

Poems of Hope Workbook

Psalm 139 verses 23-24

**BY HIS
STRIPES
I AM
HEALED**
isaiah 53:5



“Lies verses God’s Truth”



Author: Charlotte Viljoen

Poems of Hope Workbook

“My pain became my inspiration”

“Lies verses God’s Truth”

Can you relate with some of these poems?

You not alone

How to find the root of your problems...

**How to break the cycle of making the same mistakes over
and over again...**

**Are you still living the patterns of behaviour you did when
you were a child?**

Do you feel as if something is missing in your life?

I am constantly wondering what other people think of me

I am driven by the approval of others

Lies producing emotions

and

God’s Truth

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DEDICATION

I would like to dedicate this book to Jacques and Hanneke Truther from Beulah Christian Retreat thank you for never giving up on me for arms wide open, unconditional help in my recovery and believing in my healing. Teaching me about Lies verses God's Truth and introducing me to my First love Jesus.

I also dedicate this book to our son Predrag, Everything that we had been through together God turned it around for good. Thank you for your love always. Love you Mom.

My mother Beulah through life you have been there always. You taught me how to be a king maker. You do what you preach and the love you have for the Lord, the way you speak to Him even praying for your favourite rugby team always made me smile. You taught me that the Lord is always by my side as a friend, helper, comforter, healer, provider and He will fight my battles for me. Love you x

ACKNOWLEDGEMENTS

So many family, friends and authors walked the poems of hope road with me that it would be impossible to mention each and every person. Know that I could not have done this without each encouraging word, love and support. May you all be blessed to be a blessing.... Then to all the Poems of Hope members may you grow from strength to strength and let us give hope through our experiences to others that need it.... You are enough...

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About the author

12 years of back and forward trials and tribulations, from psychiatric hospitals to retreat's, and much more Charlotte eventually hit rock bottom no more strength and will to fight what God had for her. She booked herself into a retreat and there God started a transformation in her life by His Grace. Every healing transformation period in her life she overcame she began to write poems. God gave her a vision on the 3rd of January 2019 Poems of hope, and she began to give hope through her poems to hurting souls.

A roller coaster ride... Living a double life of self-sabotaging happiness, Co-dependent relationships and wanting to serve God, started at the age of 9 years old and carried well into her 40's. At the age of 3 she was in a horrific car accident with her family and there the enemy placed a lie of the blood of Jesus upon her life.

Her healing journey at Beulah Christian Retreat, morning star, lie's verses God's truth, and love is a choice she wants to share with other hurting souls, addicts and people searching for the truth giving hope through her poems.

It's not how many times she fell but how many times she stood up. **Proverbs 24:16 "The godly may trip seven times, but they will get up again."**

Charlotte Viljoen is the founder of Poems of Hope. Poems of hope is growing rapidly where she carries messages of hope through her poems.

Her love and passion for hurting souls, addicts, recovering addicts and humility towards pain one carries is known throughout her life. Dying to self and knowing that she could not had done this at all but only through the guidance, intervention of the Holy Spirit and by the blood of Jesus.

Ephesian 2 verse 8-9 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

Author's Note

God's word tells us in **Romans 8 v 28** "and we know that all things work together for good to those who love God; to those who are called according to His purpose".

I believe that what the enemy has intended for evil or bad in my life, God turned it around for good.

God made a way where there seemed to be no way. He worked in ways I could not see, He made a way for me. He is my God, He held me close to His side, with love and strength for each new day, He made a way. My roadway in the wilderness He led me. Rivers in the desert I saw. Heaven and earth will fade but His truth will still remain, He does something new each day.

The aim of this workbook is to give hope through my poems to hurting souls. To identify the lies of the enemy in our lives and replace it with God's truth. No matter how many times you fall God is faithful enough... **2 Thessalonians 3:3** **But the Lord is faithful. He will establish you and guard you against the evil one.**

It shows how I believed the lies of the enemy, how these lies influenced my life, how I replaced it with God's truth and understand that no matter my situation no matter what I have done, when I drew closer to the Almighty God He drew closer to me. **Psalm 34 v 4+5** says: "I sought the Lord, and He answered me from all my fears. Those who look to Him are radiant, and their faces shall never be shamed".

Throughout my healing I believed and prayed **Ps 139 v 23+24** over my life: "Search me, O God and know my heart, try me and know my anxious thoughts, see if there are any hurtful ways in me and lead me in the everlasting way".

Prayer: Investigate my life O God find out everything about me cross examine and test me get a clear picture of what I'm about see for yourself if I've done anything wrong then guide me on the road to eternal life.

2 Chronicles 7 v14: "if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land".

Hebrews 3 v 7+8: "Therefore, as the Holy Spirit says: "Today, if you will hear His voice, Do not harden your hearts as in the rebellion, In the day of trial in the wilderness" ...

God took every bad situation in my life and turned it for good. His power was especially released as I learned to thank Him and to put my trust in Him.

Proverbs 3 v 5+6: "Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways acknowledge Him, and He shall direct your steps".

Even though you seem to be on your own, you never are. His son Jesus Christ has fulfilled His promise to be with you always. The word of God tells us in **Hebrews 13 v 5** that **“I will never leave you nor forsake you”**.

Isaiah 53:5 but he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

I would like to thank my first Love my Heavenly Father for the inspiration, direction and guidance in my life. For working so gently, softly and tender with me. For always being there for never giving up on me and for showing me that You are God.

In my time of healing God gave me over 80 poems as I got healing and breakthrough in certain areas of my life. Then God said every poem is a testimony on its own. It is such an honour to share my healing journey with you.

When I think about all the people around me who have achieved long term sobriety, healing and breakthrough, they are always helpful people, always. Not one of them is so self-centred that they are generally not helpful to others.

This has to be a fundamental trait of success. When we reach out and help others, some powerful things happen. Not only do we genuinely get to help another people, but we also get a huge bonus to our own recovery. We reinforce the lessons in the word of God that we ourselves need to follow to stay sober and clean and turn from our wicked ways.

Thus prevent our own relapse to temptation, because we give ourselves permission to value own life more. We know we are providing real value. Being helpful is a universal trait of success in recovery.

Step 12 program from recovery of addictive behaviour. Having had a spiritual awakening as the result of the 12 steps, I try to carry this message to others and to practice these principles in all of my life with the grace and guidance of the Holy Spirit.

I learned that for the most part, in life, I got what I *believed* I deserved and that much of life truly is a self-fulfilling prophecy. I learned that anything worth achieving is worth working for and that wishing for something to happen is different than working toward making it happen by listening to the voice of God and asking Him for guidance and then just start.

I want to tell the world that God can turn your mess into a message there is hope for tomorrow. His name is Jesus. He painted my past, present and future red. He healed my heart and set me free. Now there is grace by His great love.

My pain became my inspiration....

1

Poems of Hope

Together we stand
Hand in hand
Helping each other
Your my brother

Addiction recovery
Depression and pain
Guilt and shame
Has no name

Step by step
Day by day
Strength to strength
Come what may
We WILL pray

With God our Father
His blood shed for me
Holy Spirit side by side
We free

Our mess is a message
For the world to see
Who God created us to be

No more tears
No more lies
We no longer compromise

With Courage
Love
And dignity
We walk today in victory

-Author-
Charlotte Viljoen

2

The Cyrus Heart

A chill went through my spine
As I held the sword in my right hand
This will be the start
Of the Cyrus heart

Hidden riches in a secret place
Treasures of darkness
By His Grace

A shepherd performing God's vision
All God's desires
Proclaiming my right to God's provision

Receiving God's plan, resources and tools
Used for His glory
Changed my life story

I believe standing up
Truly walking in faith
Listening strength to obey
Hearing Him say

Trials and tribulations will come your way
Facing many battles
Rocking up for the fight
With might

Never giving up
For the promise of God
Stored inside
No need to hide

You going to work through the Cyrus heart
To conquer waiting patiently from the start

Recognising the promises unseen hand of God
Over my life
Walking in distance and strength with a guard

Finishing the job
God is always there
You will open doors
No need for despair

Gates will not shut
Protection to your family
Provision to overcome
Let His will be done

Knowing God can replace
Humbling doing what I face
What God asks
Trusting the voice in me
Moving into Royalty

Searching council from God
Understanding grace
I had to face
God will send
Prophecies God already placed
In my heart from the start

Discovering moving creating wealth
To fulfil God's purpose
Being in health

Rebuilding the temple in Jerusalem
For the sake of Jacob you will see
Seeking guidance from God
Walking in my destiny

Moving into rest
Placing petitions at His feet
I would like you to meet
Cyrus heart will defeat

Author: Charlotte Viljoen

Poem was inspired by the book "Cyrus Awakens" Entering His Rest: Author: Schalk Meintjes

3

Living on the run

You haven't experienced true love before
You only know abuse, lust and so much more

But give me the chance
To show you true love
A chance of love from above

Love is a peacemaker
Love is kind
Love is warm
Love embraces
Love, loves the old and the new you

If you can't grow with me
You can't go with me

Into your destiny
If you could see who you are now
And who you going to be

So many nights
So many days
You kept running
You were afraid
You felt unsafe
You ran to the South,
You ran from the North
East and west
You ran back you ran forward
Back and forward

My child stop running
Just stop running
I love you who you are

You running from your own gifts
You running from fear
You running from being hurt
From being you
From whom I created you to be

This is not you this guilt you have
Stop pretending to be tough

Tougher than you are
Your fear has made you cold and weak
If you stop running
You will find the power
To live forward

Peace of mind
Peace within ME you will find

My people are waiting
Can't you see
Become who I created you to be

I'll take you to the mountain top
To show you who I Am
Be still and know
That I Am God

Author: Charlotte Viljoen

Lies producing emotions:

I cannot face my pain. (Powerlessness)
I need to run away from facing my wounds (Powerlessness)
I have been overlooked (Abandonment)
I will always be alone (Abandonment)
I do not know what to do (Powerless)
Everything is confusing (Confusion)
There is no way out (Hopeless)

God's Truth:

Psalm 139 verses 7-10

Where shall I go from your Spirit? Or where shall I flee from your presence? If I ascend to heaven, you are there! If I make my bed in hell behold, you are there! If I take the wings of the morning and dwell in the uttermost parts of the sea, even there Your hand shall lead me, and your right hand shall hold me.

Jeremiah 18 verse 12

12 And they said, "That is hopeless! So we will walk according to our own plans, and we will every one obey the dictates of his evil heart."

Psalm 18 verse 2

2 The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.

Revelation 21 verse 4

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

1 Peter 2 verse 21

For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps

.

Hebrew 2 verse 18

For because He Himself has suffered when tempted, He is able to help those who are being tempted.

Isaiah 41 verse 10

10 Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

Hebrews 13:5

Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, "I will never desert you, nor will I ever forsake you,"

Psalms 71:1

In thee, O LORD, do I put my trust: let me never be put to confusion.

2 Timothy 1:7

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Work place

1. How do you feel?

2. What is your emotion?

3. Ask Holy Spirit:” What situation caused me to feel this way?

4. Was there a previous situation where I felt the same way?

5. Ask Holy Spirit:” What do I believe about myself, as a result of the above situation?”

6. Speak the lie I believe about myself out loud.

7. I need to realize that I have chosen to believe this about myself, and that this is not how God sees me. This lie I believe, affects my worth as a person and all my relationships.

8. Can I choose to trust God to replace the lie with His truth?

9. Yes, I choose to trust my Father in Heaven.

10. Repent of the fact that I believed this lie over myself, take authority over the lie and over the effect it has on my life and the lives of my generations.

11. Forgive God/others: (do this for each person the Holy Spirit remind you of) a. Forgive the person/persons that spoke those words / did those things.

12. Receive the Father's point of View regarding me, by the guidance of Holy Spirit.

13. Ask Holy spirit:

"Lord what is Your Truth?"

How do You see me?

What is Your point of View regarding me?"

What is His truth about me?

14. Do I still believe the lie? No!

Co-dependency

Co-dependency an addiction to people behaviour and things
Controlling inner feelings by controlling other beings
Controlled out by another
Another person's feelings

I don't want this life anymore
Being dependant addicted and so much more
Drugs, chemicals and things trying to open every wrong door

Tormented by the way things were
Feeling empty worthless no self esteem
Looking to other to see what they mean

Digging deep
Digging strong
Where do I belong?

Author: Charlotte Viljoen

Lies producing emotions:

Seeking approval of man (Co-dependent)
Seeking words of affirmation from man (Co-dependent)
I cannot trust anyone (Abandonment)
I will always be hurt/ damaged/ broken because of what had happened (Tainted)
I kept going back (Shame)
I am worthless have no value (Invalidation)

God's Truth:

Galatians 1:10

For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.

