

GREGORY DICKOW



SOUL
CURE

HOW TO HEAL YOUR PAIN AND FIND YOUR PURPOSE

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AND DISCOVER YOUR PURPOSE

GREGORY DICKOW



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Author's Note

As I sit here in the fall of 2021, the world is struggling mightily with an unprecedented pandemic that has ravaged millions; violence and terrorism around the world; weather disasters that have decimated cities and families—you name it.

So many of us are in pain. We are anxious and worried, perhaps not for ourselves as much as for our families and children. We feel insecure. Some even question their faith.

But as I ponder all this, I am reminded that there are two incredible gifts that should never be taken for granted: One is health—a precious yet fragile gift, which is a lesson we have all learned during the pandemic. The second gift may surprise you. In a simple word—adversity—conditions that continually challenge us and make us stronger and more resilient. In this way, life is a journey of discovery, an unfolding story playing out in real time, requiring us to bob and weave with destiny.

In my nearly thirty-year experience as pastor of Life Changers International Church, I have ministered to thousands of people and witnessed countless stories of trouble and pain. I have found that each of us is healing from something as we pursue wholeness—spirit, soul and body. Each of us is discovering something—the gifts, talents, desires and dreams we carry within us, just as a woman might carry a new life growing within her.

All along the way, we are uncovering what makes us tick, what makes us unique and *why* we are on this earth.

As for me, after more than five decades on the planet—ever closer to six, now that I think about it. In fact, I said to my wife recently, “You don’t think I look sixty, do you, dear?” I was relieved when she said no, until she added, “But you used to.” 😊 But seriously, I am finally enjoying the process of living life as it comes, facing the twists and turns that we all encounter, some of them not always pleasant to be sure, yet persevering and moving forward to continue discovering the champion within.

But maybe you do not have to suffer as much as I have. Indeed, I want to give you a head start so you do not have to wait that long to gain a sense of peace and confidence. It is never too late to live a life of incredible meaning and purpose. Don’t you want that?

So jump on this journey with me. As you will see, this book is an interactive road map to healing your pain, conquering your demons and discovering your purpose. By the time you finish, you will see how to vanquish those “demons” I call “soul thieves” and create significant breakthroughs in all aspects of your life. I promise you that.

I promise that there is a new confidence that is going to come into your life through this healing and discovery process. This is exactly the weapon you need to deal with the anxious, stress-filled world that is thrown at us daily.



Let’s turn pain to power. Let’s uncover the treasure and true worth that our Creator has placed inside each of us. And let’s unleash the grace that God has given us to make our lives, families and world a better place.

I have often said, *The best thing you can do for this world is to give it better people than yourself.* In the spirit of that cause, let’s give this world a better person than who we used to be, the very best version of ourselves.

Remember: Healing and revolution from the inside out is about to turn you right side up (if you have been upside down 😊). It is going

to turn your scars into stars, your test into a testimony and your pain into purpose.

We are also discovering that life is truly about perspective. *How* you see something is far more important than what it is you see. We can discover the good if we look for it—just as we can discover the bad in the same way.

So let's look for the good. Let's expect the silver lining in every cloud. Let's look for the good thing God is doing in our lives, as we trust His promise. . . .

“Follow Me,” Jesus said, “and I will make you something that has never been before” (see Matthew 4:19).

Acknowledgments

I love to quote Albert Einstein (any chance I get to sound or feel a little smarter, LOL), who said, “You don’t really understand something unless you can communicate it in a simple way.” And yet the beliefs and feelings in our hearts are often too deep and complex to figure out alone. So *if* I have had any success at understanding the cure for soul sickness and sharing it in a simple way, it is because of the people in my life who have helped me heal my soul and, in doing so, perhaps helped themselves heal in some way as well.

I want to first and foremost thank my family, beginning with my wife, Grace. She has enthusiastically and unceasingly supported all my efforts to get this content into your hands with faith, love and prayer. The “cure” always starts at home, right? And our home was in constant need of it in order to raise five incredible children, who are by far better human beings than we could have ever imagined and far better people than me.

To Olivia, Robert, Gena, Joseph, and Roman—you are our reason. You are our dream.

