

Date: 8/11/2020 10:55:18 AM

Subject: 2days thank u

God thank U 4 ur faithfulness n the fact that I'm constantly surrounded by ur unfailing love. Thank U 4 whispering 2 me yesterday bout doing a gratitude journal, not only once. but twice! Yeah u love like that! Amen. thanks 4 speaking 2 me bout the benefits of engaging in such a heart changing activity n how it'll help me take my emotions captive n help me overcome this nagging bitterness, hatred, angst, sleeplessness, worry , upset ness , irritability, stress, attitude of negativity/imprisonment... Thanks 4 the reminder 2 relax n stop worrying bout how 2 pen all these books, which because of my ego r untimely. Sense that u want me 2 use my voice in other ways like writing plays! scripts, poems, quotes, slogans, letters.... Thanks 4 the spirit of discernment n letting me know when I got/get sidetracked n in over my head, my own doing of course! Thanks 4 reminding me that I'm still in PDCI 4 a divine reason n will leave 4 Oregon Correctional when its ur will 4 me 2 do so. That I have 2 trust that good will come outta each day here well as each day I do in prison, even when I can't see it or stubbornly don't want 2 appreciated. Sorry! Thank u 4 blessing me with extra waffles, which gave me the courage 2 bless someone with my pizza burger! I don't need 2 eat everything! Thanks 4 this Ludacris song Freedom of the preach. Thanks I got a tablet 2 listen 2 it in the 1st place. Thanks 4 the wisdom u blessed me with. Thanks 4 gifting me with the gift 2 pen music! I know as I'm exposed 2 more musical sounds beats n what not lyrics will spill out my heart n mind

Thank U 4 helping me channel my anger at not getting on the bus at the last 2nd into writing, which helped me do a chapter in the memoir. I'll take it! Even got another chapter on the brink of my mental, bout 2 pen it soon I'm done with this. Thank u 4 keeping me from the hour of temptation. Thank u 4 perfect timing with getting in the shower. Made it out just in time 2 go 2 rec, which allowed me 2 do some victory laps 4 a lil under an hour. Thank u 4 the divine interruption U ordained Jose 2 bring. Amen. Never in a million years did I think he would say, "U could get 2 Oregon in September n get Paroled in December! " What r the odds know 4 a fact I haven't spoke 2 him bout U giving me September 15, as of late! So surely this was conformation of ur prophetic word. Amen Least now I got a time table 4 how long I'll b in PDCI! Another month!!!

Its good, allows me 2 get my affairs in order n maybe even get things organized n work on loving the different. Easy if I just set my heart on it. Lord knows sometimes I just walk in my attitude bout whatever's or the usual mental book, like the slamming of doors n toilets n yelling screaming arguments etc. Crazy I just penned this then did the opposite! Apparently I suck at treating people I'm not fond of better. Thank u 4 the help u have dispatched 2 help me. Amen.