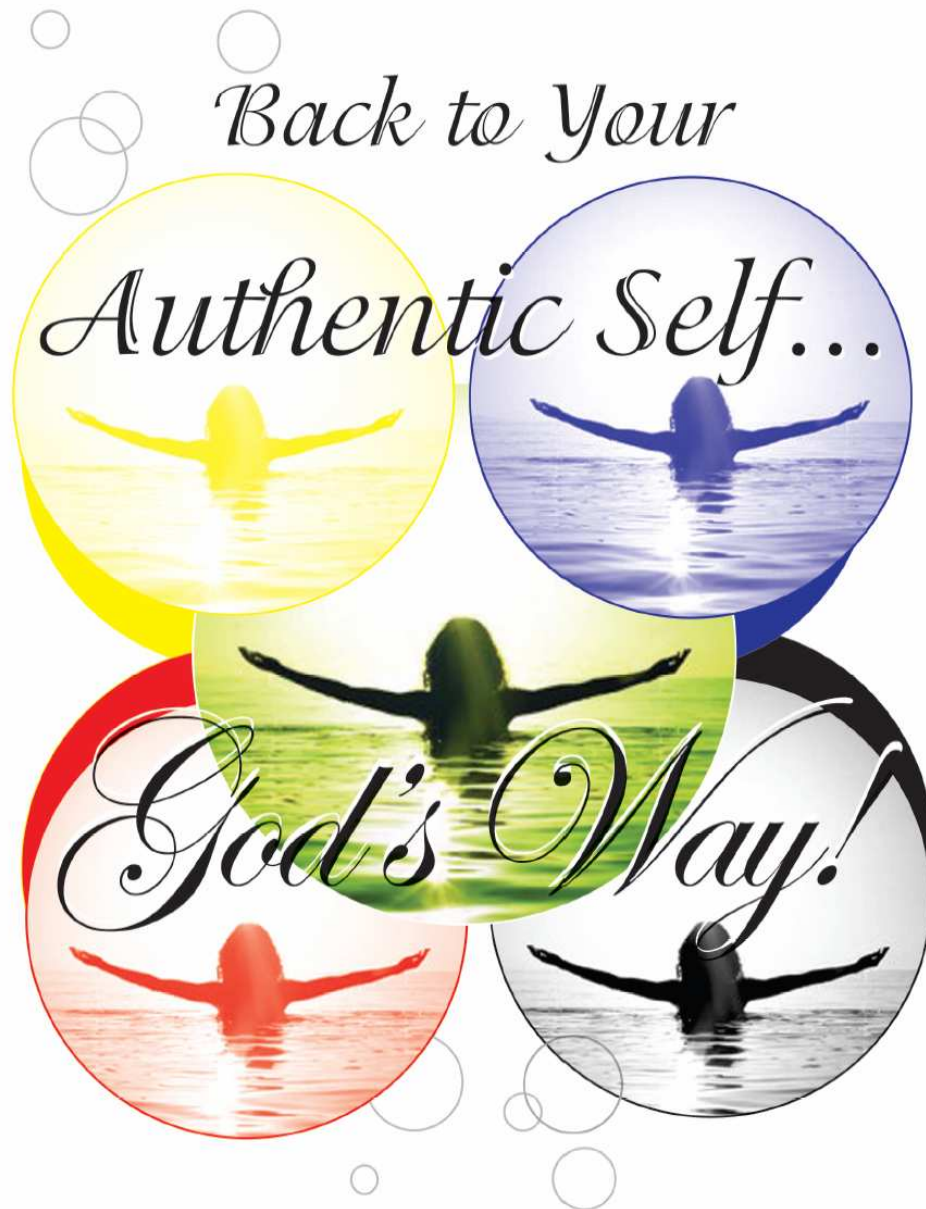


EVELYN V. SIMPSON, M.Ed.



A practical, reflective, **Scripture Based Guide and Workbook**
for dealing with challenges in your life.

