

SHE REIGNS

CONQUERING YOUR TRIGGERS,
FEARS, AND WORRIES
WITH GOD'S TRUTH

TARAH-LYN SAINT-ELLEN

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TARAH-LYNN SAINT-ELIEN



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Tarah-Lynn Saint-Elien, *She Reigns*

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To my grandmother, Marie Fleurmond

The enemy has lost the victory over your mind. Alzheimer's will not rob you. God has not forgotten about you or your faith that inspires generations. Like Mom has said, "If it weren't for you, Tarah-Lynn wouldn't be telling the world about Jesus." Thank you for fighting for our family and introducing us all to the greatest love we will ever come to know.

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A LOVE NOTE

Hey friend,

If you are struggling with constant anxiety, sadness, and/or harmful thoughts, I want you to know that I see you, I love you, and I am not simplifying your pain. Some healing processes take more than a couple of steps. I may not understand all your struggles, but I do know there is a reason why you are here on this earth: you have purpose. And I pray I can encourage you to never give up. While I don't have all the answers to your pain, I'm proud of you for being here and seeking solutions in God. I believe He has given us community, therapists, and doctors, as well as spiritual ministers of healing to aid with deliverance. I also believe this book operates in the healing realm. The restoring power and the truth of God is imminent. With this book, I pray that you feel the love of God ricocheting off the pages, tearing down every lie the enemy feeds you. I pray you don't feel alone in your thoughts as I declare to you that the Lord is near and tending to you right where you are. He loves you and His intent is always to see you live free.

Tarah-Lynn Saint-Elie

INTRODUCTION

When I first had the idea for *She Reigns*, I hadn't a clue of the life experiences I would be able to write about. I wasn't consciously struggling with my emotions and a battle of the mind. Then, tragedy after tragedy hit—and all within a couple of months. I looked up to my ceiling and wryly said, “Well, thanks for the content, God!”

I should've expected it. Almost a year prior, I had the revelation that when I publish a new book, severe trials related to the very encouragement I've shared come at me full force.

Take my first book, *Claim Your Crown*, for instance. It was released a few weeks before the COVID-19 pandemic began, and while it served as a resource for how to grow confidence in Christ, it was also accompanied by an attack on my own identity. I, the woman who was taught I was royalty since birth, felt myself shrinking back. I almost muzzled my God-given message because I struggled with the weight of what I had to offer; it didn't feel like it

mattered. I found it cringeworthy to talk about my book when our whole world had been disrupted—my mind felt disrupted.

I stepped back for a little bit and limited my time on social media. I'm prudent when it comes to posting, and I didn't want to be influenced by the panic the world was feeling. I went into hiding, bringing my thoughts along as a pillow and the unfamiliar feelings as a thermal blanket. But man, I was cold.

God has a funny way of getting us back to where we need to be. While I was preparing to change the course of sharing my heart behind the book, I recalled how the Spanish word *corona* translates to *crown* in English. And my mother pounded it in my head daily: now more than ever, God's heirs need to rise up and claim their crowns. My perspective changed.

Later came the *Love Letters from the King* devotional. I wrote it so readers would know how much they are treasured and how our heavenly Father cares about the details of our lives. I produced a special promotional video featuring my army of sisters around the globe to further illustrate how God's love and His answers reach His daughters wherever they are in the world.

I created a script, made a call for submissions online, and in droves, received submissions with these women reciting,

Dear God,
Can You see me?
Do You hear me?
What do You call me?

Do You really even love me?
Do You care?
Are You even there?

Dear reader, can you guess what happened next? A few months after that release, I was tested in every single theme I presented!

Like you, I have felt overlooked and hidden from God. Like you, I have felt He doesn't hear me or that He actually enjoys sending me radio silence as a response. Like you, I have desperately wanted to tangibly feel His love and have felt nothing. Like you, I've gotten angry at God and told Him if He cared at all, I wouldn't be suffering with this intense measure—that He was the perpetrator inflicting me with all this pain. And like you, I've asked Him, "Where are You?" Although my life has been filled with struggles and heartbreak, I've never questioned God's existence. But the past few years have been overwhelmingly challenging. Like the poem those women shared, I found myself asking God, "Are You even there?"

I'm in a different place now than I was then, a healthier one. But allow me to take you back to 2020—when the enemy was aiming for me to lose my mind. God helped me gain something so much better: a renewed mentality. A kingdom mindset.