I am also so grateful to all our ministry partners and especially the Life Changers International Church members, who trusted a very young man (many years ago 😊) to serve, lead and fail *forward* with, too many times to count. Your shared experience and grace have contributed so mightily to a book about the human soul.

Acknowledgments

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And my superb editor Barbara Clark, who studied, researched and graciously pored over every one of my thoughts and words to deliver you this book’s best version of itself!

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That leads me to Chosen Books, our outstanding publisher, who has meticulously edited and designed this book, treating it with precious faith and care, and treating me with such faith, hope and vision. My two editorial directors, Kim Bangs and Jane Campbell, were such a rare gift to us. And I am incredibly grateful that they saw something in me worth investing in and sharing with the world. And what a bonus gift to have Chosen’s Deirdre Close serve as marketing director, whose enthusiasm for this project was contagious.

I’d also like to give a special thanks to Raoul Davis, the CEO of Ascendant Group Branding. Their astute marketing and publicity efforts were a great asset to us.

And finally, I want to thank the three Men I admire most—the Father, the Son and the Holy Ghost! Fortunately for you and me, they *didn’t* take the last train for the coast, but instead, they made me, loved me, believed in me and stayed with me, never leaving or ever giving up

Acknowledgments

on me. And They will do the same for you. Oh, what love the Father has bestowed on us that we should be called the children of God!

Now I dedicate this book to YOU, the beautiful human with a soul beyond compare. You felt inspired to open these pages today and breathe a little easier and hopefully live a little happier because of what you find in the chapters ahead. It is my honor to serve you and help remind you just how priceless you truly are.

With love,
Gregory Dickow

Introduction

A joyful heart is good medicine, but a broken spirit dries up the bones.

Proverbs 17:22

I was visiting my oldest son the other night when I leaned over and asked him if I could borrow a newspaper. “Dad,” he said, “it’s 2022. Why would I have a newspaper? But if you like, you can borrow my iPad.”

I can tell you this: That spider never knew what hit him!

I start this book with some lighthearted humor because laughter does good, like medicine. This is especially true in today’s chaotic world, where we definitely need a good laugh and God’s healing hand.

Good news is in short supply these days, especially in headlines—filled with fear, hate, disease and crisis.

Where is the inspiration, encouragement and hope? That ship sailed a long time ago.

Yet the Bible says, “Eyes that focus on what is beautiful bring joy to the heart, and hearing a good report refreshes and strengthens the inner being” (Proverbs 15:30 TPT).

Another translation says, “Good news makes for good health” (NLT).

No wonder people are so weighed down. Our hearts are heavy, our minds are weary as they are being flooded with bad news. This

is why the Gospel changes people's lives. It is the good news of God's love and grace.

Notice that verse talks about focus. *Whatever we are focused on will bring either joy or sorrow to our lives.*

This book is dedicated to helping you focus on what is beautiful. Why? Because what we focus on shapes the soul—the mind, the will, the emotions.

Early on in the COVID-19 crisis of 2020, when all “nonessential” businesses were completely shut down, a woman joked, “All the nail salons, hair salons and beauty salons are closed. It's about to get *ugly!*”

Well, kidding aside, life *can* get ugly. And there are a lot of ugly things in this world. That is exactly what the enemy of our soul wants us focused on. Because that is what determines the condition of the soul.

In fact, the force that drives all human emotion and interaction is *mental health*—the state of mind of my life, your life and the lives of all eight billion people on earth.

Think about it: What we say and do is a product of how we feel—the thoughts and emotions that drive us. This is the temperature of our souls. And some of us are running fevers.

Astoundingly, 450 million people worldwide currently suffer from some sort of mental disorder—46 million in the United States alone. That is 1 in 5 adults.¹

Simply put, we all deal with emotional pain at some level. Most of us know what it is like to feel down or discouraged, depressed or anxious, obsessed or compulsive, abused or addicted—you name it.

But Better Days Are Ahead for You

This book is all about healing and freeing the soul by understanding the root causes of human suffering, emotional pain and the spiritual forces behind it all. Indeed, this book will address the dark night of the soul and offer a powerful navigational system that will dissolve fear, self-hatred, bitterness, guilt, anger and negativity.

We have all experienced these diabolical emotions, for sure. I call them *soul thieves*, which I will address in part II of this book. These are the emotions that erode your mental and physical health. And they must be dealt a deathblow.

