

Chapter 1 : When an Ex Won't Leave You Alone!!

I will not leave you orphans, or fatherless, for though I leave you, yet I leave you this comfort, I will come to you. I will come speedily to you at my resurrection. I will come daily to you in my Spirit; in the tokens of his love, and visits of his grace.

And it can seem unreal that even after years, and even after moving on with new people, that narcissists will continue to make random contact with you. Shamelessly, out of the blue – As if nothing happened! As a result of reading this article I hope you understand that whether or not the narcissist leaves you alone actually has nothing to do with the narcissist – and it has everything to do with you. And that is a good thing – because it puts the power back where it needs to be. They are an energetic, psychic vandalism. Narcissistic abuse is a soul lesson – a soul contract. Soul contracts happen for our evolution, they occur in our life to bring forth the understanding and awakening we need, in order to evolve beyond who we were previously being. Sadly, in our world views we have been trained to be highly unconscious – which means not recognising that soul contracts and reasons for adversity exist. I know personally of many people some of these close friends who state that serious illnesses, including life-threatening cancer, was the best thing that happened to them because it woke them up. They dramatically changed their life in order to survive. They make major life-adjustments; things like forgiving people, leaving toxic relationships, and no longer treating their bodies abysmally with stress and poor nutrition etc. In other words they cleaned up their consciousness, their health and their previous emotional state dramatically. For many people myself included personal catharsis occurs when life can no longer go on as normal. We were seeking love, approval and security from outside of ourselves. Additionally, we were incredible hard on ourselves – critical, demanding and conditional. Co-dependents are strong people – we are usually capable and resourceful. We usually get back up again and keep doing what we were always doing – try harder. We were set fair and square on our behind with tortured emotions and a disintegrated life knowing something had to change. And this is when we can start evolving. Such is the connection to a narcissist. Because the gnawing inner screaming wounds of a broken child long ago discarded and divorced with no intention of ever reviving him or her back to health – feels unbearable. The narcissist opted for a False Self to take over – a fictitious character who is never appeased, never at peace and is an insatiable bottomless pit needing energy constantly – repeat top ups because any energy never holds and never durably satisfies. Like all addicts the narcissist is not fussy; quantity and instant gratification is the name of the game without emotional maturity or discernment. Any hit of narcissistic supply is better than none. So what that means, like any drug addict is, whoever will hand out narcissistic supply attention is a prime target. What constitutes wonderful narcissistic supply is: Good or bad it makes NO difference. Please, please understand this – if you are shattered, devastated and distraught this is A-Grade narcissistic supply. So many people want to believe that the narcissist is purposefully malicious. I have said before that narcissists are like crocodiles that pile lumps of meat under rocks for a future chew when supplies get low. Even if you are still emotionally hooked in the narcissist will often persist. You are still handing them energy, because they are sticking a psychic emotional hose into you and sucking your very life-force. And this fuels the narcissist up to keep tormenting and punishing you. Any of us who have been emotionally enmeshed into a narcissist – with our corresponding original traumas which are not yet healed – have felt this psychic drain and hook profusely. THAT is what needs to be broken and up-levelled beyond. There are two reasons – if you are still hurting – that a narcissist has let you go. I promise you this – if you are hurting the narcissist at some level feels it and will be compelled to keep delivering the silence. It is not true love. True love is only possible when we are whole enough to love ourselves first. True love is not possible with a narcissist because they have a shattered Inner Identity. I have seen on so many occasions the reality of how things play out energetically with NARP Members the people who work with up-levelling their original wounds. There are many times when a person heals and releases themselves from their original

