

I wasn't mental health but later on in
life, something happened to me.

Many people wasn't mental health till that rape in prison,
got hold of the wrong drugs, physical abuse by a mate, mistreatment
by a guard, a rape by mate that was ^{so} to be a friend, when you
lost everything. Now I suffer depression, anxiety etc. We ~~need~~
need understand a person's situation before giving it.
~~Alot~~ Alot time when people open up about their
trauma somebody who has been through what that
person has experience they tend to be negative. I encourage
you to get counseling and ~~connect~~ connected to people
who has been through what you have. That has
overcome. Your healing start when you open up about
what has happened to you. at ~~first~~ first it will
feel like little baby step. After so long you
will gain your strength back. Don't never think your
along because God personally care for hurting people
2 Kings 4:32-36 Elisha's prayer and method of raising
the dead boy show God's personal care for hurting people.
I truly believe our storms in life is for a purpose
When my baby died it was for me to help others
who had child to die. If it would have never happen
to me. I would have done no such thing in this life.
Acts 8:4 Persecution forced the believers out of
their homes in Jerusalem and along with them
went the gospel. Sometimes we have to become
uncomfortable before we'll move. We may
not want to experience it, but dis comfort may

be best for us because God may be working through our hurts. When you are tempted to complain about uncomfortable or painful circumstances, stop and ask if God might be preparing you for a special task. I praying for you be encouraged, you will overcome.

Written by
Jennifer Johnson