Now is the time.

Some emotional problems and addictions may require professional intervention. But you can experience real freedom by letting God's love wash over your soul and discovering the simple steps that will unlock emotional healing and the power to change your mood on command.

As you will learn, we all have the ability to switch on positive emotions—love, hope, forgiveness, gratitude, kindness, joy, confidence and optimism. And we can choose to turn on the negative ones, too—anxiety, anger, resentment, guilt, jealousy, despair, fear and pessimism. Whichever faucet is turned on, positive or negative, that is what comes out.

Too often, as we know, we find ourselves drowning in the negative flow that pushes us downstream toward making bad decisions.

This can only lead to feeling defeated and discouraged, robbing us of our peace and God's promise of a hopeful future.

All that is going to change.

As I mentioned earlier, Proverbs 15:30 says, "Hearing a good report refreshes and strengthens the inner being" (TPT). Another translation says, "Good news gives health to the body" (NET).

And as it says in Jeremiah 30:17: "I will restore you to health and heal your wounds," declares the LORD" (NIV).

So buckle up and get ready, get ready, get ready for a better life to begin today. It's time to unleash God's healing and purpose for your life!



Before we go further, you might be thinking, *How is there healing power in this book? How is what I'm reading going to be different from any other self-help or faith book I've ever read? And what is Gregory Dickow's secret sauce?*

After more than 35 years of searching for a way to heal my own life and the lives of thousands of others, I have finally found the root cause of pain and pleasure, the thing that truly determines whether you feel sorrow or joy.

It is simply this: What you focus on and the way you think will determine the way you feel and the way you live.

In other words, your mindset is the single most powerful force in creating the ripple effect of shaping your emotions, your decisions, your character and your destiny. A

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mindset is simply an attitude that takes precedence over all other facts.

As I always say, “Think right, live right.”

So the first step in creating a happier, more powerful life is winning the battle of the mind.

Nothing says it better than the verse “As he thinketh in his heart, so is he” (Proverbs 23:7 κJV). This means that each one of us holds the key to the conditions, good or bad, that shape our lives.

And that is why the battle for happiness is not in the heavens but in our heads. That is why some people are truly happy. It is because their minds are flooded with good news and winning thoughts, which create positive emotions and successful choices. Everything they touch eventually turns to gold, because they create and maintain positive faith-filled mindsets that will always lead to success.

Conversely, that is also why so many people are depressed—their minds are flooded with bad news and negative thoughts, which create negative emotions and lead to negative choices, all causing discouraging results.

So in this book, we will zoom in to your thought life and double-click on your soul. And as you will see (despite the statistics), the majority of us are not mentally ill. We do not need a psychiatrist or medication. What we *do* need is to change the way we think and the forces that are feeding our souls.

You are going to get real results, because happiness is not an accident. It is a pattern that you can pinpoint, create and nourish so you can get the results you deserve—a happy, victorious, peaceful, productive, loving life.

Today, my friend, we are going to heal the soul—the mind, the heart and the will—and build a new momentum, one of overwhelming gratitude and power, one of health and supernatural joy.

I can tell you that I have seen hundreds of thousands of people worldwide who have successfully transformed their lives by understanding that we have the power to change our thoughts, to *fast from wrong thinking*. This movement, which God started in my heart, then in my church, has gone viral. It is a systematic approach for healing the mind and experiencing true freedom and peace. And it never fails to deliver.

In the pages ahead, you will see that soul cure is fueled by God's beauty, a beautiful disaster called love, the discovery of your incredible worth and value, your understanding of the gift of forgiveness, and the two most powerful words on earth.

You will also learn how to battle your personal soul thieves—loneliness, depression, anger, guilt and shame. And you will discover that you can enjoy life and stop feeling bad—that you are more than your past and that your life story does not end in the chapter you are currently in. These truths will transform your thinking and fill your life until your cup is absolutely running over.

This book is all about restoring the soul, healing the storm from within, and leading you to a breakthrough transformation.

So are you ready to trade a damaged soul for a beautiful one? Soul sickness for soul health? Soul poverty for soul power?

Let's go!

PART I

SOUL
HEALTH

1

“Someone Has Stolen Our Tent!”

Look at what is obvious.