wounds, which unconsciously led them into relationship with narcissist, where the narcissist makes one last ditch effort to connect – often out of the blue – and sometimes immediately. They have resolved and moved beyond the soul contract – meaning they have healed their original traumas that the narcissist was bringing to their attention via abuse. Soul contract fulfilled – evolution achieved. From Co-Parenting Nightmare to Major Breakthrough I have seen people co-parent successfully with narcissists after up-leveling. Absolutely – and I hope this gives many of you, who are struggling with this, hope. Jean, a NARP member, contacted me excitedly to let me know that things with her ex-husband and co-parenting was incredibly calm, and even respectful. He used to switch things around, do things with the kids to rile her up, and not honour boundaries and orders. She had let go of any of the charges on his antics, and he just stopped doing them. The major breakthrough happened when one day she was discussing on the phone something to do with the children, and she heard him speak to his new partner in the background exactly the same way he used to talk to her. The truth was she was no longer handed him narcissistic supply – the soul contract was fulfilled. She had healed all the parts of her that used to hold him responsible and be affected. This now meant he had to put his garbage onto another target that he was playing out evolutionary business with. Jean no longer relied on him to be a provider – that had been a huge hook for her in the past. She was beyond that and now generating security and wellbeing for herself and the children without any unhealthy dependencies on him. The greatest evolutionary work Jean had done in her subconscious was healing the fear of not being able to survive without him, and needing him to be the provider and protector of her and the kids. This is one of the many DNA survival programs that can make women incredibly susceptible to abusers. The truth was there was no more narcissistic supply to get from her, and narcissists will not act out and expend energy in acting out if there is no return for their invested energy. This was why he was not acting out with her in regard to the kids anymore. What would be the payoff for him? This is a path of disintegration rather than integration. It is the model of dissolve instead of evolve. The narcissist in her life represented her unhealed childhood wounds perfectly as they do. Bonnie had modelled with him exactly what her mother did – try to get approval and love and security from a person who had no intention of ever giving it to her. She had also pleaded, begged and declared her love. But it never did, it only made her panic more and try harder to win his love. Bonnie was doing all of the normal things we do when we are hooked on a narcissist who is delivering exactly what we need to heal, before we start healing it. At any time when Bonnie finally, finally summoned up enough strength to stay away and stop contacting him the panic and longing would persist. She was doing it tough – really tough. Her evolution lesson was not integrated. Her childhood wounds of not feeling worthy of love, and not being important enough to be loved were repeating with the perfect person to make these unconscious wounds conscious for her. Because these parts of her were not healed, why would her soul let go of this soul contract? Why on earth would he stop contacting her? Then the nightmare will end. Then he will move out of her experience. The Bottom Line It is so important to understand in narcissistic abuse that narcissists are catalysts. As children and as unconscious adults stuck in the emotional container of our unresolved wounds – we are powerless. We miss the evolution lesson and we stay snagged and connected in our traumas with the people who deliver them, replaying them over and over again. Even if the narcissist does discard us, or we manage to move on physically without our emotional resolution and evolution, we may still be on the hit list from time to time – or be on the permanent discard list – but none of that is really important. And, even if that abuser does physically completely move on – then another one will need to take their place. How it plays out is only the symptom of something so much deeper. What is vital to understand is that we may have had a breakdown experience without taking the breakthrough. In the case of Bonnie she missed it – as do so many people – the original wounds of being unimportant, emotionally neglected and abandoned and pushed aside in favour of others was never healed – as a result she stayed hooked, abused and sustaining the damage. Because all of these things are only catalysts – symptoms of the original unhealed wounds. Nothing gets healed if we try to deal with it at the symptom level. The agonies are the symptoms. The symptoms are a messenger of what we need to heal. Life is happening for us and not to us. I promise you – just like a serious

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illness trying to get your attention “ when you uplevel, when you no longer have original wounding chaining you energetically and emotionally to a narcissist on any level “ this person will no longer exist in your reality. Then you will want your freedom more than anything emotionally, figuratively and practically. Because you are too busy up-levelling and developing yourself and creating your own incredible life from the inside out. And when you create true love and approval with yourself from within, you will start generating and creating true, uplifting and soul-fulfilling relationships with all of life “ as an outpour of the relationship you have established with yourself. The narcissist sadly, is not on that frequency and never will be unless they took full responsibility, self-partnered and did the work on their own original traumas. They exist in another vibrational emotional Universe. I look forward to answer your comments and questions. Visited 54, times, 5 visits today The following two tabs change content below.