It's possible you're at a place where a message at an on-line service isn't enough to get you through the day. Perhaps you feel God is too late to rescue you. But will you allow me to be that vessel that shows you otherwise? Maybe you'll resonate with the lessons I learned in my own mess and hear God for yourself. If you give this book a chance, you'll

see that while you lost the strength to look for answers, the Truth sought you.

It's easy to believe the evidence that supports the thoughts running rampant in our minds: *I won't ever be satisfied. My enemies are winning—I'm not. God must've changed His mind, or maybe He just forgot about me . . .* But it is pivotal to speak God's promises in spite of what you see and feel. So with this book, we're not going to reject reality; we're going to relearn faith.

She Reigns was birthed through a heavy-hitting testing ground like no other. My emotions and my mind worked against me. I had to *fight* for my heart to be open and to choose victory in my mind. I haven't only experienced these blows, I have overcome them, and I'm excited to show you how you can, too.

You'll be guided through the truths and tools needed to take negative thoughts and debilitating emotions captive so you are able to posture your heart for delight, overcome the orphan-and-poverty mindset, and accept our King's view as supreme over what you see. Once you identify your triggers, fears, and worries, you'll be ready to combat them with God's thoughts toward you.

This book isn't dedicated to convincing you that you're royalty. (That's what *Claim Your Crown* is for!) Sure, we will definitely discuss that how you see yourself affects the way you think—but *She Reigns* exists to help you learn how that crown you have can also double as a helmet. You can indeed allow the peace that surpasses all understanding to reign over your mind.

By reflecting on my own experiences and studying the successes and failures of biblical queens, I aim to pro-

vide refreshing hope and help for the woman ready to rewire her thoughts—and, as a result, reign effectively with kingdom-mindedness. Together, we'll pinpoint the negative thought patterns, address the root of the issue, and seek Scripture for practical takeaways. This book will give you the framework to overcome and live free.

I encourage you to take your time reading, to sit with the words, and to participate in the reflection questions at the end of the chapters. I want you to feel *all* the feels and to think on the messages God is getting across to you. It'll be a lot of heart work, but it'll also be a fun time. It's kind of weird that I'm giddy right now, but I'm thrilled to be transparent in this way! I have a few confessions that I'll be letting you in on. Some shocking, some uncomfortable—but all of them reveal my honest fears, doubts, and worries. All this to illustrate to you that doubt can be necessary for growth. Your anger and confusion can be used, too. God welcomes your questions and the feelings you're terrified to share with those you love most.

After I share these confessions, I'll lead you to combat, and then I'll offer resources you need to adjust your crown. To do this, I've taken some pages out of my diary and have repurposed them for you. You may not understand all of me and my lived experiences, but I am honored to open my heart in book form, to be allowed a space where you can see me, you can see yourself, and you can see God.

In the past, we've claimed our crowns and soaked in the love letters from our King, so what are we to do now? Well, queen, I'll show you how to reign.



PART 1

CONFESSIONS

1

Confessions and the Crown of Life

Disrupting Fear and Drawing a True Picture of God

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

1 John 4:18 NIV

Confession #1: I initially became a Christian because I was terrified of the rapture and the final judgment—not because I was *so* in love with Jesus and couldn't do life without Him. Sure, I was aware that as a sinner, I needed Christ as a Savior, but that's not why I chose Him.

I grew up in a Christian household where I was reminded that I am a daughter of the King and my Father's love was always available to me. My earthly dad is a devoted deacon, and my mom, though ill and in chronic pain, always finds the most incomparable joy in the Lord.

As Proverbs 22:6 says, they raised me and my siblings in the ways in which we should go.

I was taught to revere God, and I sincerely did. I prayed when I remembered to during the day and (mandatorily) joined nightly family prayer in my parents' bedroom or the living room. There was church every Sunday, Bible study on Wednesdays, and choir practice every Saturday. I didn't have a secret life, but I wasn't perfect. I did all I was "supposed" to do and kept Christ at the center, as church culture encouraged . . . but He still didn't have my whole heart.