Psalm 118:6-9

The Lord is on my side; I will not fear. What can man do to me? The Lord is on my side as my helper; I shall look in triumph on those who hate me. It is better to take refuge in the Lord than to trust in man. It is better to take refuge in the Lord than to trust in princes.

Isaiah 50:7

But the Lord God helps me; therefore I have not been disgraced; therefore I have set my face like a flint, and I know that I shall not be put to shame.

Isaiah 61:7

Instead of your shame there shall be a double portion; instead of dishonour they shall rejoice in their lot; therefore in their land they shall possess a double portion; they shall have everlasting joy.

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Work place

1. How do you feel?

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4. Was there a previous situation where I felt the same way?

5. Ask Holy Spirit:” What do I believe about myself, as a result of the above situation?”

6. Speak the lie I believe about myself out loud.

7. I need to realize that I have chosen to believe this about myself, and that this is not how God sees me. This lie I believe, affects my worth as a person and all my relationships.

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13. Ask Holy spirit:

"Lord what is Your Truth?"

How do You see me?

What is Your point of View regarding me?"

What is His truth about me?

14. Do I still believe the lie? No!

Empty and ashamed

In all honesty
How could it be?
A baby inside of me

Excited Scared all emotions at once
Planning on how I'm going to tell you
Tell you at once

As I looked into your eyes
As I'm telling you
I saw the rage the despise
The hate in your eyes

Get behind me
Take a pill
This is not part of the planning so chill

But I want this baby
Can't we just make a plan maybe

Screaming and shouting crying and beg
Nothing is going to help only if I fled
Then I realised where should I go?
I have no income and another child to fed

Nowhere to go
No place to stay
I had no choice but to give you up that day

As I lay on the table
Feeling each scrape they made
Little by little blow by blow
They pulled out a part of my soul
I knew whatever I felt you felt that day

Numb by the pain
Not by my pain but knowing my dear child your pain

I deserved feeling empty and ashamed
I don't deserve to live
I deserve to die
I don't deserve to be happy
Or to ever change a child's nappy

Hiding behind others
Not facing who I am
I built a wall
And started to crawl

Lord forgive me
For taking the life of your creation
Of an innocent baby that way
In the name of Jesus I pray

Author: Charlotte Viljoen

Lies producing emotions:

How can God forgive me? (Tainted)
Will God ever want me after what has happened to me? (Tainted)
How could I ever forgive myself? (Tainted)
I don't deserve to ever hold a baby again? (Invalidation)
I should have done something to have stopped it from happening? (Shame)
I don't know what to do? (Fear)
There are no options for me (Hopeless)
Who will take care of me? (Hopeless)
I cannot take care of myself (Hopeless)

God's Truth:

Psalm 103 verses 10-14

10 He has not dealt with us according to our sins, Nor punished us according to our iniquities. 11 For as the heavens are high above the earth, So great is His mercy toward those who fear Him; 12 As far as the east is from the west, So far has He removed our transgressions from us. 13 As a father pities his children, So the Lord pities those who fear Him. 14 For He knows our frame; He remembers that we are dust.

Matthew 6:31-32

Do not worry then, saying, 'What will we eat ' or 'What will we drink ' or 'What will we wear for clothing ' For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things.

Ephesians 4:29-32

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and

wrath and anger and clamour and slander be put away from you, along with all malice. Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.

Romans 12:1-2

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Work place

1. How do you feel?

2. What is your emotion?

3. Ask Holy Spirit:” What situation caused me to feel this way?

4. Was there a previous situation where I felt the same way?

5. Ask Holy Spirit:” What do I believe about myself, as a result of the above situation?”

6. Speak the lie I believe about myself out loud.

7. I need to realize that I have chosen to believe this about myself, and that this is not how God sees me. This lie I believe, affects my worth as a person and all my relationships.

8. Can I choose to trust God to replace the lie with His truth?

9. Yes, I choose to trust my Father in Heaven.

10. Repent of the fact that I believed this lie over myself, take authority over the lie and over the effect it has on my life and the lives of my generations.

11. Forgive God/others: (do this for each person the Holy Spirit remind you of) a. Forgive the person/persons that spoke those words / did those things.

12. Receive the Father's point of View regarding me, by the guidance of Holy Spirit.

13. Ask Holy spirit:

"Lord what is Your Truth?"

How do You see me?

What is Your point of View regarding me?"

What is His truth about me?

14. Do I still believe the lie? No!

Feeding the inner villain

Feeding the inner villain
Or the inner hero inside
I needed to hide

I felt the battle going on
I don't deserve to feed the hero
The villain is a bond
Significantly influence my life
I lost sight

Lowering my confidence
Doubting myself
The villain is eating away
I can't even pray

The inner villain feedings off
Of what can bring me down
With a frown
I took off my crown

Author: Charlotte Viljoen

Lies producing emotions:

Will God ever forgive me? (Tainted)
I will never change? (Tainted)
Does God love me so much? (Fear)
I will always have guilt and shame? (Shame)
I am in the way (Invalidation)
There is no way out (Powerless)
Doom is just around the corner (Fear)

God's Truth:

Philippians 4 verse 8

Finally, brothers, whatever is true, whatever is honourable, 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.

Romans 12 verse 21

Do not be overcome by evil, but overcome evil with good.

Psalm 19 verse 14

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock, and my redeemer.

Romans 10 verse 17

So, faith comes from hearing, and hearing through the word of Christ.

Ephesians 4 verses 18-24

They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!— assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ...

Romans 6:11-14

“So you also must consider yourselves dead to sin and alive to God in Christ Jesus. Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. For sin will have no dominion over you, since you are not under law but under grace.”

1 John 1:9

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”

Isaiah 1:18

““Come now, let us reason together, says the LORD: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.”

Work place

1. How do you feel?

2. What is your emotion?

3. Ask Holy Spirit:” What situation caused me to feel this way?

4. Was there a previous situation where I felt the same way?

5. Ask Holy Spirit:” What do I believe about myself, as a result of the above situation?”

6. Speak the lie I believe about myself out loud.

7. I need to realize that I have chosen to believe this about myself, and that this is not how God sees me. This lie I believe, affects my worth as a person and all my relationships.

8. Can I choose to trust God to replace the lie with His truth?

9. Yes, I choose to trust my Father in Heaven.

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How do You see me?

What is Your point of View regarding me?"

What is His truth about me?

14. Do I still believe the lie? No!

7

Who do you think you are?

Who do you think you are?
Trying to make a little girl your star

So many years
In denial
Put myself on trial

Trying to look the other way
Scares running so deep
Not even a weep or peep

Taking abuse from the outside
Fixing my hair everyday a different way
Just to take the attention off
Of my scares that way

You said no one will believe
You said what I think is a lie
I won't come buy
I'll only cry

Looking back at your poor excuses
Realising your abuses
I'm taking back what you stole
No more do you have control

Because of your abuse
I lived in denial
The Effect your abuse
Made me very sad

Trying to twist and turn my brain
Trying to play your game

Just as I was supposed to do
Then you came and took off my shoe

You took me to a place I never felt safe
But then you made me feel
I was helping you heal

I forgive you from my heart
Because I need a clean start

God showed me true love
True love from above

He took my pain
He healed my name
For the first time I feel the same
Inside and out
Righteous I proclaim

Author: Charlotte Viljoen

Lies producing emotions:

I could had stopped it (False guilt)
I blamed myself (False guilt)
This is not happening (Denial)
It's my fault (Shame)
There is no way out (Powerless)
I am afraid they will come back (Abandonment)
I was a participant (Guilt & Shame)
I was dirty, shameful because of what happened to me (Tainted)
I could never be as pure as the other girls (Invalidation)

God's Truth:

1 Thessalonians 5:22-28

22 Throw out anything tainted with evil. 23 May God himself, the God who makes everything holy and whole, make you holy and whole, put you together - spirit, soul, and body - and keep you fit for the coming of our Master, Jesus Christ. 24 The One who called you is completely dependable. If he said it, he'll do it! 25 Friends, keep up your prayers for us. 26 Greet all the Christians there with a holy embrace. 27 And make sure this letter gets read to all the brothers and sisters. Don't leave anyone out. 28 The amazing grace of Jesus Christ be with you!

Psalm 22:29

All the power-mongers are before him - worshipping! All the poor and powerless, too - worshipping! Along with those who never got it together - worshipping!

Proverbs 14:31

You insult your Maker when you exploit the powerless; when you're kind to the poor, you honour God.

John 3:20

Everyone who makes a practice of doing evil, addicted to denial and illusion, hates God-light and won't come near it, fearing a painful exposure.

Psalm 107:2

All of you set free by God, tell the world! Tell how he freed you from oppression,

Psalm 116:16

Oh, God, here I am, your servant, your faithful servant: set me free for your service!

2 Corinthians 3:17

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

John 8:36

So if the Son sets you free, you will be free indeed.

Ephesians 1:7

“In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace”

1 John 1:9

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness”

Psalm 103:12

“As far as the east is from the west, so far has He removed our transgressions from us”

2 Corinthians 5:17

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new”

Work place

1. How do you feel?

2. What is your emotion?

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4. Was there a previous situation where I felt the same way?

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Survival mode

People could do things to me
I couldn't do anything about
So small I wanted to shout
Please just leave me out

Grownups are always right
Children are seen not heard
This made me feel I couldn't say no
It's so absurd

Physically and emotionally drained
All in my head
It only took a matter of time
To make me feel dead

Living in fear
Don't trust anyone to come near

I lost my life that day
All I had was my name
But that was in vain
I constantly needed to plan ahead
And planned to run away
But couldn't
You had my soul
And took control

Now I'm going into hiding
Survival mode they say
It helps me get through every single day

I went through life in auto mode
Hiding, pain and shame
Day by day
And Year by year
Had nothing to say

I need to run away
It gives me control
Taking back my soul
Maybe I'll feel whole

I hated my life before

I blamed myself for opening that door
I've been hurt so many times before

The only time I felt safe
Is when I go into that place
Whatever I could find
To numb my mind

You stole my childhood, peace and friends
You stole my joy
You stole moments with my family
You made me your toy

Respect for another
You took my boundaries and made it your own
Couldn't you just Google on your phone

Seeking security from men
Comfort and acceptance too

Self-protection
Was the name of the game
The enemy wanted fame
No more lies
You're not in disguise

God was standing at the door
By His blood He covered me
And so much more

His blood is my protection
I am free
He cleansed and purified me

For many years you tried to steal
What God had planned for me
No more will I enter into these lies you placed on me

Now it has no more effect
God was always by my side
He held my hand
Today proudly I stand

Author: Charlotte Viljoen

Lie producing emotions:

I should had told someone (Shame)
I was a participant (Shame)
If I trust I will die (Fear)
I am too small to do anything (Powerless)
It will just happen again and again (Hopeless)
No one will believe me (Abandonment)
I did not try to run away (Shame)

Gods Truth:

Proverbs 16 verse 1-9

“The preparations of the heart belong to man, But the answer of the tongue is from the Lord. 2 All the ways of a man are pure in his own eyes, But the Lord weighs the spirits. 3 Commit your works to the Lord, And your thoughts will be established. 4 The Lord has made all for Himself, Yes, even the wicked for the day of doom. 5 Everyone proud in heart is an abomination to the Lord; Though they join forces, none will go unpunished. 6 In mercy and truth Atonement is provided for iniquity; And by the fear of the Lord, one departs from evil. 7 When a man’s ways please the Lord, He makes even his enemies to be at peace with him. 8 Better is a little with righteousness, than vast revenues without justice. 9 A man’s heart plans his way, But the Lord directs his steps.

Jeremiah 9 verse 17+18

Thus says the Lord of hosts: “Consider and call for the mourning women, that they may come; And send for skilful wailing women, that they may come. 18 Let them make haste and take up a wailing for us, that our eyes may run with tears, and our eyelids gush with water.

Ephesians 4:25

Therefore, having put away falsehood, let each one of you speak the truth with his neighbour, for we are members one of another.

Hebrews 12:12-16

Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled; that no one is sexually immoral or unholy like Esau, who sold his birth right for a single meal.

Work place

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Do we really know?

Do we really know what's going on around us?

Do we really know?

So focused on our own lives

Do we really know?

It made me realise

It made me think

Do I really want my room pink?

Do I want a labelled jean?

Do I want a life from a movie scene?

