering endurance.

Within the crucible of adversity, we often find ourselves feeling isolated, like solitary travellers on a desolate path. The weight of sorrow can threaten to engulf us, leaving us to battle feelings of isolation and depression. But amid this struggle, there is a comforting truth – we are never truly alone.

Guiding us through the storm is a source of strength far greater than ourselves. In the embrace of faith, we find solace, knowing that there is One who holds the answers to all things. A constant presence who never leaves nor forsakes us, providing a steadfast anchor even as the waves of uncertainty threaten to engulf us.

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This compilation of words and prayers is offered as a beacon of light—a lifeline extended to those weathering life's tempests. As you journey through these pages, may you find comfort, guidance, and the assurance that even amid trials, you are not alone.

Remember, as you navigate the storms, to hold fast to the promises that transcend time. Cultivate a positive spirit, and let your thoughts be the architects of goodness. Amidst the darkness, profess the light that resides within you, for it is by pushing through the shadows that we emerge stronger and more resilient.

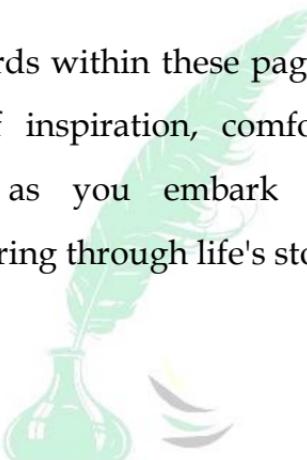
In a world where challenges are as inevitable as they are transformative, let this book be a testament to the power of

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endurance. Through faith, through community, and through the sheer strength of the human spirit, we can rise above adversity and emerge as beacons of unwavering hope.

May the words within these pages serve as a source of inspiration, comfort, and empowerment as you embark on the journey of enduring through life's storms.



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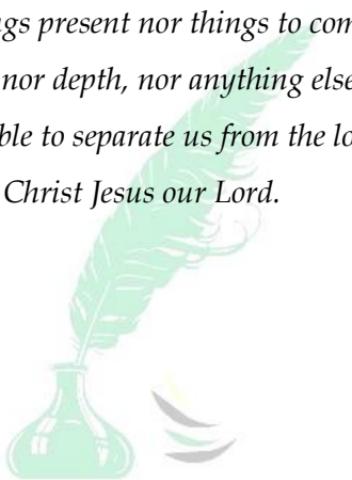
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## **Romans 8:38, 39**

*For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*



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## *A Wise Prayer*

Lord, I beseech thee therefore  
To hear my words and answer my call,  
For this is not a selfish prayer at all;

I request the Faith of *Elijah*  
So my mountains can get higher  
I want to receive the Heart of *David*  
And ask forgiveness for every sin  
Even a touch of *Solomon's* Wisdom  
Would save me lots of trouble in the long

run;

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A pinch of Strength from the one you gave  
*Samson*  
And half the Dedication you gave *Ruth*

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Would help me to pull all my problems up,  
by the root

Even a lingering taste of Love that *Jesus* had  
And the everlasting Commitment of the  
*Hebrew boys*;

A keen ear and Obedience as *Samuel*  
And the Prayer life of *Daniel*  
A Knowledge of the Word and Inspiration  
of *John* and *Paul*,  
With a little prick like that of *Peter*;

When all these blessings do come true,  
It will make me a better Christian saint just  
for you.

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**Dear Soul,**

This is an earnest prayer for transformation.

Within this prayer, a tapestry of noble aspirations unfolds—a yearning for virtues that have guided the hearts of the faithful through ages. As you beseech the Lord for blessings of faith, wisdom, strength, and devotion, remember that your plea is one of sincerity and humility.

In asking for the faith of Elijah, you seek a steadfast spirit that can weather the heights and depths of life's challenges. With the heart of David, forgiveness becomes a bridge to a cleansed soul, and with Solomon's wisdom, the path ahead becomes clearer, lined with insight born from divine grace.

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In your plea for the strength of Samson and the dedication of Ruth, you acknowledge the necessity of resilience and commitment in surmounting life's obstacles. Like the love of Jesus and the unwavering loyalty of the Hebrew boys, your desire to reflect these qualities reveals your earnest intention to honor your spiritual journey.

The echo of Samuel's keen ear and obedience resonates with the understanding that listening and heeding the divine call can guide you on your chosen path. By seeking the prayer life of Daniel, you acknowledge the profound connection between communion with God and the strength to face even the fiercest trials.

The knowledge of the Word and the inspiration of John and Paul stand as

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beacons illuminating the power of scripture to transform and uplift. As you mention the "prick" of Peter, you recognize that even in human imperfections, there is room for growth and redemption.

Your heart's plea is one of transformation, a desire to be molded into a better version of yourself—a reflection of Christ's light in your actions, words, and thoughts. Remember that your pursuit of these qualities is a testament to your dedication to the path of faith.

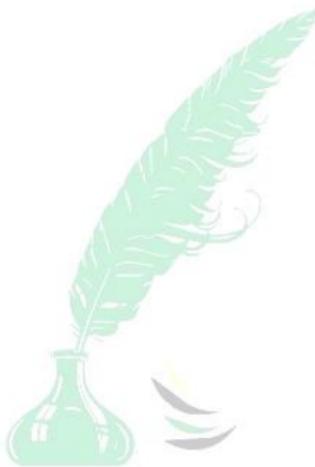
May this prayer be a vessel through which the blessings you seek are woven into the tapestry of your life, enhancing your journey, and inspiring those around you. May you find solace in your quest and

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strength in your unwavering commitment to becoming a living testament to your faith.

In the spirit of hope and transformation...



