

## Let Go of the Bitterness

First of all, I want to send my condolences to the families who lost their loved ones as a result of the police shooting them. I can relate to losing a child due to unnatural circumstances, I understand your pain. Second of all I want to send my condolences to the law enforcement families who had officers injured or killed. My heart goes out to everyone, cause in the end everyone that was involved in these circumstances lost valuable people that was close to their heart. My prayers are with you.

In America, so many times in life, when a situation arise we always want to treat the symptom of what we think is going on. I can remember I just kept taking my baby to the doctor. His pediatrician kept saying well little Goshua is under the weather. Goshua has a simple cold. <sup>The</sup> Pediatrician was treating him just for that particular ~~symptom~~ symptom. Goshua was wheezing real bad. I notice in said something about it. How many knows I was ignored. Why because he is the doctor. He knew what he was doing. Well Goshua died. When they did the autopsy. He had pneumonia. I want to tie this in with the ~~Republicans~~ Republicans. Seeing the symptoms with these guns. But instead they want to cause conflict about these laws being passed to protecting our American people. Instead the Republicans are caught up in \$ dollars that the guns bring in and who paid for their campaigns instead of the people lives. Just like my son death could have been prevented if the Dr. would have gotten to the root cause of his cold. Not thinking he was an expert in his decision. With that being said. Our Republican's are allowing our American people to be killed by not passing these gun laws. My question to the Republican where are you now while all this gun violence going on. Setting around drinking your coffee or tea with your leg crossed. Comfortably. That is very selfish. Mr. Lewis and his co worker set in that lobby floor for all those long hours just to get something done about the

gun laws. Why is there such a conflict over money. Cause I don't believe it's the guns. There is a scripture that says the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness and pierced themselves through with many sorrows. It is sad that the Republican would rather see your American people die as a result of bitter people handling weapons, than tell the people who is over the gun sales. Hey, let's establish some better laws because the American people ~~live~~ lives matter. That is very disturbing; that everytime President Obama tries to ~~Republican~~ <sup>Pass</sup> (laws) that would be better for the American people. The Republican always want to block everything. But everytime something don't fall through like it's suppose to. It's President Obama's fault. His health care bill. President Obama was criticize heavily. Truth of the matter President Obama has done a ~~great~~ <sup>Excellent</sup> job in the White House. President Obama has accomplish alot. What I would like to see started is that everyone work together in America government; Republican, Democrats and President because the truth of the matter we need each other. Republicans you are not a island. Democrats you are not a island. you need each other. This bad blood needs to be resolve in our government. <sup>It</sup> needs to be resolved quickly. Every since President Obama been in office you have been judging and stereotyping. If we was all the same. The world would be a mess. We need the different cultures, backgrounds, <sup>and</sup> race to make up a country or nation. Every piece of the puzzle is important. If all the piece was the same size. The pieces wouldn't be no good because the same size doesn't fit the same sometimes. Republicans let me say this you might believe in a god or higher power or you might not believe in nothing. I don't know your religion. It really doesn't matter. But when judgment Day comes every life that leaves this earth has to give account for their deeds. I would hate for you to have to face

The wrong judgment because you chose to block a law that could have save the lives from leaving this earth before God predestine for them to leave, because of a gun shot wound. you see man looks at the outer appearance but God knows your motives for you blocking those guns laws ~~from coming into effect~~ <sup>from coming into</sup> effect to prevent more deaths. you might not be held accountable on earth, which I think it should be something in place to vote you all right out of that chair; when you make stupid judgment calls like that. If you not held accountable on earth for your deeds, you will be accountable when you meet your maker. This Unnecessary conflict in the government to get constructive laws pass needs to stop. This mentality of money talk BS walk needs to stop. The love of money is the root of all kinds of evil in the government. Shame on you all.

Root cause of American people problems' is the spirit of bitterness. Mr. Bitterness brings many companion with him. They are called Resentment, hatred, unforgiveness, violence, Temper, anger, retaliation and murder. We are in a war with the mindset of bitter people and a identity crisis ~~as~~ as well. We have to realize the problem lies within the person who is shooting the gun. What has made them bitter? Believe it or not the situation at hand is not always the problem. That cause them to retaliate or do something to someone. Some people has what we called inner torment. It could be something simple as a white cop talk to them like they was a piece of trash 20 years ago, over the 20 years they have become bitter with all white cops. In Hebrew 12:15 a warning is sounded, lest any root of bitterness springing up trouble you. And ~~that~~ thereby many be defiled. The root of bitterness is responsible for much trouble. Bitterness harbored in the heart for any length

of time, will open the door for resentment, hatred, unforgiveness, violence, Temper, anger, ~~and~~, retaliation and murder.