This is not what I want

I have too much to give

I have survived

I have a gift

I have someone you need to meet

Jesus is His name

He came and changed my name and game

From ashes to beauty

From planes to ground

Today I found

A new sound

Jesus is the way

The truth

And the light

I'll fight for you to see His might

I don't know what life would bring

But I'd love to sing to the King

I'd love to hold a child in my arms and see miracles too

I'd love to pack a bag of food and give it out in the hood

Today I pray

God make a way

I want to give hope

Teach people to cope

God the Father and His Son will take your troubles one by one

God is your hope yes
He taught me to cope
Through Poems of Hope

Author: Charlotte Viljoen

Lie producing emotions:

Maybe I am crazy (Confusion)
I'm Scared (Fear)
I'm not protected (Abandonment)
I'm not enough (Invalidation)
It is never going to get better (Hopeless)
I don't know what is happening to me (Confusion)
I cannot stop this (Powerless)

God's Truth:

2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

1 Corinthians 2:16

For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

Isaiah 54:17

No weapon that is formed against thee shall prosper; and every tongue [that] shall rise against thee in judgment thou shalt condemn. This [is] the heritage of the servants of the LORD, and their righteousness [is] of me, saith the LORD.

1 John 4:18

There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

John 8:32

And ye shall know the truth, and the truth shall make you free.

John 16:33

I have told you these things so that in Me you may have peace. In the world you will have tribulation. But take courage; I have overcome the world!"

Luke 12:7

Indeed, the very hairs of your head are all numbered. Do not fear; you are more valuable than many sparrows.

Work place

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10

Consecration

Operating in my gift
Serving and deserving
Helping others is there need
No greed only to succeed

Then You came to me and said
In 3 days you will enter Jordan instead

Preparing not knowing what to find
With 12 white stones I combined
Writing every promise God gave
Can't wait to see what He has made

Jeremiah 29 v 11-13
I know there is more of You
and more from You than I have right now
You have gifted me in so many ways Lord
What is it You want from me
I'm finally ready to be free

Now here I am in front of the Jordan
In front of the altar I stand
Trying to figure out where to go
And how to grow

It's time to cross the Jordan
A time to enjoy Your presence
A time to be sanctified and washed with clothes
In the patience in the waiting, You make me holy
You make me strong
You filled me with a song

Show me that this consecrating moment is a choice moment in You and me
A moment that would never be repeated
When You launch me out into my destiny in You
I will not have quiet hours in the same way anymore
When the consecrating is completed the action begins
And to act well I need to know the secrets of the fullness of Your presence in me
From You Lord

The secrets of receiving strategy
The secrets of moving at this impulse of Your Spirit
Every moment is in itself my destiny

There is a greater destiny ahead of me

There is always more in you
As I stand righteous before You Lord with a Cyrus heart
I now enter through the Jordan
And leave everything behind

I will obey You Father and with my riches I will complete Your vision on earth
I love You Father God

Anointed energised motivated and free
I looked at my cell phone who could it be
I message from the enemy saying to my face
I don't want you I have someone else to take your place

Torn tormented confused can it be
My husband my friend my life
Is it the end?

God new what's coming He prepared the way
He said you would be surprised who will be with you at the end of the day

Now have faith in Me
And you will see
Who I created you to be
Author: Charlotte Viljoen
Inspired by TD Jakes women though art loosed addition

Lie producing emotion:

I'm not good enough (Invalidation)
Felt unloved and abandoned (Abandonment)
My life is ruined (Tainted)
It is just a matter of time before it happens again (Fear)
I am all alone (Abandonment)

God's truth:

Romans 8:39

"Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

2 Corinthians 9:8

And God is able to make all grace abound to you, so that always having all sufficiency in everything; you may have abundance for every good deed;

He chose every aspect of you down to how many hairs are on your head, and he chose each thing for a reason. You were created for greatness because you were created by greatness. Don't let the ways of this world tell you that you aren't enough or that you need to change. Instead find strength and confidence in the hands that created you.

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11

Destiny – I will rise again

Destiny O destiny where can you be
Looking for you every where
Is it in PE?

Then I had to search my body mind and soul
Transforming and renewing
Got cut to the bone
A Journey on my own

Presenting my body as sacrifice
Denying myself advice

My bloodline needed cleansing
My seed-line too
My DNA with bread and wine re-sequencing

I had to go much deeper
Getting exposed and weaker
I'm going to find my destiny
With Patience faith
From Him to me

Don't grow weary and loose heart
The enemy always places fear and doubt from the start

I received the fire
And the wind too
In the midst of His cleansing and remodelling too

I will rise again I screamed
Then suddenly I realised the Promised Land is me
My redemptive gifts came forth
Now I know who I am and who God created me to be
My destiny is within me

Author: Charlotte Viljoen

Possible Lie producing emotions

I don't know what is happening to me (Confusion)
Everything is out of control (Powerless)
I will never be happy (Tainted)

Gods truth:

Jeremiah 29:11

"For I know the plans I have for you" declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Deuteronomy 31:8

"It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."

Psalm 126:2

"Our mouths were filled with laughter, our tongues with songs of joy."

Work place

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12

Your greatest miracle

Your greatest miracle
Is in your scary place
A place you need to face

A miracle you build
To reach your dream
You have to scream

You will never find your wings
In the safety of
Comfortable things

You will learn to fly
By confronting the sky

In the process
Flapping and falling
Flapping and falling
That's how you get
Your wings

Fear makes you stronger
Flight or fight
Out of fear
You draw near

Fear makes you
Withstand the test
To do your best

Greatness festers in
Isolation and frustration
God scare me again

You only win
If you don't quit
In a dark scary
Flapping and falling place
You will find Grace

Author: Charlotte Viljoen
Inspired by TD Jakes motivational clips

Possible lies producing emotion:

I am so stupid, ignorant and idiot (Shame)
I should had known better (Guilt)
Everyone can see my shame (Taunted)
If I trust I will die (Fear)
I am overwhelmed (Powerless)

Gods truth:

Isaiah 1:18

“Come now, and let us reason together,” says the Lord, ‘Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool’”

Hebrews 8:12

“For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more”

2 Corinthians 5:17

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new”

Proverbs 3:5-6

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

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What is His truth about me?

14. Do I still believe the lie? No!

13

Morning Star

Driving up a steep-steep hill
One by one the bricks they lay
Riding over the back
Of broken and bruised
People they say

Your land shall be called Beulah
A place of rest and peace
Discover your calling
Hear His voice
Restoration
Worship and feast

The Fathers eye
The Fathers voice
Grow in Spirit
You will rejoice

You will learn to cope
You will learn to overcome
The effects one by one

No more lies
New hope you'll find
A Relationship with God the Father combined

A Family of 5 you will see
God's grace upon grace
Goodness divine free
May His favour and mercy abundance supply
Be with you always family of 5

Author: Charlotte Viljoen

Inspired by the retreat I visited "Beulah Christian Retreat"

14

His Blood

Hi little One
Don't be afraid
You've been so strong
Listen to my song

Come take my hand
Tell me your pain

I've always been there
I've seen your struggle
I've seen your care

Take my hand
Let's not compare

Your long black hair
Your big green eyes
Your beauty
Your smile
That makes all things white

You not alone
You've done so well
Being brave
Looking in front of you seeing the grave

It's safe now
You don't have to pretend
You don't have to punish
God's here to amend

Forgiveness and mercy
From now on will show
His blood has washed you
Clean as snow

Your smile
Your laughter
Is forever after

Step out of your effect
What the enemy has set
For God has a plan

It's not in vain

Your gifts
Your calling
The meaning of your name
Righteous I proclaim

Your free
Independent
Compassionate and pure

Put on your crown
My daughter come near

From today on
Righteous you stand
Together forever
I've taken your hand

Ashes for beauty
Shame for love
Today I choose to fly like a dove

Author: Charlotte Viljoen

Lie producing emotions:

I'm all alone (Abandoned)
I have been overlooked (Abandoned)
It was my fault (Shame)
I cannot stop this (Powerless)
I cannot do anything to help (Powerless)
My parents are not coming back (Abandonment)
I was afraid of the blood (Fear)
Scared of how my Mom looked (Fear)
Something bad is going to happen to me (Fear)
I am not loved, needed, wanted, and cared for, or important (Invalidation)
I just want to die (Hopeless)
Why would this happen to me (Confusion)
I can never take care of myself ((Tainted)

God's Truth:

Isaiah 54:17

No weapon that is fashioned against you shall succeed, and you shall confute every tongue that rises against you in judgment. This is the heritage of the servants of the Lord and their vindication from me, declares the Lord."

Leviticus 17:11

For the life of the flesh is in the blood, and I have given it for you on the altar to make atonement for your souls, for it is the blood that makes atonement by the life.

Joel 3 v 21

“For I will cleanse their blood that I have not cleansed: for the Lord dwells in Zion” I am cleansed

I John 1:7

“But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.”

Acts 20:28

Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood.

Colossians 1:20

And through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

Ephesians 2:13

But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

Hebrews 13:12

So Jesus also suffered outside the gate in order to sanctify the people through his own blood.

Hebrews 2:14

Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil.

Work place

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God's Heart

As I bow before Your door
Waiting upon You Lord

Don't know what to expect
Anxious Scared
Don't know what's next

You came to me and said with love
Come fly like a dove

Then I entered the heavens Gates
Up the stairs I flew
On the right and on my left
People I've seen before
My Daddy helping me
Enter into so much more

Jesus was the door post
But with a scroll in His hand
God the Father on a chair
His sandals in the sand

With the Holy Spirit by my side
I see the scroll in Jesus's hand
Owe no I'm banned

Then from a deep but calm voice above
The Father said
My Dove Righteous one
I'm so proud of who you've become

You've been through so much
Don't compromise
You've come so far
You have a constant conscious of who you really are

Here take my heart
And give me yours
From now on I'll open doors

I cried and cried to hear Him say
I'm actually okay

His heart I felt warm strong and pure
Overwhelmed by His Glory I had no fear

God, the Holy Spirit and His Son
Knew me
One by one

My child go back from where you came
Take my heart it's not a game

With love, compassion, kindness and pure
You will wash the feet of whom are near

Author: Charlotte Viljoen

Lie producing emotions:

I feel anxious and scared (Fear)
Don't know what will happen? (Hopeless)
I'm banned not wanted (Invalidation)
My heart is too broken to fix (Tainted)

God's Truth:

1 Samuel 16:7

But the Lord said to Samuel, "Do not look at his appearance or at the height of his stature, because I have rejected him; for God sees not as man sees, for man looks at the outward appearance, but the Lord looks at the heart."

Psalm 26:2

Examine me, O Lord, and try me; Test my mind and my heart.

Jeremiah 20:12

Yet, O Lord of hosts, You who test the righteous, Who see the mind and the heart; Let me see Your vengeance on them; For to You I have set forth my cause.

Psalm 33:15

He who fashions the hearts of them all, He who understands all their works.

Acts 1:24

And they prayed and said, "You, Lord, who know the hearts of all men, show which one of these two You have chosen

Acts 15:8

And God, who knows the heart, testified to them giving them the Holy Spirit, just as He also did to us;

1 Thessalonians 2:4

but just as we have been approved by God to be entrusted with the gospel, so we speak, not as pleasing men, but God who examines our hearts.

Mark 7:6

And He said to them, "Rightly did Isaiah prophesy of you hypocrites, as it is written: 'This people honours Me with their lips, But their heart is far away from Me.

Acts 8:21

You have no part or portion in this matter, for your heart is not right before God.

Philippians 4:7

And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

1 John 3:19

We will know by this that we are of the truth, and will assure our heart before Him

1 John 3:20

in whatever our heart condemns us; for God is greater than our heart and knows all things.

Revelation 17:17

For God has put it in their hearts to execute His purpose by having a common purpose, and by giving their kingdom to the beast, until the words of God will be fulfilled.

Work place

1. How do you feel?

2. What is your emotion?

3. Ask Holy Spirit:” What situation caused me to feel this way?

4. Was there a previous situation where I felt the same way?

5. Ask Holy Spirit:” What do I believe about myself, as a result of the above situation?”

6. Speak the lie I believe about myself out loud.

7. I need to realize that I have chosen to believe this about myself, and that this is not how God sees me. This lie I believe, affects my worth as a person and all my relationships.

8. Can I choose to trust God to replace the lie with His truth?

9. Yes, I choose to trust my Father in Heaven.

10. Repent of the fact that I believed this lie over myself, take authority over the lie and over the effect it has on my life and the lives of my generations.

