

***You CAN get***

***Through IT!***

**Five Things You Need to  
Know About You!**



Dear Reader,

In the spring of 2016, I was overcome with a divine passion that directed me to start writing. This collection of inspirations, that I titled “*You CAN get Through IT! - The Five Things You Need to Know About You*”, is the result of that passion.

Little did I know at that time, that by the end of August 2016, I would be fighting Non-Hodgkin’s Lymphoma. The second time in my life I have had cancer. That was 6 years ago and I have been cancer free for 5 years.

The five things that I have put together here are now my saving grace. Had I not written these things down, I probably would not have remembered how important they are. Not to just surviving cancer, but to surviving life in general.

Every person on this earth must survive some turmoil in their lives. We all must overcome obstacles. Some are huge, like cancer, some not so huge. But, no matter what, they must be overcome. We all have the ability to do just that.

As you read this collection, please know that:

1. You can get through this!
2. You are not alone!
3. You can regain control!
4. You can overcome!
5. You are human!

May you be blessed and encouraged in some way through these words I have penned.

Cindy Lee  
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# **Five Things You Need to Know About You!**

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Scripture taken from the New King James Version

## #1 - You can get through this!

Whether you are struggling with addiction, depression, health issues, a financial crisis or just plain life, you can get through this.

What you need to do is REACH. Reach for what? Reach for a place of peace within yourself. Follow this REACH acrostic to see how you can get through this.

**R = Rely on God** – Although sometimes it seems that God is not present in our lives, He truly is. When we are in the midst of a crisis, it is hard to see God in it. But He is there, behind the scenes giving you the strength to get through another day, hour, or minute. When you think you can't take another breath, He fills your lungs, and you go on. Through the power of His son, Jesus Christ, we are all strengthened.

*I can do all things through Christ which strengthens me.*

*Philippians 4:13*

**E = Encourage others** - “I cried because I had no shoes until I met a man who had no feet” (old Persian Proverb). At a time when life may have dealt a bitter blow, looking outside of yourself is a way to see, and assess, exactly where you are. Take time to encourage others, to be an example for them. Letting them know that they can get through it, too. A gentle touch of your hand on someone who is also suffering in some way lets them know that they are not alone.

*Anxiety in the heart of man causes depression, but a good word makes it glad.*

*Proverbs 12:25*

**A = Always remember** – Remember that you are not alone. There are support groups for just about everything. Being isolated can intensify whatever crisis you are in, but others have been through it. Maybe a group is not right for you. Talk to a friend, a pastor, a counselor. Most importantly, know that the Lord is with you.

*Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.*

*Psalm 23:4*

**C = Cry** – Yes, just let it out. Sit down and have yourself a good cry. It has been medically proven to be a good thing. It relieves stress, lowers blood pressure, removes toxins, and means you are human. Remember there will come a time when there are no more tears.

*He will swallow up death forever, And the Lord God will wipe away tears from all faces; The rebuke of His people He will take away from all the earth; For the Lord has spoken.*

*Isaiah 25:8*

**H = Heal** – You have just come through something tumultuous. Whatever the crisis, you have gotten through it. Perhaps not with the outcome you had hoped, but you are past it. Give yourself time to heal. First and foremost, praise God who has brought you through. Seen or unseen, He was there. Then, do whatever it takes to move on. Forgive yourself, forgive others, be at peace with your decision, or accept your grief.

*Heal me, O Lord, and I shall be healed; Save me, and I shall be saved, For You are my praise.* *Jeremiah 17:14*

This may seem a little simplistic to some or like a daunting task to others. Give it a try anyway. The thing you need to know about you is that you can get through this!

**Other letters and what they mean to me.**

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## #2 – You are not alone

As you sit in the dark, overwhelmed with fear, anxiety, and thoughts that you can't seem to escape, you are not alone. God is there; in the shadows, He sees your pain. He knows you are broken. You may not feel Him; you may think He has forgotten you. He has not. You but need to turn your face to Him.

There have been days and nights in my life that were just like that. Then, in the clutches of addiction, suicidal thoughts passing through my mind and sobbing, I cried out, "God, help me, I can't do this anymore."

