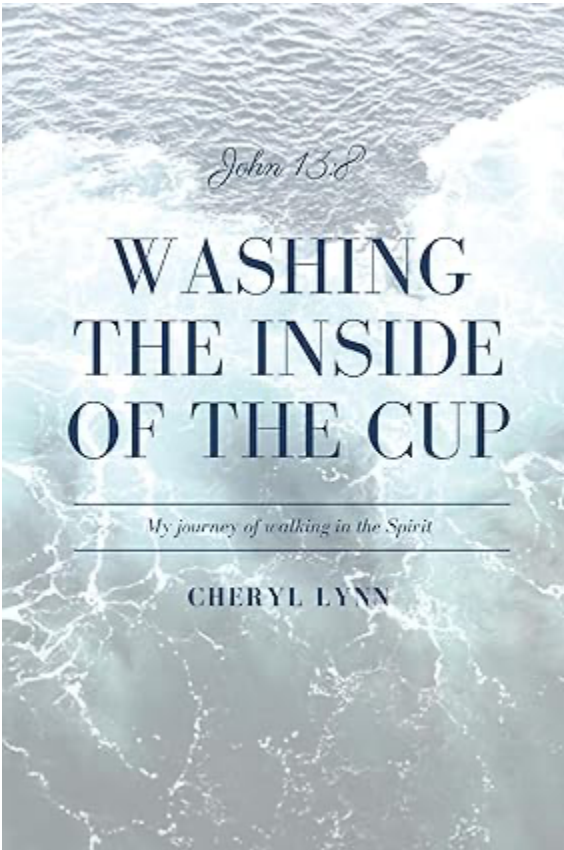


Mother Of Seven Leaves An Abusive Husband And Finds Solace & Strength In Her Faith; Her Inspiring Book Empowers Others To Find Resilience With God



“This is a very powerful and inspiring story. Appreciate the author for sharing her personal testimony. It’s a book that you should read to help with strengthening your faith. Highly recommended.”!

--Daniel Pae, Member of the Oklahoma House of Representatives

There are tens of millions of people who wake up every day in some type of physical or mental pain. They are challenged to live life. They suffer from a feeling of hurt, fear, or despair - -and they don’t know where to turn, how to find strength, or where to seek hope. Cheryl Lynn was once such woman not so long ago.

She was in an abusive marriage for over 20 years. Her husband beat her and verbally abused her. She once had a broken neck suffered at his hands. Once she summoned the courage to break away, she gave herself a new lease on life. She would go back to school while raising seven kids alone, become a nurse, find a new love, and go on to have 11 grandchildren. She writes of her troubles and how she was able to get through them in an inspirational and moving book, ***Washing The Inside Of The Cup*** (Christian Faith Publishing).

“At the time of my divorce, my children were ages 2,5,7,10,13,15, and 17,” says Lynn. “Some of them were abused by their father, as well. Together, with the power of prayer, we got through it.”

Washing The Inside Of The Cup is an account of the modern-day workings of the Holy Spirit in the life of a believer who's completely surrendered to the Lord. It contains actual experiences of the manifestations of the gifts of the Spirit.

It's a story about a young woman raised in a Christian home, then married into abuse. In her desperation, she cried out to her Father in heaven and completely surrendered her whole heart to Him. He in turn sent a river of grace, enabling her to be able to wash her heart (the inside of the cup) with the water of His word. This opened the door for her to find Jesus.

While seeking the Lord, He gave her insight on how to train her mind to stay on Him and how to be led by the Spirit. He blessed her with insight and perfect peace in her heart and mind. The Lord showed her how to be an overcomer in this life. He protected her from danger and gave her the desires of her heart. The Lord blessed her for diligently seeking Him and revealed Himself to her in a vision.

After 20 years in an abusive marriage, she made the choice to remove herself and her children out of it. The Lord continued to bless her and manifest His gifts through her. Her mind has stayed in perfect peace for over forty years. God's favor truly lasts a lifetime.

Lynn is available in an interview to discuss the following:

- How a woman raising seven kids can get out of a violent marriage and start over.
- Inspiring advice on how one can find strength, hope, and love when they embrace faith.
- How one gets out of any situation of hurt, pain, or despair by believing in a higher power.
- Lessons learned from a woman who suffered for two decades in an abusive marriage.
- How single mom's face many challenges but can find a way to succeed.
- How women coming out of a bad divorce can still find true love with another.