11. Forgive God/others: (do this for each person the Holy Spirit remind you of) a. Forgive the person/persons that spoke those words / did those things.

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"Lord what is Your Truth?"

How do You see me?

What is Your point of View regarding me?"

What is His truth about me?

14. Do I still believe the lie? No!

My Identity

Living your life through me
I couldn't form my identity

Telling me what to wear
Making choices choosing the bear
and how I should comb my hair

You were so busy helping him
Try to understand
A perfect home
A perfect place
Open for every case

Making your house a home
From Italy to Rome
Speaking to each other
I'm "Big Brother"
Watching every move you make From the Office
To baking a cake

You did the best you could
You were thriving
You had a voice
But still I (I) had no choice

Then suddenly a part of me
Wanted to be free

Not getting the love I thought I need
Nurturance, freedom and a seed
I started to feed the villain
For everyone to see
What became of ME????!!!!

My love tank running empty
The girl down the street
Gave me something I needed and a sweet

Out of my pain
I started to create
and Complicate

I couldn't understand

Why can I not take another girls hand
Years and Years went by feeding the villain
I felt shy

Not coming out
I couldn't say
Maybe I'm gay

Outward I was who you wanted me to be
From dressing me up
Combing my hair
To entertaining and singing
Standing on a chair

Inward I created
Can't you see
The little girl inside of me
My own identity

Author: Charlotte Viljoen

Lie producing emotions:

I have no voice (Hopeless)
I cannot get away (Powerless)
If I tell I will be hurt (Fear)
I should have never been born (Invalidation)
Maybe I'm gay (Confusion)
How do others look at me (Co-dependent)
The little girl inside of me makes the choices (Soul copy)

God's Truth:

Colossian 3:22

Slaves, obey your {human} masters in everything, not {while being watched}, as people pleasers, but with sincerity of heart, fearing the Lord.

Jeremiah 42:6

Whether good or bad, we will listen to the voice of Yahweh our God, [to] whom we [are] sending you, so that it may go well with us when we listen to the voice of Yahweh our God."

Exodus 18:19

Now listen to my voice; I will advise you, and may God be with you. You be for the people before God, and you bring the issues to God.

Deuteronomy 13:18

if you listen to the voice of Yahweh your God, to keep all [of] his commandments that I [am] commanding [to] you {today} [so as] to do the right [thing] in the eyes of Yahweh your God."

Leviticus 18:22 and Leviticus 20:13

The Book of Leviticus in the Old Testament has two references condemning homosexuality: "Do not lie with a man as one lies with a woman; that is detestable" (Leviticus 18:22) and "If a man lies with a man as one lies with woman, both of them have done what is detestable. They must be put to death; their blood will be on their own heads" (Leviticus 20:13).

Deuteronomy 4:29

But if from there you seek the Lord your God, you will find him if you seek him with all your heart and with all your soul.

Matthew 16:26

What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?

Psalms 62:1

**Truly my soul finds rest in God;
my salvation comes from him.**

Psalms 42:11

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.

Exodus "14:14

The LORD will fight for you, and you have only to be silent."

Proverbs 23:18

Surely there is a future, And your hope will not be cut off.

Proverbs 24:14

Know also that wisdom is like honey for you: If you find it, there is a future hope for you, and your hope will not be cut off.

Psalm 39:7

And so, Lord, where do I put my hope? My only hope is in you.

Romans 8:24-26

For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience. Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groaning's too deep for words.

Work place

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What is Your point of View regarding me?"

What is His truth about me?

14. Do I still believe the lie? No!

Spiritual Warfare....

Been set free
Feeling Victory

Don't lose sight
Or you going to fight

For the enemy
Walks around
To see who he can find
Opening a door
He will bring more

Being tormented
This is no game
Facing my giant
In His name

I can't take this no more
My heart broken
Can't fight this war

With God the Father
And friends by my side
Warning me of what could be

Praying and playing
Songs of praise
Checking up to see

I'm so grateful to find
Friends who care
Helping me stand
Out of the shadows snare

When I'm weak
He is strong
With friends by my side
How can I go wrong?

A spiritual warfare
I can't ask for more
Stepping in we declare war

Humbly I bow down
Again I take the crown
On my knees
Lord help me please

With the Armour shofar
God's word and prayer
A bow and arrow
We declare
Defeat Triumph Victory

The chains are broken
God has spoken

Author: Charlotte Viljoen

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Cheers

Who do you think you are?
Going around
Seeing who you can find

When you drew near
I had no fear

Looking at people
Defined who I was

Taking one line
Numb my mind

When I was weak
I thought you wear strong

But when I realised you no longer belong
I became strong and you
You don't belong

Minding my own business
You would draw me near
A fight that became so clear
I don't have control you took my soul

Not only do I still have pain
But you took my name

I'm going to fall
Then I put words against the wall

You not going to change my name
Righteous I proclaim

I am who God says I am
I can do what God says I can do
I can have what God says I can have
And I can be what God says I can be

I declare Victory

Get behind me
Can't you see

You no longer part of me
God took away from me
My Co-dependency
You will always be
But no longer part of me

Cheers drugs I have no fears
With God on my side
He who provides
The love I need

Step aside
Or rather
You too weak
I have defeated

Pray by pray
Day by day
You will move further away

Author: Charlotte Viljoen

Lie producing emotions:

I cannot say no (Hopeless)
I need something to numb my mind (Powerless)
I'm too weak to resist (Hopeless)
I don't have control (Powerless)
I don't matter (Abandonment)
I allowed it (True shame)
What will happen when I stop using? (Fear)
I'm an addict I cannot change (Hopeless)
I'm confused (Confusion)

God's Truth:

Corinthians 10:13

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Corinthians 6:12

All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything.

Corinthians 15:33

Be not deceived: Evil companionships corrupt good morals.

James 5:15-16

And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Romans 5:3-5

More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us.

Isaiah 55:8-9

“For my thoughts are not your thoughts, neither are your ways my ways,” declares the LORD. “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts”

Deuteronomy 31:8

“It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.”

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19

Cravings

I took a walk
To the mountain
Crying all the way

Fighting these cravings
Every second of the day

Step by step
Breath by breath
I'll fight this
Come what may

This is going to be hard
I'm going to suffer, crawl, weep
O God I surrender my flesh
Hear me as I speak

I don't have the power
I don't have the strength
But what I do have is the will
To overcome
And you said
Let your will be done

It's going to be hard
Surrendering my flesh unto God

My soul was in control
No more lies
The enemy disguise
My body mind and soul
God has control

As the cravings come
One by one
Not giving me a chance
To take a breath
To take a rest
I realize
How many times a day
I've been listening to this craving voice
Stealing time
Not giving me a choice

Now every time this craving voice
Shows up again
I'll have a choice
To bow to this craving
Or
Listen to His voice

So craving listen carefully
Every time you appear
I'm going into heavens atmosphere

I'll drink from the fountain
I'll sit by His feet
I'll eat from His garden
With God we will defeat

So it is done
God has won

Author: Charlotte Viljoen

Lie producing emotions:

I don't have the power (Powerless)
I don't have the strength (Hopeless)
I have cravings that will always be there (Powerless)
This is too hard for me (Powerless)
I'm out of control I can't change things (Hopeless)
I must listen to this craving voice (Confusion)

God's Truth:

John 4:14

But whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

Hebrews 13:5

Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

Psalm 42:1

To the choirmaster. A Maskil of the Sons of Korah. As a deer pants for flowing streams, so pants my soul for you, O God.

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 Peter 2:2

Like new-born infants, long for the pure spiritual milk, that by it you may grow up into salvation

Genesis 2:7

Then the Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.

Psalm 37:4

Delight yourself in the Lord, and he will give you the desires of your heart.

2 Timothy 1:6

For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands,

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What is His truth about me?

14. Do I still believe the lie? No!

My Craving Serenity Prayer

Lord grant me the courage to change the things I want to change
Thank you for the resources You have put into place
I accept full responsibility
I stand venerable before You God
Infinite mercy and grace
Naked I will stand
Through this decision I will brake
The shame over my name

Author: Charlotte Viljoen

21

Love

What is love?
What does it mean?
Is it something
From a movie scene

Love is something I had to work for
In my brokenness I believed love I did not achieve

To me love was temporary
Love was unfair
If I don't do what they say
You will never experience love come what may

I couldn't see love
Even if I tried
I looked for something
I could not have recognised

I would look at someone
Showing me love
And think what on earth do you want?
Or what do you need?

Bit by bit
I became whole
Inside out upside down searching my soul

Then I realised
Love is something I accept
Love has no price to pay
You get it for free
A gift so pure for me
Love has a different face
Love I can embrace
Love is an invitation
As I accepted love
The flood gates of heaven opened from above

I can open that door
They say love is forever more

As I start to recognise love and walk that way
My eyes saw things from above

My ears heard whispers
My soul felt pain
An intense love for others became
The world needs this name

If we could only see love
In other people's eyes
If we could only hear the love cry in others voice

For every hand that stretches out
We could stop the drought

This could change the world
Recognising love from above

Love is a choice

Author: Charlotte Viljoen

Lie producing emotions:

I need to work for love (Shame)
Love I don't get for free (Abandonment)
If I don't do what you say then you will not love me (Co-dependency)
Love is unfair (Confusion)
Love is temporary (Fear)
If you kind to me you want something from me (Confusion)
How can I love myself I cannot? (Invalidation)
I can love others but not myself (Invalidation)
I cannot look at myself in the mirror (Invalidation)

God's Truth:

1 Corinthians 13 1

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth.

1 Chronicles 16:34

Give thanks to the Lord, for he is good; his love endures forever.

Deuteronomy 7:9

Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.

Jeremiah 31:3

I have loved you with an everlasting love; I have drawn you with unfailing kindness.

Exodus 34:6

And he passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness.

Romans 8:35-39

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Work place

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Forgiveness

A choice I make
Not a feeling
For my own sake

You no longer have power
A decision even if it takes an hour

Forgiveness not an emotion
God's direction
Bringing my life into motion

Bitterness repressed
Un-forgiveness sours
In my heart
In my soul
You no longer have control

I'm not a victim to forgive
It's from a position of strength

I acknowledge my rage
Grief and hurt
Turning a new page

From now on I'll forgive
Faster than I forget

Because my heart is pure as snow
I want to grow

Obeying God is what I want
You no longer have power

I take my hart
From bondage
A clean start

Author: Charlotte Viljoen

Lie producing emotions:

I need to feel that I want to forgive you (Powerless)
I cannot forgive you for what you did (Powerless)
You deserve to be hated (Powerless)
I am very angry (True anger)
Hate myself for opening that door (False guilt)
I will never feel clean again (Tainted)

God's Truth:

Colossians 3:13

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Isaiah 55:7

Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the LORD, and he will have mercy on them, and to our God, for he will freely pardon.

Jeremiah 31:34

No longer will they teach their neighbour, or say to one another, 'Know the LORD,' because they will all know me, from the least of them to the greatest," declares the LORD. "For I will forgive their wickedness and will remember their sins no more."

Work place

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14. Do I still believe the lie? No!

Guilt & Shame

What is this I'm feeling?
Sudden pain in my being
A rush of darkness
My mind flashing back
Of the past mistakes I made

Bent forward
Holding my heart
Rushing Thoughts
From the start

Tears streaming down my face
Weeping so true
Coming from an inner place of where I've never been
Is this a place I have to face

Struggling to take a breath
This pain has it a name
Trying to contain

This sudden rush of pain
In my heart
In my soul
In my body
Can't stay in control

Letting it out its all I could do
Impossible to try to contain
What the hell was I thinking?
How could I have been so cruel?
Making all the rules

I couldn't stand my face
And the presence of whom I am
Trying to run away
From this shadow astray

As I turn it turns
As I walk it walks
As I crawl it crawls
Get away from me
Can't you see?
You not part of me

Broken bruised and accused
I lay beside my bed
In a puddle of shame
Surrounded by my name
This is no game

I have to be strong
What in the world is going on?

Facing all my effects
Dealing with all this pain
Seeing who I hurt
And seeing the shame

As the shadow and I became one
I felt my body numb
To feel the enemy right inside of me

I wasted so much time
I've broke so many hearts
I don't deserve to live
It's better to just apart

Again a selfish act
To run away and leave people behind
Just face the truth and face the fact
And get your act together
You've been given another chance
Advance
To face this feeling you have

Talking to the shadow and trying to flee
Is the shadow me?

