

# **STRONGHOLD**

THE SECRETS BEYOND THE WALL

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To  
Tom, Kaitlyn, and Joshua

Thank You For Loving Me  
When I Was Unlovable



# Introduction

**T**hroughout the pages of this book I open the doors into my life, because isolation and secrecy kill the soul, but conversation and community restore it. It's my hope that as I share my story it will give you permission to share yours.

While writing this book, I have envisioned the many places you might sit while holding it. I have imagined where you live, and the life you've led. I have wondered how the atmosphere mixed with these words might impact your heart. Every chapter began with a prayer. I always asked the Lord to go into the deep places of my heart so He might reach the deep places of yours. At times it felt like you and I had already met, as I would lean back in my chair and visualize the stories you would share if we sat down for coffee together.

It's not by accident you're reading this book. The Lord has pursued you, and He is anticipating His encounter with you. I want you to know He's always been there, seeking to catch your attention, desiring to reveal Himself to you, and longing for a deep relationship with you, the one He calls His beloved.

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I believe that, if allowed, this book will take you to places you didn't even know you needed to go. God will touch areas in your heart where you were unaware you desired to be touched. The book will challenge the level of trust you give the Father, and the time you commit to Him. I guarantee you will come to a place where you'll tell the Lord you want more, and when you do He will be ready to give more to you.

You may need to read a chapter more than once. Don't be in a rush to get through the book. God delights in spending time with you, and He's already done the work—you just need to enter in.

The book is set up to encourage you to write your own story as you read the pages of mine. The Journal Your Journey is where you will record the stories and history of your life. We keep records of our bills, we list the daily responsibilities we must accomplish, but do we record the historic encounters we have with God? If you haven't begun journaling, I encourage you to begin through this book. I've never met someone who regretted recording their special moments with God. However, I have encountered countless who wish they had.

My journals helped me remember the raw moments shared here. They returned me to all the secret places where the Holy Spirit met with me. Your journal will record your raw moments, and one day you, too, will reread them as the victor, not the broken author.

—Beth Kinder



# Acknowledgments

Many people helped get this book into print. My name may be on the cover, but without their help it wouldn't be in your hands.

First, I want to thank my husband, who has believed in and for me when I couldn't believe for myself. Tom, thank you for reminding me who I am when I couldn't see it. The prayers I heard you pray, and the ones I never knew about, are one of the only reasons I never gave up. Your covering carried me through. Countless moments are recorded in my journals where you have been the living, tangible presence of God in my life. Everything Love is, you've freely given to me, asking nothing in return. You are my best friend and my running partner with the Lord—He perfectly paired us so long ago.

To Kaitlyn and Joshua, thank you for enduring the stressful days recorded in the pages of this book. You are heroes in your own right. Both of you are incredibly strong and intelligent people who have challenged me to

be a better version of me. Thank you for reminding me time and time again that I am a great mom, especially when I didn't act like one. You are my pride and joy. You are the perfect balance of the best parts of Dad and me. You have brought so much adventure to my life. You both are destined for great things, and I am so grateful I get to be a part of watching them unfold.

I could write another book when thanking the team at Remade Ministries. Kate DiZio, Sophia Rowe, Donna Hoover, and Stephanie Spencer are the champions behind the book. Their endless dedication to this project has humbled me. God knew what I needed when I didn't. It's been an honor serving the Lord with such a dream team. A special shout out goes to my East Coast sister Kate. Your generosity and humility are straight from the Lord Himself. Everyone on this project knows it would not have gotten where it needed to go without your incredible gifts and foresight. Although we all did our part, you made the magic happen. My gratitude for your friendship could never be fully expressed in this lifetime.

Just a few more thanks are needed before I close. My sweet Brandi Rennemeyer, our friendship was a divine connection. Thank you for sharing with me the reader's perspective; it dared me to be a better writer. Thank you Lisa Courtney for being my writing coach. You gave me the courage to begin. Thank you Laura and Jim Davis for ministering to those who have a story to tell and helping them tell it with excellence. To Pastor Mark Sligar, thank

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you for your wisdom and friendship to Tom and me, and to my church family, The Father's House. Your support for the call of God on my life is a treasured gift. You taught us to dream big because we serve a big God. To all of my prayer warriors, the ones known and unknown, you enabled it to happen because nothing is accomplished apart from prayer.

