

## BEYOND THE BROKEN HEALING LITANY

-I recognize there are parts of my life that are not what I would want them to be. I have experienced failures, disappointments, and setbacks, but I embrace the truth that I am bigger than my worst moment and stronger than the most horrible thing that ever happened to me.

-I acknowledge that there are parts of my-self that are wounded and broken. I have been hurt, disappointed, rejected, and scarred, but with God's help, I can move beyond the broken places in my mind, my heart and my spirit and live life as a healthy and whole person.

-I refuse to continue to stuff my disappointment, inadequacy, and hurt by using food, religion, alcohol, unhealthy relationships, shopping, cigarettes, or addiction of any kind to numb the pain that I feel.

-I will not hide in shame, shrink back in insecurity or mask my fears. Instead, I will hold fast to God's unchanging hand, and will not be afraid or embarrassed to reach out to sisters, family, friends or mental health professionals to get the help I need.

-I will speak my truth, thereby disarming the power of secrets and lies and free myself to live an authentic life. I remove the facade of "being fine" and release the burden of the perception of perfection.

-I will treat my sisters with greater compassion in recognition and honor of the undeniable truth that every woman has a story and none are exempt from suffering no matter how pretty her clothes, how fine her car or how much she seems to "have it all."

-I commit to a regime of self-care that includes eating well, exercise and proper rest because I understand that I cannot be a good mother, daughter, sister, friend, wife or woman of God if I am not healthy in mind, body and spirit.

-I renounce putting on a mask each morning under the assumption that it will make everyone more comfortable if I disguise myself. God desires my authenticity to influence the world at this time because I was born for a purpose. What happened to me is my history, not my purpose.

-I acknowledge that brokenness is a painful alternative route to freedom, if I choose to be free. By God's grace, the "breaking" I experienced avails the world to the fragrance that is me; no longer will I hide who I am. My essence is still intact and is now permeating the atmosphere because I was momentarily broken.

*Written by Lisa Kinsey and Sharisse Kimbro*