Hi Guilt is my name
And if you don't pluck out my root
I'm going to poison you from your head to your foot
I'll rob you from your dignity
I'll cripple you from the pain
I'll rob you from moving forward
To experiencing true freedom
And everlasting love

From experiencing Gods glory
So deal with your life story

So many people are praying
People I don't even know
Around the clock
On their knees
In the bushes
Between the trees

I've been given a second chance
More than many can say
I've been taken care of
Every single day

Supported by my friends and family that way
Then I realised so many peoples love
Trying to help me stand out of the shadows hand

That night I tried to nailed myself to the cross
For every sin I committed I acquitted
Couldn't handle the cross alone
Stripped to the bone
I cried out to the Lord please take my cross I own

I heard Jesus say
It's already taken care of on Calvary that day
All you need to do is to walk in your victory
Now that shadow is you in me

Author: Charlotte Viljoen

Possible Lies producing emotions:

I don't deserve good things (Tainted)
I should had known better (Shame)
It was my fault (Shame)
How can ever get forgiveness for what I've done? (Shame & Guilt)
How can I forgive myself? (Shame)
Will God ever forgive me? (Tainted)
There is no good thing for me (Hopeless)
I cannot get loose (Powerless)
Something bad will happen if I confess, tell (Fear)

[God's Truth:](#)

Isaiah 54:4

“Fear not, for you will not be ashamed; be not confounded, for you will not be disgraced; for you will forget the shame of your youth, and the reproach of your widowhood you will remember no more.

Revelation 21:4

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.”

Psalms 118:5

Out of my distress I called on the LORD; The LORD answered me and set me free.

John 8:32

Christ Jesus said, "Ye shall know the truth, and the truth shall make you free"

Galatians 4:7

Therefore you are no longer a slave but a son, and if a son, then an heir of God through Christ.

2 Corinthians 12:9

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

Psalms 17:8:

"Keep me as the apple of the eye, hide me under the shadow of thy wings". ...

Zechariah 2:8:

"For thus saith the LORD of hosts; After the glory hath he sent me unto the nations which spoiled you: for he that toucheth you toucheth the apple of his eye".

1 Corinthians 13:4.

Love is patient and is kind; love doesn't envy. Love doesn't brag. is not proud, doesn't behave itself inappropriately, doesn't seek its own way

Work place

1. How do you feel?

2. What is your emotion?

3. Ask Holy Spirit:” What situation caused me to feel this way?

4. Was there a previous situation where I felt the same way?

5. Ask Holy Spirit:” What do I believe about myself, as a result of the above situation?”

6. Speak the lie I believe about myself out loud.

7. I need to realize that I have chosen to believe this about myself, and that this is not how God sees me. This lie I believe, affects my worth as a person and all my relationships.

8. Can I choose to trust God to replace the lie with His truth?

9. Yes, I choose to trust my Father in Heaven.

10. Repent of the fact that I believed this lie over myself, take authority over the lie and over the effect it has on my life and the lives of my generations.

11. Forgive God/others: (do this for each person the Holy Spirit remind you of) a. Forgive the person/persons that spoke those words / did those things.

12. Receive the Father's point of View regarding me, by the guidance of Holy Spirit.

13. Ask Holy spirit:

"Lord what is Your Truth?"

How do You see me?

What is Your point of View regarding me?"

What is His truth about me?

14. Do I still believe the lie? No!

My Son

I've always wanted only the best
For You Daddy and Me
From the day they put you in my arms
No better life could be

Your perfect smile
Made all things while
I loved you from the moment I felt you inside of me

Then life began
Daddy wanted to go back from where he came
I couldn't leave the family and Daddy wanted to be free
We loved each other and made the choice that Daddy would go abroad back not me
I couldn't go to a country were war and no work would be

Then Mommy tried to survive
Operated on what she knew
Out of hurt abuse I grew
Into something I did not want you to view

I saw you close the windows
I saw you lock the door
I saw you clean the house
And mop the floor

Thank you for being the man
For taking so much control
I wasn't even your work
You were a small little boy

Sometimes I would get angry
And say ugly things to you
Out of my hurt I took it out on an innocent lovely boy you

What I did was wrong
Treating you that way
You took care of your mommy
Her friends every day

I ask your forgiveness
For not being the Mommy I was supposed to be
For not giving you protection
And security

I didn't know what love was
Because of my brokenness inside

From now on I want to be
The parent I ought to be
If you would please give me a chance
To be your Mommy I'd love to be

It's never too late
A clean slate
From the start
With God in our heart

Author: Charlotte Viljoen

Ungodly Sole tie

No matter how you feel
Never disconnect
From the people I put in place

They there to keep you safe
To keep you strong
All night long

Break the ungodly sole tie
I want you to be free
So go down on your knee
The blood of Jesus
Will set you free

The enemy tries
And comes with all his lies

But don't you know
What God intend
Don't amend

I've told you
So many times before
Not to open that door

Fill your room with Romans
Meditate on His word
Start a war room
Begin to pray
Now is the time
Come what may

Then on my knees
I cried
Lord in the name of Jesus
Help me please

I break this ungodly sole ties
The chain on my name

I give back
What I took

I take back
What you took from me
So that I can be free
No weapon formed against me

Fill me with your Spirit Lord
Cover me with your blood

No more strange behaviours
No more co-dependency
No more flee
Your blood has purified me

Thank you Lord
For showing me on the board
What the enemy tried to hide
I will stay in Your word
I will pray every day

You are my guide
I am free
You purified me

Author: Charlotte Viljoen

Lie producing emotions:

Nothing can happen if I sleep with someone (denial + lack of knowledge)
I don't care for them anymore so I don't think about them (denial + lack of knowledge)

God's Truth:

Job 36:12

But if they do not listen, they perish by the sword and die without knowledge.

Proverbs 5:23

He dies for lack of discipline, and because of his great folly he is led astray.

Proverbs 10:21

The lips of the righteous feed many, but fools die for lack of sense.

Hosea 4:6

My people are destroyed for lack of knowledge; because you have rejected knowledge, I reject you from being a priest to me And since you have forgotten the law of your God, I also will forget your children.

Galatians 5:1

For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

Hebrews 4:12

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 Samuel 18:1

As soon as he had finished speaking to Saul, the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul.

2 Corinthians 10:4

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

1 Corinthians 6:16

Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, "The two will become one flesh."

1 Corinthians 6:17

But he who is joined to the Lord becomes one spirit with him.

3 Steps

- 1 Removing the trash
- 2 Becoming whole
- 3 Filling up with God

Step 1

Unbind the darkness from my soul

Father as an act of my will, I don't want any darkness in my soul, No fear, No worry, No offense, No anger, No pride, No bitterness, No doubt, No addiction, no envy, no strive, no lust, no un-forgiveness, no jealousy, nothing of the enemy in me. As an act of my will I choose to lose these things from my soul right now in the name of Jesus

Step 2

Becoming whole

Becoming whole is the part where I took back what I gave away. Father I want my soul to be whole and complete. As an act of my free will, I call back all parts of my soul that I gave away or any part that is outside God's will any part of my soul that is under the influence of darkness Any part of my soul that I gave to sin. I call back now in the name of Jesus.

Step 3

Filling up with God

Father I want to be filled with Your Holy Spirit, I ask You to fill my soul with Your light, Your goodness. Your love, Your glory, Your wisdom, Your righteousness, I pray for Your Grace, Your great abundant & Sufficient Grace. I choose to bind my soul with Jesus Christ And be one with God Father please fill me with Your kingdom & Your Spirit in the name of Jesus. Amen....

Work place

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What is His truth about me?

14. Do I still believe the lie? No!

Good bye

Sitting on the floor
God already prepared to open the door

Look in my eye
It's time to say good bye

Little one you may go
Go to Jesus
Go home as He pleases

But I don't want to
Who is going to take care of me?
How will I be free?

I don't know how to be alone
To be a child on my own

I have a responsibility
I have to show you who to be

Come sit on my lap
I'll wait till the time is right
Don't fight

Please come with me
To sit on His lap
So that I can be free

As You held me in Your arms
I felt safe as You opened the gate
I could see heaven waiting for me
My friends waving and playing
A place I always wanted to be

I can be a child now
I can play
I'm safe through heavens gates

I don't need to be a grownup
I don't need to meet your needs
I don't need to take care of you
Or to be tuff or to please
No more co-dependency

I want to go and play
I want to play in the rain

I jumped off His lap
And never looked back

A place I've always wanted to be
I feel so free
Thank you for letting me be

As Charlie went off
I felt such a relief

She was high maintenance
She kept me back from being me

She made the decisions
She chose the friends
She knew how to operate and how to pretend

I can see her playing in the park
With her white dress laughing giggling in the dark

She's happy
Happier than she would ever be
In the park under the tree

I blessed her as she left
We both happy now

Suddenly I felt alone
But then with dignity a woman came to comfort me
As a woman I was accepted
In the spiritual realm women welcomed me

I felt honoured
I felt free
And fell to my knee
Walking today in my destiny

Author: Charlotte Viljoen

Lie producing emotions:

Who is going to take care of me? (False Powerless)
How will I be free? (False fear)
I don't know how to be alone (False hopeless)

God's Truth:

Deuteronomy 4:29

But if from there you seek the Lord your God, you will find him if you seek him with all your heart and with all your soul.

Matthew 16:26

What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?

Psalms 62:1

Truly my soul finds rest in God; my salvation comes from him.

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Favour with God

I've seen your struggle
I've seen your care
I've seen so much despair

But what I found in you
Your dedication so true
Your task and calling
Today is not a day of mourning or warning
But of your ultimate calling

I'm pleased to say
You have reached physical and mental maturity
You on your way
To handle major responsibility
Come what may

You grew in stature and wisdom
Favour with God you will find

Jesus suffered and shed His precious blood
With your love
You paid the price
You gave advice

This is your time
To shine

You ripe for leadership to reign
I proclaim
In Jesus name
For what your about to receive
Do not let the enemy deceive
It was in your heart
From the start
Take up the promises
I gave

From now on
You will see victory
Because
I am
In me
It has come to be

Prosperity
Abundance
You will see
Just don't forget ME

Author: Charlotte Viljoen

Where did I go wrong?

Seeing her struggle
Seeing his pain
Where did I go wrong?
The child I held
In my arms
A bond so strong
Where did I go wrong?

She weighs less than primary school
The sores on her face
Slamming the door such a disgrace
Where did I go wrong?

Tormented by my own
No place safe called home

I fell to my knees
Said God please
Where did I go wrong?

I heard God say
Do you love her?
O Yes indeed
Then it's time to plant the seed

Give her to me
Don't you know who I created her to be?

Have faith in Me and you will See the victory

Author: Charlotte Viljoen

Lie producing emotions:

Where did I go wrong?

[God's Truth:](#)

Isaiah 54:13

"All your sons will be taught by the LORD, and great will be your children's peace."

Isaiah 26:3

"You will keep in perfect peace him whose mind is steadfast, because he trusts in you." Trust God with your children and you will be in peace. Keep your mind on what He says and not what you see.

Isaiah 49:25

"For I will contend with him who contends with you, and I will save (defend, preserve, rescue, deliver) your children."

Philippians 4:6-7

"Be anxious for nothing, 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 minds through Christ Jesus." When you are tempted to be worried about your children, bring that very worry and concern to your Father. He knows what it is like to be a parent. Express your concerns to Him and then leave them at His alter. He will replace your worries with peace!

Jeremiah 31:16-17

"Thus says the LORD: Refrain your voice from weeping, and your eyes from tears; for your work (raising of your children, prayer) shall be rewarded, says the LORD, and they (your children) shall come back from the land of the enemy. There is hope (something you can expect) in your future, says the LORD, that your children shall come back to their own border (place of peace and safety and well-being)."

Proverbs 22:6

"Train up a child in the way he should go: and when he is old, he will not depart from it." Ensure that you are doing your part in training your child. Impart God's words and principles to them as often as you can. Even better, ask God to help you exemplify your Father's heart and to live out His commands. When you make mistakes, openly discuss them with your children, so that they can watch you run to God in your imperfections, rather than running from Him.

Work place

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Lies verses God's Truth

In a situation
Identify the lie
What the enemy has placed
For you and I

What do I feel?
What emotion comes to mind?
What previous situation may I find?