I have saved the best for last, so I really hope you made it this far. Until my life was laid out upon an altar, I wasn't really living. It was there I encountered You, the One who took my brokenness, breathed life into it, and remade it into what it was always designed to be. You gave me visions, dreams, and passions that were never there before. You challenged me to believe for the literal meaning of Ephesians 3:20. Thank You for taking the foolish one and writing her into Your story—I am nothing apart from Your grace. You made something beautiful out of the ashes of my broken life. I will live to bring You glory as long as I have breath. Again, I lay my stories upon Your altar for Your glory, because I know these stories are safest in Your hands.

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## CHAPTER 1

# The Stronghold

*The Lord is good, a stronghold when trouble comes.*

*He is close to those who trust in him*

Nah. 1:7 (ESV)

## The Counterfeit Stronghold

**L**ord. Help. Me. The distraught cries from a desperate place where apart from God, there is no hope. It's not the type of prayer we hear at a church meeting or in a small group. This prayer we scream out while pounding our fists on a tear-soaked floor hidden behind the bedroom door. In the horribly messy moments of life, that is the prayer I have found myself praying—simple but direct.

Abraham Lincoln said, “I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom and that of all about me seemed insufficient for that day.” Motherhood has left me time and time again feeling insufficient for the day, but motherhood marked by a hormonal disorder has driven me to my knees on more than one occasion with

the conviction there was nowhere else to run.

During my second pregnancy I began having severe bouts of depression and intense feelings of rage. I had never felt rage like I was experiencing while pregnant with our son. I thought it was the vast amounts of testosterone floating in my system. I would even joke about it. Little did I know my entire body makeup was changing while carrying that little boy in my belly.

In moments of distress my prayers rarely contained biblical scriptures or fancy Christian dialogue. Instead, they were the simple cries of a desperate woman, broken and in need of a rescuer, but too afraid to let Him all the way in. During those times, I needed God more than I needed any other. Yet, in the early years God was not the first on my rescue list; too much shame littered the road marked to Him. I put my husband, friends, and close family on the throne that was meant only for my Savior. Yet, even with them I was never totally honest, because I didn't really want them to know the truth anymore than I wanted God to be involved.

Those I loved seemed to have it all together. I looked at their lives and saw only perfect worlds all wrapped up in the Christian life. Their children obeyed, marriages seemed so godly, and relationships with the Lord seemed worlds away from mine. All I had to do was take one glance at my private life and know I could never measure up. So I let them in just enough, without exposing the real me. If I let them in too much they would know what

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I knew—that I was just a fake. Sharing with them was completely controllable. God, on the other hand, was absolutely unpredictable. I didn't know what to expect if I allowed Him in. Fire and brimstone just didn't seem appealing.

The years prior to my diagnosis I had two little ones only two years apart in age, and a husband deployed 9 months out of 12. There were times I literally thought I was going out of my mind. I cannot tell you how many times I wondered if I had a Dr. Jekyll and Mr. Hyde curse. For a few weeks I could handle just about any crisis life could throw at me. I was a military wife after all. I felt stable—normal even. No sudden outbursts, no insane thoughts, no major meltdowns. I was in total control. Then for no apparent reason, all of that would change. Something my husband would say, the kids too loud, or the stress of the bills would set it off. Once I was wound up not much could bring me down until there was an explosion.

It wasn't until my little guy was about four years old that I was diagnosed with Premenstrual Dysphoric Disorder, otherwise known as PMDD. I call it PMS on steroids. It's all of our typical PMS symptoms magnified to some unmanageable degree. They say a person can be either suicidal or homicidal—I don't ever remember wanting to hurt myself, so I will leave it up to your interpretation where my mental pendulum swung.

After the rage bubble would burst, I'd look behind me at the shattered mess of a stunned husband and crying

children. I would stand there ashamed of my actions and distraught over the woman I had allowed to come out. Visions of my girlfriends and women I knew would flood my mind in condemnation. Their perfect lives would haunt me. I couldn't stand the woman I was, and I didn't dare let those with perfect lives into my less than perfect life. I couldn't reach out to my friends; these moments were just too shameful to share with another.