Chapter 2 : Leave Quotes - BrainyQuote

When you get alone with the Lord, ask Him to break you of your sinful self-dependence, and then cling to Him in your brokenness until He blesses you. When He breaks us and prevails over us, then He will allow us to prevail over our problems.

A strengthened form of pro; a preposition of direction; forward to, i. The person pronoun of the second person singular; thou. Our translators have rendered the word by "fatherless" in James 1: He thinks of them as His children whom He is leaving in the world comp. I will come to you. Pulpit Commentary Verse Though the disciples were his brethren, yet, as we have seen, he calls them John Surely he speaks of his own spiritual coming in the bestowment of the other Advocate, who, by being with them and in them, would prove to them, notwithstanding his own apparent departure, that he had come again in his glorious fullness of love. In the thought of the early Church the Lord was the Spirit: The Spirit was not only the Unity of the Father and the Son, the one Self-consciousness of both, but the one Consciousness of the Son of God and Son of man, the uniting Energy which represents the one Personality of the Christ, the Spirit-power which blends all the members of the mystical body with the Head. Throughout the Acts of the Apostles we see that all the great operations of the Holy Spirit are but the energies of the living, reigning Lord. Matthew Henry Commentary I will not leave you orphans, or fatherless, for though I leave you, yet I leave you this comfort, I will come to you. I will come speedily to you at my resurrection. I will come daily to you in my Spirit; in the tokens of his love, and visits of his grace. I will come certainly at the end of time. Those only that see Christ with an eye of faith, shall see him for ever: These mysteries will be fully known in heaven. It is a further act of grace, that they should know it, and have the comfort of it. And having them in our heads, we must keep them in our hearts and lives. The surest evidence of our love to Christ is, obedience to the laws of Christ. There are spiritual tokens of Christ and his love given to all believers. Where sincere love to Christ is in the heart, there will be obedience. Love will be a commanding, constraining principle; and where love is, duty follows from a principle of gratitude. God will not only love obedient believers, but he will take pleasure in loving them, will rest in love to them. He will be with them as his home. These privileges are confined to those whose faith worketh by love, and whose love to Jesus leads them to keep his commandments.

Chapter 3 : I Am Not Alone - Kari Jobe Lyrics KTIS

Song: Not Alone Artist: RED Album: Until We Have Faces Track: 6 Video by: Ethelia Jumper Lyrics: Slowly fading away You're lost and so afraid Where is the hope in a world so cold?