2 Corinthians 10:7 HCSB

Sherlock Holmes and Dr. Watson were on a camping trip. In the middle of the night Holmes woke up and gave Dr. Watson a nudge. “Watson,” he said, “look up in the sky and tell me what you see.”

“I see millions of stars, Holmes,” replied Watson.

“And what do you conclude from that, Watson?”

Watson thought for a moment. “Well,” he said, “astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Meteorologically, I suspect that we will have a beautiful day tomorrow. Theologically, I see that God is all-powerful, and we are small and insignificant. . . . Uh, what does it tell you, Holmes?”

“Watson, you idiot! Someone has stolen our tent!”

Life Lessons That We Miss

Sometimes we miss the simplest things right before our eyes.

Watson was so sophisticated and smart—with his astronomical, theological and meteorological analysis. Meanwhile, he missed the simple fact that his tent was gone.

You see? While we try to analyze our lives, examine the world, assess our situations with the highest sophistication and education, our “tents” are being robbed right from under our noses. Someone has stolen our “tents.”

The answers we all need are right before our eyes, right between our ears, and smack-dab in the middle of our hearts. In other words, they are in our souls. As the soul goes, so go our lives.

This is where life is really lived—in the *soul*, the place where battles are won or lost. It is where every joy and sadness begins and where every success and failure finds its roots. The condition of your soul will determine the condition of your life. Because it determines how you think, what you feel and what you choose to do.

In other words, the soul is the source of your thoughts and your emotions and the choices you make—minute by minute, day by day.

Soul health turns into *whole* health. Soul sickness turns into *whole* sickness.

A broken soul creates a broken life, broken relationships and shattered dreams.

But all that is about to change for you. Your next days are going to be your best days. You are about to step into the life God intended for you. As Jesus put it, “I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows)” (John 10:10 AMPC).

But Jesus also said, in the same verse, “The thief comes only in order to steal and kill and destroy.”

The life we deserve, the one God wants most for us, has been blown away by the 24/7 news cycles, the never-ending barrage of violence and the social media overload that subjects us to constant stress and pressure. Inside and out, we are losing the calm, the safety

and the security of the world as it once was. The soul of humanity is sick in many ways. Mental health—soul health—has been overtaken with soul sickness, mental anguish and people living stress-filled lives.

We all know what it is like to suffer some sort of emotional pain, don't we? (And Jesus paid for it all.) We bleed when we get injured, whether in our bodies or our hearts. It hurts.

Now multiply that hurt and consider a world filled with millions who bleed, a planet riddled with illness, fear and anxiety.

Tragically, more than one million people commit suicide each year. And more than twenty million attempt it and fail.¹ That is staggering.

There is no doubt about it: Mental “dis-ease” is an epidemic on the rise. And remember, the statistics are based upon people who admit the problem and do not include those who are suffering silently.

I hate to lay it on, but there are 20 million Americans battling addiction,² 10 million who are victims of domestic violence,³ and 8 million who suffer from eating disorders⁴—not to mention the thousands of homicide and suicide victims between the ages of 5 and 24⁵ and the thousands of elementary-school-age children who injure themselves—cutting their skin, burning themselves, pulling out their hair, punching themselves.⁶

Why are they doing this? It is a desperate attempt to cope with stress and relieve anxiety, loneliness and anger. In other words, they are in severe emotional pain and attempting to numb it—or, at the opposite end of the spectrum, attempting to feel something . . . anything.

And this is nothing new or original to modern culture. Self-injury goes back two thousand years. Look at Mark 5:5: “And always, night and day, he was in the mountains, and in the tombs, crying, and cutting himself with stones” (KJV).

These emotional epidemics are proof that the heart of humanity has been overtaken by soul sickness and all the misery it creates.

This means that the happy life God wants for us is under assault by an enemy that has been targeting us all our lives, as if an infrared laser beam were aimed right at the core of our beings.

To sum it up: Whether our pain is physical or emotional, whether it is heart disease or heartbreak, strokes or struggles, cancer or condemnation, people are in pain. It is part of the human condition.

No wonder Jesus came to heal. He knew that sickness, trauma and disease were crippling families, economies and destinies.

A Dark Night of the Soul

Have you ever experienced a dark night of the soul—a time when you felt desperately sad, discouraged or afraid?