“This book was written in hopes that you will start seeking the Lord with all your heart, wash the inside of your cup, and start experiencing the gifts of the Spirit in a personal way,” says Lynn.

What are you waiting for? Start seeking Him! He loves you and wants to show Himself strong on your behalf.

Note: 5% of the net proceeds from book sales will be donated to The Salvation Army and another 5% will go to find Marie Detty Youth and Family Services.

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Cheryl Lynn

Biography

Cheryl Lynn is a survivor, a devout Christian, a mother, grandmother, retired nurse, and the author of an inspiring memoir, *Washing The Inside of the Cup: My Journey of Walking in the Spirit* (Christian Faith Publishing).

She was raised in a wonderful Christian home, going to the Salvation Army Church. She was born again at the age of 15. At the age of twenty-three, she married into abuse and, in her desperation, turned to God with her whole heart. By God's grace, she found the wellspring of life and an intimate relationship with Jesus, our Lord. She homeschooled her children for 10 years during the 1990s.

After 20 years of living in abuse, she found the courage to divorce and remove herself and her children out of it. After the divorce, she went six years to school and received her MSN RN degree and has worked as an RN for the past twenty years. She is living proof that God's favor lasts a lifetime, and His mercies are new every morning.

By God's grace, six of her seven children are saved and serving the Lord. In her spare time, she loves listening to her favorite preacher and reading her Bible. She enjoys spending time with her children and her grandchildren, working in the yard, planting flowers, and swimming in her swim spa with her husband.

She had a number of careers, including working over a decade for the Oklahoma State Department of Health, a decade at Goodyear Tire and Rubber Plant as a Quality Assurance Inspector, and she launched and ran a health food business – all while homeschooling seven children.

As a Registered Nurse, she was the director of an Alzheimer's Unit, and was the director of a Cardiac Rehab Unit at a hospital.

She earned a Master's Degree in executive nursing, and a Bachelor's Degree in nursing from Chamberlain University, in Dallas, Texas. She earned an Associate Degree in nursing from Vernon College, in Vernon, TX. She also has an Associate Degree in Business Management from Cameron University, in Lawton, OK.

Born in Odessa, TX, she was raised there and in Lawton, OK. She resides in Texas with her second husband. She also entertains her 11 grandchildren – with three more on the way.

For more information, please see www.cheryllynnbook.com.

Cheryl Lynn
Q & A
Washing The Inside Of The Cup

1. **What is your book, *Washing The Inside Of The Cup*, about?** The book is about being in a situation of hurt, pain and despair and believing, because of your beliefs, that this is your lot in life and you just have to accept it and make the most of it. It's about crying out to your father in heaven, knowing in your own strength you can't make it in this, and drawing near to Him amid your pain. His words say draw near to me and I will draw near to you. It's about completely surrendering your whole heart to God and watching Him show up in a big way and do exactly what He said He would do; He drew near to me.

This caused my focus to change from being on the abuse to being on my heavenly father. I saturated my mind and heart with His word and arrived at a point where the hurt, pain and despair didn't matter anymore. God had turned my tears of pain into tears of joy and happiness just being in His presence.

2. **What inspired you to write it?** My youngest son who was only 2 when I filed for divorce was too young to remember everything the older children and I went through. He asked me to write down some of the stories he had heard me talking about and bring it to a family vacation. After reading it he said to me, "Mom you've got to turn this into a book, it could help so many people. So that's what I did.
3. **You were in an abusive marriage, almost from the start, for 22 years. Why did you stay?** I stayed because I was taught that marriage is a covenant and is not to be broken. That divorce is wrong. I was taught to not ever let the word divorce be in your vocabulary. To always work things out. The Bible teaches that wives should not leave their husbands. It also says that God hates divorce. I didn't ever want to be divorced, and I wanted to be obedient to my Father in heaven. This works great when both people are always working on themselves, adapting and adjusting to life and with each other. The problem in this marriage was he never worked on anything in his life. It was like he had not matured past the mentality of an early worldly teenager. He didn't think anything was wrong with his behavior.

So, the abuse just continued on and on and on. He would say he was sorry but that didn't mean anything because he never changed. The reason the marriage lasted for 22 years was because I did all the changing. Also, a woman's heart is for her man, God made us that way. Abuse doesn't change that; it just complicates it.