No, I did not have some great transfiguration. Nor did I realize what I had said in my moment of despair. But God heard me, nevertheless. He started the wheels in motion that led to my eventual sobriety. He pulled me from the miry clay as he did David.

*I waited patiently for the Lord and he inclined to me and heard my cry. He also brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my steps.*

*Psalms 40:1-2*

My steps were pre-established by the "Big Book." Of A.A., two of them are...

- I came to believe that a power greater than myself (God) could restore me to sanity.
- I made a decision to turn my will and life over to the care of God as I understand Him.

Yes, there are a total of twelve, but these two can turn around pretty much anything you are facing. These two reaffirm that you are not alone.

Get into your bible and you will find many, many who have been helped through the love and grace of God.

*As for God, His way is perfect; The word of the Lord is proven; He is a shield to all who trust in Him.*

*Psalm 18:30*

*But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"*

*Matthew 4:4 (Ref Deuteronomy 8:3)*

There are far too many instances of God's intervention and assistance to quote them all. However, take some time and start with these:

- Isaiah 38:1-5 (Hezekiah's life extended)
- Jeremiah 1:4-10 (Jeremiah is called)
- Judges 6:11 – 8:35 (The story of Gideon)

God also places people in our lives. Talk to them! You may be surprised at how much information you can glean by starting a simple conversation. More people than you can imagine have been through what you are going through. They may be able to refer you to someone who can help with your finances, tell you about a support group, perhaps recommend a doctor or an agency that specializes in your specific health concern. It isn't easy to talk to even a close friend about what is going on, but what a difference it can make when you realize you are not alone.

Are things random? Have you ever been facing something, took a few minutes to ask God for His help and then information becomes randomly available? You receive a junk e-mail, read a newspaper article, overhear a stranger in a grocery line, or get a piece of junk mail. These are all ways that God can work to give you direction. Random? I don't think so.

When you are as broken, as downtrodden, and as deep in the miry clay as you can possibly get, remember, you are not alone!

Speaking to the disciples, Jesus last words were

*"and lo, I am with you always, even to the end of the age."*

*Matthew 28:20b*

**Scriptures I get comfort from when I feel alone...**

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### #3 - You Can Regain Control

Every day we make choices. Some are fairly simple and of little consequence (ie: what to wear). Others are much larger, and the consequences can last for years (ie: what home to purchase).

What do choices have to do with regaining control? Control is all about your choices. The physical choices we make, what to wear or where to live, are not the only ones that govern our lives. It is the mental and emotional choices we make that can help us regain control.

When you make a conscious choice in life, then you regain control.

All of us have been faced with challenges in our lives. Challenges that may include having financial difficulties, physical and mental disabilities, loss of a loved one, issues on the job, a sudden unexpected change in circumstances, or being caught between the proverbial “rock and a hard place”, just to name a few. All these things create confusion and chaos in our lives. But God can remove the chaos and confusion.

*For God is not the author of confusion but of peace, as in all the churches of the saints.* *1 Corinthians 14:33*

In their letter to the Corinthians, Paul and Timothy write:

*And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.*

*Colossians 3:15*

Having suffered many years from bi-polar depression and Obsessive-Compulsive Disorder (OCD), I often allowed others to sway my choices and steer my thoughts. Telling me I couldn't do this or that because of these things. For a while I believed them and was basically a non-functioning human being. Against all advice of counselors and doctors, I decided I was tired of living on welfare and got a job. I made a conscience decision to change my circumstance. A conscience decision to change my thought pattern from what I was told I couldn't do to what I knew I could.

Yes, I was on medications and continue on them. But it was the change of mind that made the difference. Getting that job opened up a whole realm of possibilities. I regained control.

One of the most basic ways I was able to do that was through prayer. When my mind became overrun with negative, even morbid thoughts, I would stop myself and say a prayer. At the end of the day, I thanked God for getting me through whatever I had faced. My choice was to not let my mind take over and, in that way, I regained control.

*Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.*

*1 Thessalonians 5:16-18*

You have often heard it said that God works in mysterious ways. Mysterious to us? Yes. Mysterious to Him? No. More than once I have prayed for a specific circumstance, thinking God was not answering the prayer. Then, things would start falling into place in a way different from the direction I thought I needed to go in, but in a positive way none the less.