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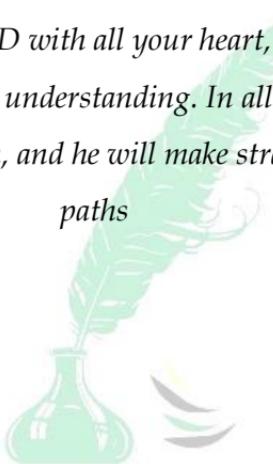
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## **Proverbs 3:5, 6**

*Trust in the LORD with all your heart, and do not  
lean on your own understanding. In all your ways  
acknowledge him, and he will make straight your  
paths*



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## *Prayer: Lord I bow*

Lord I bow

Humbly and low

Lord I come

Where I am welcomed home

Lord to you

I give my life, my all

Lord to you

I give my soul, my spirit, my all;

I acknowledge that you are God in this  
kingdom

I acknowledge that there exists

No other kingdom

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What scientist deniably cannot comprehend

I see clearly

Like the stars of heaven;

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Lord I bow low  
As the sands of the Nile  
I acknowledge you as my Father  
And I am your wayward child;  
Lord, I receive and am grateful  
For every gift you've given me  
Lord help me to share them  
For the real purpose, that you have given  
them to me;  
Lord, I want to be more, than just an  
ordinary servant  
I want to be like Joseph  
And Elijah, and Peter, and Moses  
I want to be that which you have deemed is  
right for me;

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I have a store house  
I have hardly visited

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I know this is true  
It's not just some wayward fantasy in my  
head;  
Like the Samaritan  
You have cared for and given into my life;  
Like Ruth and Naomi's relationship  
Where thou goest, is where I will spend the  
rest of my life;  
A fool I never was  
Therefore, I know the power and release  
That these words will cause;  
I know, and accept this  
Though I ask, you be gentle in your  
implementation of it;

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Lord, still bowed  
I continue in my exalt of you

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I thank you, even when it feels that you  
have left

The inner chambers of my heart's room;  
I know of all that which you are the 'omni'  
I know you are never too far,  
Just checking on the development of me;  
Lord, I conclude and give you praise  
Like spittle on my lips  
It will be there for the rest of my days.

Lord I bow

Humbly and low

Lord I come

Where I am welcomed home.

Be Praised.

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## *Poem: Embracing Life's Journey*

Life's path unfolds before your sight,

A canvas painted by the light.

Reach out and grasp the dreams you see,

For in your hands, your destiny.

Embrace the call, the purpose true,

God's plan, a guide for me and you.

Within His grace, your spirit soars,

As faith unlocks uncharted doors.

Bound not by chains of doubt and fear,

But lifted up, His love is near.

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Within His limits wisely set,

A sacred journey, no regret.

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## Dear Traveler,

These poetic words invite us to reflect upon the profound journey that life presents—a journey of potential and purpose, of seizing opportunities while acknowledging the boundaries that guide our steps. As you traverse this path, may you find wisdom, growth, and fulfillment along the way.

Life, like an open book, beckons you to explore its pages with curiosity and courage. Every chapter unveils new experiences, challenges, and joys that contribute to the narrative of your existence. In each moment, remember that you hold the pen, writing your story with choices that shape your destiny.

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The concept of being "smaller than Who I am meant to be" captures the essence of continuous growth. Embrace the process of evolving into the person you're destined to become. Every step, every endeavor, contributes to your journey of self-becoming.

The declaration that you will impact souls that orbit you reminds us of the interconnectedness of humanity. Remember, your actions and words hold the potential to touch lives in ways you may not even realize. In every interaction, may you radiate kindness, empathy, and positivity, leaving an indelible mark on those you encounter.

As foundations shake and axes tilt, your courage to face challenges prepares you for

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the remarkable transformations that await. Embrace the unexpected with resilience, for it is within those moments that your true strength shines through. The anticipation of being astounded speaks to the limitless potential that lies within the uncharted territory of your journey.

In your pursuit of embracing life's journey, remember that every step is a dance of growth, a symphony of experiences that contribute to your unique story. May you find solace in the highs and strength in the lows, and may your path be illuminated by the light of purpose and possibility.

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Yours in the spirit of exploration and growth...

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## *Poem: Shadows in the Hourglass*

Who is man but a fleeting shade in time's  
embrace,

A whisper on the breath of eternity's grace?  
What is time but the sculptor of history's  
face,

Carving tales of triumph and folly, interlace.

And what is history but life's boundless  
page,

Chronicling deeds of every era and age?

Within its tapestry, our stories engage,  
Leaving footprints upon time's boundless  
stage.

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## Dear Friend,

As you ponder the fleeting nature of existence, remember that shadows hold a mysterious beauty of their own. Just as shadows dance across the hourglass, your journey through time is a delicate balance between moments of light and darkness.

In the depths of those fleeting shades, there lies the opportunity for profound introspection. Your presence in this world is a brushstroke on the canvas of eternity—a chance to explore the depths of what it means to be human.

Amid the ebb and flow of time and history, your deeds and choices ripple outward, leaving an indelible mark on the tapestry of life. As you write your story within the

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fabric of existence, consider the legacy you wish to leave for generations to come.

Know that the sculptor of history is not bound solely to the past. You, too, possess the power to shape the narrative, to contribute to the ongoing tale of humanity. Your voice matters, and your actions can spark change that resonates across the ages.

In the midst of uncertainty, find solace in the constancy of time's passage. Embrace the fleeting moments, for within them lies the essence of what it means to live fully. Just as shadows give depth to light, your journey gives depth to time itself.

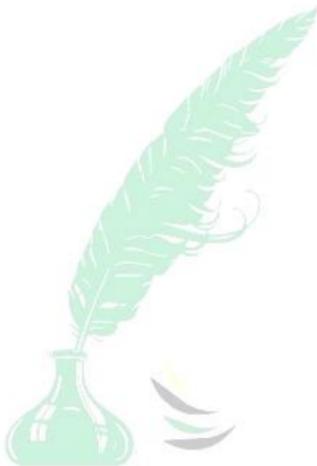
With each step, you're not merely walking through history – you're weaving the very fabric of it. As the shadows shift and the

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hourglass turns, seize the opportunity to embrace the present and create a legacy that echoes beyond the confines of time.

Yours in contemplation and discovery...



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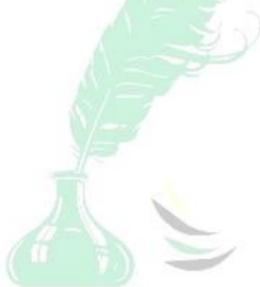
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## **Psalms 91:1,2**

*He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, “My refuge and my fortress, my God, in whom I trust.”*



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## *Poem: Surrounded*

I am surrounded,  
A soldier without an army;  
I am cut off,  
Battle weary and alone;  
I am left,  
Behind enemy lines;  
I am surrounded,  
In an unfamiliar town, in an uncertain  
time;  
I try to give,  
As good as I get;  
I try to spy,  
The traps which the enemy has set;  
I try to learn,  
Prepare and hone my skills;

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I try to see,  
If for another day, I can survive and live;

I see a window  
An opportunity comes my way,  
A rainbow among the clouds,  
An escape route for me to finally be safe;

I simply remember,  
My army is always with me;  
Lurking in the shadows,  
Always encamping around me;  
To me they are invisibly cloaked,  
To my enemy,  
They can never be taken for a joke;

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This lonely soldier is surrounded for sure;  
Surrounded and protected by an army  
That makes me feel safe and secure.