The isolation of nowhere to go was almost worse than the episodes of rage. The solitude of my thoughts left me alone to have extensive conversations in my mind, using words I wouldn't speak over my worst enemy. I believe it was the isolation that brought me to my knees. Yet, being on my knees left me empty. God was not healing me, and I was not changing.

I was tired of finding myself time after time saying the same line of repentance for the same outbursts of rage. I wanted to find permanent freedom from this insane life I was living. Not just for myself, but also for those I loved the most. In my eyes, I was destroying the people I would otherwise die for. But, would God deliver a crazy woman?

## The Pursuit for More

I wanted my relationship with God to grow to a place where I could live out Psalm 118:8, "It is better to take refuge in the Lord than to trust in people." I needed God



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to move from being my last call for help to my first line of defense if I was ever to find freedom from this nightmare.

My hunger for God to deliver me from this insanity thrust me into his Word and daily prayer like never before. I hadn't yet been diagnosed, so I thought that if I stayed in that place long enough, if I believed big enough, I would be set free from this rage and anger. Little did I know the journey would unearth more than being set free from my cycle of insanity. My pursuit uncovered a relationship that healed places I didn't even know were begging to be set free. As I started to pray for a solution, the Lord revealed time and again my lack of trust in Him. Over and over He showed me that I didn't know Him as well as I knew my spouse, my friends and my family. As a result, I trusted in their counsel more than God's.

I pursued a deeper knowledge and a closer relationship with the Lord. I asked for one that would be stronger than any personal relationship I had on earth. Looking back, I see I asked in ignorance. I was unaware my pursuit would test what little faith I possessed, reveal how weak my trust was in Him, and expose how shallow my understanding was of a relationship with the Trinity (God the Father, God the Son, and God the Holy Spirit). Unsuspectingly, God began to lavish upon me the most unfathomable, untainted, and purest form of undeserving love I'd ever experienced. He patiently drew me into His presence, as I danced in and out of this relationship commitment. The Holy Spirit would touch a place I didn't want to go,

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and I would run away only to find myself back at His feet asking Him to heal where He touched. It was our own dance, and He was the best partner.

During those dance lessons, He showed me who He wanted to be in my life. He wanted to take me and hide me, heal me, strengthen me, and change me from the inside out. Psalm 18:1–2 says, “He is my fortress, my safe place, my refuge and my stronghold.” God became my STRONGHOLD. Nothing and no one could reach me as long as I was abiding in the presence of the greatest fortress ever known. I had no need, I had no shame, and I only knew hope when I was there. Friend, this is the place I want to take you, and this is the journey we will go on together.

The stronghold was my lifeline as I navigated the waters of PMDD. When I got my diagnosis I thought there would be a resolution to my nightmare. I was sadly mistaken. As the doctors tried to find a medication that would manage my disorder, God sifted through years of childhood memories, spiritual attacks, and biblical confusion. There was no quick fix to my prayer, “Lord, help me.”

The years of my journey were laced with so much confusion outside of the stronghold. However, the more I immersed myself in scripture, the more order, patience, and protection I found myself in. His stronghold was now my safe zone.

I learned that when abiding in the stronghold of the

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Lord, whether I am at my worst or soaring at my best, His position with me remains the same and His protection never waivers. I also learned that in times of trouble God is kind, patient, and very near regardless of what I am personally feeling at the moment. The most beautiful revelation of all was that I don't have to hide in His protection only during the storms of life. He calls me to hide in Him, in His stronghold, *every day* of my life. Are you ready to go there?

### **The Authentic Stronghold**

Webster's definition of a stronghold is, "a place that has been fortified so to protect it against attack." The Thesaurus uses synonyms like "castle, fortress, refuge, security, cave, tower, and defense".

In the Old Testament, a stronghold was a literal place. When Israel's enemy, the Midianites, invaded their land, the Israelites found refuge in strongholds (Judg. 6:2). God sent David and his 600 men to the stronghold in the wilderness to escape the pursuit of Saul (1 Sam. 23:13–14). Everything David needed for survival was found in the stronghold. The prophets spoke of a stronghold as a place of peace and safety in the Lord.