Before I go any further, let me tell you that there is no shame in experiencing a dark night, dark week, dark month, dark year or dark life. Jesus gets it. He felt everything you have ever felt, and He is here now—to hear you, heal you and carry you through to the other side.

“And He took with Him Peter and James and John, and began to be struck with terror and amazement and deeply troubled and depressed. And He said to them, My soul is exceedingly sad . . . so that it almost kills Me!” (Mark 14:33–34 AMPC).

Notice that although Jesus felt everything we have ever felt, He never sinned. So it is not a sin to go through emotional pain. And this is big: *It is nothing to feel shame about.* Instead, let me encourage you to treat it as a signal that you are ready for a breakthrough; Light is coming. The hope you have lacked is going to be revived.

We all know what it is like to experience a dark moment—a moment when you are broken by some loss, failure or long-forgotten emotional wound. That is when so many of us experience disappointment or even trauma. And those toxic memories and emotions stick with us and drag us down, targeting our vulnerable souls. It is as if a trap is set, damaging our enjoyment of the present and our prospects for the future.

I sure have had my share of dark moments. I have experienced a roller coaster of emotions, including intense anxiety, anger, depression and fear, all dating back to my youth. So you may ask, *How can this guy have an answer for me? And how does he know so much about pain?*

Well, as Clubber Lang (played by Mr. T) said in *Rocky III*, when asked for his prediction for his upcoming match with Rocky. “Prediction?” he rhetorically asked. “Pain!” he answered.

The “prediction” of every day in my early years was *pain*. I just knew and expected something bad to happen every day.

Contrast that by asking my prediction for my tomorrow and every day to follow. My answer is “Glory!” I am expecting something good, something great, something *glorious* to happen in my life today. And every day. And you can too.

But at the time, my dark moments got even darker after one of my closest friends in high school, Randy, unexpectedly and tragically committed suicide just as we were entering our junior year. I can picture his young face even now, over forty years later. I can see his smile and I can see his pain.

There is no shame in experiencing a dark night, dark week, dark month, dark year or dark life. Jesus gets it. He felt everything you have ever felt.

I was already feeling lonely and unsure of myself in those early years of life, and that moment spun me further into darkness. I had never felt God’s unconditional love. I was a loner, alienated and depressed. By sixteen, I was hooked on alcohol and drugs. It was a dark night of despair.

I was already experiencing some form of depression at a young age. At the time, I had no sense of my worth or value.

Have you ever felt that way? It happens when we derive our value from the way we look or perform—and the way others see us.

Yet simultaneously somehow, Randy’s death and, more accurately, his life left an indelibly profound mark on me. It awakened a desperate yearning in me to find answers from God and to find my purpose in life.

It would be some years later before I would truly understand and step into my life purpose. But it may never have happened had it not been for the friendship I found in Randy and the impact his sudden

death had on me. So in a very real and deep way, I carry the memory of this young man in my soul, and his memory sometimes carries me.

In fact, my soul was in such a dark, lonely place that had God not intervened in my life, there is no telling what I might have become. Too shy and insecure to reach out for help, I turned my emotions inward. I often wonder what would have happened if I had turned my self-hatred outward.

We all know of lone wolves who act out their sorrow and rage.

All this violence unleashed in twisted minds, causing torment, sickness, heartache, murder, such unimaginable pain.

But just as God interrupted the dark night of my soul, He can interrupt yours, too.

The Bible says that we were all dead in our sins, controlled by the darkness, by the darkest version of ourselves (see Ephesians 2:3). “But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ (by grace you have been saved)” (verses 4–5 NASB1995).

Do you see God as the “interrupter” here? In the middle of the fear, the loneliness, the sin, the pain—the darkness—there is a “but God” moment when He crashes through our pain, crashes through the darkness and brings the light of His healing and delivering hand. Healing comes to the soul through the power of connection. Our connection with God is our connection to healing—spirit, soul and body.

You see, my “but God” moment was happening.

As a teenager, I had very few friends, and now with Randy gone, I had even fewer, and I felt empty inside. I was traumatized by tragedy, which compounded the void I felt from the absence of a real attachment to God. I felt so depressed at times that I, too, like Randy and many others, thought of suicide. I was in a battle for my soul.