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## Dear Courageous Spirit,

Within these penned verses lies a reflection of the human spirit's resilience – unyielding even in the face of isolation and uncertainty. Through these evocative words, we paint a portrait of a solitary soldier navigating a battlefield of challenges. In this exploration of solitude, we see revealed the unwavering support that surrounds us even in our most trying moments.

As we describe being surrounded yet seemingly without an army, we evoke a sense of vulnerability that many have felt at some point in life. It's a reminder that the journey of self-discovery and growth can often lead us into uncharted territories. But within the solace of those moments, lies the

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opportunity to unearth hidden strengths and depths of character.

The portrayal of a soldier cut off and battle-weary is a testament to the emotional and mental battles we each encounter. Yet, in that isolation, there is an unbreakable spirit that endures. Just as a solitary tree on a hill persists against the elements, so does the spirit within us withstand the challenges that come our way.

The imagery of being left behind enemy lines speaks to moments when life's circumstances feel adversarial. Yet, in these times of uncertainty, our spirit perseveres, driven by an inherent will to overcome. These words remind us that within the most unfamiliar of surroundings, we often find the strength to adapt and grow.

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As we mention trying to give, trying to learn, and trying to see, we exemplify the enduring quest for self-improvement. Here, our actions reflect the human capacity to learn, to adapt, and to find opportunities for growth even in the midst of challenges.

And then, a window appears—an opportunity, a chance for change. This window symbolizes hope, a light amidst darkness. It's a reminder that even in the most challenging circumstances, there exists the potential for a turning point, a moment of transformation.

Finally, the recognition that our army is always with us underscores the essence of unity, support, and the unseen connections that tether us to others. Just as a soldier draws strength from comrades, we too draw

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strength from the bonds that link us to loved ones, allies, and the greater human experience.

In our introspective journey, we unveil a powerful truth: that even in moments of solitude, we are never truly alone. Our army, our support system, our resilience—it's all there, encamping around us, providing a foundation of strength and security. This truth extends to all of us, reminding us that the battles we face are never faced alone.

*Yours in solidarity and inner strength...*

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## 1 Peter 1:6-9

*In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith – more precious than gold that perishes though it is tested by fire – may be found to result in praise and glory and honor at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.*

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## *Poem: Spring*

Blossoms o'er and above the hill  
A sign that nature's heart yet beats stronger  
still

Four months basked in a cloak of white  
Viking trees once starving orphans, exposed  
to the winters  
banshee cries;

Now the sun kisses each baby leaves eye  
Limbs outstretched waving to the noon day  
sky  
Opening their skirts, doing a samba dance  
with The wind  
Shielding weeds, moss and fragile creeping  
life still;

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A guardian to the most stunning  
kaleidoscope

Each day welcomes new friends

Filled with promise and hope

Little visitors scurry storing nuts and fruits

Angelic voices soar over the valley in threes  
and twos;

Blossoms o'er and above the hill

A sign that nature's heart

yet beats stronger still.

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## *Poem: Unveiling Destiny's Script*

My life's a tome, pages open wide,  
On history's stage, my destiny's guide.  
Drafted in ink, fate's design unveiled,  
Journey and growth, an epic tale regaled.

Who I am now, a fragment in time,  
Destiny's whispers, a rhythm's chime.  
From this cocoon, a soul takes flight,  
Becoming more, embracing the light.

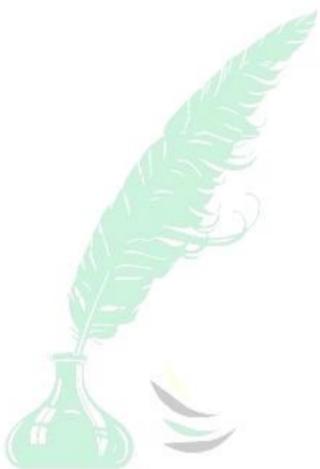
Every connection, a cosmic dance,  
Impacting souls, in life's grand expanse.  
Foundations quake, axis takes a spin,  
Anticipate the change from deep within.

Prepare to be rocked, as truths unfold,

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Prepare to be astounded, stories untold.



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## Dear Reader,

Be encouraged and embrace the story of you.

As you journey through the open book of your life, remember that every page turned is an opportunity for growth and self-discovery. Just as history's pages are marked by events, your journey is marked by moments that shape who you are becoming.

You are not confined by who you are today; you are a canvas awaiting the brushstrokes of destiny. Embrace the ongoing process of self-becoming, for the person you are meant to be is grander and more vibrant than you can imagine.

Every connection you make, every impact you have, echoes through the lives of those

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around you. Like planets orbiting a star, souls intersect and intertwine, leaving ripples of influence that endure beyond the present moment.

In the face of challenges and shifting foundations, remember your resilience. The axis of your spirit can tilt and realign, embracing the winds of change while remaining grounded in your values and purpose.

As you prepare to be astounded by the unfolding chapters of your life, know that *you* have the power to rock your world with positive change and transformation.

Embrace the journey with open arms, for within the uncharted lies the beauty of self-discovery and the potential to impact the lives of others.

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Yours in growth and possibility...



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## Poem: Open

If your arms  
are not open,  
cup filled,  
heart not on the ready  
mind not open  
then...  
how else can you embrace  
how else can you be filled  
how else can you receive  
what it is life has to give  
how else can you partake  
of the love and blessings  
which is yours,  
to live.



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## Dear Seeker of Life's Treasures,

In the simplicity of these verses lies a profound truth: the openness of arms reflects the receptiveness of our heart to the gifts life offers. Through these poignant words, we are reminded that embracing life's blessings begins with an open heart, a ready mind, and a cup poised to be filled.

Just as open arms invite warm embraces, an open-heart pave the way for meaningful connections and experiences. This poem encourages us to shed the barriers that often separate us from the beauty and richness of life. By embracing vulnerability, you allow life's abundance to flow into your being.

The imagery of a cup waiting to be filled speaks of a heart willing to receive. In its

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emptiness, it yearns for the sweet nectar of experiences, relationships, and moments that bring joy and fulfillment. Your words inspire us to be vessels of positivity, ready to be filled with life's offerings.

Your reminder that a ready heart is key to partaking in life's love and blessings is both a call to action and an invitation to introspection. It urges us to evaluate the extent to which we allow ourselves to fully experience the wonders around us. It reminds us that by opening ourselves to love, we become conduits of the love we seek.

