

Exposing Time Wasters and Lies on the Road to Your Destiny

“Thank You Father God for my body,” was the thought on my mind as I woke up. I have not really thanked Him much for this vessel that carries me around from place to place. In reality, my body is a container of destiny, for it contains my spirit and soul. The work I have to do here on this earth, I can only do with the help of my body.

I have battered and bruised this body for way too many years of my life through the use of all kinds of unhealthy substances and habits. I’ve even laughingly said, “If I had known I was going to live this long, I would have taken better care of myself.” For years, I did not give consideration to how important my earthly tent is.¹

Who Am I?

Recently, though, Father God has been showing me who I am and why I am here. His answers have been a huge game changer.

As long as I am ignorant about what my purpose and mission is here on earth, I can justify all manner of unproductive thoughts and actions and spend time on my own desires that pull me away² from seeking out what God wants for and from me. I can negate my actions towards eating healthy and moving. I can just give up and surrender to the inevitable life changes.

Time Wasters

One of the biggest time wasters I had was thinking about what others thought of me or comparing myself to others and always coming up short. Another time waster was thinking about what I was going to eat, when I was going to eat it and how it was

going to taste.

As a former or recovering sugar addict, I could spend enormous amounts of time just daydreaming and planning food. There is very little redeeming value in that. And let's not even consider the years of doing the same mental gymnastics with the alcohol and drugs to which I used to be addicted.

Lies

Could Father God really use me? I have had glimpses of what God might have in mind for me, but I had a hard time believing He could actually want me or could use me as "bad" as I have been.

Of course this is a lie, but even after years of learning and growing in Him, the lies were still there inside me. Ideas that I am not good enough or as good as others are lies the enemy still attempts to whisper jeeringly to me.

These have been accepted and reinforced by my own thinking and behavior. It is my own choice to believe them or not. It is my choice to be set free from the chains or continue to be held captive.

Challenging Lies

I now have people in my life, like my coach and other members of Sweet Change Group, who challenge those lies when I am willing to reveal them. They ask me pointed questions like, "When did you first feel that way?" "Who do you need to forgive in that situation?" "What is God's truth about that?"

In being willing to answer these and other questions, I have found a new vibrant relationship with Father God, Jesus and the Holy Spirit. One of the most profound things I discovered is Jesus really meant it when He said, "Ask and it will be given to you. Seek and you will find. Knock and it will be opened to you."³

Finding Truth

My Medicare goes into effect this month. It reinforces my time on earth is limited. The need to get down to the Father's business is pressing. The lies have to go and the truth has to be firmly embedded in their place.

I have a destiny He has revealed to me and the mission is all those who will be impacted by that purpose. He is not a respecter of persons and has a good plan and mission for each and every one of His children. I realized I just needed to ask Him and then determine to spend the rest of my life living it out.⁴

He Knows Me Completely

"Lord You know everything there is to know about me. You've examined my innermost being with your loving gaze. You've gone into my future to prepare the way, and in kindness you follow behind me, to spare me from the harm of my past. With Your hand of love upon my life, You impart a Father's blessing to me. You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mothers's womb. I thank You, God, for making me so mysteriously complex!

"Everything you do is marvelously breathtaking. It simply amazes me to think about it! How thoroughly You know me Lord! You even formed every bone in my body when You created me in the secret place, carefully, skillfully shaping me from nothing to something. You saw who You created me to be, before I became me!"⁵

Who Am I?

Back to the original question. When I asked Father God, who am I, He gave me His truth about me. His truth and His plans are far greater than I could ever ask, think or imagine.⁶

I am a healthy, free and cherished daughter of the King pointing others to deliverance, freedom and true identity through God's love.

That's who I am. Who are you?

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¹ 2 Corinthians 5:1

² James 1:14

³ Luke 11:9 NKJV

⁴ Jeremiah 29:11

⁵ Psalm 139:1,5,13-16a TPT

⁶ Ephesians 3:20 NIV