



Lord Teach Me How to Love Myself: Just one touch from You will make Everything alright

Regina Palmer

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This book is all about the struggles and hurt that I had to encounter and I struggle so long the devil tried to tell me that I would never get free of my mental and physical abuse that had me trapped and I couldn't go any further in life. Do you know how it feels to be stuck and trying everything in your power to be set free like Jesus said I was. Unforgiveness, resentment, bitterness and hurt was killing me because I suppressed it. God had to teach me how to forgive and he began to forgive through me once I agreed to forgive and this was a process and it takes time, allow the Holy Ghost to have his way in you. Now remember God knows us better than we know ourselves so we must allow him to come into our heart, which is the hardest thing for us to do, but God wants us to know his love because his love is unconditional and when he comes into our heart he has to take out the hurt that has been laid dormant for so many years controlling us. We are a slave to whatever controls us and we can no longer suppress it with drugs, alcohol, sex, or looking for love in all the wrong places thinking that if someone would love us the pain will go away. You have to trust God's love because God's love heals all wounds, allow God to sit on the throne of your heart. God said in Jeremiah 29: 11 For I know the plans that I have for you declared the Lord, plans to prosper you and not harm you, plan to give you hope and a future. Stand on God's word, His word is our strength!

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