In majority of cases the bitterness is towards someone within the immediate family. My question for each cop that is shooting these black men, is it's just racism? What type of night he had home? What is his relationship with his co-workers? What is his relationship with his family? Do he think all black men are drug dealers, gang members and thugs? What type of organization is he part of? What secrets he is keeping from the public that is secretly tormenting him that is making him so angry? Does he ~~stere~~ stereotype people?

The same thing for the citizens who are opening fire on all these people or killing individuals. Majority of these situations ~~are~~ happen because of bitter people. Bitter people often ~~use~~ <sup>use</sup> the blaming game. I did this because they did this to me or them. Prime example the guy who shot all those people in Orlando, FL. I believe this individual was not a terrorist. I don't care who put him on the terrorist list. I believe ~~he~~ he played like he was interest in terrorism just to cover up because if he ever died. He didn't want nobody to remember him as struggling with his sexuality. He didn't want his family to discover who he really was. He was already having family problems. I remember reading where they said his father said he got upset when he seen a gay couple kissing. That Omar was very homophobic. But the truth of the matter, that was his mirror reflecting back on him. What he was doing in secret. He became angry because he seen himself in that couple. People cannot deal with self. Some people can't forgive self for what they have done in secret. Most of time the things done in the dark eats people up on the inside. They either become homicidal or suicidal. Then they said Mr. Omar found his lover

was HIV. (I am saying this). So he punished everyone in the club for his poor choice. As Americans, we need to learn to evaluate everything ~~the~~ situation carefully. Everything is ~~not~~ always connected to Terrorism, gangs and drugs. Sometimes the symptoms in a person's life can be deeper than being a terrorist for example.

In the majority of cases of bitterness towards someone within the immediate family. Why was Omar fighting like this in school? Why was he so angry at a early age? What happen within his family? Bitterness keeps alive hurtful incidents. Things that happened years ago are as fresh and alive in the memory as if they had only happened today. The person not only copes with current problems but is ever faced with the backlog of hurts. Spirit of unforgiveness keeps alive every detail of the hurts, reviews them continually in the person's mind. Look at New Orleans player ~~Will Smith~~ <sup>Will Smith</sup> who was shot and killed by the other guy that bumped into his vehicle. ~~Will Smith~~ <sup>Will Smith</sup> got out and they exchanged words. When they investigated ~~the~~ <sup>this</sup> case they found out this individual who shot ~~Will Smith~~ <sup>Will Smith</sup>. His father was killed by the cops. That ~~Will Smith~~ <sup>Will Smith</sup> had dinner with the same cops. This young man felt ~~Will Smith~~ <sup>Will Smith</sup> should not had dinner with the very same cops that killed his father. So the young man became bitter and angry. Then he retaliated by shooting and killing ~~Will Smith~~ <sup>Will Smith</sup>. Most adults act out ~~Will Smith~~ <sup>Will Smith</sup> through spiteful acts or words. Our country is raging with bitterness and people with identity crisis. How can we overcome this war. America / cops / government / communities

1. Stop the blaming game. you are the way; you are because you chose to be that way. Each individual chose their own path in life whether it's good or bad

2. Take responsibility for your own action and consequences that comes along with it

3. you got a anger issue. Admit it and get help. Nothing is not wrong with being angry. It's how you handle the anger. When you feel like you want to hurt yourself or someone else. You need to get help.

4. you feel like today is not a good day to work around people, be on the road or in the office around people because you had a rough night at home or you got things going on in your personal life. Why not ask your boss for desk duties or some leave time until you get yourself together. So you want affect those you come in contact with.

