

*Sing, Gal, Sing,*



B A R B A R A C O X

*Sing, Gal, Sing,*



RELIANT  
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*Sing, Gal, Sing III*

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## *Contents*

Preface .....	9
Introduction.....	11
Unit 1 Trading in Shoes for Wings.....	19
1 Taming the Beast.....	21
2 Listening from the Heart.....	41
3 Touch of Love.....	47
4 Sweet Spirit .....	51
5 Windows of the Soul.....	55
Unit 2 Changing the Woman in the Mirror.....	61
1 Reflection of Truth.....	63
2 Living Life on Purpose .....	71
3 Voice of Grace .....	79
4 Sounds of Wisdom .....	85
5 Victorious Days .....	93

Unit 3	The Rose among Thorns.....	101
1	Abundant Life .....	103
2	Consuming Fire.....	109
3	Grasping for the Wind .....	115
4	The Manifestation.....	123
	Epilogue .....	129



## *Preface*

TO EVERYONE WHO reads this book, *Sing, Gal, Sing III: Imprints of Life*, I pray that you will be transformed into a more spiritual being. *Sing, Gal, Sing III* emphasizes on the steps that we take starting as a toddler! God has already laid a pathway to follow; however, we must acknowledge him in all that we do as he directs us. Our imprints of life are landmarks for us to follow into our next dimension. Each step that we take is ordered by God as we are being instructed by his spirit, (the Holy Spirit). God is a spirit, and we must be attentive to our invisible God as we interact and worship with him in spirit and truth. We must travel down a daily narrow path! This is a path that many are not willing to sacrifice and follow! But we must be obedient and surrender our lives to God. This narrow path does consist of obstacles that God will permit us to conquer through his strength. This path adheres of a willing and obedient servant: hearer and doer of the wisdom of God! Therefore, it is essential to hear

the voice of the highest God as he directs. It is imperative that one remains on the road to higher heights. One must stay in his or her designated lane and maintain control of the wheel, steering straight ahead and always keeping God first. Please remember that you are not traveling alone, even if you are a single individual. God is with you as a consuming fire removing everything out of your pathway. I would like to encourage you [the reader] to meditate daily on the word of God and pray constantly. For without God's word, you will feel empty. And we know that a vehicle cannot operate without fuel. We are the vehicles, and God's word is the fuel. There is power in his word as it is a lamp unto our feet and a light into our path. And the power of prayer is one way of communicating with the invisible God! Prayer is a commune with God in that secret place called the throne room (behind the veil)! I know that prayer works! Prayer changes things!

And I will pray with the father, and he shall give you another comforter, that he may abide with you forever; Even the Spirit of truth; whom the world cannot receive, because it seeth him not neither knowth him: but ye know him; for he dwelleth with you, and shall be in you. (John 14:16–17, KJV)

Howbeit when he the Spirit of truth, is come he will guide you into all truth; for he shall not speak of himself; but whatsoever he shall hear, that shall he speak and he will shew you things to come. (John 16:13, KJV)



## *Introduction*

AS I WALKED along life's sandy beach, I could see my imprints one by one as they appeared beneath me. The grains of sand rushed through my toes, tickling me as it brushed against my feet. Very sensitive my feet can be! Suddenly, I closed my eyes as the sand was whisked away into the air as the tiny, tiny particles painted my hair. The bright, golden ray of sunshine reflected on the earth's surface. As I walked, I could feel the warm, steamy, humid touch on the very sole of my cracked, dry, and chapped feet! What a feeling! Awesome! My feet kissed the sandy beach! Observing from a distance but within reach, I could see the blue, salty water met the edge of the beach; I was more so captivated by the vision of leaving behind imprints for my children, children, children to proceed! Ironically, I would only imagine that these impressions would lead them to greater heights and a land of prosperity. Unfortunately, these imprints would consist of paths with an obstacle course submerged with

leaps and bounds, ups and downs. Inevitably, they would face successes and failures. But failure is not an option! Faith, determination, and hope—these are the keys to endure one’s predestined journey.

