

Breaking the Silence

More and more women are breaking the silence,
on the subject of domestic violence.

It started out when he began to raise his voice,
I knew in my spirit I'd made the wrong choice.

We had a big fight the night before our wedding day,
I should of called it off, but I let pride stand in my way.

As time went on, he did it more and more,
and each time things were worse than before.

It seemed like a nightmare, but it was reality,
It seemed like he had a split personality.

He would never apologize but always made an excuse,
for the first, verbal, then physical abuse.

I would walk on egg shells and be quiet as a mouse,
then he would fuss and say it's too quiet in this house.

I never knew what to expect next,
there were times I was forced to have sex.

At times I was left like a prisoner in my home,
when he would take the car and the telephone.

He made threats that if for help I would call,
then he would act like nothing, happened at all.

I was embarrassed to even let my family know,
I was afraid to stay and afraid to go.

What I'd mistaken for love was only an obsession,
because we thought we were each other's possession.

I gave up, I gave in, til there was no more giving left,
but I finally gave out before it led to my death.

If you are reading or hearing these words today,
I beg you don't continue to live this way.

If you are a victim of domestic violence,
it's time for you to break the silence.

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Sometimes You Have to Go Back

*Sometimes to get to where we are going,
we miss the whole point that God is showing.*

*Sometimes you have to go back to learn a lesson,
that will enable you to receive your blessing.*

*Sometimes you have to go back to get a closer look,
to find the missing chapter in your journey book.*

*Sometimes you have to go back to relive a painful
situation,
to determine your real pain and your frustration.*

*Sometimes you have to go back to your roots,
to prune some bad branches to produce good fruit.*

*Sometimes you have to go back to regroup your
thoughts,
and to face the hidden issues in your heart.*

*Sometimes you have to go back to get healed,
so that you may be whole and totally fulfilled.*

*Sometimes you have to go back to make right your
wrong,
before you can have the power to move on.*

*Sometimes you have to go back to remember what you
forgot,
to recall what you thought was real, or really was not.*

*Sometimes you have to go back to get a better view,
then you'll see clearly what's meant for your to do.*

*Sometimes you have to go back before you can go
forward,
to get on the right path to destiny, and then press toward
it.*

*If it seems that you are on the wrong track,
remember, sometimes you have to go back.*

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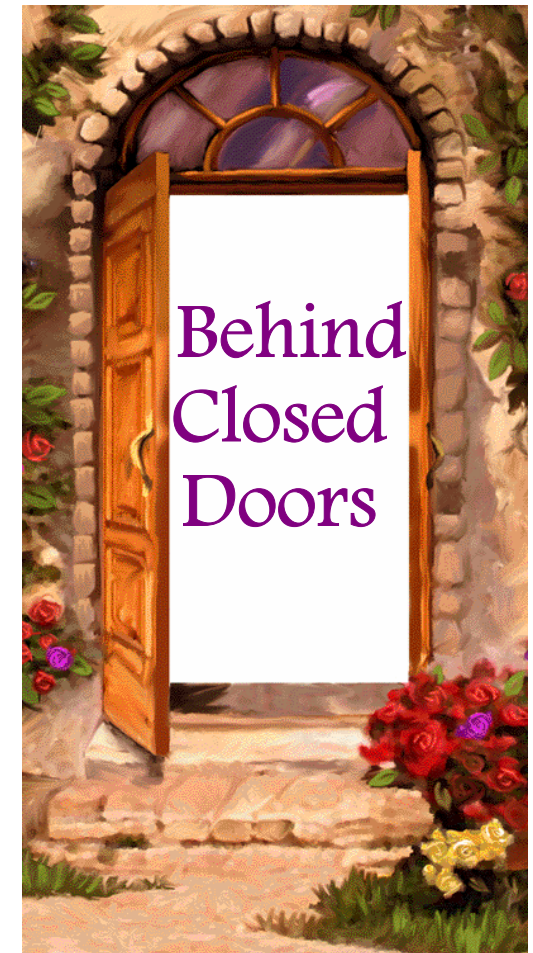
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Helping to Heal the Hurting Women



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Behind Closed Doors

Behind closed doors many women are secretly
depressed,
but to see them everyday, you never would have
guessed.

Behind closed doors, some sisters are controlled by fear,
but if you resist that devil, he will disappear.

Behind closed doors some are victims of domestic
violence,
but it's time for us to speak up and break the silence.

Behind closed doors, some women manipulate their
spouse,
and that man is far from being the man of the house.

Behind closed doors sisters are leading a double life,
for they are filled with jealousy bitterness and strife.

Behind closed doors, mothers have turned against their
daughters,
and some are victims of eating disorders.

Behind closed doors, some are victims of substance
abuse,
but to be set free, you must acknowledge the truth.

Behind closed doors, many have been diagnosed with
cancer,
but their trust is in God, for he's the only answer.

Behind closed doors, Christians marriages are under
attack,
but it's time for us to take our marriage back.

Behind closed doors, we as women go through a lot of
stuff,
but we're ready to knock down the door, for we have
had enough.

My sisters, victory today can be yours,
whatever you're going through behind closed doors.

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Moving From the Victim to the Victor

The victim always cries, look what they done to me,
but the victor confesses that I am free.

You must be willing to make the confrontation,
with whatever was your traumatic situation.

The past can affect your mind like a cancer,
you must move from the problem to find the
answer.

To become the victor requires some action,
if you expect to have any soul satisfaction.

The whole ordeal may be painful at first,
but you've already survived the worse.

Whatever you feed your spirit will grow,
so seeds of righteousness, you should sow.

You cannot allow the pain to rule you,
but instead, allow it to school you.

Even from the negative, you can learn a lesson,
that will turn it into a mixed blessing.

Get over the pain, hurt and rejection,
and strive to reach for perfection.

Prayer has got to be the key,
faith helps you to march to victory.

God is able to perfect that which concerneth you,
he alone is able to carry you through.

Moving from the victim to the victor requires
movement,
if you're doing this, you're on your way to
improvement.

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The War Within

Some people are at war with everyone else,
but the truth is the war is within themselves.

They're always busy and can't seem to keep still,
they get so mad, till they could actually kill.

With nobody they can't seem to get along,
and they won't admit it, when it's obvious they're
wrong.

They always try to cast the blame,
and will even lie to clear their name.

It doesn't matter that some of them are Christians,
they're always talking and rarely listen.

The demons of the past has captured their soul,
everyone around them, they try to control.

They are blinded by the reality,
they appear to have a split personality.

They have a war going on, but they do not fight,
because they convinced themselves that everything's
all right.

They never seem to say anything positive,
all kinds of criticism they willingly give.

These kind of people are usually perfectionist,
everything has to in place, they insist.

Before any other war, you expect to win,
you must first conquer the war within.

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