Fear-based faith was the culprit. Back then, faith to me was, "If you don't follow this list of rules, surely you're on a highway to hell." I saw a loving but moody God peering down from His throne, awaiting the best moments to punish me here on earth and lock me out of heaven when the time came. I understood He was both a merciful Father and a righteous judge, but I believed the scale tipped over to the condemning side *way* more. That was the God I chose to live for . . . because at least He was better than hell.

Watching the *Left Behind* series at a youth group session probably ignited the flame of fear for me. If you haven't seen it, it's a movie series that depicts the destruction and havoc that goes on after Jesus returns for His children and brings them to heaven. The people who are left behind have to suffer through life with their saved family members being gone, extreme persecution, the rise of the antichrist, and evil beyond measure. They either experience regret and finally desire Jesus for themselves or embrace evil, because at that point there's no in-between.

The movie scarred me to the point that I actually had a nightmare of the rapture happening. I was stuck in the church basement, unable to find my best friend. When the nightmare ended, I felt my way out of my bedroom and whimpered through the dark until I reached my mother's bedside to tell her about it. I'm pretty sure I had accepted Christ into my heart prior to the dream, but all I know is little Tarah had to *double-check* and get "re-saved" for good measure that night!

And then there was one hurricane season when I blasted Kirk Franklin's *Hello Fear* album from my computer, singing the lyrics aloud and trying to find peace as I readied myself for Christ's return . . . just in case. I'd look out of the window to see if the sky was cracking with chariots coming through! I wasn't excited awaiting His return. To be honest, even now, I'm just like, "Uh, Jesus? Can ya, like, hold on just a sec?" I want to get married and have kids and look back on life! (You can't tell me I'm alone on that part!)

At the time of that album, people (many believers and unbelievers alike) kept mentioning that the year 2012 would be the end of the world. I knew Matthew 24:36: "However, no one knows the day or hour when these things will happen, not even the angels in heaven or the Son himself. Only the Father knows." But when I looked at the news and saw wars, rumors of wars, natural disasters, and beyond, I was like, well, look at the signs . . . even if He doesn't return in 2012, it must be soon!

And then there were the few times I woke up from naps in a frenzy, recognized that I was still alive, and repented and apologized to God as if He was going to change His

mind about me. I remember waking up in the middle of the night to a dry voice filled with doom on a Christian radio station or chords to a song that started out so eerily that I fought sleep and looked for the sunrise. These things didn't happen often, but they were enough to leave an impression on me.

Oh, and it *definitely* didn't help that there were many evils being exposed in Hollywood around the year 2012 either. I was terrified because I felt darkness sweeping over the world at an incessant pace. I was not and am still not into conspiracies, but I could discern between the parts that are far-fetched and the truth. It was enough to convince me to delete certain artists off my phone, cry over those who were lost, or be in a state of shock about those who blatantly disrespected God through their lyrics and performances.

Despite all this fear, I knew God's love to be true not only through biblical stories but through witnessing my mother's daily suffering right before my eyes. I saw how God showered love on my mom in and out of emergency rooms, strokes, surgeries, and whatever the enemy tried to use to break her. I considered that love as enough . . . because she had it.

I'm not too sure when I received it for myself, but I do know that church choir practices during my high school years got me closer to Him. The lyrics of the songs we sang made me begin to experience His goodness in a new way. And even though the motivation I had at first was fear, I was learning on my own . . . reading the Word, understanding it, and applying it to my life. In college, I joined the gospel choir, met a good friend, and we attended an

amazing church that aided in our spiritual growth, totally transforming our ways of thinking. And of course I'm blessed to have had people to admire while I was growing up.

As I matured, I began to desire to serve God more and more. There was one notable moment post-college graduation when I was hit with God's overwhelming love, but it wasn't until a few years later that I realized I lived most of my life with a distorted view of God.

So what changed? My heart, my mind, my eyes.

I asked God to change my perception. My surface love for God grew into something deeper when He led me into situations where it was just me and Him, and I needed His love to pick me up. I couldn't run to my mother with all of my issues; I had to look to Him. He wanted the chance to be my best friend and the Father who embraces me.

The Distorted Mirror

I used to feel like I didn't have a salvation story; I considered my mother's testimony as my own. In fact, "Her story is mine" is what I used to say for years. Until I realized it wasn't. Or rather, that it wasn't my entire story.