As I recorded encounters in this book, *Sing, Gal, Sing III: Imprints of Life*, the markings will remain behind so others may see my struggles and victories. Thus, I am more than just a survivor but a conqueror, living life on purpose and loving it! Trading in my shoes for something far more than the naked eye could ever phantom. Literally, flying! Screaming transformation! (Soaring above the clouds and roaring from the depths of my heart). I referred to myself as a rose among life’s thorns strolling down this sandy beach of life. As I place my feet on the designated landmarks, I would no longer dwell on the sharp, dull, and painful parts of the rose thorns, but I would see the inner beauty. Just as a rose beholds intrinsic beauty, incredible, it does capture the beast of thorns. I, too, refused to be distracted by the thorns and lose sight of my rare beauty, a rose! I reside in the Rose City of Tyler, Texas, yet I was among thorns as I was rejected by many in this great city that did not see me as a rose! But God saw me as “fearfully and wonderfully made!” For God knew the plans that he had for my life. He knew the pain and suffering that I would undergo. He also knew the joyful moments that would occur after the rain vanished. It was these very endeavors that I would leave behind crumbs for other children of God to follow.

Therefore, I had to continue hearing the voice of God in order not to lead others astray. I had to be attentive to that still small voice to reveal the next imprint in the sand. As I continue my journey throughout life, I began to get a deeper revelation of these imprints in the sand of life. God showed me something so unperceivable! The prints were already there before my feet even touched the surfaces. Yes, the markings were already embedded in the sand. God was already present preparing the way for me! Once I said, “Yes, I surrender to you!” Then, God would direct me into the path of each imprint. God placed my feet strategically with each impression among the particles of the earth. As I obeyed the voice of God, he would instruct me on the next step which resulted in another imprint. He would direct me on a predestined path—a path that consists of imprints awaiting for me to take one step at a time. The imprints were hidden treasures revealed only through the Holy Spirit. God would allow me to see them through the supernatural eyes as he gave me insights of these imprints that were covered in the sand of life.

Acknowledge him in all they ways and he shall direct they path. (Ps. 23)

The steps of a good man are ordered by the Lord and he delights in his ways. Thou he fall, he shall not be utterly cast down for the Lord uphold him with his hand. (Ps. 37:23, KJV)

## I Am a Woman

As I am a woman that has ears to hear but I hear not?  
As I am a woman that has eyes to see yet I seek not?  
As I am a woman that has a tongue but speak not?  
As I am a woman that has a mouth but responds not?  
As I am a woman with hands but touched not?  
As I am a woman that has feet but traveled not?  
As I am a woman that has a heart but love not?  
But my ears must be open at all times to hear.  
My eyes must see beyond human thoughts.  
My tongue must utter the unknown.  
My mouth must recite wholesome gestures.  
My hands must stretch further as a healing component.  
My feet must be willing and ready to go.  
My heart must love unconditional.

For I am more than just a woman! I am a woman of God, and I must use my entire body (eyes, ears, tongue, hands, feet, and heart) to glorify him! The imprints that were before me would transform me into a woman with a heart like Christ. As I traveled the path consisting of these imprints, I began to exhibit a Christ-like mindset. I knew I had to be cautious of the words that I spoke into other's life. My feet could not just go anywhere. My hands could not be unclean but prepared to embrace others along the sandy beach. My heart had to be pure and ready to love at all times. My walk had to be filled with studying and meditating on God's word, praying as the Holy Spirit moved freely through me.

And, he said Go, and tell this people, Hear ye indeed, but understand not; and see ye indeed, but perceive not, Make the heart of this people fat, and make their ears heavy, and shut their eyes; and hear with their ears, and understand with their heart, and convert, and be healed. (Isa. 6:9–10)

#### Heart to Heart

Close my eyes Lord so I can see from my heart  
Cover my ears Lord so I can hear from my heart  
Shut my mouth Lord so I speak from my heart  
Oh, I need your spirit to flow into my heart  
So I can love the way you love from my heart.  
From my heart (heart to heart)

Close my eyes so I can see from my heart  
Cover my ears Lord so I can hear from my heart  
Shut my mouth Lord so I speak from my heart  
Oh, I need your spirit to flow into my heart  
So, I can love the way you love from my heart  
From my heart (heart to heart)

“Heart to Heart” was a song that God blessed me to write, as he directed me to use all my senses to be Christ-like. I would see, hear, feel, and love the way Christ does (from the heart). And my heart was full of love as God had brought me out of that horrible pit. For his own heart bleeds for me to be saved and no longer dwelling in that pitiful life. And therefore, I would live my life for him. I

would use every part of my body and every second of my life for him.