4. **You became a Born-Again Christian at age 15. How did your religious beliefs, to a degree, lead you to stay in a marriage that was insufferable?** While it may have started off as religious beliefs that kept me in it, it eventually became a close relationship with my Father in heaven that had my attention while life was happening around me. Just like driving down the road, your eyes and mind stay on that road while the landscape passes by you. I was so busy with working, having children, keeping house, cooking, home schooling, managing rental properties, and seeking the Lord. Having my eyes on the Lord helped me transcend and rise above all the abuse.
5. **How did you summon the courage to finally leave?** In the book I talk about an incident where my husband was choking and hitting on our 14-year-old son, and we were all screaming trying to get him off of Samuel. I remember thinking he's had 20 years to change that's long enough. I remember thinking divorce may be wrong, but this is wrong too. There was no love radiating from him for his family. I was so emotionally numb from all of it, I had no feelings left for him or for that marriage by that time. In my heart I knew that day, it was time. The next day I received a call from the head man over Excel telling me I needed to get the children out of the abuse. That call was confirmation of what I had decided the day before.
6. **So, a commitment to your faith and a surrendering belief in God helped you to change your life?** Our Father in Heaven is faithful to His word. If He tells you to do something, you can guarantee it will happen if you do your part. You can trust that He will do it. Even when heaven and earth pass away. He will still be standing by His word. There are multiple verses where He says seek me, search for me with your whole heart and I will let you find me. So, when I surrendered ALL my heart to Him like he tells us to do. His grace showed up to help me do my part which I did. My mind went from despair, hurt, pain, suffering and all that goes with that to peace, love, patience, kindness, gentleness, self-control, faithfulness, goodness and joy.

Instead of just accepting what the world offers you, even if your circumstances don't change. You can change how you receive it and live in it. This change made me resilient in a difficult situation and made me a vessel for the Lord to work through. No answers ever come from wallowing in hurt and pain the only thing you get from that is more hurt and pain. After my heart changed, I was able to help people as the Lord used me.

7. **After leaving your first husband, you got your RN Degree, then a Bachelor's Degree and eventually a Master's Degree-- all while being a single mother to seven children. How did you do it?** When I filed for divorce my oldest daughter told me she would stay with me and help me as long as I needed her to. She was 17 and she stayed with me till she was 23. She was like a second mom in the house helping with the younger children. So, I could work on my schooling. She also went to school during this time and received a Respiratory Therapy degree. After she moved out, she kept going to school and received her Bachelors in Human Services. My oldest son took the youngest son in under his wing and helped with him. My parents also helped with the younger daughters. I couldn't have done it without everyone's help. Big families rock!

8. **You recently retired as a Registered Nurse, having helped many people. Did you choose such a profession as a way of healing yourself?** No, at the time I already had an associate's degree in business management. I was thinking of doing something in Real Estate since my dad was a builder. But one of the counselors at the university recommended I go to RN school. She said you only need two more classes to get in the program. That was the first time I had ever entertained a nursing degree. I chose it because the pay was good, and the ADN was a 2-year program. Two years went by fast, and I knew I could start working and provide for my children with an RN salary.

9. **Even after suffering a broken neck, and humiliating verbal abuse, and after seeing your husband abuse your children, you still held out hope for several more years after you left that he would somehow make the changes he needed to, to get his family back. Did that happen? Were you ready to forgive him and take him back?**

Well, we walked in instant forgiveness, so he was always forgiven. That is a choice that anyone can choose. No matter what situation they are in. The younger children were not abused as much as myself and the older children were and if there was ever any hope of restoration it wasn't so much for me as it was for our children. During the time of the divorce, we had a 2, 5, 7, 10-, 13-, 15-, and 17-year-old. The teenagers and I were so ready for the divorce, but the younger children would cry for their dad. So, if he had gotten help and worked on his behavior and made radical changes that door was open until we married other people which was around 10 years later for both of us. But that never happened. We concluded he really didn't care enough about us to make those changes. Once I remarried that door was permanently closed. I will say I didn't ever want to be with him again and I'm glad that didn't happen to me. When the youngest son was between 7 and 11 years old his dad picked him up less than 5 times to see him during that 4-year period. My son would cry because he thought his dad hated him.