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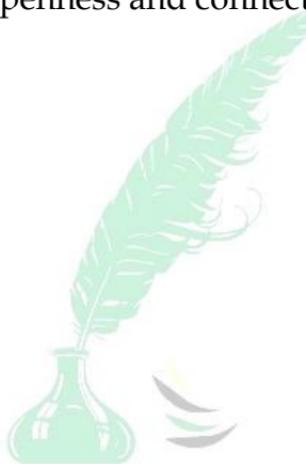
Your verses echo a timeless truth: that the art of living is a dance between giving and receiving. As you invite us to consider how we embrace life, may we all reflect on the

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readiness of our hearts to partake in its beauty. May we find the courage to let go of inhibitions and open ourselves to the universe's abundant offerings.

In the spirit of openness and connection...



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## *Poem: Life's Fragrant Tapestry*

Life is akin to a delicate rose,  
Each petal a chapter, gracefully unfurls.  
Over time, they fall, revealing the core,  
A canvas of memories, lessons, and more.

Pause, dear soul, appreciate its grace,  
In each fleeting petal, a moment's embrace.  
Let its fragrance awaken dormant delight,  
As emotions bloom, within day and night.

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We're given one life, a treasure to hold,  
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A journey to traverse, stories unfold.  
So tread with purpose, with love ignite,  
Embrace every petal, each hue of light.

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**Beloved Friends,**

As we walk the tapestry of life, remember that each day is a petal on the beautiful rose of existence. Just like the petals that fall to reveal the rose's essence, our experiences reveal the core of who we are. Take the time to cherish the moments, embrace the emotions, and find joy in the little things.

Just as a rose offers its fragrance, let us share the fragrance of kindness and compassion. Every interaction is a chance to brighten someone's day. And just as the rose is a masterpiece of nature, so too is our life—a masterpiece woven with stories, connections, and purpose.

May we embrace our journey, knowing that life's petals may fall, but the essence of our

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experiences remains. With each petal, let us learn, grow, and love. Remember, we have been given this one precious life, so let's live it with intention and gratitude.

Yours in shared moments ...



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## *Poem: Sailing Across Surprises*

Life, a tapestry woven with threads unseen,  
Unfolds with twists, neither uniform nor  
routine.

Expectations dashed, a script unscripted,  
Challenges and joys, intertwined, coexisted.

Yet within this unpredictable sphere we  
tread,  
Lies the power to shape where our footsteps  
are led.  
Life's canvas splashed with hues unforeseen,  
A portrait of resilience, in each brushstroke  
keen.

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## Dear Companions on the Journey,

As we walk the winding path of life, we find that it often unfolds in ways we least expect. Plans may shift, dreams may alter, but within this ever-changing landscape lies an invitation—to make the best of every moment.

Life may not adhere to our scripts, but we have the remarkable ability to adapt, to find strength, and to embrace the unexpected. We're tasked with taking what life offers, be it challenges or triumphs, and doing our utmost to create a masterpiece of our existence.

Let us remember that in the mosaic of life, even the unplanned hues contribute to the whole. Every twist, every turn, offers a

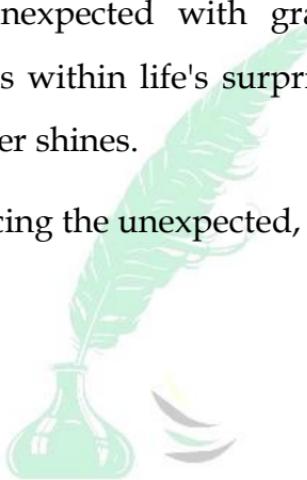
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chance to learn, to grow, and to leave an indelible mark on the canvas of time.

May we approach each day with open hearts and a spirit of resilience. Let us navigate the unexpected with grace and courage, for it is within life's surprises that our true character shines.

Yours in embracing the unexpected,



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## *Affirmation: Inhale, Exhale and Breathe*

In times of passion,

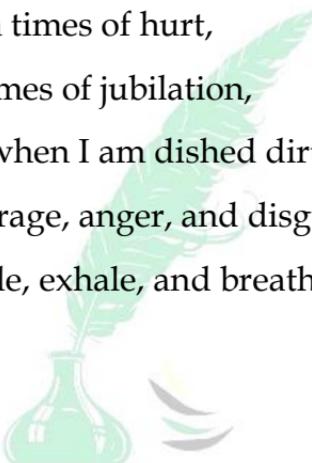
In times of hurt,

In times of jubilation,

In times when I am dished dirt,

In times of rage, anger, and disgust

I will inhale, exhale, and breathe.



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## *Poem: Whispered Prayers to the Divine*

Prayers ascend, like fragrant mist they rise,  
Bearing hopes and dreams to cerulean skies.

A soothing balm to the Divine's keen ear,  
In whispered words, our souls draw near.

Blessings descend, like gentle drops of rain,  
Healing touch upon our heart's deepest  
pain.

They fall like salve, a solace to wounds,  
A celestial embrace in life's varied tunes.

## Jamaica Pen Yardley

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## **Beloved Seekers of Faith,**

In the quiet moments of prayer, we send forth our hopes, our fears, and our gratitude to the Divine. Just as incense rises to touch the heavens, our prayers ascend, carrying the whispers of our hearts to the One who listens.

Remember, every prayer is received with compassion and love. Like a balm to our souls, our prayers find solace in the ears of the Divine, providing comfort and understanding beyond words. And in return, blessings flow—anointment for our wounds, light in times of darkness.

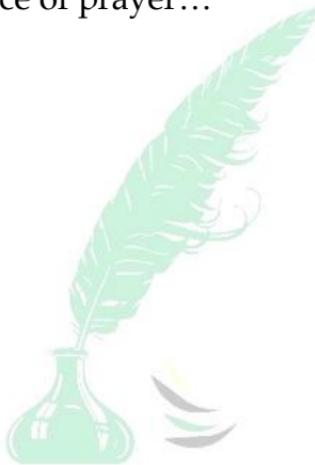
May you find strength in the beauty of this exchange between the human spirit and the Divine. As you offer your prayers, know

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that you're heard, cherished, and blessed beyond measure. Let your heart be open to the healing touch of grace that descends as a response to your faithful words.

Yours in the grace of prayer...



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## *Poem: The Battle Within*

Within the chambers of thought,  
a duel unfolds,  
A clash of wills, a story untold.

Your mind, a vast arena,  
where battles ignite,  
An opponent unseen,  
yet shining so bright.

Formidable and complex,  
your mind takes its stand,

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Both ally and adversary, a force to  
command.

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In its intricate depths, ideas take flight,  
Challenges arise, and dreams reach their  
height.

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## Dear Traveler of the Mind,

In the realm of your thoughts, you face a powerful adversary—your own mind. It holds the potential for greatness and the capacity for doubt. It's a labyrinth of creativity and questions, of aspirations and insecurities.