Several years ago, my husband and I were in a very bad financial situation. My prayer was to try to find a way out of the situation. My thought was that there would be some increase in income to change the situation. God had other plans. Through a referral from a friend, we found a lawyer who helped us navigate through a bankruptcy; we unloaded our “money pit” of a house and relocated to an entirely new area. It wasn’t an easy thing to do, and we procrastinated in doing it. Once we made the choice to do it, we knew it was the direction God wanted us to take. Everything fell into place including finding an apartment that we loved and could easily afford. God was and is the author of our peace. We regained control.

This type of thing has happened many times in my life and in the lives of those around me. Time and time again I have heard from others who have experienced the same “phenomena” in their lives. They regained control through prayer and choice.

This is not to say that there are certain things out of our control. If that’s the case, that is something we need to recognize. And, as hard as it may be, accept that fact. You don’t have to be happy about it. It may even cause anger. Maybe even resentment. That’s OK!

Is there something in your life causing chaos and confusion? Think about it. Where are your thoughts going? Every day in every way, our thoughts govern our choices. Are your thoughts being swayed by others telling you what you can't do or are you making a conscience choice to control your thoughts? Is your physical body telling you to give up? Make a conscience mental choice not to.

Life is tough. It beats us up. Connect to the Light of God through Christ. You can regain control!

*Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life."*

*John 8:12*

**Things I can Control...**

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**Things I Cannot Control**

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Throughout my writing and speaking, I continually talk about prayer as our “go to” in every situation. Maybe by now you are tired of hearing it, none the less, again I say pray. That is where you start.

*But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*

*Matthew 6:33-34*

Talk to God, tell Him about it. No formality needed, just tell Him about your pain and anguish. Although He sees your need, He wants to hear from you, His child. He wants to hold you in His right hand and soothe you. When you think you can't make it through another minute, close your eyes and feel His loving arms around you. Take a deep breath and breathe in the strength of His love.

That is how you start to overcome. With a love so pure and so deep we cannot even fathom its purity or depth. With His strength, you can begin the journey ahead.

*Ah Lord God! behold, thou hast made the heaven and the earth by thy great power and stretched out arm, and there is nothing too hard for thee:*

*Jeremiah 32:17*

Everything that ends started somewhere. From this starting point you can then travel the road to fully overcoming whatever it is you face. God will provide your need; he will deliver you from your situation. Maybe not today or tomorrow, but he will do it.

You may ask, “How can He deliver those who are suffering a terminal illness?” He will take them home to be in the presence of His eternal love through the salvation of Jesus Christ.

*And I heard a loud voice from heaven saying, “Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God. And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.”*

*Revelation 21:3-4*

Overcoming does not mean every horrible thing will go away, it means you take back your life and live every day knowing that “this too shall pass”.

*But those who wait on the Lord Shall renew their strength;  
They shall mount up with wings like eagles, They shall run and  
not be weary, They shall walk and not faint.*

*Isaiah 40:31*

And... don't forget to give yourself credit for what you've already overcome!

**What do I need to overcome?**

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**How can I overcome it?**

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**What have I already overcome?**

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## #5 - You Are Human

You are human. You already knew that I am sure. Do you know what that means though?

hu·man (ˈ(h)yoomən)

Adjective - of, relating to, or characteristic of people or human beings.

Noun - a human being, especially a person as distinguished from an animal or (in science fiction) an alien.

As an adjective, human refers to our characteristics. As a noun, we are distinguished from animals.

When you look at the two together you can surmise that what distinguishes us from animals is our characteristics. Humans have emotions, fears, frailties. We experience joy, anxiety, sympathy, empathy, love. We laugh, we cry, we nurture, we get angry, we feel sorrow, we respond to many stimuli.

None of us are superhuman, immune from being downtrodden by life. We must, from time to time, admit that we just can't take it anymore. When we are at the lowest point, we think we can be, that is when God bends down and picks us up.

As humans we also have something else, free will and sin, sin that is a result of having free will. Starting with Adam and Eve, none of us are without sin.