This broke my heart. When the youngest daughter grew up, she said, before the divorce we had a mom and dad. After the divorce we didn't have either. So, while I got us out of the abuse (and thought I was doing a good thing) it created a whole other set of problems that I didn't see coming at the time. So, in a situation like this where you feel you must decide, no matter what decision you make there will be consequences. I come to realize why God hates divorce, it's because the children suffer. In this situation it didn't matter what decision I made they suffered either way. Which decision is better?? Each person must decide that for themselves.

10. **You eventually remarried and have lived a productive, normal life. You also have 11 grandchildren – with three on the way. Do you feel like you have lived multiple lives?**

It certainly felt like I've had multiple families. Raising the older children was a family, Raising the younger children by myself was a family, and then being remarried with the two youngest still at home was like another family. My oldest son said to me, these younger children aren't being raised the way we were raised. The older children were homeschooled, the younger children were going to a public school etc. My first husband did not help with the children. I used to tell my friends I was a married single mom. Then I did become a single mom, but I had older children who helped me with the younger children. My parents even helped some with the younger children. But we

always had God on our side, and I never worried about the future because I knew we were in His hands. With Him all things are possible, even a single mom raising 7 amazing, wonderful children. I was so blessed to have all those children.

11. **How can one develop a closer relationship with God and live their faith?** By having eyes only for Him. When you're in a relationship with someone, you call them all the time, you think about them all the time, all you want to do is spend time with them and if it leads to marriage then your just abiding with them and your confident in your relationship with them because you gave them your all and they gave you their all. That relationship took both of you working on it. It's no different with the Lord he wants your ALL. You completely surrender your heart to him, saturate your mind with His words, spend more and more time with Him till you are abiding in His presence. The Lord is waiting for each one of us to do our part in the relationship. He already gave us His all. The ball is in our court. Accepting Him as your savior is just the first step. So many Christians stop there and then just live their life with one foot in the world and one foot in the church and never give Him their ALL. I was in that space for 8 to 9 years before my eyes were opened. Move yourself from being a carnal Christian to being a spiritual Christian.

12. **One of your children is a pastor. Have many of your kids continued to live their lives consistent with the teachings of the Bible?** Six of my seven children are saved and love the Lord and are raising their children to love the Lord our savior. I have a son and a son-in-law that are both pastors. One of my daughters is a praise and worship leader at her church. The other ones love the Lord and are very involved in their local church. I'm confident the one that isn't currently involved in the church will eventually come back to the Lord.

13. **You were raised by loving, religious, kind parents. Your ex-husband was abused during his childhood. Do many people become their parents – or can they break the cycle?** While some abused children do grow up and become abusive parents, and being abused as a child is a risk factor in the causation of continued abuse. Only about 30% fall into those intergenerational statistics. However, most abused children do not become abusive parents. I believe most abused children know how it felt and the bad memories it leaves you with and don't want to grow up and inflict that on their children. They long for that peaceful home life and want their children to grow up to have happy memories. Also, how a person acts is a choice. If everyone would choose love, peace, kindness and forgiveness, wow what a difference it would make in the world.

14. **What does your title mean?** Jesus said in Matthew 23:26 "Wash the inside of the Cup" I believe He was telling the religious people of that time. It's not just about religion. It's about a relationship with God. It's about changing your inner self to line up with His precepts. Don't just put on a outer show of religiosity while your heart is full of selfishness, greed, hypocrisy etc. The cup was referring to the person's life. It's all clean and shiny on the outside but the inside, representing the person's heart, was still full of evil. God wants us to be changed in our hearts where we reflect Him in our actions and choices.

