



# I AM BASICS HANDBOOK

101



*The African-American Catholic Congregation*  
*I AM Institute*  
*An Empowerment Publication*

## Introduction

So many years ago along any avenue or any main street man planted two or three types of trees expecting them to grow big and strong. Man planted but did not/could not determine how the trees would grow. Some of the trees have more branches than others. Other trees have oddities to their leaves, some are taller than others and while some grow straight up others grow more out than up. How beautiful and unique is this world; this is our strength as a people, our differences. We all process situations differently, we look at each other differently; we assess our life challenges differently. It would take eons to fully discuss each species differences.

Look at religion and oh my, the nuances of religion; too numerous to fathom. Religion is a set of fundamental beliefs and practices. Man planted religion and had expectations of its effect on people but each person grows differently in the experience of religious practices. Spirituality is another belief that is broader than the universe. People often confuse spirit and spirituality; they are interconnected but it is important to know the difference in order to articulate the two clearly. Spirit is not physical rather it is a part of a being encompassing emotions and character; also said to be the makeup of the soul in humans. If someone says that they are spiritual they are saying that they rely more on things of the soul, that which is not physical, the unseen and sacred aspects of their existence. Spirituality is a relationship between the soul and the mind. It is a connection between the spirit man/woman and God who is called by many names.

Women and men are spirit via the life breath from God. We are made in God's spiritual image as stated in the ancient Book of Genesis (1:27); the first man's physical being was molded from the clay of the earth and God's breath gave the man life. Eventually man's physical frame will return back to the earth and the breath will return back to God. The breath is associated with the Spirit of God. Since man has God's spirit inside of them it would only make since to live as focused as possible in a spiritual existence. The issue is that man and woman have developed amnesia regarding our connectivity to the spiritual existence or a God-existence.

As problematic as it may be to explain living an existence as a little god (Psalm 82:5) or a spiritual being it must be done, it must be explained at the basis of levels for everyday life events. This is a handbook that can be carried around and used as a reminder of how to approach difficult daily occurrences. This is I AM at the beginners level. It is being planted inside of the reader but growth will be determined by the reader. The student of the I AM, like the tree, exists in faith, not lusting or anxious for things rather just live believing that all is provided in due season. Trees do not sweat or worry but rely on the Source, God, for everything that is needed to grow. Trees exist mostly in an upright position, the position of praise. In certain seasons trees are pruned in order to obtain further growth; man and woman will also be pruned of attitudes and behaviors when the season is revealed.

A vital part of awakening your god nature is speaking the word of God, speaking a positive word with humility, yet, with authority knowing that God will provide. Taking spiritual action like the Source means accepting the creative power within you. God spoke the world that He wanted to see and it became. Jesus spoke healing to sickness and people were healed. Speak in humility and faith with a nurturing love for what you need and it will become as it follows the will of the Source, God.

The objective of this handbook is to open your spirit, your soul, to living as a god in oneness with the Source of all things, God.

*Love and Light on this journey,  
Reverend Wanda C. Outlaw*

## I AM BASICS

101. You need bread and milk to make sandwiches for your children and so that you can give them breakfast in the morning but you do not have money. Speak out loud to your friend, Source. ***“I AM one with You and it is said, ‘never have I seen the righteous forsaken or their children begging for bread’ so I rely on You. I AM in the presence of fulfillment and I thank You.”***

**Counsel:**

Plan your food preparation in a way that you will not want in the last minute. Last minute preparation assumes the goodness of God. Do not be ashamed to ask a neighbor for milk and bread. You will find that it blesses them and you too.

102. There are no seats on the bus or subway and you are physically tired in mind and body. In your mind think, ***“Thank You God for provisions! When I AM weak You are strong; please strengthen me for this journey.”*** Think ***“I AM stronger”***, close your eyes and slowly breathe in and breathe out. Repeat this with confidence and a change will take place inside of you.
103. You receive one check a month, you have food to eat, and you have a roof over your head. Once the bills have been paid you have little, if any money left to get you through the rest of the month. Speak with joy, ***“Thank You God for all that I have. Thank you for providing for me. You have covered me well and I AM grateful!”*** We do not always have to ask God for something rather just be grateful for what we do have. If we cannot be grateful for the little that we have why should we be expected to receive more?
104. Your supervisor is a bully. You seem to be the “fall guy” when mistakes occur with clients. Year after year there is no promotion for you rather the person that steals ideas and lies is the one rewarded. Repeat daily in your mind, ***“I AM one with You my God and my Savior. The word says, ‘touch not my anointed one and do my prophet no harm’. I declare that I AM covered by the word of God so no weapon formed or fashioned will overtake me. Thank You God for covering me.”*** Speak this out loud in your home or in your car.