(KJV)

This book belongs to

...a child of God!

Scriptures noted are taken from the King James Version of the Bible.

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Back To Your Authentic Self God's Way

**A practical, reflective, scripture based guide and workbook for
dealing with challenges in your life.**

Evelyn Simpson, M.Ed

I dedicate this book to

My Children,
Sheron, Gregory Jr., Myesha & Lamere

My Daughter-in-law
Mia

My Grandchildren,
Hajah, Karma & Solei

Acknowledgments

God has sent some very special people to my life. I would like to thank each and everyone who has crossed my path, because you all have contributed to my growth and development!

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To My Pastor, Dr. Silas M. Townsend, I would like to say thanks for all the wisdom and knowledge.

Remember . . .

If You Think You Aren't Good Enough

The next time you feel like GOD can't use you, just remember...

**Noah was a drunk
Abraham was too old
Isaac was a daydreamer
Jacob was a liar
Leah was ugly
Joseph was abused
Moses had a stuttering problem
Gideon was afraid
Sampson had long hair and was a womanizer
Rahab was a prostitute
Jeremiah and Timothy were too young
David had an affair and was a murderer
Elijah was suicidal
Isaiah preached naked
Jonah ran from God
Naomi was a widow
Job went bankrupt
John the Baptist ate bugs
Peter denied Christ
The Disciples fell asleep while praying
Martha worried about everything
The Samaritan woman was divorced, more than once
Zaccheus was too small
Paul was too religious
Timothy had an ulcer...**

AND

Lazarus was dead!

**What do you have that's worse than that?
So no more excuses!**

**God can use you to your full potential.
Besides you aren't the message . . . you are just the messenger.**

Introduction

This book by all means is not intended to replace the Holy Bible; the intention of this book is to be used as a quick reference. I encourage you to use a Bible to research additional scriptures that may assist you with your challenges. Scripture always has something to say to you. All the answers can be found there, so all you have to do to defeat your challenges is allow the scripture to guide and direct you. Memorize the scriptures, and apply them. Reflect on them over and over; every time a challenge presents itself, request God's help by using the scriptures as your weapon. Stay solution-oriented, and trust God to help you do it, He will. God says, "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." *Isaiah 41:10* Remember, it takes time to change, so don't be impatient; do as the scripture say, "Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord." *Psalms 27:14*

According to the Bible God wants us to turn from godless living and sinful pleasures and to live good, God-fearing lives. He wants to restore the images that have been damaged and distorted by sin. We all have experiences in our lives that lead us to think and live ungodly. There are many things that have happened to us since childhood that affect our well being today. However, we were all created to be like Christ; we must take on His character and values. We must take on a positive attitude and live with a great deal of integrity, putting His Word into practice. Therefore, we must do what this scripture says, "Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you." *Philippians 4:9*

Therefore, in order to put God's Word into action, we must put those mind-altering experiences behind us, because our perception is our reality! We must develop some new habits, and intentionally change the way we think. In order for us to change our lives, renewal of the mind is absolutely necessary! If we do the same thing over and over, then we will get the same results. People in our lives tend to disappoint us. They offer their advice, and their intentions are probably good, but their perception is their reality as well. Contrastly, the scripture will give advice that is guaranteed to lead us in the right direction. All we have to do is trust and believe in God. I have tried many times to take on challenges alone, and I have learned that we cannot do it all by ourselves. Our strength must come from the Lord's mighty power within us!