15. **You wrote of some miracles – once about surviving a house fire and one of avoiding a major car accident. Did you believe there was Divine intervention taking place?** Absolutely, when your house is burning down and your sound asleep and a fire truck shows up at 4 a.m. in the morning and you ask the fireman who called it in, and the fireman tells you no one called it in some one up above was watching out for you. I would say that is divine intervention. The fireman told me my children had about 15 minutes and they would have all been dead. Only God can orchestrate a couple of simultaneous events that saved our lives. The fireman told me both events were a first in the history of that fire department. Praise God! If we only realized how much our father in heaven loves us, we would all be working towards a closer relationship with Him.
16. **You also wrote of having a powerful vision of seeing Jesus. What do you make of that incident all these years later?** First off, I still feel honored that the Lord would reveal Himself to me and let me see Him in His Glory. The message from that vision is just as relevant today as it was then. God wants our hearts and minds on Him not on the things of this world. When we do that, then He has no problem giving us everything this world has to offer. When we seek Him first, He gives us the best of both this world and His Kingdom.
17. **In your book, you say that you regret the times that you didn't listen to what God was telling you to do, but how would you know exactly what you were supposed to be doing in each situation?** There's a Bible verse that says, "My sheep hear/know my voice." When you know someone and are familiar with them you can recognize their voice even if you don't see them. And suppose that person tells you if you do this then this will happen or tells you to do this to prevent that from happening. And you know that person is always faithful to their word. Then it boils down to trust. If you do what they tell you then you trust them. If you don't do what they tell you then you don't really trust them. In my situations my flesh would get in the way sometimes and lead me by my limited thinking instead of me just blindly stepping out in trust. God knows the future and knows the plans he has for us. His plans are always for our good bringing hope for our future. That's why in the book I said something inside of me still needed a lot more washing to get me out of the equation.
18. **Was it a cathartic process to write this book?** No, I don't think I had any emotions in me that needed to be released. I do believe going back in my mind to those days brought back the memory of the hurt and pain even causing me to cry and to have some anxiety just thinking about it. Which I gladly cast over onto the Lord. At the same time not all the memories are bad ones. My close relationship with the Lord was then and will always be something very good that came out of all of that. Also, I have 7 beautiful children. When Samuel was young, he asked me one day if I regretted marrying dad. I looked him in the eye and said, I have you and your brothers and sisters and that's made it worth it all. God's word tells us to forget the past, He tells us this for a reason and I believe that reason is because he wants us to focus on Him and the future, and what he has ahead for us.

19. **What advice do you have for women who find themselves in a bad, if not violent, marriage?** I know there are way more women in bad marriages than most people realize. I would never recommend staying in an abusive marriage, but each person must make that decision for themselves. An abusive spouse will try to rob you of your joy and peace and happiness, and you find yourself wondering why, why me. We may never know the answer to why. So, the real question is, what do you do when you don't know why. That is a question you can choose the answer to, regardless of what situation you're in, I would recommend turning to the Lord with all of your heart because in Him is where real life is and no one can take that away from you. No one can take away your relationship with Christ because it's in your heart and soul.
20. **How do you hope to inspire other women to both strengthen their bonds of faith and to take steps to live a life free from monsters who try to twistedly turn the teachings of the Bible against these loving, innocent women?** For women presently in a physically abusive marriage, do not leave yourself or children in a dangerous situation. Reach out to your family or a local shelter. Find someone that you can confide in. The National Domestic Violence Hotline is 800-799-7233. If he gets help you can always get back with him later. For those women who are in a marriage with verbal and mental abuse and have chosen to stay in the marriage. Go to Gods word and find out what he says about you then start renewing your mind. Start seeking God with all of your heart so you can rise above the abuse. Cry out to your Father in Heaven He sees your pain and hears you. For those women who are not married yet. Be very careful who you say "I do."

First and foremost, make sure you marry a real Christian, not just someone saying they are a Christian or acting like they are a Christian just to get you to like them. Look for a man that has a relationship with Jesus and at the same time be preparing yourself to be all that God wants you to be. The answer to 1001 questions is "Be led by God's Spirit" Find that peace in your heart and mind and in the quietness listen for His voice. No one on this earth can give better advice than He can and no one on this earth loves and cares more about you than He does.

Sample 5-Star Amazon Book Reviews

5.0 out of 5 stars Highly Recommend.

This is a very powerful and inspiring story. Appreciate the author for sharing her personal testimony. It's a book that you should read to help with strengthening your faith. Highly recommend!

5.0 out of 5 stars Seek a deeper relationship with the Lord and experience His presence—this book is your guide.

This book is an absolute gem! It's a powerful and inspiring account of the Holy Spirit's incredible work in the life of a believer fully surrendered to God. From heart-wrenching challenges to divine interventions, the story of a young woman who finds strength and peace through her unwavering faith is truly captivating. Each page is filled with real-life experiences and manifestations of the Spirit's gifts, making it impossible to put down.

What stands out is the profound transformation the author undergoes, showing how faith and complete surrender can lead to unimaginable blessings and perfect peace. The vivid accounts of divine protection, guidance, and the vision she receives are nothing short of miraculous.

