

**Prepared for the Promise? Or
Plagued by the Problems?**

**EMPOWERMENT
CONVERSATIONS®**

with

Kedesha Dallas Goode

John 1: 1-5

In the beginning was the word, and the word was with God, and the word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men. And, the light shines in the darkness, and the darkness did not comprehend it. *NKJV*

Think about it ...

Promise = A declaration or assurance that one will do something or that a particular thing will happen. *Word; guarantee; oath; bond!*
Problem = unwelcome or unwanted situations that may seem harmful and dangerous.

Romans 8:31

What then shall we say to these things? If God is for us, who can be against us? *NKJV*

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“A promise is a comfort to a fool” as the old proverb dissuades the excitement of a promise, we, as humans can’t help but love to be promised something especially when we want it – inexplicably – bad. To hold on to a promise that comforts us and gives us hope means that we undoubtedly trust the promisor. Trust is not easy when intertwined with patience. That’s because *“good things come to those that wait”* but who really wants to sit in limbo? Often times when we are told to trust God and hold on to His promises (as outlined in the bible) we shrug at the idea because again our human eye prefers to operate by sight. We’d rather believe what someone says than what the Father promises. Time after time we discover that no man’s promise is sure, no man’s promise is perfect and no man’s promise will totally satisfy. And so ... God is **the** answer. Trust in Jesus, you’ll be happy when you accept – not my will but His way!

It's easy to talk about empowerment, motivation and/or inspiration when (it seems) you're not the one with a problem so big, a burden so heavy, or a situation so unfortunate. Truth is we are in this struggle together! We are all feeling the blunt of the mental tug-of-war to strengthen our inner man so that our outward actions or life's negative events will not reflect chaos and confusion as well as the fury of FEAR that we face on a daily basis! Don't let your feelings control you! There are no easy answers to trusting God, but what is your next plan of action? Be miserable, live in torment and turmoil; OR trust God to know that you will not and don't have to have the answers but He promised peace and understanding to release anything you can't rectify. But how do you really prepare yourself for God's promises when the problems are so much?!

1. Know what He promises!

'Surely goodness & mercy ... Plans to prosper you ... Light & your salvation, whom shall I fear ... They that wait upon the Lord ...'

2. Focus on the opportunities of your present and take your eyes of the blunders of your past.

God is not like man, He forgives once you confess and desire to grow.

3. Mind your mental wellness; Conform to Transform.

Control the cumbersomeness of your mind, that is, the panic and pandemonium. Purposefully conform to positive things and see how your life transforms to attract hope, joy, peace and SUCCESS.

4. Live your life L.I.T. – Let it go, TOTALLY! Your strength is not sufficient to lift your burdens or bear your heavy loads. God is your refuge and strength. Let go; you cannot control it all.

5. Respond with the right attitude – try, try and try your best.

Not all disappointments or problems require a response of frustration, anger, depression or despair. God is a present help in trouble! Pep yourself up for His promises and push past the problems.



Kedesha is an accredited Foreign Language Educator of Spanish & French. She studied in Jamaica, Puerto Rico, Spain & France. Her insatiable passion for personal and professional excellence have allowed her to wear many hats which include: Author, Teacher, Children's Story Teller & Writer, Empowerment Mentor, as well as Creative Director for Wedding Graphics. She aims to inspire, empower and encourage persons to be deliberate about pursuing their God given purpose(s). Kedesha promotes intentional positive energy so that the negative elements of life will not permeate our persona and cripple our growth.

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Prepared OR Plagued

Bang, Bang!
The problems smack you like a
Swing song!
Thought you prepared for them,
You dead wrong,
Thought you were strong,
You're not King Kong,
You will be plagued for a while,
But not long.
Soothe your anxiety,
And sing a song,
War through the problems,
Because you're head strong.
Warrior! Survivor! Conqueror!
You're not a rat,
They can't trap your trot,
Rise to the occasion,
And show them what you've got,
Want it so bad, so bad, so bad!
And don't stop,
Believing the promise,
You'll soon rise to the top,
To the top,
To the top,
No stopping that!!

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