Then one night during those painful days, a young co-worker of mine busted through my solitary confinement. “Hey, man, wanna come to Bible study with me?” Rich asked.

This was my “but God” moment. There I was, on my way to another night of drugs and alcohol to dull my pain, and God interrupted me through this young man. The details of that chapter of my life I will save for another time, but that Bible study was my first encounter with God’s love in my life. That Bible study was the first ray of light for my dark, lonely soul.

Psalm 119:130 says, “The entrance of Your words gives light” (NKJV).

At that Bible study, I invited Jesus Christ into my life as my Savior. That night I was born again. Light came bursting through. That was the moment when Jesus began the progressive miracle of healing my soul. He said, “Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me” (Revelation 3:20).

“Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me.”

That night, Jesus started “dining” with me—loving me, healing me. I had no concept of the journey that would begin that day. I would not only find a Savior, but I would also finally find my best Friend, Jesus, the one who sticks closer than a brother. There has not been a dull moment since. I was overcome by the love of God shown by some kind people who graciously and cheerfully welcomed a potential lone wolf into the family of God that night.

How ironic that, years later, I myself would become a pastor, leading others to the true Shepherd of their soul, the true Soul Mate that everyone longs to meet one day.

But I always fondly think back on that night, often with tears, remembering when the Light of the world, entering my lonely soul, destroyed the power of darkness, and God’s love broke through. All because someone was willing to look past my walls and give me hope for the very first time.

This only proves that reaching out to a loner—a person at work, at school, in your neighborhood or in your family—can make a real difference.

We have to look around and realize that every one of us has influence in the lives of the people we come in contact with. A person may be in great emotional pain, but we can help him or her in the simplest of ways. It may be that nobody else will reach out to them—but you.

Go hit that person up with some good old-fashioned kindness and love. Kindness is never wrong. Maybe it is just a smile, or asking someone how their day is going or giving him a “Hey, man, it’s gonna be all right. Let me pray for you.” This is one of the simplest ways God brings healing to and through our souls.

Do not be afraid to connect. Love never fails. And love will break down barriers and drive the fear out of people’s lives, including yours. I wish I had known then what I know now. Perhaps God could have used me to interrupt the enemy’s plan that took the life of my dear friend. Yet somehow God used his death to interrupt the enemy’s plan for me.

Fast-forward: Having now worked with hundreds of thousands of people over many decades, having preached thousands of times, I offer you the answer to the most universal prayer of all—our very real and human longing for happiness.

Know this: First and foremost, Jesus wants you well. He wants you full of joy. And he wants you happy.

As the psalmist wrote, “Happy are the people who are in such a state; happy are the people whose God is the LORD!” (Psalm 144:15 NKJV).

There is no higher or deeper desire in the heart of humankind than happiness. It is the single most popular pursuit, one that drives every decision and action in our lives.

The tragedy of this search is not that we cannot find happiness but that we search for it in the wrong places.

The great scientist and philosopher Blaise Pascal said, “All men seek happiness. . . . This is the motive of every action of every man, including those who go and hang themselves.”⁷

In an effort to feel better, we turn to the familiar vices we know all too well—whether it’s approval or alcohol; donuts or dates, social media or shopping till we’re dropping—all to numb ourselves and escape. (Well, shopping is never wrong, is it?! Ha!)

Why? Because we are trying to escape the *pain*—anxiety, worry, loneliness and fear. So we settle for a temporary fix, a distraction, a quick high to take away the hurt.

But in this book, we find a more healthy, more long-lasting solution, a gateway to soul power. And that power begins with what we focus our attention on.

DECIDE AND DECLARE

- ◆ The light of God’s healing and freedom floods my entire being.
- ◆ I expect God’s pure light to crash through the dark and painful places of my soul.
- ◆ I set the course of my life with my words.
- ◆ I will live an abundant, happy, healthy life all my days.

NOW PRAY THIS WITH ME

Beginning today, I invite You, God, to heal me everywhere I’m hurting—spirit, soul and body. I invite You to interrupt my fears, anxieties, loneliness and pain. Let Your pure light crash through the dark and painful places of my soul. Thank You for hearing me, healing me and carrying me through to the other side. Thank You for giving me a life of abundance, happiness and health to the fullest, until it overflows. In Jesus’ name, Amen.