If you're seeking a deeper relationship with the Lord and longing to experience His presence in a personal way, this book is your guide. It's a heartfelt invitation to wash the inside of your cup and let the river of His grace flow into your life. Don't wait any longer—start seeking Him today and witness the miracles unfold! This book is a must-read for anyone yearning for a closer walk with God.

5.0 out of 5 stars Washing The Inside Of The Cup

I could sense the anointing of God on this book. It was really good. It was very inspirational and is going to help a lot of people wanting to have a deeper relationship with God. It will also help Christians realize that God never said bad things won't happen to us instead just like Psalms 112:7 says we will have no fear of evil tidings/bad news because our heart is fixed trusting in the Lord. This book is going to be a #1 best seller.

5.0 out of 5 stars This book is uplifting and inspiring for others seeking spiritual growth and guidance.

Washing the Inside of the Cup has positively influenced my spiritual journey. It is commendable to read the evident fruit in the author's life and will serve as a source of encouragement and support in your walk with God as well. Thank you Cheryl for being so bold and stepping out in faith to share this experience.

Selected Excerpts

Bad Marriage

When I was in my early twenties, I married and found myself in an environment that was the complete opposite of how I was raised. This new environment was physically, mentally, verbally, emotionally, and spiritually abusive, with constant chaos and strife. Now instead of being praised for everything, I was treated like I couldn't do anything right. I didn't cough right; I didn't clap right.

I was shut down when I tried to talk. I felt like I had to walk on egg-shells, and nothing I did was good enough. Compared to how I was raised, I thought I was in hell (a place of torment). I think I was actually in shock; I didn't know that people like that even existed. I told my husband the way he treated me, and then eventually our children, wasn't right. In reply, he would say things like, "this is the way I was raised, and I don't see anything wrong with it." He thought arguing and fighting every day was normal in marriages. After meeting his family, I realized that was the way he had been raised/treated, and he didn't know any other way. I cried daily for

Seeking Answers From Her Faith

Early on in the marriage, I was faced with two decisions: it was either divorce, which I was raised was wrong. First Corinthians 7:10 says that the wife should not leave her husband or choose to give it to the Lord. At that time, I chose to turn to the Lord because I so wanted to be obedient to my Father in heaven. So. I started crying out to God like never before. Overtime, I could feel the Lord tugging at my heart, wanting more of me. I knew this meant a complete surrender of my heart. (Isn't that just like the Lord? we cry out to Him about our situation or about someone else, and He turns it and says,

"Let's look at your heart." God knows we can't change another person no matter how much we pray or cry. But we can change ourselves.) My flesh struggled with totally surrendering myself to God. But one day, when I was at work, I went outside on my lunch break, and I was walking around, crying out to the Lord, thinking that if He wanted my whole heart, I would give it to Him. I remember leaning up against the metal building. I slid down to a squatting position, and I spoke out loud, "If You want my whole heart, I surrender it to You!" Even though I had been born again for around eight to nine years at this time, that was the decision that moved me in to a river of grace.

From that moment on, it was as if the door I had been knocking on opened up (it was like an invisible barrier between me and the Lord had come down), and now His grace made seeking Him seem easy.

I put my spiritual eyes on Jesus, and I went after Him, memorizing His word every day. I kept a three-by-five card with verses on it and was pulling it out every few minutes and reading His word every spare moment I had.

Avoiding A Horrific Accident

One time, a few years ago, I was driving in my car and was coming back home from Ardmore, Oklahoma. When I entered on to Duncan Bypass, the Lord impressed on my heart to pray for protection on that road. So, I spoke out loud Psalm 91:11, "Lord, give your angels charge over me to keep me in all my ways that no evil come near me, and thank you for protecting me on this road." At the end of Duncan Bypass, the road intersects, and you have to change over to Highway 7. There is a stop sign there. And before I realized how close I was to it, it was too late for me to stop in time. I slammed on my breaks, and my car went right out into the middle of Highway 7 before it stopped. The Lord must have instantly switched me over into the spiritual realm because I saw several cars go right through my car. I was sitting there in the middle of the road, my mouth hanging open in amazement, trying to process what had just happened. Then all of a sudden, it was like an angel, at the front of the car, pushed the car back to the stop sign before more cars came flying through there. I marveled at what had just happened. I started crying and cried the rest of the way home. Only our amazing Father in heaven can save His child's life in such a miraculous way.

