

INTRODUCTION

My Sistah, Can We Talk?

*Can two walk together, except they be agreed?
(Amos 3:3)*

Before we can begin this dialogue we must first be in agreement to trust one another and to be open and honest about all topics discussed.

As you know there are some negative things that go on in all of our lives. We have all sorts of issues, bad attitudes and thought processes that need to be addressed. But in order to work through these we must be willing to be honest and transparent with ourselves and with God. And we must come clean with one another, otherwise how can we help each other on this journey?

We have been playing a game of pretense that everything is just fine in our lives. We have been skipping merrily down the lane of "If I don't acknowledge it, then it will go away." In the land of fantasy this would hold true, but we are dealing with reality, aren't we? There are issues that need to be faced and dealt with head on and we can begin by pulling our heads out of the sand and stop pretending that things are fine, because things are not. Not with me, not with you and not with them. And because of this I am ready to be real. Are you?

It is time out for playing. We are so quick to accuse the men of playing games when we have a few of our own. We call them liars and cheats, when we are just as guilty if not more than they are. Let us stop the madness by coming clean first with God, with ourselves and then with each other.

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much. (James 5:16)

James encourages us to come clean about our sins. We are to stop fronting, tripping, and pretending as if we have been saved since birth and never committed one sin. Once the confession is made, James goes further to encourage us to pray for one another.

We can do this right? When we come clean with God, ourselves and with each other then and only then can the healing begin. It's just that simple. When we face up to ourselves and the issues in our lives, it is then that we open ourselves up for healing.

Regardless to what you are going through; a broken heart, loss of finances, a plummeting career, the kids are acting up, or life is just beating you down. Face that thing and follow this simple plan for healing.

And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any.

Came behind him, and touched the border of his garment; and immediately her issue of blood stanchèd.

And when the woman saw that she was not hid, she came trembling; and falling down before him, she declared unto him before all the people for what cause she touched him, and how she was healed immediately. (Luke 8:43-44, 47)

The woman with the issue of blood knew what her problem was. She had seen many physicians, none of which were able to help. But she didn't stop there, she didn't give up and she didn't give in, no this Sistah was persistent.

First of all during those times a woman with her “issue” was not supposed to be in town with everyone else, for she was perceived to be “unclean.” So if the townspeople had taken notice of her she would have been cast out of town.

And this still holds true with us today. How many times have people perceived something about you because they didn’t have all the facts, or didn’t fully understand your situation and they rejected you?

This woman was well aware of the “chance” she was taking to receive healing. But her desire to be healed outweighed the pointing fingers and hard stares of those around her. This woman went out in public, reached out for Christ and received her healing. She dared to step outside the box of conventional thinking. She did what she had to do to receive what was hers! How many of us are willing to do the same?

Now don’t get me wrong, I realize you cannot share certain things with just anybody. I understand that fully. But at some point you have to decide whether you are going to hang on to your “issue” or will you be bold enough to step out on faith for your healing?

I know that some women refuse to confess their “issues” because they want everyone to think that it is “all good” in their world. So they continue to live in their private world of pain. This in turn makes it easier for them to point fingers at another Sistah and what they perceive her issues to be. For those women we can only pray, but for those of us who are ready to embark upon a new life, we cannot worry about the finger pointers and whisperers. We must learn to trust one another and let the healing process begin!! It has to start somewhere, at some point, so let me be the first to say, Sistah, can we talk?

*He that covereth his sins shall not prosper; whoso confesseth and forsaketh them shall have mercy.
(Proverbs 28:13)*

In this scripture we find that covering our sins keeps us from God's blessings and forsaking them or giving them up gives us His mercy. So which do you prefer to do, to keep holding onto the mess and not growing or to be liberated to grow and go? Sistah, I ask you, "How long will you hold on to your issue?"

*If my people, which are called by my name shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.
(II Chronicles 7:14)*

Now for those who insist on having a formula in getting your life together, here it is.

First you are to *humble* yourself, secondly, you are to *pray*, thirdly, *seek* God's face, fourthly, *repent* or *turn* from your evil ways, then God promises to forgive your sins and to heal you. It doesn't get any simpler than this!

Can We Really Talk?

With all this being said, and now that we are in agreement, I want to know if we can really talk. Can we talk about the lack of self-esteem and what our insecurities often causes us to do? Can we talk about the bad attitudes and negative feelings we project on others? Can we talk honestly about the love lost and the feelings involved? Can we talk about how you have been made to feel unimportant and unloved? Can we talk about the rejection from the man you thought you would spend the rest of your life with? Can we talk about the commitment you wanted from him but he refused to make it?

My Sistah, I would like to know, can we talk? Can we talk about how the other Sistahs made you feel when you hit rock bottom and how no one tried to understand your

situation or to offer you a shoulder to lean on or a word of encouragement? Can we talk about how they shut you out because you didn't appear to have what they have?

I want to know if we can talk about you and what you need to do to bring your life back into focus? Can we talk about the goodness of God and of His marvelous ability to heal you from your brokenness? How before the foundation of the earth He knew you? Can we talk about the plan and purpose that He has for your life?

Now for me personally I have several areas that God has worked on and many that He is still working on, and to Him I give all the glory!!

Because I am victorious in some areas I wish to share with you some of the things I have suffered through to get to this point. And I say "some areas" because He is still working on me. Remember our walk with God is an ongoing process, but He is willing and able to go through this with you. I know this from personal experience.

God has put a burden on my heart for the Christian women and women in general who are hurting but are afraid to come forward for fear of more rejection. Sistah hear me when I tell you that you are not alone. My heart has been broken not only by romantic love but also by family members, friends and church people. I have been misjudged, prejudged and mistreated due to the poor spiritual vision of fellow Christians and due to the worldly life of the churchgoers.

You see our sisters in Christ are often in so much pain and denial that they take their issues out on each other. No one wants the other person to know where her pain is, let alone that she is even in pain. And remember most pew warmers are churchgoers who come out of habit, to see and to be seen. It is nothing more than an opportunity to

socialize so they don't have the slightest clue about being loving.

So I understand where you are and I know where you can go, when you let go and let God have His way in your life.

Again, I have been there; am there, now take my hand as we talk and agree to be real so that God can heal!