



“Just a South African Girl Living in an Alabama World”

“One falsehood spoils a thousand truths.” – African Proverb

Have you ever heard so many lies that you forget what is true?

The enemy has played with my emotions, my value, and my worth, instilling unnecessary thoughts and feelings in my heart and mind.

Behind closed doors, the “mirror” tells me how different I am. My “clothes” remind me how I don’t match up to societies expectations. My “cracked feet” remind me I’m nothing more than a mere slave.

My “singleness” reminds me of how unwanted I truly am. The “eczema” on my hands remind me that beauty does not exist in me. My “forgetfulness” reminds me of my stupidity.

I heard these lies one too many times. I started receiving them as truth. Through many disappointments, I began doubting God, His love for me, and His existence. Circumstances became overwhelming, numerous letdowns disheartened any hope. My vision clouded by many untruths.

“... He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.” – John 8:44

Satan is a liar and the father of lies. There is no truth in him. I gave Satan a foothold. In my weakness I let fear of failure creep in. I received deceitfulness as truth. My focus was distorted. I lost sight of the Lord.

However, the Lord never lost sight of me.

“What is the price of two sparrows – one copper coin? But not a single sparrow can fall to the ground without your Father knowing it.” – Matthew 10:29

If His eye is on the sparrow then His **heart** is on me.

For months I’ve been asking the Lord, in the secret place, for revelation of His heart for me, for truth, for freedom. As I turn the pages of my journal I see how the Lord continues to speak truth. Days, weeks, months have gone by with truth unnoticed, until today, in this moment, as I write. I’m desperate to hear...

When Satan lies about how “different” I am, the Lord reminds me that I am fearfully and wonderfully made, created for His Glory.

“Bring all who claim me as their God, for I have made them for my glory. It was I who created them.” – Isaiah 43:7

“Thank you for making me so wonderfully complex! Your workmanship is marvelous – how well I know it.”

– Psalm 139:14

When Satan tells me I'm a mere slave, the Lord reminds me of my freedom, freedom in Christ.

"A slave is not a permanent member of the family, but a son is part of the family forever. So if the Son sets you free, you are truly free." – John 8:35-36

When Satan lies to me about my worthlessness, the Lord reminds me that I am chosen, holy and dearly loved.

"Since God chose you to be the holy people he loves, you must clothe yourself with tenderhearted mercy, kindness, humility, gentleness, and patience." – Colossians 3:12

"We know, dear brothers and sisters, that God loves you and has chosen you to be his own people."

– 1 Thessalonians 1:4

When Satan tries to deceive me in my faith, the Lord reminds me that He alone is God.

"You have been chosen to know me, believe in me, and understand that I alone am God. There is no other God – there never has been, and there never will be." – Isaiah 43: 10

When Satan places doubt in my mind, the Lord reminds me that His word is truth.

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness..."

– 2 Timothy 3:16

Vulnerable. Honest. Perhaps too honest? To worry how you as the reader may perceive my letter today is to believe lies that my worth is determined by how you see me. What does it matter what you or anyone thinks of me, but only what God thinks. Isn't it so easy to be afraid of when real becomes too real?! I cannot lie. I've desired truth for too long to avoid real with you today.

Perhaps you are acknowledging for the first time that you too have heard such lies spoken over your life. We are not alone. The enemy's tricks are not new and he attacks us similarly, hoping we will be too fearful and ashamed to admit these thoughts to one another. But what if, my friend, we do! I know it's often easier to push negative thoughts aside, than to bring them to the light, in fear that folks might think we've lost our minds. Maybe losing our minds is the point, to break, so He can be the glue that mends us back together into the person He always intended for us to be. The truth is, I am not alone and you are not either. We are loved, cherished, valued, a child of God, redeemed, chosen, holy, forgiven, capable, a new creation, made righteous...

Let us recondition our minds to reflect on what is true, as we come to our Father, and read His word and spend time in His presence. As we are called every day to give our lives as a fragrant offering, holy and acceptable, as an act of worship, we need Him, we need truth and we need to continue to break free of the lies. For as we all know intellectually, we must know in our hearts, it is the truth that sets us free.

In July I started erasing parts of me to try to disappear, a post here, a picture there. But last Saturday, I tossed a 'Merica hat on my head, and I smiled with real joy, for in that moment, I felt what is true, I am called here, I am wanted and I do have a family. And after several days, I posted that picture because even if a lie blindsides us, God showed me that a thousand truths are all still true.

"Teach me Your ways, O Lord, that I may live according to Your truth! Grant me purity of heart, so that I may honor you." – Psalm 86:11

