

8.7.13

DoneDoFree!

Know I am not having a stroke. Done, Do, Free, or Donedofree is my newst mantra. Be done with low living. Do that which is right before God and man. Be free to enjoy all the wonders God has for us.

Done do free! Life has been very stressful these last four months. I have battled depression and lost that battle for months. Just because I have been blessed does mean that depression is out of the question.

When I excepted the fact that there are a few things I can do to take the edge off I began to gain some victory. I can avoid people and places that cause me distress, at least to a certian degree. People from the old life had begun to come around and tell me how good I seemed to be doing. Then instead of lifting them to a higher level I found myself stooping to a new low. I was hucking it up about times that when i am honest with my self, make me sick. So I am done with that and call a nightmare a nightmare and not a good time. That was a start in defeating depression for me, that and reaching out to friends. Real friends who have no problem telling me Truth & Consequences.

Are you feeling blue? Check yourself to see where your at, you may have strayed from the light.

numbers 6:24-26

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