One day in the summer of 2020, I had the idea to produce a confidence series primarily on my YouTube channel, *Adorned in Armor*. Inspired by *Claim Your Crown*, I called the playlist "Kingdom Confidence." I was having a great creative session, jotting down subtopics to cover, and the ideas flowed freely until I suddenly stopped. I realized there was no way I could go forward without starting from the very beginning.

Accepting Christ as our Lord and Savior is the initial step into our royal inheritances and the kingdom key we need to rule our minds and wisely navigate our emotions, fears, and triggers. **I fully believe that in order to flourish and tap into unshakeable confidence and worth, we must first redefine who we are through the eyes of our Father. And we can't do that if we have the wrong view of Him.** It's through getting to know Him that we, in turn, get to know ourselves and the purpose we're called to live out. I am confident in Christ because of the full assurance I have of who I am in Him, who He is, and where He is taking me. I desire for you to feel the same.

I knew I had to share my salvation story with my subscribers online. It's a testimony I wasn't aware I had until I considered how my relationship with Christ now flows from a place of love: a father-daughter relationship. It dawned on me that my testimony is that I now desire to please my King, *period*. Not because I'm scared but because I want to grow and fall in deeper awe of Him, day after day. **Fear imprisoned me, forcing me to turn to religion, but now love freely joins me to Christ.** Overcoming fear-based faith is my personal testimony. I love the Lord not because I was taught to: I love the Lord because I have tasted and seen for *myself* that He is good.

As I was about to hit Publish on the testimony video, an overwhelming hesitation came upon me and I froze . . . but then I thought, "There's absolutely *no* way I went through all that work of filming and editing for me not to share it with the world!" That, and God reminded me that He gave me this message for a reason. Thousands of views and hundreds of comments later, I discovered

why: the second coming is a secret fear many believers are struggling with! I had commenters as young as thirteen years of age and as seasoned as sixty years of age sharing how much my confession and testimony freed them. I prayed that my testimony would demonstrate how it is possible to choose God out of sincerity, to have a heart after His so intently that you can't imagine life or eternity without Him. I shared those words to show that it is possible to get to this place. To the one who desires God but is fearful of what His return looks like, I am ministering to you. I posted the video to minister to those who love God but desire to love Him *more* and look forward to His coming . . . and it spoke volumes!

But I also received comments, direct messages, and private emails from people who are paralyzed and paranoid due to this fear. They are Christians who have never confessed this to anyone and feel foolish writing it out, believers who can't get out of bed due to anxiety and hopelessness, children of God who are crying uncontrollably every day. They are followers of Christ who feel they need to get saved "multiple times," who want to hope in God's love for them but can't, who have lost their fire for God, who have begged Him for an innate hunger of His Word and to work on them as He needs but haven't felt the change. They are at a loss for what to do. They feel like "sitting ducks," yet are alert at all times as they study the Ten Commandments "in proper order." They believe God can do great things—including free them from their fears—but are heartbroken to think of God leaving them behind on earth, abandoning them.

One woman told me she “tries so hard,” that she constantly cries out and begs God “to recognize [her] as His daughter.”

It pained me to hear all that; the feedback opened my eyes to how broken the body of Christ is. Maybe you don’t struggle with this particular fear, but everyone struggles with something. At one point or another, we have all fallen victim to the enemy’s schemes of distorting the image of God. And his goal is the same for all of us.

You see, your enemy, Satan, doesn’t want you to realize who you are. He does not want you to live out your purpose, and he definitely doesn’t want you experiencing the love of God here on earth or in heaven. **Satan will try to use anything—yes, especially faith that is built on the wrong foundation—to wipe you out.**

Satan doesn’t want you to understand that you are saved by grace through faith.¹ He wants you to focus on good works, duties, and the distractions of this world. He doesn’t want you to cast your cares on God.² He wants you to sleep with your fears, to coddle them, to feed them in your heart and surrender to them in the battlefield of your mind.

The devil is called the father of lies, so anything that he suggests (yes, even in the form of your thoughts) is the farthest thing from the truth.³ If he tells you, “God doesn’t really love you” or “Jesus didn’t accept you” or “You’ll never get through this,” believe the very opposite. Satan will always present you with “false evidence appearing real” or what we also know as fear. But thank God, the truth of who our Lord and Savior is supersedes all that.

Fear Is Not God's Language

Among the comments on my video was one that struck me in a different way: someone commented that what I was teaching was not biblical. This person argued that without fearing God, we will never change our attitude toward sin because we don't fear the consequences.