5. Stop camouflaging your problems. Learn to deal and cope with your own problems. GET HELP. you don't want nobody to know you selling drugs on the low. So you start to make it like you work at a barber for example. But all the while you selling drugs but it's bothering you on the inside. You are a boy or man who has been molested by a man but you don't want nobody to know that you are interested in men because of that. So you get you a woman to hang along on your arm, as if she your ~~woman~~ woman, but this is bothering you on the inside. You are a girl or woman who has been molested ~~at~~ by a woman so that draws you to be interested in a woman (~~retard~~) but you don't want nobody to know. So you get you a man, just for a trophy but this is bothering you on the inside. At night you're that public figure in the community that has all kinds of secret fetish. You don't want nobody to know about it. But this secret is killing you. You are afraid if you let it out it maybe harmful to you. You think to yourself what should I do. Then you have the individual out living a thug life 24/7, you thinking to yourself I just rob that store, dang I just shot that boy. I just made a drug deal. I hope nobody finds out

you have charges pending in the courts. you thinking about getting your time reduce. you planning on going to lie on another black defendant. which is someone who is close to you or you have already ~~testified~~ <sup>lied</sup> to get your time reduce. This person has been in jail or prison because of your lying in secret and pretended like you don't know who lied but it wasn't you. but your conscious is bothering you to come forth to tell the truth. a lot of you look like a friendly person to everyone, you even portray yourself as a good guy or woman in the community but the secrets is killing you. you might be that one who has ~~kidnap~~ kidnap someone else child or children and been holding them for years out of stubbornness. you are portraying as a good citizen in the community with stolen goods. when you go to bed it bothers you. so many people in our community has been hiding secrets for many years that they have affected other with their bad choices. But refuse as of yet to get it right even though you cannot rest at night. Stop Camouflaging your problems.  
Learn to deal and cope with your own problem - be honest Get Help.

6. learn to work as a team in our <sup>state</sup> government, local government and community. Unity, harmony and stability will take you along way. Nobody ideal is better than the next person, you can take 10 ideals that each person has come up with. Discuss, analyze each one, and think about how it would affect citizen, communities ~~state~~ for the state how it would affect all Americans. Come to a common ground together. keep all this strife, contention, bickering, argument, and quarreling out of the government because at the end it's not about you. It's about <sup>the</sup> citizens & community and

And American people, remember no man or woman or a particular group or a island. We need someone to help us, but mainly we need each other. Eccl 3:9 Two are better than one because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he fails. Though one maybe overpowered by another two can with stand him. And a threefold cord is not quickly broken.

7. Learn to communicate better in the state, to and local government and our communities. Some people need to go back to school for communication skills. One of my desires when I am released from prison. Is to push for communication ~~skills~~ skills to become a mandatory vocational trade for every inmate and our school systems. A lot of people was not taught the correct communication skills as growing up. So it affects their private lives, job, schooling and everybody they come in contact with. Verbal communication is our life line. If you don't know how to communicate effectively. For example: you can say one thing but mean something else. Some people are real disrespectful in the way they say things to others. These individual feels that everybody they come contact with; should except that is just them. Have you ever encountered someone like that in your communities? They in our grocery stores, court houses, churches etc. I have personally said to myself; that's not his or her. They don't know how to communicate. It's about communicating but also being able to convey what you saying so people can understand, making a positive impact on the next person through proper communication and communicating in a way you can make changes for the people.

8. ~~There~~ There is a lot of laws needs to be written over and be precise especially the gun laws for license gun carry with self defense. It need to be retroactive to the women who are incarcerated (domestic violence but it was self defense) There is a lot of women that should not be in Georgia system. Come on Georgia. what are the guidelines for chastising your child everything is child abuse even if you spank them. Come on people.



Rape laws - I feel some people ride out on this law. I am a rape victim. But when two people has been drinking and drugging, or any type of intoxication. Then the girl hallow rape. But you had chose to put that alcohol or alcohol or drugs into your system. We got to define was it really rape or a mis hap? How can you hallow rape when you don't know what really was going on because you was intoxicated. These teenagers set out to deceive these older men and women that they are 18 years old. Then when mon or dad catch them. They hallow rape. Are if the teenagers can't get what they want out of the man or woman (hallow rape). They should go to jail for lying. ~~the law~~ <sup>we</sup> put a complete stop to this foolishness (a lot of people has been case d up with this).

Perjury laws - This law is taking light ly in Georgia. It's like they promote people to lie on the stand ~~against~~. They don't weight the witnesses met rics ~~at~~ all. Majority of my witnesses ~~at~~ <sup>one</sup> recanted three times, the other ones lied including the Detective. Georgia needs to start showing they are not playing about this perjury. A lot of inmates are in prison based off circumstantial evidence and hearsay which is admissible in Georgia laws but they don't acknowledge they do what they want to you. To me this is ridiculous.