**Counsel:**

This happens frequently in the work place...you are not alone. A god has to have courage in the midst of persecution. No it is not easy. The repeated word of God provides you with courage. Your belief in the Source must be greater than what man or woman does to you.

105. There are more days than not when you are depressed and you do not know why. You just want the depression to go away. Scripture tells us, Philippians 4:8 ***“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”*** Depression can last for weeks. In clinical depression there are times when medication is needed. Take the meds but operate in faith as well. Speak to your depression. *“My mind is one with God”, “I trust God for the order of my mind”, “I AM healed” or “God and I create my reality.”*

**Counsel:**

Do not be embarrassed about seeking psychiatric care. The spiritual and the scientific work in unison. Research for remedies; push yourself to help someone else when you feel down. Make sandwiches and take them to the homeless. Take time to read stories to the young in the library, or take an elder to the store. This will aid you in moving out of your depressive state.

106. You became pregnant and were not ready to have a child even though you want to keep the child. The man that you were in relationship with has left you to care for the child alone. A god does not look for revenge rather they move forward planning for a different life with a new baby. Your thoughts should be love and peace toward he who left you and love and hope to yourself for a healthy child. Your plans should include how to raise a spiritual child. Begin to speak to your womb: *“You are one with God”, “You are the genius of God”, “You will walk in your purpose”, and “The only one greater than you is God.”*

**Counsel:**

If the father wishes to be in the child's life later do all that you can to arrange time for the child and father to spend time together. It is vital to the growth of the child. If the father does not wish to be a part of the child's life do not force it on him. Remember, all things work together for good to them that love the Lord and are called according to His purpose.

- 107.** You found out that your spouse had an extramarital affair. You are angry and want to hurt your spouse as much as they have hurt you. Revenge is never the response to take. If this happens you must first focus on nurturing your heart and mind. Force yourself to take a stance of peace in prayer. Eliminate hurtful thoughts and words. If you find that you cannot pray just sit in silence with your eyes closed, God will hear your heart. If you can repeat over and over, "*I AM one with God*". This mantra will remind you of who you are. The object of this prayerful activity is to be able to move forward in a higher spiritual vein.

**Counsel:**

It is difficult to face betrayal. In James 1:1:27 it tells us *“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. ...”*

A god is not exempt from trials but it is important how a god faces trials even the betrayal of one who vowed to love you.

Even in the hurt strive to maintain a spiritual mind. Once your mind has a sense of peace then you are better equipped to have a discussion with your spouse. The discussion will reveal...

- 1) Your spouse is very sorry and wants to work it out.
- 2) Your spouse apologizes but continues to cheat.
- 3) Your spouse decides to leave you.

If the response is No. 1 it is vital that you both go to a Christian counselor. It is important that you both tell the truth in order to move forward in a healthy relationship.

Whether you stay or leave the relationship go into deep prayer about what to do. Do not make your decision out of your emotions.

- 108.** You and your spouse have waited to have a child for quite some time and when the child is born she is unable to see and the doctors do not know if she ever will. We can never predict how a gift will come to us and no matter how our children come to us they are definitely a gift. God has given you a great responsibility to express all the love that you have inside of you to raise this child; not as less than other children but showing the child that they are equal in intelligence and beauty. Do not allow yourself to be caught up in the society’s stigma of “poor child”. Teach your child that as a god they have extra special abilities to impact society. Thank God for the gift of this child!

**Counsel:**

“Blindness is something we explain little by little as a child progresses toward school. Because nobody knows when a blind child really understands what blindness is, it should be discussed in a positive manner. Anything associated with blindness should also be approached positively. Learning to use a white cane or being able to read Braille can be an opportunity and a privilege, not a last resort.”—National Federal of the Blind, Spring 1996, *BLINDNESS-WHAT IT MEANS IN THE MIND OF A BLIND CHILD* by *Ramona Walhof*

Search out organizations that believe in empowering the blind as well as teach you to communicate effectively with your child. Remember: You can do all things through Christ Jesus who strengthens you!