The Lord Almighty is with us; the God of Jacob is our stronghold. (Ps. 46:11)

The Word says that while David was hidden in the stronghold, even though his enemy sought him, God did

not allow Saul to find him. In the stronghold set by the Lord, the outside enemy could not penetrate through God's protection. His people were sheltered until it was safe to emerge. Friends, just rest on that thought for a moment. When we are hidden in the stronghold of the Lord and our enemy is in pursuit of us, God's stronghold shields us. It's our own personal cloaking device. Now, tell me you wouldn't be up for that type of superpower!

For everything good that comes from the Lord, the enemy places an evil counterfeit to ensnare God's people. There is a stark contrast between the fifty or more Old Testament references of a stronghold to the one New Testament stronghold referenced by the Apostle Paul. Where the Old Testament stronghold was a literal place to keep the enemy out, the New Testament stronghold keeps the enemy in. It's a fortress designed by our adversary to keep us captive in a stronghold of our mind.

We are human, but we don't wage war as humans do. We use God's mighty weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ. (2 Cor. 10:3–5 NLT)

The Apostle Paul uses the analogy of a stronghold to describe a resistance to knowing God—a stronghold of human reasoning, false arguments, and proud obstacles. Can you imagine that stronghold my friend? Everything

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Paul describes in 2 Corinthians 10:3–5 comes from our internal thoughts. Can you see the walls of our mental castle laced in human reasoning, and a spirit of intellect where individuals have no need for God? The towers of our minds thick with proud obstacles, which are fortified with anything that sets itself high above God, such as success, money, careers, families, ministries, or relationships. The mental gates are built with false arguments found in world religions and cults that teach of an earned path to heaven, or many roads which lead to the same god. The stronghold of the mind will demand an allegiance of our affection and dedication. These fortresses encapsulate the mind and build a barrier that prevents us from ever finding the authentic refuge of the Living God.

### **Wage War**

The counterfeit stronghold has the power to destroy a believer's walk by means of deception. Paul makes it clear that this is a fortress we must wage a spiritual war against, not a physical one.

For a time is coming when people will no longer listen to sound and wholesome teaching. They will follow their own desires and will look for teachers who will tell them whatever their itching ears want to hear. They will reject the truth and chase after myths. (2 Tim. 4:3–4)

Centuries ago when one kingdom wanted to overthrow another the armies would weaken the walls of the

stronghold and then advance to take the city. Today, dear friend, the Kingdom of Heaven has come to take down the kingdom of darkness in our mind. This begins when we enter into His stronghold and allow Him to tear down the emotional and mental walls we've built around us.

The counterfeit stronghold has one single purpose: to prevent those of us who are free in Christ from living out our freedom abundantly. Every believer was liberated from captivity at the cross, but we don't always know how to live in the freedom we've been given. Through this book, you will learn to fight your enemy as the Israelites learned to fight theirs—through the power of God.

Joshua chapter 6 describes the taking down of a stronghold. The Israelites were facing a river that stood between them and the land God promised them. God parted the water, and His people crossed on dry land. They moved into their promised land only to face their first stronghold—Jericho.

But the Lord said to Joshua, "I have given you Jericho, its king, and all its strong warriors. You and your fighting men should march around the town once a day for six days. Seven priests will walk ahead of the Ark, each carrying a ram's horn. On the seventh day you are to march around the town seven times, with the priests blowing the horns. When you hear the priests give one long blast on the rams' horns, have all the people shout as loud as they can. Then the walls of the town will collapse, and the people can charge straight into the town." . . . When the people

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heard the sound of the rams' horns, they shouted as loud as they could. Suddenly, the walls of Jericho collapsed, and the Israelites charged straight into the town and captured it. (Josh. 6:2–5; 20)

The Israelites did their part, and obeyed the Word of the Lord, and God did what they could not do—He tore down those walls. My friend, we will wage a war against our enemy just as the Israelites waged a war against theirs. In obedience to God's Word, we will fight with His power and His weapons, and He will do what we cannot do in our own strength—tear down our walls.

God's plan for the authentic stronghold is that we would be so sure in Him, so grounded in Him, so confident in Him, so close to Him that we would live in the ultimate life-sustaining power of the Holy Spirit. He wants us to utilize the authority that we have been given through the power of the cross, to resist the lies of the enemy and not be taken captive by sin. He will show us a way around every temptation. He will open our eyes to the deception of the enemy, and He will do the very thing we cannot do for ourselves—set the captive free.