I mean, you know all the old jokes about the fellow who worked hard, was financially successful and proud of all his achievements in life. He told his wife to put all of his money in the coffin when he died so that he could take it and enjoy it in heaven. When he died, at the end of the funeral, his wife walked up; she carefully placed a huge box in the casket right beside him. Being in the presence of death has a way of teaching you an awful lot about life. But here it is: God says multiple times in the Bible, I will never leave you nor forsake you. That is the third promise. That third promise is the secret to life. I will never leave you nor forsake you. As Craig lay in that bed for several weeks and the news seemed to be getting worse instead of better, no answers were coming from the tests or the doctors, he and I talked. And we both knew full well that death was in the lobby just waiting to come in. One morning Craig shared with me what he had discovered the night before. I have a child on the way very soon, and it just became clear to me last night as I prayed to God: I have nothing but God right now. He holds my life. He holds the future. I can trust only him. When everything else is stripped away, when all the things we are attached to are gone, we discover that in the end, only God holds life. And his promise is certain. When all else is gone, there still is God. God is teaching us the only place for your trust is in him. Everything else will fade or let you down. He teaches us that over and over again in the Bible, because for some reason, we humans have a hard time getting it. Our tendency is to put our trust in things instead of Him. Notice how this Hebrews passage plainly links this promise-I will never leave you nor forsake you-to our attachment to stuff. I will never forsake you. You remember the example of the manna Exodus 16; Numbers God instructed the Israelites that he would supply their needs each day in the wilderness. So they hedged their bets. And to make his point, God allowed the unused manna to rot overnight, so that they had to learn to depend on him each and every day. I will never leave you, never forsake you. God is in control. He will never leave us or forsake us. The Bible is full of people just like that, just like the Israelites: They were convinced that they had life by the horns only to discover, too late often, that they had trusted in things rather than in God. And we do the very same thing. We accumulate stuff at an incredible rate. Possessions mean so much to us. We build extra garages for our cars and houses continue to expand. There are now 32, storage facilities in the United States, with something like 1. The more we have, the more we need, the more we have, the more we worry about it. When somebody asked John Rockefeller how much was enough, he said, "Just a little bit more. Life is not what you have. Keep your lives free from the love of money and be content with what you have. We trust pastors, we trust leaders, we trust role models. Trust in God-only in Him. Again, "I will never leave you nor forsake you. When you really get that promise, it changes your life. So I invite you to do three things with that promise. How plain does God have to make it to us humans? Two thousand three hundred and fifty verses in the Bible are devoted to money and possessions-more than any other subject-because God knows that we are far more likely to trust stuff and things than we are him. Just pick one verse. No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money. Detach from things and attach to God. Simplicity-fewer cars, smaller houses, less spending, less debt, fewer gadgets, lower lifestyles actually lead to more joy, not less. Notice how Hebrews Again, keep your lives free from the love of money. Be content with what you have. What can anyone do to me? Life is never again measured by what we have or who we know, because we know the One, the One who holds life, the One who holds the future, the One who provides. In his hospital bed, Craig learned that when everything else was stripped away, trust the promise and there you will find life. A few years ago, I was finishing seminary, and I was planning to pastor United Methodist churches for the rest of my ministry. An opportunity presented itself because of some excellent faculty members that I had studied with. It became possible for me to go to Yale to do a Ph. I had fallen in love with the Bible in

seminary. I loved reading the New Testament. I loved studying the scriptures. And only a few people a year were admitted to that doctoral program. And so we prayed about it, and we really believed that God was opening that door, so Anita and I walked through that door, and we moved our family to Connecticut. Teaching might be where we were headed-to teach at a seminary, perhaps in a college or maybe to return to the pulpit. We were nervous about how we were going to pay for this venture. A family of four, I was the only person in the program who was married with children. We were moving to one of the most expensive parts of the nation. We were nervous about whether I could perform. I mean, we were going to be studying and working with some of the sharpest people and some of the sharpest minds in the world. We were nervous about living in New England. We were going to be a 1, miles away from our family and friends-no NASCAR, no college football, no barbecue -and worst of all, no sweet tea! It took several weeks to diagnose, but I had a severe, acute case of ulcerative colitis. For the next two years, my doctors and I desperately tried anything and everything known, even experimental treatments. My weight went from pounds down to a stooped, pale, hunched pounds. One of my prescriptions was steroids, and the steroids were to strengthen my body and to give me energy and to help my body resist inflammation and to reduce the pain. But the steroids also transformed my personality, so that I had a much, much shorter temper, and I was not any fun to live with. Why in the world have we moved? Why in the world have we done this? Why has God called us to this? What is the point? This is what we get? For two long years, two long years worrying every day, any time that I stepped out of our apartment, wondering where the next bathroom was because I had no control over my intestines, wondering and worrying every day whether I could make it through that whole day without the cramping and the bleeding. Until about two years later, I finally had surgery to have my entire colon, my entire large intestine removed. I awoke in the hospital after the surgery, trying to wean my body off steroids and morphine for the pain at the same time. I had tubes coming out of every hole in my body plus a few new holes to boot; and I would wear a Ziploc bag, as I affectionately call it, in my midsection for the rest of my life. The fear was growing. I knew God had called us to this, but how could we possibly sustain it? Will I even live through this? What if I die? What will my wife do? What will my kids do?

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Chapter 4 : God's Promises for You: I Will Never Leave You nor Forsake You - Rev. Dr. Allen R. Hunt - ww

Deuteronomy ESV / 1, helpful votes Helpful Not Helpful. It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."

