

Excerpts from "Getting Past The Ugly...."

Devotionals:

Day 13-

Physical beauty is only temporary. As we age, wrinkles begin to set in, hair starts to gray and thin and body aches and pains take over. What does last however, are kindness, generosity, integrity, hard work ethic, and a good heart. Godly character forms an inner beauty unlike anything the world can offer. –B.Dyer

Day 22-

Are you focusing on what you haven't done? On the negative circumstances in your life? On waiting for marriage or the perfect job before you start to live life to the fullest? You are running out of time! It's time to get past whatever is holding you back. Let go of your insecurities and start living the life you were meant to live. Don't wait until your life is almost over to finally accept yourself. It's time to leave your mark! -B.Dyer

Day 24-

God has equipped you with the tools you need to succeed, one of them being the words that you speak. As you walk out his plan for your life, choose words of faith, hope, persistence and patience. Speak words that affirm. You can do anything you set your mind to with the help of God. Your words are your choice. The words you choose will foster visions of victory or visions of failure. Your words will lead to the fulfillment of your mission or frustration from falling short. –B.Dyer

Day 27-

When you have nothing left to hold on to, nothing left to live for, and nothing left to believe in, you can still believe in God's Word. And you can find comfort and hope there. I pray you find rest in him. There will come a day when your suffering will be no more. If you believe in the Lord Jesus Christ and you are a child of God, you will one day rest in glory with him. There will be no more suffering, no more pain, no more sorrow—only joy unspeakable! –B.Dyer

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Poetry:

Resilient Woman

*Her eyes gaze into heaven as her soul shudders with pain.
The sting of life's lessons has scarred her will to fight.
Yet her heart fixed on hope and her spirit determined to overcome,
she presses on . . . she presses on . . . she presses on.
Why?
Because her strength is in her arms.*

Choices

*Today I can choose to listen to the skepticism and doubt from critics who have told me
I'm worthless, unattractive, insignificant and will never succeed...or I can choose to
believe I am more than a conqueror and I can do anything with the help of Christ
because he strengthens me.
With all the good and the bad that surrounds me and so many important decisions to
make...
Today I have a choice. What will I choose?*

I Am Deserving Of Love

*I am worthy of a love that carries no baggage, no fear, no deception, no doubt or anxiety
I am worthy of a love that is intertwined within the roots of my soul
and consumes my innermost being.
This love encompasses the definition of my existence
and catapults me to higher altitudes of greatness
It digs deep past my insecurities, relates to my vulnerabilities and offers strength during
the fragile moments in life.*

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Affirmations:

Today I graciously love myself from my inner core to my outer shell. – B.Dyer

Today, I acknowledge my past and will use it to propel me to a brighter future. I love myself beyond my past and into a new reality. My past does not define my future. I decree and declare that my future is filled with endless opportunities.

Today I am moving past the hurts of my past and walking into a brighter bondage-free future. –B.Dyer

I have much to offer the world. My talents and gifts make me extraordinary and unique. My gifts are assets I use and do not waste. God has equipped me with these gifts to make a difference in this world, to fulfill his purpose for me. As he guides me, I will use them to make a difference in the lives of others. –B.Dyer

When I look at myself, I see a breathtaking woman filled with splendor, beauty and purpose. I see a child of God, fearfully and wonderfully made in his image. I am everything God says I am! –B.Dyer

I am a woman with insurmountable value and worth. My standards are set high and based on God's Word. I will only permit people who respect me and honor my values into my personal space. -B.Dyer