Holy Spirit what do I believe
That lie did I conceive

Can I choose God to replace the lie?
With what I need

Our Father who art in heaven
Hallow be They name
I repent this lie I believe
The lies of my generation and me

I take authority over this thought
And replace it with Your truth

I forgive myself and ask you Lord
To forgive forevermore
I receive the truth of your word
Your Spirit as guidance too
Renewing of my mind I'll find
The lie no longer mine no more

Author: Charlotte Viljoen

Inspired by "The morning star" course at Beulah Christian Retreat Jacques and Hanneke
Truther

Twinkle in your Eye

Is it a twinkle I see in your eyes
Is it a smile
Are you happy for the first time

Well done you faced the truth
You dealt with every demon every giant and your youth

From now on your reward
Is the twinkle in your eyes
The corner smile that makes it worth while
Your smile
Your laughter
Is forever after

Mercy is the path you will walk each day
Your gifts
Your calling
The meaning of your name
Righteous I proclaim

Your free
Independent
Compassionate and pure

Put on your crown
My daughter come near

Connecting with the heart of God
Hearing Him as He speaks
Taking every word
To the people you meet

Poems is the tool you will use
Humility in the room you will be
Helping you to stay free

With love, compassion, kindness and pure
You will wash the feet of whom are near

Author: Charlotte Viljoen

The Pink Cloud

Riding on the pink cloud
One foot on the cloud and the other on the ground

Feeling happy and excited
No more co-dependencies

After feeling numb for so long
It's wonderful to feel alive again
I'm not wrong

My excessive positive outlook
Lead to overconfidence
I started to lose sight
I didn't have to fight
Of the crucial day to day
Self-monitoring
I don't need
Look at me what I've achieved

Me I, I heard God say
Your flesh needs to die
Your Soul must take control

Independent
Standing alone
Saying no to temptations
And sensations

But suddenly I lost sight
I had no might
Falling off the Pink Cloud
No crowd to see
What became of me?

Hopeless helpless can it be
The trigger inside of me

Relapsed did I find
Losing sight of the effects
The enemy placed
All around I found

The same people the same places

The dealers the mingles
Ignoring won't make it go away
Worsen after a period of time

Today I have to find
A fix
Next to clicks

Smoking taking a deep-deep breath
Coughing sneezing
My head wheezing

I'm not used to this anymore
Why did I dear open that door?

The cycle began
Guilt and shame
The meaning of my name

How long will I condemn
What God wants to amend

Down on my knees
Again Lord please
Take this part of me

When I am weak
You are strong
No more do I belong
In this world
Can't you see
IT'S NO LONGER PART OF ME

It's a choice
That's all it is
Be at ease

Come as you are
You not far
Step by step
Breath by breath
You further than many can say
You're my daughter come what may

Author: Charlotte Viljoen

Innocent Eyes

Looking in those innocent eyes
Children playing no disguise

I remember the days
I'd take care of those innocent cuddle bears

Then life began and I ran from what God had planned for me

I built a wall
Between me and seeing kids crawl wanting to be free

Then my wall came down bit by bit
Just enough to see
Those tiny little hands climbing up a tree

I feel a hunger deep inside as I stand next to what I had banned

Are they really waiting for me?
With arms wide open
Can it be they so part of me?

Because of my pain
Because of my shame
I couldn't hold a child's hand or play in the sand

Then I took my colouring in book
And began to see
A part of me always wanted to climb a tree

I'm ready to look into those innocent eyes again

With God by my side
I no longer hide

Author: Charlotte Viljoen

Search my Heart

Search my heart
From the start
Know my anxious thoughts

See in me
Any harmful ways
Where I went astray

Investigate my life O God
Examine and test me
So that I can walk in victory

Get a clear picture
O what I'm about
So that I would have no doubt

See for yourself
If I've done anything wrong
To know where I belong

Lead me in the everlasting
Basking in Your presence

Take this heavy load
Guide me
On the road
To eternity

Author: Charlotte Viljoen
Inspired by Psalm 139 v 23+24

Prayer:

Investigate my life O God find out everything about me cross examine and test me get a clear picture of what I'm about see for yourself if I've done anything wrong then guide me on the road to eternal life. In the name of Jesus I pray. Amen...

34

Today I Fly

Sitting on the veranda at five
With only one thing on my mind
How great is thou God

Hearing the birds
The sounds of geese
Pulled me down to my knees

Thank you God
For taking me out of such a hard life

Not realising the suffering had paid
And made me whole

Taking up my cross
Thinking He didn't see
The tests and the fears

The time has come
God will only be on your mind
Giving Him control
And the only prayer
You will have is tears

Then suddenly the gates open
Before you know
You on the other side

God was always there
Directing and guiding

The enemy will come to steel
To try to take what God had healed

But staying in His word
Praying
Thanking Him every day
Will make you strong and sing a new song

This is a guarantee you will see
People trying to remind you of
Who you used to be
Or of where they thought you were

But God sees your heart
He knew from the start
What He planned for you
It will come to pass
Nothing can stop Him

Forgive me Lord for being so weak
Such unbelief
But still You kept Your word

Like the birds in the sky
Today I fly

Author: Charlotte Viljoen

Heavenly Father

Tonight I come before your throne
Heavy hearted confused and torn
How long do I need to wait?
For you to open that gate

I love You Lord
With all my hart
Having faith I understand

My time is not Yours
You know the best
I'm waiting in Your rest

Can't You make an exception please
I'm at my ends Witt
To put me a ease
Give me a dream
A vision A glimpse
Is what I truly need

Author: Charlotte Viljoen

May His face shine upon you

Another intake
Who the enemy
Tried to brake

Seeing her pain
Seeing the shame
Intervention
Is the name of the game

Bit by bit
She became whole
From her body mind
To her soul

Hearing God's word
Singing His song
She realised
Where she'd belong

Lies verses God's truth
Who He created
She began to see

Behind those deep dark dead Eyes
A shine began to climb
A smile laughter even a giggle slipping from an inner place She had to face

Renewing of the mind
She'll find
Her Chains are broken
God had spoken

Fearfully marvellous
Uniquely made
Her past started to fade

Only God can change
Her mess into a message
Test into a testimony
Trial into triumph
Victim into victory

Her faith in God

Became bigger than her fears and tears

Today she stands tall
Her wall came crumbling down then
She picked up her crown

My daughters your faith and courage made you whole
Finish the program
So that you
Can use your passion
From out of your soul

The Lord bless you and keep you
The Lord make His face to shine on you
And be gracious to you
May the Lord lift up His face toward you
And give you peace

I love you
Ladies Rehab Mom

Author: Charlotte Viljoen

Dedicated to all addicts in recovery finish the program it's worth it just from another addict

Fighting my giants

As I walked to the mountain
Fighting bugs in my face
I see a tractor stuck in a space

Lord that's me
How can I get free?

Just walk up the maintain
See me all the way

My back is sore
My strength is pore
Bugs in my face
The baboons
Black dogs give me grace

Steps in front of another
Fighting the giants
All the way
Not looking back
Climbing over the cracks
You pushed me from behind
To see in front what would I find?

On top of the hill
Sitting on a log
You showed me
How to concord my giants
Between the fog

You need to learn
How to fight
Your giants
While keeping Me in sight

As you grow
Your giants grow to
But with my hand
You will defeat they will be band

Your character is what you'll learn
To fight the giants
You will earn but won't burn

Don't get in the ring
Step aside
For the battle is Mine
Your victory so divine

In your hand
I put a plan
You're equipped
I gave you enough
To deal with this stuff

Get grip of who you really are
The enemy sees from a far
Who I created you to be
Recognise the power you have in Me
The enemy is afraid of where you going to be

This attack is a sign
Recognise your power
You going in the right Hour

Be anxious of nothing
Can't you see?
You're moving in your destiny

Author: Charlotte Viljoen

Lie producing emotions:

I'm alone in this (Abandonment)
I can't get through this? (Hopeless)
How do I fight this? (Fear)
How do I handle this? (Confusion)
He/she/they are too strong (Powerless)
I deserved it (Shame)

God's Truth:

1 Samuel 12:22

22 For the sake of his great name the LORD will not reject his people, because the LORD was pleased to make you his own.

Deuteronomy 38 v 8

8 And the Lord, He is the One who goes before you. He will be with you; He will not leave you nor forsake you; do not fear nor be dismayed.”

Deuteronomy 20:4

For the Lord your God is he who goes with you to fight for you against your enemies, to give you the victory.’

Ephesians 6:12

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. The next poem was exactly that:

Isaiah 41:10

10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

2 Chronicles 20:15

‘Be not afraid or dismayed at this great multitude, for the battle is not yours, but God’s.

Work place

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Boundaries

Boundaries is something that is made
To protect my hart
From the start

Don't compromise your boundary
Don't bend or even amend

The boundaries will help you make
A decision in a hast

Family around and friends even too
Will get to know your boundaries
And feel secure with you

As you walk with God
You will feel your boundary in your spirit
For in your spirit that's where your boundary lies

Author: Charlotte Viljoen

Lie producing emotions:

Myths about boundaries

I'm being selfish

I'm being disobedient

If I set limits

I'm going to lose love

If I set boundaries I will hurt others

Boundaries mean I'm angry

When others set boundaries it injures me

But they have done so much for me

Boundaries are permanent

10 Laws of boundaries

Law 1

Sowing and reaping, I am responsible for my own actions and the consequences of those actions

Law 2

The responsibility “for” and “to”, I am responsible for my own, Feeling, Actions, Behaviours, When I take responsibility for someone else, then I Keep them in an immature state

Law 3

Power and Powerlessness, I cannot change anybody else, but I can change myself, with God’s help

Law 4

Receiving other’s boundaries, I need to learn to hear other people’s NO

Law 5

Motivation, Boundaries help me gain control of my own life and fulfil what I was created for, when I have the proper motivation I experience freedom and responsibility

Law 6

Evaluating the pain caused by my boundaries, there is a difference between hurt and harm

Law 7

Proactive Versus / Reactive Boundaries, Proactive = freely choosing the love, enjoy, serve one another, Reactive = Letting someone else define and direct who I am and what I must do

Law 8

Envy, it is seeing the good as that which I do not have

Law 9

Activity, Boundaries are created in my life when I do something, I must take the initiative and accept the responsibility for my feelings, attitude and behaviour

Law 10

Exposure, my internal boundaries need to be visible and communicated to others

Work place

1. How do you feel?

2. What is your emotion?

3. Ask Holy Spirit:” What situation caused me to feel this way?

4. Was there a previous situation where I felt the same way?

5. Ask Holy Spirit:” What do I believe about myself, as a result of the above situation?”

6. Speak the lie I believe about myself out loud.

7. I need to realize that I have chosen to believe this about myself, and that this is not how God sees me. This lie I believe, affects my worth as a person and all my relationships.

8. Can I choose to trust God to replace the lie with His truth?

9. Yes, I choose to trust my Father in Heaven.

10. Repent of the fact that I believed this lie over myself, take authority over the lie and over the effect it has on my life and the lives of my generations.

11. Forgive God/others: (do this for each person the Holy Spirit remind you of) a. Forgive the person/persons that spoke those words / did those things.

12. Receive the Father's point of View regarding me, by the guidance of Holy Spirit.

13. Ask Holy spirit:

"Lord what is Your Truth?"

How do You see me?

What is Your point of View regarding me?"

What is His truth about me?

14. Do I still believe the lie? No!

39

PAWS

A roller coaster ride
No theme park
For me to embark

Twist and turns
Ups and downs
Hardly hitting the ground

Post-acute withdrawal syndrome
Hit Home

Aches and pain
Risk of relapse
What do I have to gain?