Husband Used Scripture Against Her

I say silent abuse because Phil was a real quiet guy and really never talked much to me. When I did file for divorce after twenty years, he was still like a stranger to me. He wouldn't let us discuss what was going on in our own home. In my marriage, I lived in silence and abuse. But on the inside, in my spirit, I was living an abundant life where my heart and mind were in perfect peace. Also, we home-schooled, and homeschoolers don't get out much around other people unless it's church or the home school group. My husband wouldn't let us have lasting friends. He always made up some excuse of why they couldn't be or stay in our lives. We figured it was because if they got to close to us, they would find out what he was like. He always ran everyone off somehow somehow. We were an ATI family, and that was all a show for him. I heard him tell the children to carry their Bible to church because it looked good. Phil would use scripture to spiritually abuse us, insisting that we be submissive to him, even on things that weren't right.

Many Incidents Of Physical Abuse

/Over the years, there were many incidents of major physical abuse. I will just list a few that stand out in my mind because just thinking about them causes me to start crying and brings up great anxiety in my heart. But please know, in spite of the abuse, the children and I walked with our God. He was our hope and our salvation.

And with His help, we rose above the abuse, and He brought us miraculously through many things. In between the physical abuse incidents, Phil would verbally and emotionally abuse us daily. The older children said they felt the verbal/mental abuse was even worse than the physical abuse. Looking back, I don't think he had the mental capacity to learn to be any other way. He seemed to lack the ability to be able to reason. His mother had given me his report cards for his first through fourth grade, and each year he had all Fs. He had flunked out of each grade but was pushed on through to the next grade anyways. His mom told me they didn't know what was wrong with him. He had some type of a learning disability.

Looking back, I think he was bipolar too because of his explosive anger. The children and I had learned to keep our distance from him. When he would come home from work, the children

would all run and give him a hug, and then they would scatter because we never knew which one of us, he was going to blow up at or what was going to trigger the next explosion. The three oldest children and I received most of the abuse.

Help Was Blocked

The doctor called me into his office and wanted to know how that happened. I told him my husband had been hitting on me. He said,

"You are not in a safe place. If that break had been half inch over, it would have paralyzed you." He told me I needed to look for another place for the children and myself. I didn't at that time because I had four children and wasn't working, and I had no idea where I would go or what I would do. I had not told my parents about all of the abuse. I don't know if it was pride or embarrassment, but I didn't want them to know how he treated us. I didn't want my parents to think bad about my husband. I told Phil he had broken one of the bones in my neck. He tried to say it must have happened when I was struggling to get away from him; therefore, it was my fault. He made a visit to the doctor to make sure the doctor wasn't going to report it to any authorities. I know that because the doctor told me that.

Anytime I tried to call the cops, he would grab the phone from me and browbeat me and threaten me by saying one of the elders at our church worked at the police department, and that would not be good if he found out. He did everything he could to keep other people from finding out how abusive he was.

Turning Life Around

Because of working, going to school, and taking care of seven children, I was not as steadfast on keeping my mind stayed on God as before. I still tried to keep my mind on Him, and I was still praying and reading my Bible, but it wasn't to the point where He was always on my mind like before. However, the effect of keeping my mind stayed on Him and blocking the things of this world from entering my mind for those twenty years lasted for another twenty-plus years. My mind stayed in perfect peace for forty-plus years. God continued to speak to me and give me a word of knowledge, speaking things that were to come, and giving me wisdom and insight. God's grace and favor last a lifetime. God's mercies are new every morning. When I was married the first time, my focus was on God and my family/children. After the divorce, my focus changed to my schooling and my job. I was forty-two years young, and I went two years to become an RN. Then I went two more years to receive my BSN, and then I went two more years to receive my MSN.

Keep Your Mind On God

I'm going to end this here. I'm telling you all this to let you know, it literally can be done, keeping your mind stayed on Him, walking in perfect peace, being led by the Spirit, being a pure vessel for Him to use to do His work on this earth, taking every thought captive, and abiding in Him. If you learn to listen and hear Him and then always obey, being a doer of His Word, He will always, always, always guide you on the right path and give you the desires of your heart along the way. Don't put a time limit on yourself or on God when seeking Him; it must be a lifelong endeavor.