- 109.** Your son is graduating as valedictorian and won a scholarship to a university of his choice. He believes in helping the poor and mentoring the younger students. He is loved by many. He is walking home from school when his life is taken from him in a neighborhood drive-by. You are angry and need someone to blame. What was the point of raising him to be a fine young man if God was going to allow him to be killed?

Yes your heart is breaking and your mind is in confusion and bitterness is swelling inside of you. As hard as it is...STOP and be still. Yes, mourn; indeed, cry as this is a form of healing your heart. The mourning period is longer for some than for others; it can take up to one year to even begin to knowingly mourn. If ever there is a time to pray NOW IS THAT TIME. Tell God that you are angry. Understand that God did not cause the death of your son. Romans 5:12 tells us why we die, ***“Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned.”*** It is hard to imagine but your son did all that he was put on this earth to do. There was a life that he was put here to impact and not only did he give you joy but he aided those that he mentored.

Our flesh, our natural minds, wants to hold on to our loved ones so when their natural life ends we are not ready to let them go. We are not ready to understand that they did all that they were supposed to do. Isaiah 55:11 tells us that our lives are not spent here for nothing and we will accomplish what needs to be accomplished: ***“So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish***

*what I please, And it shall prosper in the thing for which I sent it.”* We were spoken into existence, we too, are the word made flesh; we will not return to God without accomplishing God’s will. This is how we can have a “Homegoing” instead of a funeral when someone dies. We celebrate their accomplishments and their return to God. ***“Then the dust will return to the earth as it was, and the spirit will return to God who gave it.”*** – Ecclesiastes 12:7.

110. You no longer seem to fit in with your friends because of your spiritual beliefs and practices. Sometimes you feel alone because your friends seem to have distance themselves from you because they think you strange. This is known by some as a good place to be in as you are striving to know God more. The closer you get to God the more the world will ostracize you. ***“You will be hated by everyone because of me, but the one who stands firm to the end will be saved.”*** – Matthew 10:22 Continue your journey toward God. Increase your prayer and meditation time. This does not mean that you have to give up your social life but your social life does not command you rather you command it. Pray: *“God I prefer Your companionship and Your love. I want to know You more and more each day.”* Desire God more than man or woman for it is God who heals, rescues, and protects; it is God who is everlasting. ***“Do not put your trust in princes, in human beings, who cannot save. When their spirit departs, they return to the ground; on that very day their plans come to nothing. Blessed are those whose help is the God of Jacob, whose hope is in the LORD their God.”*** – Psalm 146:2-5 and keep this in mind as well: *“Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all...”* Galatians 6: 7 - 10
111. The police show up at your place of employment and they ask for you by name. You wonder what could have happened. They take you into a conference room to tell you that your son/daughter hung themselves. Depending on your relationship with your son/daughter will determine what you feel. Your emotions can be anything from sadness and emptiness to guilt. You may never know why they did what they did. Allow yourself to mourn. There are places you can go, support groups, organizations that can help you better understand the moment. Do not allow yourself to wallow in self-pity too long. Fight through prayer and scripture reading to encourage yourself. Your child may be gone but you are still here to carry out your purpose and that should be your focus. Don’t worry about shedding tears off and on; keep working, eating, working out, praying and talking to those who will not criticize you but offer you support. Pray: *“Oh my God I AM seeking Your face. Only You, O Lord, can give peace to my mind and soothe my*

*heart. Touch me right now God, I need You, touch me in my places of need. Thank You for not leaving me in this my period of mourning. Amen”*

**Counsel:**

***“Come unto me, all [ye] that labor and are heavy laden, and I will give you rest.” – Matthew 11:28***

***“Trust in him at all times; [ye] people, pour out your heart before him: God [is] a refuge for us.” –Psalm 62:8***

For parents who are in need of help:

[http://www.helpguide.org/mental/depression\\_teen.htm](http://www.helpguide.org/mental/depression_teen.htm)

Surviving your child’s suicide:

[http://www.compassionatefriends.org/Brochures/surviving\\_your\\_childs\\_suicide.aspx](http://www.compassionatefriends.org/Brochures/surviving_your_childs_suicide.aspx)