Months after recovery
Sober and clean
My neurons that fire together
Wire together
Relieved to know
My body is taking control
PAWS
A feeling that comes and goes

Running natural circuit in brain
Stronger as I hold longer
Not giving in
To PAWS
Recovery soon will be yours

Author: Charlotte Viljoen

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You stood by me

Throughout my healing
You stood by me every single day

Sharing my emotions
A price you had to pay

Haven't met you before
But you were willing to open the door
For me to be free
You wanted to stand by me

On the road to victory
I met you eventually
A Son of God
I could see

But being back in the neighborhood
I never realised it could
Be so difficult
In my face
My life I lived before
I've changed but the neighborhood stayed the same

Having counselling day by day
Then coming back to the neighborhood they say
Will be difficult
A choice I need to make
To take what I've learned
Step by step each day

I tried to be the same
Who I was before
Saying sorry was all you needed to do
For me to see
You truly meant what you said before

That's all I know
It will take time to grow

This Godly Man you are
You have come so far
Resisting the devil
Not giving into evil

I've never had a friend before
Who only wanted my friendship and not like before

The respect I have for you
I have no idea how to treat you
Or how to be a friend

As the tears run down my face
I just pray that God will show me grace

How to make you
My best friend
And loose the only hope
To amend

Thank you for your honesty
For setting boundaries
It gave me security
And hope
That not all men will bind me with a rope

From now on ill pray
For our friendship
In a different way

Author: Charlotte Viljoen

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R.A.E.L

Recovering addicts empowering lives
Awareness RAEL we strive

To help encourage and pray
For those who are astray

Accept your an addict
Decide to seek Help
A Higher power
In this hour

A new life you will find
Love combined
Open your heart
It's a start

Giving you hope
Teaching you how to cope

So take out your orange Ribbon or scarf
RAEL Orange Friday
Supporters and staff

Let's help each other
With Anthony and his mother
Bringing awareness my Brother

From another addict me

Author: Charlotte Viljoen
Inspired by #RAELORANGEFRIDAY

The 90 day Wall

Waking up with a feeling
I just cannot describe
Another presence close to me
Teasing, knocking, my inner door
Get ready
Prepare for war

Not knowing what it really meant
As the day went by
I found myself wanting to cry

But then my eye caught my cell
It's Anthony my pal
Are you okay
I replied
Anthony I need a guide

The 90 day wall he said
Be careful of what you do
For the next 3 days you going to climb the wall
Or turn back and walk over your vomit once before
And then the games began
Itching anxiety cravings and more
Am I going to open that door

Climbing into my car
Not wanting anyone to see
Thinking of the past fun in a way it didn't seem so astray

Standing in front of the wall
My cravings pulling my back to the door
I'm crying weeping confused and sore
I swore
I would never open that craving door

I hit the wall
I started to crawl
On my knees God help me please
I can't do this anymore

Then God showed me heavens gates
Drinking from His fountain

Sitting at His feet
Eating from His garden
With God I will defeat

I want to go back
I don't want to stay
I want to serve God come what may

Then suddenly the wall came down
With thunder, lightning and a crown

You hit the wall
And never opened the door
The 90 day wall is no more

Author: Charlotte Viljoen

43

A Storm

Go back to the place
I showed you grace
There is something you need to face

14 days
As you praise

To build your foundation
A new situation

Around me a storm
God's going to transform

Spiders, Scorpions
Wind blowing rooftops everywhere
I got such a scare

Like a rubber band
In my hand
Ready to let go
I want to show

Before I launch you into your destiny
I need you back on your knee
To trust in me
To see
Without Me
Your calling, vision and mission will not be

Faith must be in place
The foundation of My grace

Then you will no longer
Be moved by the storm
To perform

God is always by your side
No need to hide

Author: Charlotte Viljoen

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Dry Addict syndrome

The road to recovery
The turning point
Like sitting at gunpoint

Struggle and willingness
To break away
An area so grey

From patterns of destructive
Dangerous behaviour
We truly need our saviour

Certainly grounds for respect
And acknowledgement
We reflect

Those who haven't dealt with addiction first hand
May not understand

The long road that lies ahead
A shred of
Picking up pieces
Trying to thread

The person may think that once they stop
Their life will miraculously
Sail to the top non stop

However
Recovery is often not that simple
The road to sustained recovery
Is often bumpy and grumpy

The one issue that may arise is known
Dry addict syndrome
Resentment toward friends or family
Perhaps anger with negative surroundings
Depression, anxiety, fear of relapse
Cravings while walking up and down the paving

Jealousy of friends who are not struggling with addiction
Romanticizing their using days
Being self-obsessed

Cross-addiction
Quest

Dry addict syndrome
Operates almost exclusively
Within a person's mind
Underlined

Overcoming the dry addict mentality
Working on one's "inner life"
Only God can change
Traits and behaviours
Rearranging inner change and failure's

Someone who's sober might still "act drunk"
Or deal with the same junk

Use persistence in recovery
Starting at Calvary
Who God created you to be
Is a journey to discover
Guarantee

Author: Charlotte Viljoen

45

Jump Poem

These voices
Making a nest
Inside my head

Feeding the villain
Looking to see
What's behind that wall
I'll be free

I'm healed
I'm okay
I don't need another day

Unfinished business
No one knows
Only I can solve
Where I'm going to go

Then the planning began
Not hearing the teachings
Not taking in
Just planning to jump
To begin

I'll make it on my own
I've done it before
All I need to do
Is to run through that door

My heart pounding
It's now or never
Adrenaline rush
I can do this no fuss

It felt good on the other side
A place I know all about
I wanted to shout

But then life began
Temptations
Expectations
Old friends
Do you want a line?

A split second
A choice I made
Then my world started to fade

Waking up
On the floor
I saw a steel door
Surrounded by writings
On the wall

Can it be?
I'm not free
Is this the life I chose?
Is this part of me?

Then I heard footsteps
Keys unlocking the door
Stand up
You not welcome anymore

Guilt and shame
The cycle began
The meaning of my name

Dear God can it be
What have I done?
Please help me

His arms wide open
Stand up is what I heard
A brand new day
The chains are broken
God had spoken

Forgiveness and mercy
You shall find
Repentance and
Renewing of your mind

Nothing but the blood of Jesus
Can take away
Out of my mess
He made a way

Author: Charlotte Viljoen

Lie producing emotions:

What's behind that wall?
I'm healed
I'm okay
I don't need another day
Run away
The don't know what I'm going through
I have unfinished business to attend to

God's Truth:

Psalm 37:5

Commit your way to the Lord; trust in him, and he will act.

Numbers 30:2

If a man vows a vow to the Lord or swears an oath to bind himself by a pledge, he shall not break his word. He shall do according to all that proceeds out of his mouth.

Proverbs 16:3

Commit your work to the Lord, and your plans will be established.

1 Kings 8:61

Let your heart therefore be wholly true to the Lord our God, walking in his statutes and keeping his commandments, as at this day.

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

2 Chronicles 16:9

For the eyes of the Lord run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him. You have done foolishly in this, for from now on you will have wars.

2 Timothy 1:12

Which is why I suffer as I do. But I am not ashamed, for I know whom I have believed, and I am convinced that he is able to guard until that Day what has been entrusted to me.

2 Timothy 4:7

I have fought the good fight, I have finished the race, I have kept the faith.

Ephesians 2:8

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God.

Ephesians 4:1

I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called.

Work place

1. How do you feel?

2. What is your emotion?

3. Ask Holy Spirit:” What situation caused me to feel this way?

4. Was there a previous situation where I felt the same way?

5. Ask Holy Spirit:” What do I believe about myself, as a result of the above situation?”

6. Speak the lie I believe about myself out loud.

7. I need to realize that I have chosen to believe this about myself, and that this is not how God sees me. This lie I believe, affects my worth as a person and all my relationships.

8. Can I choose to trust God to replace the lie with His truth?

9. Yes, I choose to trust my Father in Heaven.

10. Repent of the fact that I believed this lie over myself, take authority over the lie and over the effect it has on my life and the lives of my generations.

11. Forgive God/others: (do this for each person the Holy Spirit remind you of) a. Forgive the person/persons that spoke those words / did those things.

12. Receive the Father's point of View regarding me, by the guidance of Holy Spirit.

13. Ask Holy spirit:

"Lord what is Your Truth?"

How do You see me?

What is Your point of View regarding me?"

What is His truth about me?

14. Do I still believe the lie? No!

Valentine's Day

Waking up
Can it be?
It's Valentine's Day
And I'm free

O God please do something
Special for me

As the day went by
Working up and down
I heard my cell ring
It's the gate someone with a crown

Then he stood
In front of me
Can it be
The man who taught me
About Calvary
To be free

When I looked into his eyes
I knew it was God in disguise

My first love
Bought His dove
Flowers, whispers and a glove

Be careful Guard your heart
For what you desire will start

Today I'm showing you
That I'm God
And I listen to your heart

I'll send my warrior from far away
To bring you flowers
And make your day

Just because I'm God
Your first love

Happy Valentine's day
Author: Charlotte Viljoen

Table before your enemies

Speeding over the ocean
Full throttle between electric power lines
Over the train line
In the clouds
Time stayed behind

Feeling anxious excited
Get ready Get ready Get ready

With a brick between my ribs
Pressure in my spirit
I'm ready to burst

Jezebel on the side
Giants in the way
For a moment forgetting to focus
On the one who planned my way

Up and down
Walking around
Labour pains in the way

This is the moment
This is the time
My victory so divine

100 fold He said
For leaving everyone behind
To follow Me and hear
What's on My mind

I feel it in my spirit
I feel it in the air
It's just every where

Bring Me in remembrance
Call your destiny
It's yours
Because I'm preparing a table
Before your enemy

Author: Charlotte Viljoen

As God anointed my head with oil

As I came into your presence
You anointed my head with oil
Lifting the vessel
Over my head
Oil streaming down like a thread

Receive the flow of oil
First a price I had to pay
Pain, agony, hardship
Suffering, death
Struggle every single day

Soaking in your presence
Let it flow Let it flow
Healed inside and out
I had no doubt

Fresh oil
The glory of God flowing
Bringing forth freshness and glowing

Splendour beauty
Raised like an eagle
Boldness roaring like a lion
On the horizon

Supernatural breakthrough
As king and Royal Priesthood
Blessed to be a blessing
For others each day
God will bring come what may

Wisdom of Jesus in me
Overflowing in my life I will see
In all areas a long life with spice

Enlarging His vision
Great things and provision
Signs and wonders
A sudden shift and swift

God Use me
Wherever Your treasure

No measure

I receive your anointing
Feeling Your touch
I hear You God
As You stir my heart
From the start

Walking with You
Not letting go
God help me to glow

Won't miss out
As I shout
Clinging onto You
Like glue

Once again on my knee
God please use me

Author: Charlotte Viljoen

A twist of my imagination

Is this a twist?
Of my imagination
A sensation

A world I created
Out of pain
So complicated

A sudden stab in my chest
Cut right through my flesh down to the bone

I feel you in my back in my side
In my heart from the start
Is it time to apart?

I kept you close by my side
A safe place to hide

You're such a part of me
My love, my fantasy

I've never met her before
I've never even opened that door
Then suddenly you stood in front of me
I nearly fell to the floor
Breath-taking I adore

No more my imagination
Can it be you free?

Standing right in front of me
Such a beauty
Intelligent
Powerful
Sexy
My fantasy became Reality

O God help me

I heard God say
Here she is
Be at ease

No matter what you decide
My love for you the same my dove
No one can take away
For on the cross that day

A choice I made to start over
To see who I really am
A journey without my biggest fan

It's time to let go
But how can it be
The trigger inside of me
Pain so intense
Too much to comprehend
The cycle I need to amend

All I want to be
Is the real me and free
Who God created me to be
No fuss no fantasy

Locked up for so long
Coming out is not a song
Where do I belong?

A journey
To discover
Only God and me
Under cover

Author: Charlotte Viljoen

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Jeans

What's up?
Candy rush
The way we spoke
We had such a joke

Remember what I said
Waiting for the right time
For you to come out
Together we fantasised
How it's going to be
And eventually you will be free

You interfered with a lot of my thoughts
Throughout the years
I was so blind
With you on my mind
Not bad in a way
Just gay

Your beautiful blond hair
Powerful
Sexy
Intelligent that's not fair to compare

All jokes a side my biggest fan
It's time no more hide

Jeans I created
Out of my pain
Twisted complicated
Too much to explain
What I want to do
Is speak the truth
From abuse to my youth
You know exactly what I mean
That day you came on the scene

From that day you started to say
I think a different way
The voices in my head
Made me so scared

Do you realise

The suffering
The disguise
The relationships I lost
The cost

From inside, you pushed and pushed till I cried
Carrying you inside
I had to hide

No more
I'm closing that door
I'm pulling the plug
Before you go
I need a hug

Remember you not forgotten
So listen carefully
Just no longer part of me
My heart is wrapped in cotton
Only for God to see

Author: Charlotte Viljoen

Lie producing emotions:

I Think a different way
I'm a mistake

God's Truth:

Romans 12:2

says that we become transformed by the renewal of our minds

Isaiah 55:8-9

**For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord.
For as the heavens are higher than the earth, so are my ways higher than your ways and
my thoughts than your thoughts.**

Proverbs 30:5

Every word of God proves true; he is a shield to those who take refuge in him.

Romans 8:28

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Numbers 23:19

God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfil it?

Psalms 147:5

Great is our Lord, and abundant in power; his understanding is beyond measure.

James 3:2

For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body.

2 Timothy 3:16

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

Isaiah 46:9-10

Remember the former things of old; for I am God, and there is no other; I am God, and there is none like me, declaring the end from the beginning and from ancient times things not yet done, saying, 'My counsel shall stand, and I will accomplish all my purpose,'

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

1 Peter 5:6-7

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

Hebrews 13:8

Jesus Christ is the same yesterday and today and forever.

