

Date: 1/31/2019 7:03:04 AM

Subject: sunday share

greetings

so i b kicking it with god!

though i have an alarm clock sometimes i don't set it, prefer sometimes just 2 pray n ask god 4 a wake up call. did this 4 lunch yesterday . was dog ti 負'tired from the night b4 after catching some tv sermons i finally managed to take a knap at like 8:30am. b4 i tucked in i prayed "god,im tired n desire to catch lunch. help me hear the sound of the trays comin 2 the hallway amen ."

well 10:30am that's exactly what happened - heard some of my fellow constituents grabbing trays. so b it

this just in

move'n in...

pray the old territorial demonic spirits out. mind u spirits r contagious

god thank you 4 my support system

i am we

Date: 1/31/2019 7:09:11 AM

Subject: misc monday

A POEM

chunky snowflakes
falling
overweight . i see
milkyneess. elbows prayin
in season . reflecting . heavenly glistening
like. frozen. storming MC.BETH
EL
lil Ms.
House of God
descending
answering
prayers we didn't pray
but. acted out
while the world
slept .
blanketed under
Elmer 's
warmth

Date: 1/31/2019 7:17:09 AM

Subject: tuesday tutelage

here 's a thought;

take some time 2 spend sometime - doing nothing .

no tv no radio no internet no technology no phone no people no etc.

just solitude

not prayers

just sit

get ur head on straight

get ur witts about u

specially in the am b4 the busyness of the day

just listen

just hear

just breathe

just exhale

just live

just enjoy the much needed moment

of rest

watch what happens :)

mind u that some of our forgetfulness can b contributed 2 stress n busyness which makes us get alexa or some robot monkey etc.

spending time doin nothing don't gotta b super long,specially at 1st,seein if u new 2 it it gone b awkward . 5 minutes a good starting point...

did it this mornin n it was great. didn't do my daily brief readin or nothin just sat there till my door opened at 430,so i had a good 15minutes 2 exist with no worries no sounds no stress no "i can't take this nemore " just a mental smile n thoughts of 2day gone b great. :)

mind u seinfeld was a show bout nothin n look how well it did :)

Date: 2/2/2019 12:55:06 AM

Subject: thankful thursday

god,

thank you 4 sendin an angel 2 wake me up -again,this morning .

thank you 4 movin tim n pat 2 open the 12 cans of apples 4 me

thank you 4 setting a guard over my mouth

thank you 4 tellin me 2 "stop purspursuing " the lady i was pursuing ...u know best
:)

thank u 4 helpin me with my love walk

thanks 4 tellin me WAIT

thanks for what you doing in richies legal situation n mines

thank u i was able 2 sleep in 2day

thank you 4 the new design ideas,some were lands end inspired

thank you 4 colors n pigments

thank you that the radio stations i prayed 4 comin in crystal clear

thank you 4 a sentence mod,n confirmation of 20yrs n 6 months

thank you 4 baby 's n the wisdom u deposited in them,the language,the sincerity ,the joy 4 living,n the ability 2 fall n get back up

thank you i caught the now n the story of schools that teach coding 4 free n u give them 20% of your 1st years wages

thank you 4 ladonnas 4giveness

thank u 4 the \$50 from ray

thanks 4 letting me know when 2 call as u knew when he'd b there

thanks 4 changes of scenery n changes of weather

thank u 4 courage 2 buy a decent pair of shoes

thank you 4 showing me that im guilty of bein 'humbly proud' :(

thanks 4 words 2 say

thank u 4 u

Date: 2/2/2019 1:05:05 AM
Subject: i am we wednesday

i am we

u hurt i hurt
i hurt u hurt
we hurt we hurt

sorry i didn't
value u all
when
i was unincarcerated

truly i was
"SO SMART YET SO DUMB"

thought loving u all
was bout
get'n \$
n spoilin yall
n bein there
2 verbally defend yall
physically if need b
i thought that was
what love was

truly im guilty of
loving u all
selfishly :(
viewed love from my perspective
not urs
sorry
it's like that when u selfish
n im guilty of being the most selfish
my doctor heart used 2 put people 1st
but when i got in the game as we call it
it required a "hard heart" so
i embraced it
in the name of
ghetto manhood
n bein a
player
was never comfortable
in this walk of life
but
i made the choice
emphasis on

CHOICE

because

i got fed up with bein picked on

4 bein

black n smart

as they coined

"actin white"

so sorry i gave in 2 peer pressure

4 give me

i am we

Date: 2/2/2019 1:57:05 AM

Subject: good friday

i'm good cause
i prayed
god help me live better

then it was good
that god showed /is showing me how to pen a speech 4 the public speaking competition win,lose or draw i won just by being in it :) god preparing me 4 somethin...

it's good that
2day i was reminded that
my faith in god
entitles me (us)
2 have an all access pass 2 god
his strength his presence his character his love his mercy ,grace,wisdom,resources,guidance,gifts talents
listening ear house undivided attention etc
these truths can b located in
luke 15:31
psalm 24:1
psalm 27:10
psalm 37:25
luke 12:32

god also
taught me how 2 teach
how 2 use all that I am
2 my advantage

good that in my listening time
i was shown that I needed 2 4give
several b-ball opponents from last year
who i was bout 2 play tonight
even was able 2 4give them as we played
considering all bets is off when the ball game starts
they have no qualms bout put'n u in harms way just 2 win a game
ouch!

good thing my identity is in christ not b-ball
or winnin or lose'n ne kindof competition

good cause i never been happier 2 hear that it is 12 degrees outside...
:)

Date: 2/3/2019 4:49:03 PM
Subject: still standing saturday

as faith would have it
i'm still standing
cause i
just keep
goin after
god
n being pleasing to him
in spite of
my inability
2 get it right
everyday
n everytime
it's what made david
a man after god's own heart
after fallin he got back up
so i/WE have this
inherent spiritual ability 2
persevere
2 not stay down

n
SO IT IS
WE CONTINUE 2 LET OUR LIGHT SHINE
EVEN WHEN IT'S BROKEN
CRACKED OR SHATTERED
SO B IT

so i write with no pens
draw with no paper
fly with no wings
live with no life
run with no feet
love with no heart
see with no eyes
pray with no hands
eat with no food
fish with no fishes
believe when it's no reason 2
cause i'm a prisoner of HOPE
so "they"
always remind me
"u in prison ..."
everytime they hear me say
"I'M AN X-CON"

STILL STANDING
CAUSE

MY HEART IS NEW