

Marilyn Hickey on Emotional Healing, Your Divine Yes and Being a Giant Slayer

Do you have a difficult time resting? Are you always in to-do mode? Women tell themselves lies, which are mental ties holding them back. Some lies include striving for perfection, comparing themselves to others, all-or-nothing attitudes and more. Sandra Dalton Smith, an internal medical physician, wrote “Set Free to Live Free” to help women gain a deeper understanding of how God can meet them in their healing process. She discovered physical complaints can be related to some emotional and spiritual wounds. Through her book, you can learn to embrace spontaneity, be transparent and cultivate a balanced life.

Is God too good to be true? No! We have a wonderful heavenly Father who loves us and cares about everything in our lives. God will come through for you if you say a “divine yes.” Is God telling you to do something? Does it seem impossible? Remember, you can do all things through Christ who strengthens you. When we say yes to God, we get into the supernatural. But if we say no, we can miss out on the amazing, supernatural realm.

Who doesn't want to be a giant slayer? The world is full of giants: health issues, finances, circumstances. When you're faced with a giant—a problem bigger than yourself—what do you do? According to Leif Hetland, author of “Giant Slayer,” you show up, face it and don't run away. Leif suggests that you name your giant. If your giant is fear, you need peace. Then pray God's name, Jehovah Shalom, the Lord my peace. Leif's practical book gives you tools to face your giants and help you realize that the giant is a stepping stone toward your glory. {eoa}

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