Work place

1. How do you feel?

2. What is your emotion?

3. Ask Holy Spirit:” What situation caused me to feel this way?

4. Was there a previous situation where I felt the same way?

5. Ask Holy Spirit:” What do I believe about myself, as a result of the above situation?”

6. Speak the lie I believe about myself out loud.

7. I need to realize that I have chosen to believe this about myself, and that this is not how God sees me. This lie I believe, affects my worth as a person and all my relationships.

8. Can I choose to trust God to replace the lie with His truth?

9. Yes, I choose to trust my Father in Heaven.

10. Repent of the fact that I believed this lie over myself, take authority over the lie and over the effect it has on my life and the lives of my generations.

11. Forgive God/others: (do this for each person the Holy Spirit remind you of) a. Forgive the person/persons that spoke those words / did those things.

12. Receive the Father's point of View regarding me, by the guidance of Holy Spirit.

13. Ask Holy spirit:

"Lord what is Your Truth?"

How do You see me?

What is Your point of View regarding me?"

What is His truth about me?

14. Do I still believe the lie? No!

Know that I am God

Trust God First

Anxious scared what if
Sweating heart pounding
Clinging to other to feed need and love
Manipulate the situation
Self-sufficient
Human council takes priority

Sleepless nights
Toss and turn
Our beds burn
Lying awake at night

Take charge without prayer
Doubt Biblical principles and promises
We call on others to help

We hurry ahead
And do not wait

Rest on His promise
Trust in the Lord with all your heart
The Lord is my strength and shield
Be still and know
That I am God
In Him my heart trusts

Do not be anxious about your life
Put your trust in Him
To those who know His name

Jesus Christ in the same
Yesterday Today and forever

May the Lord fill you with Joy
Peace in believing

For those who love the Lord
All things work out for good

When you trust in the Lord
Your heart will be firm

And will not be afraid of bad news

Be strong and courageous
Do not be frightened
Do not be dismayed
For the Lord your God is with you
Wherever you go

Do not fear
Only believe

With your mind on God
You stay in perfect peace
Because you trust in Him

Delight yourself in the Lord
He will give you
The desires of your heart

Commit your way
Unto the Lord
Trust in Him
And He will act

Righteousness and justice He brings forth

Without faith
It's impossible to please God
Believe He exists and He will reward
Fear not
For I am with you
Do not be dismayed
For I am your God

I will strengthen you
I will help you
I will uphold you
With my righteous right hand

Do not be anxious about anything
But by prayer and supplication
With thanks giving
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

I came that they may have life
And have it abundantly

Let not your hearts be troubled
Believe in God
Believe also in Me

Author: Charlotte Viljoen
Inspired by the Bible

My Beloved

You crossed my path one day
For me just to say
Who is this man
Looking at me that way

He looks at me
Through Jesus's eyes

With a question in my soul
He looks at me and makes me believe I am whole

He gives me love
Expecting nothing in return
I felt my heart burn

Unconditionally
Unprepared
A deep intense feeling
That does not make me scared

Feeling safe when he's near
I have no fear

The way he shines
The way he guides
The way he dines

Can it be
This love inside of me
Has always been
He shows me true love
Love from above

He handed me all he had
And said
My angel
Your husband is my name he proclaimed

Then he took my ring
I'll wait for my beloved
And replaced it with a covenant ring

With God by our side

Together forever
Hand in Hand
We will serve our King
With the symbol of our rings

Author: Charlotte Viljoen

Heart Circumcision

I'm not good enough
Abandoned, not worthy to be loved
Self-sabotaging, martyr, scapegoat

Renewing of the mind I'll find
Revelation I'm God's creation
Not my imagination reject or sensation

As I stood in front
Of the warrior from far away
As we pray

I felt a knife cutting into my life
From my side to my heart
Suffocating my chest
An urge a peep of where devastation lies

An abortion of my soul
Ripped out of the big whole
The addiction cycle began

No more guilt and shame
God's love died for His dove
On Calvary that day
An intimate relationship with God I found
As I lay open before His throne

Empty open raw inside
A pain I cannot describe

As he prayed for my imagination
Going to God
Letting her be
It fell all over me

I felt God's love
His blood flowing through my veins
A dove descending on me

What happened?
I can't comprehend
All I know is God came to amend

Womanly Feminine free indeed
Independent Compassionate Mature
Warm and gracious is her blessings
Strong in Jesus you will find
Turning her mess into a message combined

Body, mind and soul
He began to make me whole

Author: Charlotte Viljoen

Climbing out The Big Black Hole

Filling the void within myself
Internal black hole
A role in my soul
Fill this begging bowl
So that I can feel whole

Peeling back the layers of his game
Face to show no fame
The rotten core
Of what exists below

Asking for more
A dark emptiness that demands to be filled
Whatever I could find
To numb my mind

Dancing around the edge of the black hole
"You cannot leave a place you have never been" whole

I was touching the edge of it from time to time
And pulling back
When it felt too scary
Ready to bury

I continued to feed whatever it asked for
When it all got too much
Seeing himself as a failure untouched

Weak and broken
In disguise / As no one knows
Unspoken
Retreat to the shadows?
Hiding my face
In disgrace

I pray to keep
Hell away
Hanging my head
Feeling scared

Drown my fear
Till you all just
Disappear

I am afraid, abandoned, and alone
This black hole pulls whatever it can to the bone

In hope of filling this void inside
And feeling safe secure denied

Around the edge of the void
Was a fearful angst intensify
As a way of reeling me back to justify

But, in the end, the drug will turn on you
Consuming all that you are
All that you could ever be
Free

It had nothing but a cold, damp existence
It could have used a dose of warm wind assistance
For this I'm packed with shame, full of self-hatred astray
A mainline will make it all go away

The mood within the Black Hole is dreary
Avoid feeling these emotions
Whatever I could find
That numbed my mind

Pretty much anything else to hand
As a means of distancing and distracting my brand
Any sense of completeness will soon drain away
The problem is at the bottom of this begging bowl
Is a hole
Leaving us feeling empty, and hollow

Then the begging starts again
Never satisfied

Stop reaching outside of yourself
For something to complete you
Be able to face your fear
When it draws near

It would lose its hold over you
It only wanted to be seen
The very thing you were attempting to escape from
Fear to be free

The big black hole

Is a longing to come home
Finding Wholeness
Facing the big black hole
You found your soul

One at a time
The door of your heart
Is now open to receive
What God started He will achieve

I climbed out of the big black hole
I got back on my feet
With God
You will defeat

Now my goal
To jump back into the hole
To show others the way
I have found strength and purpose
And not going astray

Thanks to my big black hole experiences
Humility is an essential utility

In your pursuit of spiritual transformation
Conformation

With God is the only way out of the Big Black whole
No doubt

Author: Charlotte Viljoen

Lies verses God's truth exercise

Firstly pray Psalm 139 verse 23+24

Throughout my healing I believed and prayed **Ps 139 v 23+24 over my life: "Search me, O God and know my heart, try me and know my anxious thoughts, see if there are any hurtful ways in me and lead me in the everlasting way"**.

Prayer: Investigate my life O God find out everything about me cross examine and test me get a clear picture of what I'm about see for yourself if I've done anything wrong then guide me on the road to eternal life.

Step 1:

Acknowledge what happened and how I felt. How? Ask the Holy Spirit to reveal the following answers:

1. How do I feel? What is the emotion?
2. Ask Holy Spirit: "What situation caused me to feel this way?"
3. Was there a previous situation where I felt the same way?

Step 2:

What is my point of view regarding myself?

1. Ask Holy Spirit: "What do I believe about myself, as a result of the above situation?"
2. Speak the lie I believe about myself out loud.
3. I need to realize that I have chosen to believe this about myself, and that this is not how God sees me. This lie I believe, affects my worth as a person and all my relationships.
4. Can I choose to trust God to replace the lie with His truth?
5. Yes, I choose to trust my Father in Heaven.

Step 3:

Follow the steps of Forgiveness. Old resentments can block the flow of grace in our lives and prevent healing. Now is the time to forgive. Forgiveness is needed to prepare my heart to be able to receive & give Love. (My hardened heart can become a heart of flesh)

1. Repent of the fact that I believed this lie over myself, take authority over the lie and over the effect it has on my life and the lives of my generations.
2. Forgive God/others: (do this for each person the Holy Spirit remind you of)
 - a. Forgive the person/persons that spoke those words / did those things.
 - b. Forgive the person for the lack of actions / nurturing / affirmation / identity.

c. Forgive them for the effect of those words/deeds on my life. (this step is very important, because the effects keep me in bondage; therefor ask Holy Spirit to show the effects to you one-by-one).

3. Forgive myself:

- a. Forgive myself for the lie I believed of myself.
- b. Forgive myself for all the effects of the lie I allowed in my life.

4. Ask Forgiveness from God

- a. Ask forgiveness for the fact that I made this lie an idol in my life.
- b. Ask forgiveness for the effects of this lie on my relationship with Father, Son and Holy Spirit. (ex I did not trust my Brother, I distanced myself from Him...)

Step 4:

Receive the Father's point of View regarding me, by the guidance of Holy Spirit.

1. Ask Holy spirit: "Lord what is Your Truth?

How do You see me?

What is Your point of View regarding me?"

What is His truth about me?

Word _____

Scripture _____

Song _____

Vision /picture _____

Dream _____

Inner Knowing _____

What is the meaning of this revelation?

2. Do I still believe the lie?

No! (if yes, then pray this prayer again until you get your breakthrough!)

Thank You Father, for Your point of view regarding me. Amen

To completely benefit from this new revelation, complete the steps below:

Deal with the effects of my lie on other people: Ask forgiveness for the effects of this lie on my relationship with significant others in relationships (ex. I withheld love, I judged).
Ask Holy Spirit to reveal those effects to you.

Deal with the effects of my lie on my calling / pathway of responsibility:

Ask Holy Spirit: What effect did the lie have on my: Gifts / Calling / Meaning of my name
What habits/self-righteous acts/principles do I live by, because of the lie I believed? (What coping mechanisms / hiding places / addictive agents are still in place in my life?)

Source:

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Ending

Climbing Out of A Black Hole

By Guest Author - Kevin Repass | Sat, Apr 6, 2019 at 7:00 am

The parable of the alcoholic stuck in a hole has always resonated deeply with me. Before I mustered up the courage to go into detox and treatment, I found myself stuck in a black hole for the second time in my life. I did not think I would make it out alive this time. The story of the alcoholic stuck in a hole goes like this:

A drunk fell in a hole and couldn't get out. A businessman went by. The drunk called out for help. The businessman threw him some money and told him get yourself a ladder. But the drunk could not find a ladder in this hole he was in.

A doctor walked by. The drunk said, "Help, I can't get out." The doctor gave him drugs and said, "Take this, it will relieve the pain." The drunk said, "Thanks" but when the pills ran out, he was still in the hole.

A renowned psychiatrist rode by and heard the drunk's cries for help. He stopped and said, "How did you get there? Were you born there? Were you put there by your parents? Tell me about yourself; it will alleviate your sense of loneliness." So the drunk talked with him for an hour, then the psychiatrist had to leave, but he said he'd be back next week. The drunk thanked him, but he was still in his hole.

A priest came by and the drunk called for help. The priest gave him a Bible and said "I'll say a prayer for you." He got down on his knees and prayed for the drunk, then left. The drunk was very grateful, he read the Bible, but he was still stuck in that hole.

A recovering alcoholic happened to be passing by. The drunk cried out, "Hey, help me, I'm stuck in this hole." Right away, the recovering alcoholic jumped in the hole with him. The drunk said, "What are you doing? Now we're both stuck here." But the recovering alcoholic said, "It's okay, I've been here before, I know how to get out."

"Theophostic Ministry is not about growing in knowledge but rather receiving a specific truth for the displacement of a specific lie. Theophostic healing releases us so that we might be able to appropriate the truths of scripture we logically know." Ed M Smith

"The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace." Numbers 6:24–26.

Poems of Hope Workbook

“Lies verses God’s Truth”

“My pain became my inspiration”

BY HIS
STRIPES
I AM
HEALED
isaiah 53:5



Poems you can relate with...

Poems that will give you hope...

How to find the root of your problems...

How to break the cycle of making the same mistakes over and over again...

Author: *Charlotte Viljoen*

I would cry out, Lord take this away from me, and He would just leave it right there, because it was my weakness that led me to my strength. The greatest gift God gave me was gradual change...