However, the more clear and direct you can be, the better. But remember, always be kind. Sooner or later, your ex will get the message. It is important to establish boundaries for yourself. You need to be confident in this situation, as your ex might be looking for hope that you want to get back together. This is the time to be firm because you really want them to get the message. This is not the time to argue or fight. You are merely communicating your boundaries. You may be tempted to go back into the relationship because you think you remember how good it felt to have somebody. **Get Back into a Relationship with an Ex?** This is especially true if you have been sexual with each other, or you feel sorry for the other person. My bf is an alcoholic, drug abuser and other things. Act like an adult and firmly end it. Her advice is priceless: You should not have to babysit your lover. By communicating firmly and directly, you are acting like an adult. This kind of behavior will lead your ex to increase their respect for you, and finally get the message that you are no longer interested in having a relationship with them. Are you in danger from your stalking Ex? Sometimes serious measures must be taken to free yourself from a troubled ex. Also, do you seem to get caught in an endless cycle of bad relationships? Check out this eBook my team wrote about dating.

Chapter 5 : ELEVATION WORSHIP - IN YOUR PRESENCE LYRICS

A great song by a great singer/songwriter. Jamey Johnson This is actually my first time making a video like this. I hope you enjoy it. No copyright infringement intended.

You realize that unless God comes through, you are not going to make it. It may be a personal problem, such as loneliness, guilt, anger, bitterness, or anxiety. It could be some life-dominating sin, such as alcohol, drugs, pornography, or gambling. In Genesis 32, Jacob faced that kind of crisis. He was returning to Canaan in obedience to God, but that meant he would have to face his brother, Esau, whom he had cheated 20 years before. Esau could easily wipe out everything that was of value to Jacob, including Jacob! What we have in mind is that God would somehow remove our problem or make our enemy go away. His plan had been that if Esau attacked one camp, Jacob in the other camp could escape. He was totally dependent on the Lord. The way God helps us is by breaking us of our inherent self-dependence so that we lean totally on Him. In that context, we can properly receive His blessings. All his life Jacob had been using God and people to get what he wanted for himself. When we submit to God, He blesses us. God must break us of our self-dependence so that He can bless us as we cling to Him in our brokenness. Brokenness is the path to blessing. It was a physical fight with physical injury inflicted on Jacob, and yet there were obvious spiritual lessons impressed on him through this unforgettable experience. It must have been terrifying for Jacob. He had sent ahead his elaborate gift of hundreds of animals. Then he tried to bed down for the night. Then Jacob went back alone for a final check, to make sure nothing had been left behind. Suddenly, out of the dark, a hand grabbed Jacob. Jacob must have just about had a heart attack! A bandit, trying to rob him? An assassin, sent by Esau? Instinctively, Jacob began to wrestle with this mysterious assailant, struggling for his very life. We need to be clear that God was the aggressor here. Jacob was defending himself. Some preachers develop this text as a fine example of wrestling all night in prayer with God. But that is not the lesson behind the struggle. All his life, Jacob had thought that Esau and Laban were his adversaries. He had struggled and schemed to get the blessings he thought these men were taking from him, blessings that God had promised to give him anyway. But now, at some point in the struggle, he discovers to his horror that none other than God was his adversary. Actually, Jacob was his own adversary; but God had to wrestle him into submission to reveal this to him. We think that the enemy, the problem, is out there. God, please take care of the problem for me. The problem is in me, my flesh, my sinful, selfish nature that dominates my life. So God has to reveal to me the power of my flesh before I can be delivered from it. Obviously, God could have crippled Jacob in the first minute of this contest. Why did He allow the match to go on all night long? A few minutes is enough. But Jacob kept at it all night! The Lord kept waiting to see if Jacob would surrender, but he kept fighting. At what point do you suppose Jacob recognized that his opponent was not a mere man? The flesh dies hard! Only God can tame it. Remember, the Lord never asks questions to gain information. He knew the answer. He wanted Jacob to confess not just his name, but his character. Part of the process of knowing God involves knowing ourselves. Until the Lord reveals that to us and He often has to do it through an all-night wrestling match! Before the Lord touched Jacob and crippled him, Jacob probably thought that the fight was pretty evenly matched. But then in one light touch, the Lord wiped Jacob out. Suddenly he saw that God was the lion and Jacob was the mouse. God had just been playing with him! Until God breaks us, so that we walk with a limp, we have a tendency to view Him as a benign old grandfather, nice to have around, but not very strong. Until that time, we view obedience to God as an option available to us. We choose our careers, our lifestyles, and our schedules, all centered around what will make us happy. God is a nice, harmless grandfather to have around when you need Him. Then the lion roars and in one easy swipe, He cripples us. We learn His awesome power. The frailty of our bodies should make us aware of our weakness and of our need to submit to God. I am weak and frail. You can either submit to Him and be blessed, or fight Him and suffer the consequences. Jacob could have gone that direction here. This shows that 2. God blesses us as we cling to Him in our brokenness. Often