**112.** You have been caregiver to your mother for 5 years. You have paid her bills, took her to doctor’s appointments, did the grocery shopping, fed her, changed her diaper, and gave her diabetic injections along with other necessary medicines. You awaken one morning to find her dead. You are numb with feelings of guilt for those moments that you felt bitter. Research has proven that caregivers often die before the ones that they give care to. It goes without saying that being a caregiver is not easy. You have to get your mother’s affairs in order. Once you have done this schedule time away for yourself. Go to a place of peace. Yes, god’s struggle too. A place near water is suggested. Water is a purifier. Sitting on a beach will relax your mind. Try to stop thinking about the past...empty your mind, meditate, and pray: “I AM one with God, I AM fully in Your presence O Lord. I release all that opposes You that is inside of me. I have tried to be Jesus for my mother and now she has returned back to You. I AM in need of the light of Christ for myself, for my healing, and for the nourishment of my spirit. Thank You God for never leaving me and guiding me to this place and time.” Spend time quiet and still; give yourself over to God completely.

**113.** You and your spouse have wanted a baby for quite some time. You finally adopt a girl infant. You awaken one morning to find the infant not breathing. You are told her death is due to SIDS (*Sudden Infant Death Syndrome*). How sad when a child dies and it is difficult to grasp that the child has done all that it was called forth to do. Maybe its purpose was to raise passion for life, to improve the relationship between the expectant parents or reveal the love of God. Remember the joy that the infant gave you in their

brief visit. Pray with your spouse with hands joined: *“We are grateful Mother/Father God for the spirit that entered our lives. You are an awesome God! We love You for all that You have done. We rejoice that our daughter has returned to You as Your child and as our guardian. Please guide us to our next child that we may raise her in Your truth and in Your love. Amen. Amen. Amen.”*

**Counsel:**

***“So it is not the will of my Father who is in heaven that one of these little ones should perish.” – Matthew 18:14***

Be reassured that God does not take life until after breath has left the body and then God draws the life breath back to Himself.

Read more on SIDS:

<http://kidshealth.org/parent/general/sleep/sids.html>

**114.** You have a thriving business making a lot of money. You give to many causes for the poor. You have received awards from the community for service above and beyond the call of duty. You visit your doctor for your annual check-up only to find out that you have been diagnosed with colon cancer. Recite this psalm/prayer repetitively: ***“The LORD is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.”*** – Psalm 23.

Research and be in prayer about the best treatments for this particular type of cancer. Be careful the words that you speak at this time. No you are not sick and you are not dying; you are not suffering from or afflicted with cancer. ***“Life and death are in the power of the tongue, and those who love it will eat its fruit.”*** – Proverbs 18:21 Speak life over yourself: *“I AM healed”, “cancer does not exist in me”, “I have life and I have it in abundance”, “God still has not left me”*. In healing from dis-ease do not reveal the illness to everyone so that people do not unknowingly speak against your life. You only want to be around positive and spiritually uplifting people. You are stronger than you think and now is the time to stretch out on faith believing in who God created you to be. Read the Dirge to Pity when you need to...

## THE DIRGE TO PITY

It is time to murder pity  
It is time to take her out  
Beat the hell out of her  
And leave her for dead  
Pity is a nuisance you see  
She tugs at the heart  
Causing it to bleed  
She serves no redeeming purpose  
Except to suffocate the life right out of you  
A sure demon from dante's inferno  
A useless tripe  
A stifling boil on the ass of a god  
a drug more seductive than the cain  
and  
it is time to kill pity  
so we can sing a dirge  
and bury her in  
potter's field.

- 115.** You have done everything that you know how to do but the bank has foreclosed on your home. Sit with a financial/debt counselor to figure out what action can be taken so that you are not on the street. Do all that you can until there is nothing left to do except the most powerful thing that you could do...**pray in faith.** When harsh life events step into our face this is the time to let out the battle cry and take back what was stolen from you. You have to co-sign with God in creating new life. *"I AM one with You O God", "I can do all things through Christ who strengthens me", "I declare in Jesus name new land come to me now", "no weapon formed against me shall prosper...I AM more than a conquer!"* **Visualize** what your breakthrough could look like. See your debt gone; see yourself inside your new home and it is better than the last one. What seems impossible to you is never impossible for God and you and God work in concert: when you have physically done all that you can; you are faith and God is the action. Just believe it and then receive it.
- 116.** You have had more than enough messages that have encouraged you to become an ordained minister. Romans 12:6-8 says, *"We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; if it is teaching, let him teach; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is*

*leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully."* Over the years you have displayed certain gifts and talents. God has led you to this time and place. Much discernment and prayer is required but in this you must continue to move forward. Do not stagnate. Remember Jonah tried to run from his calling to go to Nineveh and the Lord put him into a position of submission. You are worried about whether you are reading the signals incorrectly? Are strangers coming to you talking about the doubt you have been feeling? God sent them to you. Did a television commercial come on that impacted you differently than it did previously? God put that word before you. Did a preacher speak directly to you and what you are going through regarding the call? God sent him or her too. *"God speak to me in a way that I clearly understand what You want me to do."* *"God I surrender all that I AM to You right now."* *"Lord forgive me my sins...I want to be clean to do Your work."*

- 117.** You are addicted to sex. No condemnation. When you acknowledge that there is a problem then you can seek out help.

<http://psychcentral.com/lib/what-is-sexual-addiction/000748>

<http://www.icounselingservices.com/therapy-sexual-men.cfm>

When you receive professional help also seek help from the true Source of our healing; God. No matter the addiction never give up on prayer, don't count God out, increase your faith. Just because you have an addiction does not mean that you are not a little god. You are still made in the spiritual image and likeness of God. The word of God still applies to you. We all have life lessons that we came to the earth to learn. It is important to learn the lesson so that you will not repeat it. Find out what triggered your addiction and learn how to overcome it. Pray every day: *"I AM one with God, forgive me Lord for my trespasses; all that oppose Your presence. God I seek the light of Christ in my healing. Guide me to a victorious life free from addictions. Thank You for being an ever present God in times of trouble—in the midst of temptation. Lead me not into temptation but deliver me from the hands of my enemy."*

- 118.** You cannot seem to stop gossiping. Leviticus 19:16 says, "You shall not go around as a slanderer among your people, and you shall not stand up against the life of your neighbor: I am the Lord." Ask God for forgiveness daily. Work on saying nothing when you hear others talking against another. Instead speak in your mind, in spirit, "O Lord cover my brother or sister speaking right now. Shine a revealing light on them and inside of them so that they see Your truth. God protect the one under attack by the spoken word." "God forgive me for using my tongue as a weapon against the spirit of another god." Sit in silence as often as you can as this will teach you to bridle your tongue. You do not have to join in on every conversation rather listen and learn.

119. So called friends say that you are too fat, too black, too light, or too skinny...you are just too. ***“Praise the Lord! Praise God in his sanctuary; praise him in his mighty heavens! Praise him for his mighty deeds; praise him according to his excellent greatness! Praise him with trumpet sound; praise him with lute and harp! Praise him with tambourine and dance; praise him with strings and pipe! Praise him with sounding cymbals; praise him with loud clashing cymbals! ...” – Psalm 150:1-6*** Our existence is praise. How we look, talk, act, and how we use our gifts are all levels of praise and when used correctly is excellent! No one can speak against our praise; we all praise differently. Our praise is between us and God. We have to determine if the world sets the barometer of beauty or does God who made no mistake in creating us. As gods we have too many other things to concern ourselves with other than what people think about us. *“I AM the divine image of God.” “I love the God inside of me.” “I AM a delight to the Lord.” “I AM a celebration of the light of Christ.”* Find your mantra of encouragement and recite it over and over until you are convinced.
120. You work in an office that is predominantly white and they are in habit of telling racially offensive jokes. ***“A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.”***—John 13:34-35 our society is steeped in a fleshly existence which is why racism is so rampant in these times. By all means complain about racial harassment on the job. (EEOC.GOV) To give yourself peace of mind in the midst of chaos pray and meditate. This is another opportunity to get quiet. Your quiet is louder than your confrontational responses. A god knows who they serve, they know that Jesus took the same abuse and was an overcomer. Be still and know that God is God.
121. You are with friends at a cook out having a great time. You are enjoying the music, the food and companionship. It is usually moments like this that we do not think about God because life is going along just fine. Still in good times pray: *“Great and Glorious God I AM in a state of worship and praise. I know that You are here in this joyous place with me. We are one O Lord and we celebrate this fellowship of love.”* How wonderful when gods come together to celebrate life in the here and now also acknowledging the presence of God in the midst of fellowship.
122. You found yourself in a fiscally tight moment. You had no money or food and would not be able to get anything for two or more weeks. A friend called to check on you and after talking about the goodness of God she takes you grocery shopping and then gives you cash to help you through the lean moment. During the period of no resources up until the resources were provided you continued to praise the glorious God of our ancestors. You did not worry or fret because you woke up in the morning and carried on with the

day. *“All praises to my God the source of my strength the strength of my life! I love You Lord because You never leave me, you are the wheel in the middle of the wheel and I feel Your support every day. I believe in You for everything that I need and until then I just live in rejoice. I AM one with a wondrous God!”*