Yet remember, within this battlefield of the mind, you hold the power to navigate, to transform, to conquer. Just as the most formidable opponents can become allies, so too can you harness your mind's strength to overcome challenges and reach new heights.

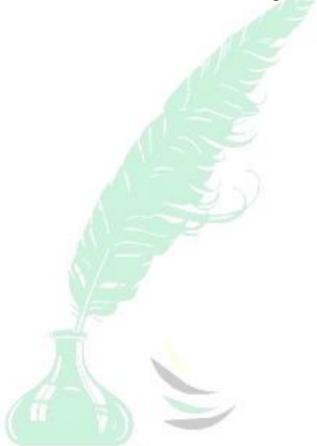
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As you grapple with the complexities of your thoughts, keep in mind that you're not alone. Seek understanding, seek growth, and seek support when needed. You are the

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author of your thoughts, the architect of your perspective. Embrace this internal journey, for within your mind's arena lies the potential to shape your reality.

Yours in the pursuit of self-mastery...



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## *Poem: Breaking Chains of Fear*

Fears, like chains, hold tight their grip,  
A weight that tethers, a journey's slip.  
They bind us close, restrict our flight,  
And shroud our vision, eclipsing light.

Manacles unseen, fears often conceal,  
Limiting the horizon,  
suppressing what's real.  
But courage beckons, a hammer's call,  
To break these chains, to stand tall.

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## Dear Seeker of Freedom,

In the shadows of your fears, you confront invisible manacles that bind and limit. Just as chains restrict movement, fears hold you captive, preventing you from venturing into the unknown. But remember, within you lies the strength to shatter these constraints.

As you stand at the crossroads between fear and courage, know that the decision to break free rests in your hands. The key to those manacles is the belief in your own resilience and potential. Let your yearning for growth be the force that dismantles these chains.

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Just as a blacksmith hammer away to shape metal, your courage and determination will forge a path towards liberation. Embrace

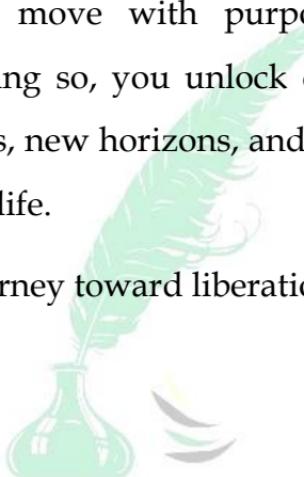
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your fears, confront them, and take steps toward the horizon they've hidden from your view.

May you find the strength to step beyond your fears, to move with purpose and freedom. In doing so, you unlock doors to new experiences, new horizons, and a fuller, more enriching life.

Yours in the journey toward liberation...



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## *Poem: Rising to Soar Above and Beyond*

Above and beyond, a call to ascend,  
To heights uncharted,  
where limits transcend.

With wings of determination, we rise,  
Above the ordinary, reaching for skies.

In moments unscripted, challenges faced,  
Above and beyond, our strengths interlaced.  
A journey to realms where courage takes  
flight, exploring the depths of human might.

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## Dear Voyager of Heights,

The call to go "above and beyond" echoes with the promise of expansion, of transcending what's known and comfortable. It's an invitation to stretch your wings, to soar to heights yet unexplored. Embrace this call with open arms and a heart attuned to possibility.

As you rise to meet challenges, remember that your ability to go beyond the ordinary is a testament to your resilience and spirit. In these moments of ascent, you're not only discovering new horizons but also unearthing the depths of your potential.

May you find the strength to soar, to rise above the constraints that hold you back. Just as a bird stretches its wings to catch the

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currents, let determination be your wind, propelling you to places you've never been before.

May you always be willing to reach higher, to journey above and beyond, and in doing so, discover the boundless expanse of your capabilities.

Yours in the pursuit of new heights...



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## *Poem: Journey to Peace*

Peace, a jewel of serenity's embrace,  
Sought by hearts in life's bustling race.  
Elusive at times, like a fleeting mist,  
Yet within reach, through an unseen twist.

In the stillness of Christ's guiding light,  
A beacon of peace through day and night.  
With Him at the center, heirs we become,  
To tranquil shores where hearts find home.

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## Dear Seeker of Serenity,

Peace—a treasure so often pursued, yet at times, elusive like a whisper in the wind. Amid life's storms, the yearning for peace arises within us, a longing for the calm waters of the soul. And as you rightly observe, with Christ at the center, we become heirs to this invaluable gift.

Remember, that peace is not merely a destination but a journey. It's an art to be cultivated, a sanctuary to be discovered. Christ's presence serves as an anchor, offering tranquillity amid life's tempests.

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When we align our hearts with His, we embark on a voyage towards the serenity we seek. It's a journey of surrender, of finding solace in faith, and of trusting in His

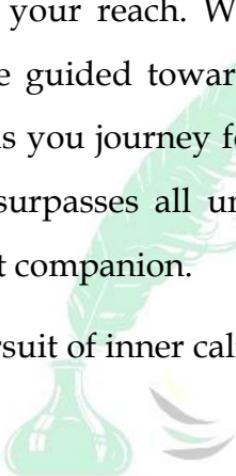
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divine guidance. With Christ as our compass, we navigate the waves of life, finding refuge in His unwavering love.

May you find solace in the knowledge that peace is within your reach. With Christ at the helm, you're guided toward the shores of tranquility. As you journey forward, may the peace that surpasses all understanding be your constant companion.

Yours in the pursuit of inner calm...



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## Poem: Tough

Man, oft likened to a fortress tall,  
Yet even walls can crumble and fall.

Built strong and proud,  
they stand their ground,  
But time and trials reveal what's around.

A wall, though sturdy, may still yield,  
To forces unseen, to battles concealed.  
In humility's path, strength finds its might,  
Uprightness guides through darkest night.

*Jamaica Pen*  
For even walls should bow to time's decree,  
As dust to wind, they might one day be free.  
So walk with grace, with wisdom's hand,  
Recognize your roots, in dust you stand.

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## Dear Fellow Traveler,

In the metaphor of walls and fortresses, you offer a reflection on the dual nature of strength and humility. Just as walls offer protection, they too face vulnerabilities. But remember, it's in the balance of strength and humility that true resilience is found.

To be a wall is to stand tall against life's challenges, but even walls have their breaking points. Yet in humility lies a source of strength far more enduring than walls of stone. Humility doesn't weaken us; it fortifies us by grounding us.