*for all have sinned and fall short of the glory of God,*

*Romans 3:23*

As humans, we do have a way out though, salvation through Jesus Christ. Through that salvation we have access to every tool in the universe, to combat every evil thing on this earth. Through salvation we have also conquered death.

*For the wages of sin is death, but the gift of God Is  
eternal life in Christ Jesus our Lord*

*Romans 6:23*

*For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.*  
John 3:16&17

Salvation is available for all of us. The road to salvation is already mapped out for us and it starts with the A, B, C's.

- A – Admit that you are a sinner
- B – Believe that Jesus is the Son of God, the savior
- C – Confess to that Jesus Christ is Lord

*That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved...For "whoever calls on the name of the Lord shall be saved."*  
Romans 10:9 & 13

We do not receive salvation through anything we can do but only through the grace that was given to us through Christ.

*Therefore do not be ashamed of the testimony of our Lord, ... who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began,*  
2 Timothy 1:8a & 9

How is this salvation received? Through a conversation with God. That may sound a little odd or intimidating, it is not. No eloquent words need to be spoken, no religious doctrine must be quoted, just the bowing of your head and opening of your heart.

***Dear Father, I ADMIT that I am a sinner and a broken human being. I BELIEVE in my heart that God raised Jesus from the dead. I CONFESS with my mouth that Jesus is Lord and ask you to come into my heart and save me from eternal death.  
Amen.***

With that simple prayer, all of heaven is rejoicing to receive you into the family of God and as a joint heir with Christ.

*The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.* Romans 8:16 & 17

With the salvation of Christ and power of God, you can do all I have written and more. You can endure what you never thought you could. You can get through this, you are not alone, you can regain control and you can overcome.

*for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.*

*Matthew 17:20b*

***But Jesus looked at them and said to them,  
“With men this is impossible, but with God all things are possible.”  
Matthew 19:26***

**Do I believe in the power of God to get through “IT”? \_\_\_\_\_**

**Because this is what he’s already done in my life...**

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**And, here’s what He’s going to handle next...**

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## In Conclusion

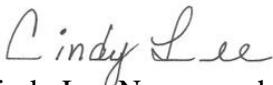
My hope is that you found some of these words to be useful in some way. My purpose was to let you know that no matter what others say, you are a child of God and, as such, you have value.

1. You are much stronger than you realize. With God at your side, you can do what you never thought you could.
2. You are loved by a God who was willing to sacrifice His son, Jesus, for you. He will not leave you or forsake you.
3. You don't have to let the world around you, or your own mind, control you. God is in control.
4. You can start on a path to overcoming whatever it is that plagues or haunts you. You do not have to be a victim, but instead, victorious.
5. You are a human, with all that it entails, including death. But death does not have to be permanent. Through the salvation of Christ, you have eternal life.

These are all things I have learned through many years of struggles and challenges, joys and achievements. It has been my privilege to share these thoughts and insights with you. Everything I have written has truly been God inspired. Without the gifts He has given me, none of these words would have ever been written

To God be the glory and honor, forever and ever.

Blessing to you always,



Cindy Lee Nonnemacher

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If you have enjoyed reading this little tome, please pass it on to someone else who may appreciate it as well. You never know who you may help by doing so.

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Cover photo by Cindy Lee Nonnemacher  
A tunnel through the mountains on the Pennsylvania Turnpike

# *You CAN get Through IT!*

## **Five Things You Need to Know About You!**

**You can get through this!** Whether you are struggling with addiction, depression, health issues, a financial crisis or just plain life, you can get through this.

**You are not alone!** These are all things I have been through and have overcome. But, I did not do it alone. God was with me, even when I couldn't feel His presence. He is with you, you are not alone.

**You can regain control!** When it seems like the merry-go-round you are on is spinning out of control, there is a way to bring it to a stop and get off, you can regain control.

**You can overcome!** Not just today, but every day, can be a better day. Taking one day at a time, one hour at a time or one minute at a time, you can overcome.

**You are human!** We are all subject to the frailties of being human. We have faults, fears, and frustrations. No one is immune to the blows that life can deliver. You are a unique individual and you are human.

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