- 123.** The doctors said that you would not walk again but you find yourself putting one foot in front of the other to the amazement of the medical staff. When you have folks standing near in wonder this is the time that a god testifies to the reason why they are walking. *“I have always found that God is real for me. I ask for favor and I AM walking. God has always protected me—covered me—loved me and I have to tell you all about my Lord because He just created a commercial break for you who have witnessed a miracle.”* We must never let an opportunity go by to advertise/market the goodness of God.
- 124.** You are walking along the street and a stranger walks up beside you and tells you that there is no need to complain because a way is being provided for you in what you are going through so do not worry. You are shocked because they are speaking to what you are currently going through. A god praises God, thanks the mouthpiece of God (*if they are still near*), and then you invite them to pray with you right there wherever you find yourself.
- 125.** You are a law enforcement agent in the midst of your first shoot out. Protecting a family you shot and killed a suspect. It is the first time that you ever shot anyone. Your job calls you to do whatever you must do to save life and in the name of justice. It still does not exempt you from feeling drained or sad. *“My Lord I AM one with You even in this moment. God I pray peace, love, and light for the family attached to this incident. God strengthen me in this moment giving me the wisdom and power to continue in the spirit of Michael the Arc angel. I AM Your agent for justice and peace keeping.”*
- 126.** Your son confesses to you that he is gay and that he is ready to move out if you require him to do so. Before you begin sprouting scriptures hug your son and then take him by the hand and pray: *“O Lord our God we are one with You in all things. God our son has come to me and revealed a portion of who he is to me. God lead and guide us in this journey. We love You great Jehovah and we will follow your commands being an example of Christ to all who you send our way. We pray this prayer in faith loving You God and loving one another. Amen.”* Sit with your son and have a nonjudgmental discussion. Go to the best place to nurture each other and continue the discussion...go to the kitchen and together prepare your favorite meal. Talk and laugh together. Mother, have no guilt or worries; it is not about fault. Who your son becomes does not define who you are.
- 127.** Your husband/wife leaves you for someone of the same sex as they are. You are confused, hurt, and have feelings of guilt and anger. There should be no guilt feelings

but you will be curious as to how you missed signs or was it evident before the marriage. This is one of those times to get quiet and prayerful. If you have the opportunity to have a discussion with your spouse, do so in peace. If they just walk away never to return then it is you and God. God will never leave you, God has the answers, more importantly, God will soothe your mind and heart. Do not soil your spouse's name to get revenge. Do not send letters revealing anything to anyone. Stay in quiet prayer for as long as it takes to grasp peace within. There are support groups that you can help: Straight Spouse Network ([www.ssnetwk.org](http://www.ssnetwk.org)), <http://www.gayhusbands.com/>

- 128.** You have dieted for a year and have not lost but a few pounds. You feel uncomfortable about dating. Your “friends” tell you that you should lose weight so that men will approach you and want to date you. It is time for the mirror test. Stand naked in the mirror and ask yourself, “*Where did God fail?*” No, God does not make us overeat but often times overweight people are not overeaters but stressors. No matter what size you are you must find the beauty that is in you and the outside of you. We have to stop measuring ourselves based on what society says is perfect. Hug yourself, tell yourself that you love yourself, and change what you want to change but do it for yourself and not for a date; this is you loving you. If you cannot love yourself then no matter what you look like no one else will love you. Get comfortable in your skin. You are one with God just like everybody else.
- 129.** It seems that friends and family have moved away, things are changing; the people you use to talk to and hang out with are no longer around. You feel abandoned and alone. If you have not ostracized friends and family through negative words or behavior then your life is changing; you are evolving into a higher spiritual awareness. It is time for you to focus more on God, pray and meditate more, read the bible and other spiritual materials. Sometimes God will move others away from you because they were a distraction from your spiritual journey. Also God could be about to call you to do something, to take on a new role or a cause. It is hard to discern when you are distracted. Put your mind and heart on getting closer to God.