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Walking in uprightness and humility isn't a sign of weakness, but a testament to inner strength. Like a wall shaped by skilled hands, you too can be molded and fortified

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by experiences, insights, and the wisdom that comes from a humble heart.

And as you wisely note, we are but dust—fragile, transient, and susceptible to the winds of change. In acknowledging our finite nature, we gain perspective and the ability to navigate life's twists and turns with grace.

May your journey be one of balance—of embracing your strength while cultivating the gentleness of humility. Just as walls protect, may your inner strength be your shield. And just as dust is carried by the wind, may your humility allow you to bend and adapt, yet remain unbroken.

Yours in strength and humility,

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## *Affirmation: I am more*

I can do more than you can possibly imagine; especially as I have the favor of the creator in Heaven.

I am more than you can ever imagine; with Him the possibilities are endless.

My purpose is yet unfulfilled, hence I have even greater things that lie within.

I am more.

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## Poem: *Liberated*

Feeling free  
Like an eagle soaring in the sky  
Like an owl, hidden, watching you go by;  
Like a shadow going undetected  
Like a child, who no one's got;  
Like penguins on a sunny rock,  
Like the crows croon, on a noon day dock;

Feeling free  
Like the birds and honeyed comb bees  
Like the monkeys spying in the trees;  
Like the hummingbird floating all  
around  
Like the lightning striking the ground;  
Like the thunder clapping its hands  
Like horses, sprinting across prairie lands;

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Be free  
Light and present in every new moment  
Making eternal memories.



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## *Poem: A Breath of Renewal*

I breathe anew, a sigh of release,  
Inhaled in hope, tensions find their peace.  
With bated breath, I embrace the chance,  
To roll the dice in life's ever-changing dance.

Uncertainty lies in the cast of fate,

Yet in each toss, a choice to navigate.

I dare to try, to challenge the unknown,  
With bated breath, my spirit has grown.

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## Dear Brave Seeker,

These words speak of a moment of renewal—a breath that replenishes the spirit and ignites the spark of courage. Just as a deep breath rejuvenates, so too does embracing the unknown with bated breath revitalize the soul.

As you prepare to roll the dice of destiny once more, remember that each throw offers not just the chance for a new outcome, but a journey of growth. Life is a series of throws, and with every cast, you step into the realm of possibilities.

Approach this dice with hope and determination, for within its numbers lie the potential for transformation. With bated breath, you're poised on the cusp of change,

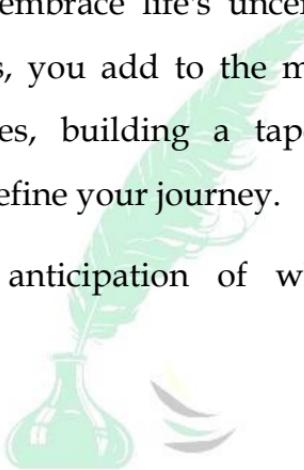
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ready to seize the opportunities that come your way.

May you roll the dice with confidence, knowing that regardless of the outcome, you have dared to embrace life's uncertainties. With every toss, you add to the mosaic of your experiences, building a tapestry of moments that define your journey.

Yours in the anticipation of what's to come...



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## *Prayer: Lord Come*

Lord come into my mind

And stay there;

Lord come into my heart

And stay there;

Lord come into my being

And stay there;



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Stay there,

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Selah.

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## *Poem: Growing in Strength*

I wake up in tremors of nerves,  
Uncertain of what I deserve;  
I try to be complete,  
I try to keep others from under my feet.  
A shadow of the man, who began,  
A giant of the one which stands.  
Holding and challenging life,  
Shaping models of light.  
I woke up in tremors today,  
But no longer afraid of the fears I face.

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## **John 14:27**

*“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”*



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## *Prayer: Jesus take the Lead*

*Inspired from Carrie Underwood's song.*

Jesus take the lead

Be the driver of my life

Deliver me from these sorrows and people's  
spite

Deliver me far from here,

From this sink, and strife;

Jesus take the lead

Be the driver of my life;

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Be my pilot Lord

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Fly me to lands in the heavens

Where even angels have to beg to get in

Be my compass, be my guide

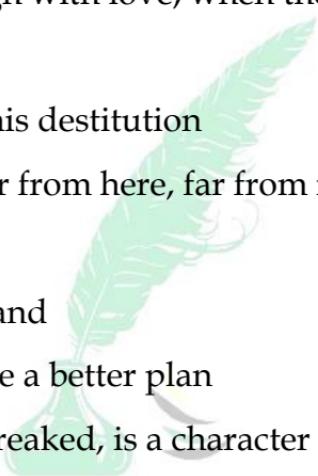
Lord take me away from this life of sin;

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Jesus take the lead  
Be the shining sun, on a cloudy dank day  
Break upon the horizon  
Shining through with love, when those  
days are grey,  
Take me from this destitution  
Jesus take me far from here, far from ruin;

Jesus take my hand  
Tell me you have a better plan  
Stubbornness streaked, is a character flaw in  
me  
Lord I am bowed,  
Life has made me meek;



Jesus take me now,  
Let me cling to you

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Let me live  
As a bride with her husband  
Forever betrothed to you;

Jesus take the lead  
Change my destination  
I glimpsed ahead and its worst than a life of  
drugs and prostitution  
Bring me to a place where angels want to fly  
Bring me to a place where they will never,  
ever be another tear in my eye;

Jesus take the lead  
Be the driver of my life  
Deliver me Lord,  
Give me purpose in this life;  
Be the driver, take the lead  
Lord I submit to You

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Jesus take the lead  
As all honour is due to You.

In Jesus name, amen.



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## *Poem: Eyes Wide Open*

Eyes wide open, unafraid I leap,  
Into the deep, promises to keep.  
No illusions of feet on solid ground,  
Yet with every plunge, strength is found.

Though waves may surge,  
and currents pull,  
The thrill of life's dance, beautiful and full.  
Risk embraced, the journey's sweet,  
In pockets of time, memories to greet.

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My eyes remain wide open, bold, and free,  
A water-world canvas, expansive sea.  
Amid the depths, uncertainties to shatter,  
Each stroke a reminder, what truly matters.

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With water as companion, courage is near,  
Learning to swim, transcending the fear.  
Though not a master, I strive to rise,  
Praying not to drown, to touch the skies.



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## Dear Adventurous Spirit,

This poem captures the essence of life's leaps—of diving into the deep waters with eyes wide open, embracing the unknown. With courage as your companion, you can navigate the currents of uncertainty, holding onto the thrill of the journey.