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our greatest victories come out of the ashes of our greatest defeats. As soon as Jacob was crippled, he was able to hang on to the Lord for dear life. He had to cling to the Lord, and in clinging to the Lord in his brokenness, Jacob received the blessing he had been scheming to get all his life. We can see this in the life of Peter. He was the natural leader of the twelve, always the spokesman. On a few occasions, he even had the audacity to correct the Lord. The Lord had to allow Peter to go through that dark night of the soul so that, crippled in himself, Peter would cling to the Lord in his brokenness. The same is true in coming to Christ for salvation. Their pride blinds them to their great need before God. Andrew Bonar said that in the highlands of Scotland, sheep sometimes wander off among the rocky crags and get trapped on dangerous ledges. Finally, he ties a rope around his waist and goes over the edge to the rocky shelf and rescues the one that has strayed. He came to save sinners, not pretty good people. Sometimes God has to let you hit the bottom, where you see that you cannot do anything to save yourself. After the Lord asks Jacob his name and gives him a new name, Jacob asks the Lord to tell him His name. He wanted Jacob to think about it, because the answer would teach Jacob something about himself. I think that the Lord refused to tell Jacob His name because Jacob had the wrong motive in wanting to know. Jacob obviously knew that this was the Lord, as verse 30 shows. But the name reveals something about the Person. Even though he was now clinging to God, Jacob was prone to keep on using God as he always had done. But to keep Jacob submissive and seeking, the Lord refuses. The Lord is far above us, and while He graciously consents to reveal Himself to those who obey Him. John Clinging to God in our brokenness is the key to power with God and with others. When Jacob clings to the Lord and demands that He bless him, the Lord gives him a new name. To the Hebrews, the name reflects the character. So God, speaking prophetically, gives Jacob a new character: Instead of Jacob, he is to become Israel. Instead of supplanter, he is to become a prevailer. Both meanings are true: Jacob wrestled with God and prevailed in the sense of hanging on until God blessed him. But, first, God prevailed over Jacob by crippling his stubborn self-dependence. If we come into the proper relationship with God, of clinging to Him in our brokenness, then we have power with Him. We prevail with Him who has prevailed over us. And since God is over all, if we can prevail with Him, then we prevail over all others.

Chapter 6 : PRAYER Destroy My Enemies +SMITE EVIL +Stop Wicked

Upon His return to heaven, Jesus vowed the same thing to His grieving disciples, "No, I will not abandon you as orphansâ€"I will come to you" (John , NLT).

Chapter 7 : What Does the Bible Say About Being Alone?

Deuteronomy - And the LORD, he [it is] that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed. Deuteronomy - Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he [it is] that doth go.

Chapter 8 : 5 Reasons Why God Will Never Abandon You

He would not wait until you're ready to leave to finally step up his game (he will step it up long enough to reel you back in but then it is back to the same old negative behavior). If he actually loved you then his heart would weigh heavy on him when he knowingly and continuously brings you stress, unhappiness, and hurt.

Chapter 9 : Sade - By Your Side Lyrics | MetroLyrics

For I will not leave you until I have done what I have promised you." Do not be afraid of them, for I am with you to deliver you," declares the LORD.