As Dr. Silas M. Townsend, Pastor of St. John's Baptist Church, in Camden, N.J. once said, we all need a breakthrough for authentic transformation; to change we have to be in partnership with Christ. We must admit our faults and life challenges. Jesus said, "You will know the truth, and the truth shall set you free!" *John 8:32* It transforms us, but it may first make us miserable and may bring on some humiliation. However, when we get the pain from repentance that is when our lives will turn around. Based on my life experience, if you try to avoid or escape the challenges in life, you will only delay your growth as well as the growth of others,

Introduction : continued

and actually end up in more challenging situations. You could find yourself living in a state of denial or trying to avoid as much as possible, that is why it is important for us to be honest with ourselves, and take off our mask and find the lesson in every experience that comes our way, including those that we think are dreadful or life threatening. We must stop pretending to have it all together, because no one is perfect; we are only human. Only in heaven is everything done perfectly the way God intends. We must be still and know God is willing to protect us, and that He is willing to be our strength. We must know that He is present. We have to surrender control over our lives moment by moment, always keeping in mind that God has a purpose and a plan behind every challenge, and God's plan is good. The truth of the matter is we all will have to deal with or come in contact with someone who has to deal with each of the challenges presented in this book at one time or another, over and over again. However, we cannot get tired of doing what is right. We must fight to do what is right every time and encourage others to do the same, because after a while we will reap a harvest of blessings if we do not get discouraged and give up.

Taking all this into consideration, as challenges come about prepare yourself for a war, because you are headed for a battle! Find your challenge in this book, quote the scriptures, over and over again, and apply them. Always take time to reflect on the changes that come about as a result of your battle. **Ask God to help you, and show you the way, and He will; I am a witness to that!** When you notice a change within yourself, write about it on the reflection page. Write about the good that has come of your situation, how you now handle your challenges opposed to before. Perhaps you could write about how you feel, or any other experience you had as a result of doing things God's way. Every now and then go back and read and reflect again, so that you can see the growth and the goodness of the Lord. Always keep in mind that **we should praise God and give glory to Him for doing these mighty things for us.** Then give something back. Share your experiences with others, because we serve God by serving others, and from our biggest challenges we can help someone else. Any time that you see or hear additional scripture that will help you with your challenges, write them in the back of this book. Read, learn and quote those scriptures as well. Always remember, although everyone has challenges, the scripture says, “And all things work together for good to them that love God, to them who are the called according to his purpose.” *Romans 8:28*

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Hello to all. My name is Evelyn. I am a Single Mother, and I am also an Educator and Administrator in the Public Education Sector. I come from a very stable Loving Family background that was littered with many accolades of success as a Track Star. I have been truly blessed with a wonderful Life . . . just as we all have. With that background intact, of course I truly believed all life was about success and accomplishments. This does not go to say that I like us all have not had many, many Trials and Tribulations. I never expected life to hand me the disappointments I later experienced in my own personal journey, however they came any way! These challenges showed up in my Marriage, my struggle to establish my Career and the Deaths of my Mother, Father and two Sisters, whom all I loved so very much. It is because of my Life's Trials that I have been delivered to this point to offer to you an opportunity to embrace your own experiences and thus, perhaps learn from them. I personally have come to learn that in my inherent beliefs there is One who is Greater than me, who loves me and wants the best for me. There have been times when I did not seem to want it for myself, I felt lost. Through God's Grace, He brought me back to my "**Authentic Self . . . God's Way**" !

It is said in Psalms 23, "yea though I walk through the valley of the shadow of death..." Well I have come to the truth of my life that at times God allows us to go through some things to let you know that "He IS" God. I am so thankful for this lesson in my life. We always seem to turn back to God when we have no other place to go! In doing so, I have learned that the Bible provides for YOU and I all the answers in dealing with every situation in life. My Book "**Back to your Authentic Self .. . God's Way**" is a reflection of my journey. Inside I have shared with you some of my own personal experiences and I believe you will be able to see your self also.

I humbly offer to you the fruits of my Labor and all I have thus discovered through my extensive research. Many of life's circumstances affect us all in many different ways. God has provided Scriptural Responses and Teachings that can enhance the quality of our life and our perceptions, Past, Present and Future. I present to you . . .

"Back to your Authentic Self . . . God's Way".

God Bless you all . . .

Evelyn V. Simpson, M.Ed



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