As you jump into life's deep expanse, you acknowledge that the journey might not always be smooth. Yet within the challenges lies the beauty of growth and discovery. The experience is worth the risk, for in those daring moments, you find treasures to carry into the tapestry of your existence.

With water as the backdrop, this symbolizes the vast canvas of life—a realm of possibilities and uncharted territories. It

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acknowledges that though we may not have all the answers, our spirit remains steadfast in its pursuit of experience and meaning.

In the depths of life's waters, we're not alone. Just as we adapt and learn to swim, we're supported by our journey's companions—lessons, resilience, and a heart unafraid. And in each stroke, we rise above the waves, reminding ourselves that while challenges may come, they do not define us.

We pray you continue to dive into life with eyes wide open, embracing each plunge as an opportunity to learn, to grow, and to create moments that will one day paint a portrait of our unique journey.

Yours in the thrill of adventure...

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## *Poem: Forgiveness*

*For if you forgive men their trespass,  
Your heavenly Father will also forgive you.*

*Matt 6:14*

As seed sown in fertile earth,  
So are the seeds of forgiveness;

As the hibiscus blooms on its bush,  
So is forgiveness;

As the cloud covers as high and as wide  
above the earth,  
So too is forgiveness;

As any element fire, water, earth, wind,  
love, in its awesomeness,

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So too is forgiveness;

It flourishes and is harvested

Where it is planted;

It blooms and beautifies

Where it yields;

It provides rejuvenation and cleansing

Where it falls;

It overpowers in its awesomeness,

Erasing all wrongs;

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With forgiveness all relationships

Are fortified strong;

Forgive.

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## *Prayer: Centre*

Lord,

You are my core,

The epicentre of me;

You are the wind,

The very air I breathe;

Without you there is nothing,

You are my everything.

God,

You are the centre,

The heart that beats within;

You know my ways,

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And can preview my every sin;

You are to me

What leaves are to a tree,

You are to me

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The very air I breathe.

Father,

You are my core,

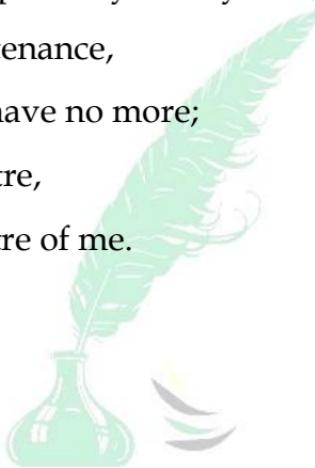
The door to the pathways of my soul;

You are my sustenance,

When I think I have no more;

You are my centre,

You are the centre of me.



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## *Proud*

I am proud to stand firm  
To stand tall  
And sometimes alone,  
In this game called life;  
I play the game,  
Learn the game and  
Loose at this game sometimes;  
But I go on.

I struggle to survive the first inning,

Hoping not to be caught;

I struggle to hit a home run;

But sometimes,

Sometimes, I have a bad day;

I am proud to stand,

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And even if I can't, I lean  
And even if I can't, I sit;  
And even if I can't, I hold on;  
Hold on to any glimmer  
Hold on to any hope.  
Hold on to any thing that keeps me  
connected to this...  
Game.

I am proud to say I am still alive  
Still playing,  
Still partaking of the defunct, deceit, debase  
Still partaking of the joy, jealousies, jokes  
Still partaking of every soul, body, smile  
Still partaking of seeing the spirit in the  
people  
In my life;

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I am proud to stand, lean, sit, or hold on;  
I am proud to survive.



*Jamaica Pen* Yaddi-bay

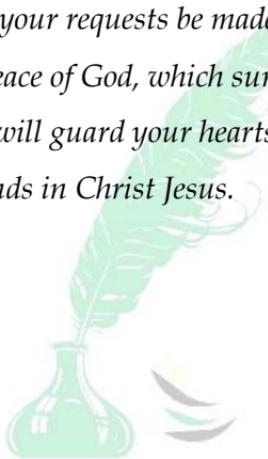
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## Philippians 4:6,7

*... do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*



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## *Prayer: Eternal Wellspring of Mercies*

Oh Lord, your mercies, a river that flows,  
Eternal and boundless, their essence  
bestows.

Beyond my frailty, beyond my pride,  
In their embrace, all doubts subside.

You feed me, as Elijah by the brook,  
Nurturing my spirit, in every nook.  
Your love, like David's, steadfast and true,  
A beacon of light that guides me through.

*Jamaica Pen*  
Forgiveness abundant, like Peter's release,  
Washing my soul, bringing sweet peace.  
Oh Lord, your mercies, an ocean so wide,  
In their embrace, I find solace inside.

Amen.

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<https://revealingthechristianlife.org>



## Dear Beloved of Grace,

This poem paints a canvas of gratitude, a tapestry woven with the threads of mercy and love. As you invoke the Lord's boundless mercies, you will be reminded of the enduring embrace that transcends our limitations.

Just as a river flows unceasingly, the Lord's mercies pour forth without end. They reach beyond our human frailty, offering a sanctuary of grace where we find solace and renewal. In their presence, selfishness yields to selflessness.

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This prayer evokes powerful biblical imagery – of Elijah's provision, David's love, and Peter's forgiveness. Through these stories, we see a reflection of the Lord's

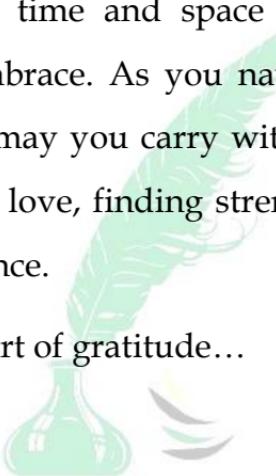
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unwavering compassion, a love that knows no bounds.

May you always hold onto the assurance that the Lord's mercies are limitless, reaching across time and space to enfold you in their embrace. As you navigate the journey of life, may you carry with you the certainty of this love, finding strength in its unending presence.

Yours in the heart of gratitude...



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## *The Gospel of Jesus Christ*

And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him: And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased. - Matthew 3:16-17

"The time is here, and the kingdom of God is at hand. Repent, and believe in the gospel." - Mark 1:15

The gospel is that Jesus Christ died for our sins according to the Scriptures, that He was buried, and then He was resurrected on the third day. - 1Cor 15:1-4

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He was delivered over to death for our sins and then was raised to life to put us right with God. By faith in this, then, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. - Romans 4:25-5:2

If you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised Him from the dead, you will be saved. For with your heart you believe and are put right with God, and it is with your mouth that you confess and are saved. As the Scripture says, "Anyone who trusts in Him will never be put to shame." - Romans 10:9-11

That which we have seen and heard we declare to you, that you also may have

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fellowship with us; and truly our fellowship is with the Father and with His Son Jesus Christ. We write these things to you that your joy may be full. - 1 John 1:3-4

*If the words of this book has affected you and you want to give your life to the Lord Jesus Christ; please pray the prayer below and contact a local church to begin your life as a child of God.*

### **Prayer of Salvation**

"Father, I know that I have broken your laws and my sins have separated me from you. I am truly sorry, and now I want to turn away from my past sinful life toward you.