The commenter addressed me using the analogy of a doctor: a physician must use fear tactics to convince their patient they're in danger. The cure means nothing to the patient if the patient isn't afraid of their condition. In other words, people won't see the necessity of Christ if they aren't shown the seriousness of sin, which includes the reality of hell. The commenter argued that fear is the only key to convincing the sinner they're in terrible danger.

In some ways, I agree. Sin *is* serious. Hell is real. And yes, we are at the mercy of God. But ultimately, the commenter's view doesn't align with the character of God. When sharing the Good News of Jesus Christ, it is pivotal to include who God truly is (inherently good) and who we are in His perfect and righteous sight (His beloved). What we say has to encompass the reason we are in this fallen state and what Jesus suffered on the cross in the place of us sinners. It must contain the call to salvation (a one-time occurrence) and repentance, which is a lifelong journey of honoring God's will over ours. But fear should not be the motivating force.

To reiterate: what I am *not* doing is telling you that the all-encompassing God is solely about love and acceptance. What I am saying is, we can go deeper. **Fear-based faith is not a true relationship; God wants your heart.** First John

4:18 tells us, “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”⁴ The Bible tells us that perfect love *casts out* all fear. Remember, I went from being someone who was fearful of punishment to someone who serves God because of the desire of wanting to love Him more and more. So if you’re struggling with this, it is okay to *ask* God to give you the desire for more of Him.

There’s a difference between fearing God out of reverence and fearing God out of the belief He is gleefully waiting to shoot us down to hell with one wrong move. (I’ll be speaking more about what fearing God is *supposed* to look like later.) While it’s important to take the day of judgment seriously, it’s also crucial for the believer to have confidence that God will accept them when living lives of repentance. As we embrace His love, it’s also pivotal that we do not take advantage of His mercy by purposely breaking His heart because we know He will take us back. He desires true relationship—one where love is given and received with an honest and repentant heart.

I like how John Piper describes this: “According to 1 John 4:17–18, there is a way to approach the day of judgment with fearless confidence. No one who is willing to follow Christ needs to be frightened at the approach of death. None of us who accepts this teaching will have to approach the judgment seat of God with our fingers crossed, wondering if we are going to make it.”⁵

Good stuff, huh? Let me tell you how I responded to the negative comment on my video. I shared how the value of Christ is not dependent on whether we see it. He is good.

He is love. And He desires that we see and know His heart. I don't know of any doctor who uses fear tactics for a patient to understand the side effects of medication or the reality of disease. I know doctors who use truth. Our physician in heaven does this while also relaying warnings. Sometimes the truth will hurt, but God did not call us to live our lives in fear when we pick up our crosses and follow Him.

I share this all with you to say . . . fear tactics and threats aren't how God works. Romans 2:4 tells us that it is God's *kindness* that leads us to repentance. We should not be presenting faith in Christ as a simple way to escape eternal torment away from Him. We can't scare anyone into loving Him. Frantic and fearful prayers aren't what faith is about. Christ wants to free people from death because of His great love.

Many people have the perception of God not being good or merciful, so think about it: who would want to get to know a God who allows calamity and seems gleeful about consigning them to an eternity of fear and torment? His love, His sacrifice, and His Word are enough to draw them out of fear and into relationship.

As I was writing this chapter, I came across an enlightening article that captured my exact sentiments. It read:

I believe the words and life of Christ are worth emulating and that His ways are worth walking in, but I refuse to cajole someone into doing so because they're terrified of Hell. When it comes to relationships with people, real love is never grounded in fear. It is never chosen to avoid damage. It never comes packaged as a threat. We would

never look at such things between two people and call it love—we would call it coercion.

And if God is as loving and good as we claim, love for God cannot be born out of this kind of fear either.

What Jesus offers is beautiful. . . . Let's try living in such a way that faith is something they choose with joy because their hearts are touched and they are moved to reciprocate with the giver. This is how love works.

It is a dream, not a nightmare.⁶

I resonated with that deeply . . . and I know where the writer was going, but I'd rather say God's love is real life. A "royal reality" is what I call it. And it's yours for the taking.

The Power to Overcome

I've had people tell me they couldn't become Christians because they could never be "good enough." But perfection isn't expected of you.