Underage drinking. Teenagers deceiving others that they are older but they lost they Id so they can't buy them cigarette or beer etc. (That's a trick people) The older person don't have the slightest idea what's going on. They find themselves in jail. Guess what the teenagers should go to jail for deceiving and lying that will put a stop to that foolishness. (a lot of people has been case d up with this as well)

Entrapment Law - needs to come back to Georgia. Because too many people in prison for this foolishness. When the police use an informant (Majority of the time it's someone who is addicted to drugs) to come to your house. Give you marked money for drugs. Then the informant take the drugs back to the ~~for~~ police. The police comes looking for the marked money wherever you reside. In Georgia they back the drug dealers in a ~~corner~~ <sup>corner</sup> to entrap them into jail or prison for drug charges. @

## Food for thought - Daily Devotional message

The Hard and Bitter Trials of life reveal the integrity of your soul

Scripture Reading - Psalm 81:7-12

I have called it in trouble, and I delivered thee; I answered thee in the secret place of thunder: I proved thee at the waters of Meribah. Selah.

It is in the ~~hard~~ hard places of life that I can prove you. Both you and I need to know just how pure and strong you are. The Holy Spirit is always, at all times, searching into the depths of my people through trials and testings, difficult situations and temptations to examine the deepest areas of your soul, that all evil and hidden sins might be revealed. I am looking, most of all, for integrity in man. This is a time of proving. Not all who fall away now are falling because they have suddenly been tempted and are thereby overcome. Most ~~of all~~ who fall away have never been pure from the beginning. It is like a limb of a tree. For years it looks strong and healthy. But when the storm comes, it is broken off and, then the worms and rot are revealed which were eating on the inside of the ~~the~~ tree and destroying its strength and goodness.

Storms are coming. Terrible days of testing are now upon all the world, and my people will not be spared, you will see many limbs, even mighty "oak," fall. You will be in shock, but know this is only the hour of proving and testing. Deep within many of the hearts of my children are the same spirits as ~~these~~ those which Moses was attacked by through the children of Israel - spirits of quarrel, someness, fighting, contention, rebellion, discontentment, conflict, false accusation. You will see churches, ministries, families and friends split up because these things have been there all the time, but the hour of testing will reveal them. I will have you to know all of my purity and to ask for it and claim it, but how can you do this unless you can see your need of it? Hence the hour of testing in your life, which reveals to you your imperfections and the "worms" which are eating at your soul to destroy it. You must see them before it is too late and the limb breaks off or the mighty oak of your life falls.

Nugget: The two hardest things to do in life is?

1. Deal with self and your issues
2. Forgive self

I hope I said something that can help ease the pain of our American people. I hope I said something that can change the mindset of the American people to do better in all areas. I hope I said something that would bring peace and unity in our country.

May God Bless you.

Written by:

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1.00

# Improving Your Self Image

Improving your self-image, like improving any skill, takes time and practice. Developing good self-esteem involves encouraging a positive (but realistic) attitude toward yourself and the world around you and appreciating your worth, while at the same time behaving responsibly towards others. Self-esteem isn't self-absorption; it's self-respect.

By working from the inside out (focusing on changing your own way of thinking before changing the circumstances around you), you can build your self-esteem. The goal of this positive thinking is to give yourself a more positive self-concept, while seeing yourself honestly and accepting yourself, and removing the internal barriers that can keep you from doing your best.

## Positive Thinking

There are many ways a person can change negative thoughts and self-criticism to more realistic and positive thoughts. Focusing on all of them at once may be overwhelming, but focusing on a few at a time and reminding yourself of these positive approaches regularly can change your self-esteem.

Read the positive thought strategies below and choose several that would help you most. Write them down and remind yourself to pause and change your way of thinking each time you are being critical of yourself. As you become more comfortable with each new way of thinking (for example, learning not to apologize or accept blame for other's anger) try adding a new positive thought strategy to your list.

## Positive Thought Strategies

- Avoid exaggerations.  
Correct your internal voice when it exaggerates, especially when it exaggerates the negative. Try to avoid thinking in extreme terms ("I always make that mistake" or "I'll never get that promotion.")
- Nip negative thoughts in the bud.  
Sometimes putting a stop on negative thinking is as easy as that. The next time you start giving yourself an internal browbeating, tell yourself to "stop it!" If you saw a person yelling insults at another person, you would probably tell them to stop. Why do you accept that behavior from yourself?
- Accentuate the positive.  
Instead of focusing on what you think are your negative qualities, accentuate your strengths and assets. Maybe you didn't ace the test you were studying for, but maybe your hard work and perseverance led to a better grade than you would have had. Maybe you felt nervous and self-conscious when giving a presentation at work, but maybe your boss and coworkers respected you for getting up and trying.
- Accept flaws and being human.