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Please forgive me, and help me avoid sinning again. I believe that your son, Jesus Christ died for my sins, was resurrected from the dead, is alive and hears my prayer.

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I invite Jesus to become the Lord of my life, to rule and reign in my heart from this day forward. Please send your Holy Spirit to help me obey You, and to do Your will for the rest of my life. In Jesus' name I pray, Amen."



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## *About the Author*



Denise N. Fyffe is a devoted servant of God and an exemplary leader. With a heart dedicated to serving God's people, she has faithfully embraced her role as a minister, providing spiritual guidance and support. Alongside her loving husband, Denise exemplifies the beauty of a Christ-centered marriage, radiating the essence of God's love in their union.

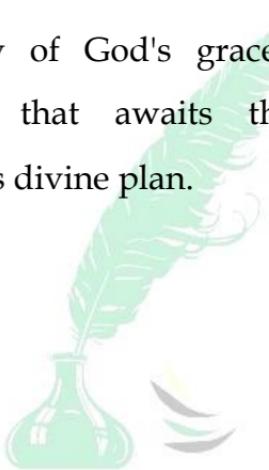
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As one of the visionary leaders for Revealing the Christian Life Ministry, she passionately advocates for the transformative power of the gospel, empowering believers to walk in their

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divine purpose. As a Christian author, Denise's writings reflect her profound insights into God's Word, offering inspiration and wisdom to those seeking spiritual growth. Her life and ministry serve as a testimony of God's grace and the abundant life that awaits those who surrender to His divine plan.



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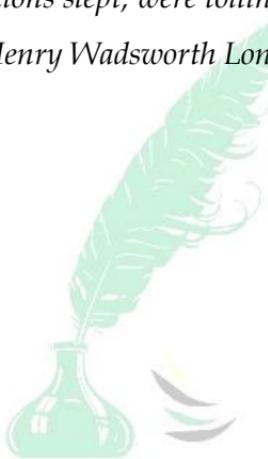
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*Remember, "the heights by great men reached and  
kept were not attained by sudden flight, but they,  
while their companions slept, were toiling upward in  
the night." – Henry Wadsworth Longfellow.*



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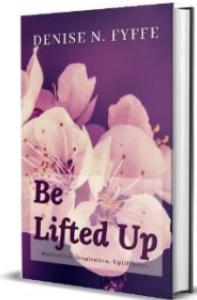
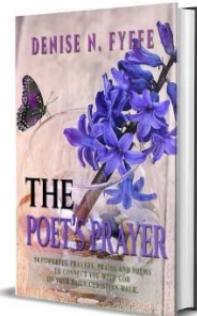
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## Recommended Books



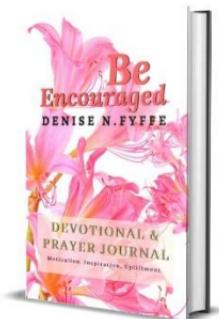
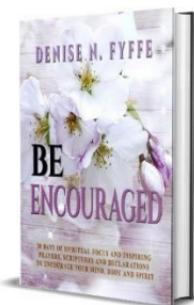
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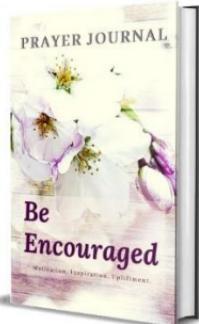
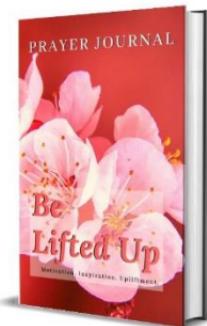
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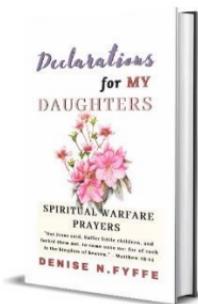
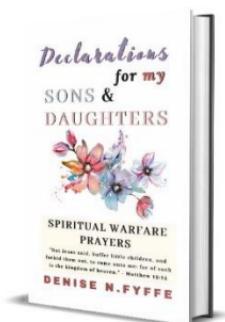
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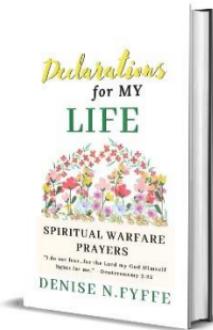
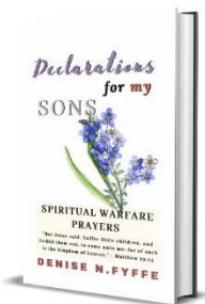
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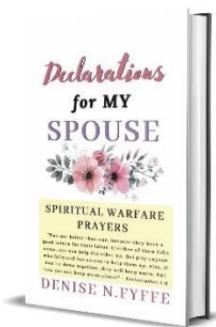
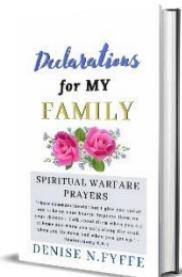
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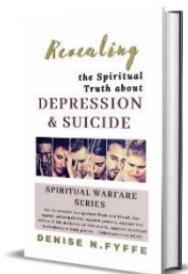
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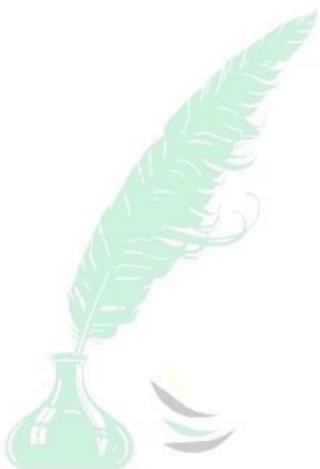
It means so much that you have taken the time out of your busy schedule. Nothing makes us happier than knowing that someone is reading, and hopefully enjoying, what took us many months, even years, to create.

Please stay with us on this journey. We welcome your feedback, opinions, and suggestions about the book. We would appreciate a few lines of review on Amazon.

You can also write us a note at Jamaica Pen Publishing on Facebook, or Twitter and at The Island Journal website.

Again, thank you.

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