## Tools for the Journey

Throughout this book we will touch upon key things that open our eyes to the counterfeit stronghold and equip us to enter into the authentic. Our responses to them will determine our success. You will find obedience to the word of God, knowing the character of God, and

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abiding in His presence are weapons for war and tools for overcoming.

Within the journey you will be tempted to quit. The enemy will confuse you, and there will be some things you may not even want to deal with. Just remember, it's in His stronghold we are healed, restored, and released into freedom. God's heart for us is to become so fused with Him that we are no longer easily ensnared or drawn to the stronghold of the enemy.

Throughout my journey, I found myself weaving in and out of human reasoning and obstacles of pride. However, it was the lies of false arguments that sent me on a quest to be set free from the insanity I found myself in. I had no idea how many of these false arguments stemmed from my childhood and past events. They were lies that told me I had to be good enough, perfect enough, strong enough, holy enough, and that no matter what, I needed to make sure I was enough for God. Otherwise, He would just pass me by for someone better.

As you take this journey with me, God will map out your road by revealing your captivity, showing you a way out, teaching you how to stay out, and open your eyes to pitfalls that will draw you right back into captivity. Then you will discover the absolute victory that comes from abiding in the presence of God.

In each chapter you will be encouraged to sit before the Lord with questions and instructed to wait for His an-



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swers. I encourage you not to rush this part of the study, as God will make an exchange during this time.

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. (Ezek. 36:26)

The Lord will soften your heart, making it pliable and impressionable. Here He will imprint scriptures, visions, and lessons custom made for you.

***Let's begin by inviting Him into your quiet time right now before we go further.***

*Father, we know you see our hearts in all their frailty, faults, goodness, and strength. Help guide us today as we seek to find the truth of where we've strayed from you and believed in false teachings. Show us where we've relied on our own will power, determination, and self-help to guide our walk to freedom, instead of knowing you, drawing from your wisdom, your forgiveness, and your love. Reveal to us the counterfeit strongholds in our lives.*

*In Jesus' name we pray, amen.*

## **Testimony of Truth**

### **My Story:**

*For years I battled the fear of being exposed. My worry didn't come from a deliberate sin I was hiding. I was afraid that once people got past the surface level of my life, and knew the real me, they'd see the mess of numerous imperfections and decide to move on. If I could control what they saw, then I could control the outcome of the relationship. The more I stepped out in ministry, the more the Lord began prompting me to share my story of His healing. I was so guarded around others and so confused about why God would want to expose me. I couldn't see the liberty He was trying to bring to me.*

*One day the Lord prompted me to share a very intimate part of my life with my Bible study girls. I was terrified and convinced that once I told them the truth they would all leave my group. As I prepared for the meeting I came across a Psalm.*

No one who trusts in you shall ever be put to shame.  
(Ps. 25:3)

*Every time I began to panic over the thought of letting them into my hidden places, I would quote that scripture. I have continued to this day using Psalms 25:3 as a weapon to tear down any argument of comparison or doubt that wants to*

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*resurface. It has allowed me to let the world into my life.*

Renee Swope said, “We were created to live in the light in such a way that our life stories tell about the light and our confidence in Christ draws others to the light.”<sup>1</sup>

*—A Confident Heart*

The enemy’s plan was to keep me hidden in the shame of my past so that I would not be able to live my future in freedom. He didn’t just want to keep me from living out my freedom; he wanted to keep others from living theirs. God’s plan is never to shame or expose us. It’s to set us free so that we can help others be free, too.

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. (2 Cor. 1:4)

God’s stronghold brings a confidence to allow others into our lives and to boldly share our story with another. Throughout this study God will ask you to be brave and share with the women in your group or a trusted friend. Your obedience will be the conduit between God and another sister’s “ah-ha” moment. Your courage will set others free because you started the conversation that everyone else was afraid to begin.

### ***Journal Your Journey***

- Take time to ask the Lord what the counterfeit strongholds are in your life. Write in your journal the first words that come to your mind. You may have more than one counterfeit stronghold.
  - Look up in the dictionary the definition of the words you've written down.
  - Write down any revelations their definitions bring to you.
- 

## **The Battle Is the Lord's**

The journey to discovering and knowing God is found through scripture, and getting there will be a battle. The enemy isn't one to give up real estate he has taken possession of. Nevertheless, like Jericho, your battle is the Lord's fight.