You do *not* have to be perfect to accept Christ into your heart.

You don't have to be perfect even after.

In fact, there's no such thing as a perfect Christian. None of us would have the ability to stand in the presence of the Holy God without redemption. It is the Lord who redeems us and draws us nearer to Him. Even if you carelessly chose disobedience and are now afraid because of it, God is waiting with open arms.

Romans 10:9 says, "If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised Him from the dead, you will be saved."⁷ This is an imme-

diate exchange and a lifelong adventure. And if you truly seek God, you will find that He will do a work in you.

If you accepted Christ as your personal Savior, you are saved, *period*. Your home is in heaven! When we give our lives to Him, we gain forever. Sin has serious repercussions, but we don't have to fear God's wrath when we cultivate a heart that desires to honor Him. Sometimes that desire doesn't come instantaneously, but you can receive God's love right now. You don't have to live afraid. The point of following Christ is discovering true freedom that can be found in Him alone. Don't allow Satan, another person, or even you yourself to keep you in bondage. Begin with asking God to give you a heart that desires to know Him and love Him more.

For many, it is hell that captures their attention, then they discover who Christ really is, and His character takes center stage in their lives. But there are also those whose minds are filled with the fear of hell so they attempt to work their way to heaven and never experience the heart of God. You, my friend, don't have to live like that. You don't have to prove a thing. You don't have to strive to "be good" in order to obtain a home your Father has already promised you.

Sometimes, we just don't know how to accept a gift that's invaluable. A present that's priceless and keeps giving even after it's gifted can be a hard concept to grasp, let alone receive. But please find peace in knowing there's nothing and no way we can pay God back except to live our lives as an offering unto Him—struggles and all. John 1:12 says, "Yet to all who did receive him, to those who believed in his name, he gave the right to become children

of God.”⁸ Receive this gift, queen! It has your name engraved on it. You are a daughter of the Most High King.

You don't have to be afraid of the judgment day to discover whether your relationship with Christ was founded on a false perception of His character. One thing I've noticed among the community of believers is how we are hyperaware that God is Jehovah-Shafat, or Jehovah our Judge, but we often fail to realize that He rules and reigns in *our favor*. We see crystal clear in regard to how He will not leave the guilty unpunished, but our sight gets foggy when it comes to realizing He is our judge who will protect our rights before all. Isaiah 33:22 says, “For the LORD is our judge, our lawgiver, and our king. He will care for us and save us.”

The government is unchanging in the kingdom of God, therefore the laws He has established will never change. If we remain dedicated to His decrees, then the promise of His rescue will be manifested in us. It's a verdict that cannot change, either!

Furthermore, the crowned Prince of Peace, Jesus Christ—the ultimate sacrifice—is our lawyer. We are no longer separated from the Lawgiver, God, because His Son's resurrection power made it possible for Him to intercede for us, fighting our case in court and giving us the power to overcome sin, traumas, fears, worries, and our thoughts.

Because of Jesus's sacrifice, we need not be cautious about approaching our Father. Hebrews 4:16 says, “So we should come near to God and we should not be afraid. God is our King. We can ask him to help us when we need help. We know that he will forgive us and he will be kind to us in

whatever way we need.”⁹ In other words, obsessively trying to fix ourselves won’t work. Instead, may we invite God in and allow the gift of the Holy Spirit to work through us.

We’ve been looking at the wrong picture, but now that we can see more clearly, disrupting fear and drawing a true picture of God via intimacy is the goal. May we dwell in His presence, praise Him for who He is, and pray with confidence that He will free us from strongholds in His perfect timing.

Reflection Questions

I have a few questions at the end of each chapter in this book that I think would be great for you as a journaling prompt. They’re pretty . . . intimate. My favorite way to journal is putting pen to paper, but making notes on your phone comes in handy, too! Choose what works best for you, and get ready to reflect on and respond to these questions.

1. How do you see God?
2. How do you believe He sees you?
3. I shared with you how the fear of the second coming was a scar in my relationship with Jesus. Is there a fear in your friendship with Christ that you need Him to heal? If so, what is it?

I pray my testimony encourages you, reassures you, and changes your view of God’s goodness, love, and relentless

pursuit of you. You can watch the full video on YouTube: Adorned in Armor, or you can scan the code on your mobile device below!