Maybe you did get nervous and blow that presentation at work - so what? Talk to your boss about what went wrong, try to address the error in the future, and move on. All people have flaws and make mistakes. Your boss, coworkers, friends, family, postman, congressman, and favorite movie star have all made mistakes. They've forgiven themselves; so can you.

- **Accept imperfections.**  
Perfection is a high goal to aim for -- you don't need to start there or even end there. Make doing your best your ideal -- what more can you realistically do? Focus on what you've gained from the process and how you can use it in the future. Avoid focusing on what wasn't done or 'should have' been done differently. Allow yourself to make mistakes and then forgive yourself. Try laughing instead of criticizing.
- **Don't bully yourself!**  
"Should have, could have, would have ..." Try not to constantly second guess yourself, criticize yourself for what you "should" have done better, or expect too much from yourself. Don't put standards on yourself that you wouldn't expect from others. It's great to want to do well, but expecting yourself to be perfect (which is impossible) and then punishing yourself when you fail is a vicious cycle. Using expressions like "I should have" is just a way of punishing yourself after the fact.
- **Replace criticism with encouragement.**  
Instead of nagging or focusing on the negative (in yourself and others), replace your criticism with encouragement. Give constructive criticism instead of being critical ("maybe if I tried to do \_\_\_\_ next time, it would be even better" instead of "I didn't do that right.") Compliment yourself and those around you on what you have achieved ("well, we may not have done it all, but we did a pretty great job with what we did".)
- **Don't feel guilty about things beyond your control.**  
You are not to blame every time something goes wrong or someone has a problem. Apologizing for things and accepting blame can be a positive quality, if you are in the wrong and if you learn and move on. But you shouldn't feel responsible for all problems or assume you are to blame whenever someone is upset.
- **Don't feel responsible for everything.**  
Just as everything is not your fault, not everything is your responsibility. It's okay to be helpful, but don't feel the need to be all things (and do all things) for all people. This is taking too much of a burden on yourself AND limiting those around you. Let others be responsible for themselves and their actions -- you shouldn't feel responsible for their happiness.
- **Do feel responsible for your feelings.**  
Just as you can't "make" other people happy, don't expect others to "make" you feel happy or good about yourself. In the same way, they shouldn't make you feel

guilty or bad about yourself. You create your own feelings and make your own decisions. People and events may have an affect on your emotions, but they can't dictate them.

- Treat yourself kindly.  
People often feel more comfortable treating themselves in ways they wouldn't consider treating others. Do you criticize yourself with terms like "stupid" "ugly" or "loser"? Would you use those terms to describe a friend? Remind yourself that you deserve to be treated as well as you treat others. Do something nice for yourself sometimes -- either in thought (give yourself a compliment) or action (treat yourself to a nice dinner or new book.)
- Give yourself a break.  
You don't need to be all things to all people or please everyone. Give yourself permission to decide you're doing the best you can. Remind yourself when you're doing things well -- don't wait to hear it from someone else.
- Choose the brighter side of things.  
You can choose how to interpret comments and events, so try for the more positive interpretations. If someone says, "You look good today," don't ask yourself "What was wrong with the way I looked yesterday?" Accept compliments graciously (don't ask yourself why you haven't been complemented on something else or why you haven't complemented you before.) Look at temporary setbacks as opportunities for growth.
- Forgive and forget.  
Try not to hang on to painful memories and bad feelings - this is a surefire way to encourage negative thoughts and bad moods. Your past can control you if you don't control it. If you can, forgive past wrongs and move on. (Don't forget that forgiving yourself is an important part of this process, too!) If you have a hard time forgiving or forgetting, consider talking through your emotions with a good friend or counselor, but try not to dwell. It's important to work through things, but you can't let the past determine your future.
- Focus on what you CAN do, not what you can't.  
Avoid "can't" thinking or other negative language. If you say something often enough, you may start to believe it, so keep your statements positive, not negative. Don't be afraid to seek help in accomplishing things, but remind yourself that you don't need approval from others to recognize your accomplishments. Focus on what you're able to do. Remind yourself of all your capabilities and positive qualities.

Using just one or two of the above strategies on a regular basis can greatly increase your positive self-image and self-esteem. Making these internal changes will increase your confidence in yourself and your willingness and ability to make external changes and improve your life.