The Lord will fight for you; you only need to remain calm. (Exod. 14:14)

As we prepare for battle, God will establish whose responsibility is whose on the frontline. God's job is to fight and His people's job is to remain calm. When staring at our war zone of captivity, the enemy is loud and intentionally intimidating. So, of course God would have to command us to do what is not naturally natural. No one remains calm in a battle, especially women! Our adrenalin rises

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about as quickly as our voices. Yet, the Lord commands us to remain calm in the face of our accuser.

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### ***Journal Your Journey***

- Write Exodus 14:14 in the journal.
  - Write in the journal any revelations from the Lord.
- 

Our response in battle determines our success. Maybe you're a panic Paula, or neurotic Nala. Maybe you believe the worst in people. Or maybe you're a shameful Sheila and quit after you stumble. God wants to show you a new way of doing battle, and it begins with remaining calm and looking to Him. Before you pick up your phone and text your friend, call your husband, blog your woes, or tell your tales on Facebook, make sure you've first been before the Lord. It's time to tune our ears to the Father and bend our knees to the ground.

When the armies terrified King Jehoshaphat and all of Judah the Lord said, "Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's" (2 Chron. 20:15).

Today, my friend, the Lord says, *the battle is not yours but Mine. You don't have to listen to the taunting of the accuser, because I have given you authority and weapons to overcome him.*

### ***Journal Your Journey***

- Write out what your default response is during a battle.
  - Write out why you feel it is difficult to remain calm in battle.
  - Next to your default responses write how God would call you to respond.
  - Look up Ephesians 6:13–17. Write out verse 17 and underline the weapons listed in that verse.
- 

## **Our Stronghold Foundation**

God has given you His salvation and His Word as two foundational weapons. The original battle was fought and won for us at the cross, and victory became ours at salvation. The everyday battles are now waged for our authority and influence. These are won through the power of the Holy Spirit as He reveals truth through His Word. Before I can take you any further in this study, we must address these foundational weapons and ensure you possess them both.

Maybe you don't know Jesus personally, or maybe you knew of Him once and have forgotten when you last sat down with Him and had a conversation. Perhaps you are not assured of your salvation, or you feel the Holy Spirit

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prompting you to get your life right with God. You will know that God wants you to say this prayer because your heart is racing and you have felt a longing to know more of Him throughout this entire chapter. If that's you, take a moment and say this prayer:

*Father God, I know my life is a mess right now. I know that I'm not right with you. I know that I need you now more than ever before. I pray that you will forgive me of my sins, restore my life, and bring me into a right relationship with you. I pray father God that from this day forward you will show me the truth of your Word, how it applies to my life, and help me to come to know you more.*

*In Jesus' name I pray, amen.*

Romans 10:9 says, "If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved."

The path to knowing God will always be through knowing Jesus. Jesus tells us in John 14:6, "I am the way, the truth, and the life. No one can come to the Father except through me." The road to knowing Jesus will always be through the word of God. "In the beginning was the Word, and the Word was with God, and the Word was God" (John 1:1).

Over the course of this study your journals will become filled with incredible insight into the character of God, understanding of His Word, and a revelation of the Holy Spirit. You will record praises to the one who rescues you from the stronghold of the enemy. In the Psalms, King David often wrote of God's protective stronghold and the faithfulness of God. David would sing praises to God describing their personal relationship. You will find that your journal becomes your very own personal psalm book.

*Father God, I have such a desperate need for you in every part of my daily life. I see my need for your Word in my life. I declare today by faith, in spite of what I feel, that you are my strength, my rock, my fortress, my deliverer, my God, my shield, my salvation, and my stronghold. I believe that every day I pursue you more; you will reveal the truth of each one of these attributes of you in my life.*

*In Jesus' mighty name I pray, amen.*

If you made things right with God today and prayed the prayer of salvation, I encourage you to share this with a friend, pastor, or group leader. You can even email me at [beth@remade-ministries.org](mailto:beth@remade-ministries.org). If you do not attend a life-giving church, or you do not know how to find a local church, please contact me and I would be happy to help you find one.