He brought me up also out of the horrible pit, out of the miry clay and set my feet upon a rock, and established my goings. And he put a new song in my mouth. (Ps. 40:2)

I, Barbara Cox, was that woman that he brought out!  
Out of the land of lack  
Out of the house of bondage  
Out of the valley of drought  
Out of the fiery furnace  
Out of the jaws of lion  
Out of Sodom and Gomorrah  
Out of the deep seas  
Out of the dark cave  
Out of the wilderness  
Out of slavery  
Out of a world of sin

Because I was brought out of darkness and he place my feet on a solid rock, I had to draw others to him. God said, "If the name of Jesus is lifted up, then it would draw all men unto him." So as he brought me out and showed me the trails to follow, I was grateful. Thus, I am that beacon used by God to write this book in anticipation that others would read it and run on for God. They would walk into their pathway that beholds their imprints of life. The book,

*Sing, Gal, Sing III: Imprints of Life*, enables the reader to walk away with a sense of assurance. The reader will become aware of imprints that are deposited in the sand of life. These prints are invisible and can only be revealed through the supernatural powers of the Holy Spirit. The readers will obtain a greater understanding and become more knowledgeable as their imprints are discovered through the Holy Spirit.

#### Imprints of Life

Do you see your imprints of life?

The imprints of life are only revealed as you are attentive and obedient to his voice.

The imprints of life are only revealed as you stand still and see the salvation of the Lord.

The imprints of life are only revealed as you follow God's commandments.

The imprints of life are only revealed as you adhere to the statue of God.

The imprints of life are only revealed as you accept God's call of duty.

The imprints of life are only revealed as you surrender to God.

The imprints of life are only revealed as you receive the promise of God.

The imprints of life are only revealed as you obtain the manifestation of God.

Do you see your imprints in the sand of life?

Imprints are basically roads for one to travel as directed by the spirit of God. Depending on how one listens and obeys God's voice will determine if these hidden markings are uncovered. Will you find your imprints? Listen to God and walk in your purpose! And stay on the right path that leads you to your divine destiny. Or, should I say, your imprints of life!

And he will teach us of his ways and we will walk in his path. (Isa. 2:3, KJV)

I will instruct thee and teach thee in the way which thou shalt go, I will guide thee with mine eye. (Ps. 32:8, KJV)

# UNIT 1

*Trading in Shoes for Wings*





## *Taming the Beast*

BEFORE I GET into the story, I must first share a testimony of the power behind the tongue! It was my tongue that had to speak life instead of death. As God directed my imprints back down the sandy road of Texas, it was during that season that I was blessed to sing on the stage in front of Dr. Bobby Jones in Nashville, Tennessee, in July 2013. However, I had an encounter prior to making the trip as my plane was canceled. Upon my arrival at Tyler Pounds Field Airport in Tyler, Texas, at 5:00 a.m., I, along with other passengers, were informed that our flight was canceled. I indicated that I had a stage—a real stage—on the *Dr. Bobby Jones Show* that awaited my arrival. I began to panic! Then the words of God entered my mind, “Be anxious for nothing!” *Oh, Lord, maybe I am too anxious!* I thought.

I picked up my luggage as my children and I, being very discouraged, walked out of the airport and got back in our vehicle. As I drove out of the parking lot of the airport, with tears rushing down my cheek, I began to pray. Then I heard that still small voice say, "Go back! Go back! Go back!" I recognized that voice, and I knew it was God for he always spoke to me. Without hesitation, I turned the car around and proceeded to go back into the airport. I gazed at my children and said, "We are going back, and I am going to fly to Nashville, and I am going to be on that stage in the name of Jesus!" It was that moment I decreed and declared that a seat on a plane would become available. I would indeed be on a plane flying to Nashville. Although my children never said a word, they too began to think we had the power to speak it! We ran back into the airport expecting a miracle. I would stand still and see a miracle perform right before my eyes as well as my children. I felt like Moses; I had to listen to the instructions of the spirit of the Lord as he told him, "Lift up your rod!" Then Moses and the children crossed over on dry land. I had to lift up the name of Jesus! I had to lift up my faith and believe that I too would cross over on dry land. I had to lift up my courage; be bold and speak as I would be on a plane leaving the city of Tyler bound for Nashville!

Although it seemed as if nothing was going to happen as I stood around in the lobby for approximately two hours, I paced the floor back and forth with tears rushing down

my face. I tried desperately to plea my case, as God would not allow me to give up; I dried up my tears, looked at the clock, and I spoke three simple words, "Holy Spirit, move!" I began to speak over and over again that I would make it on that stage in the name of Jesus. Finally, after going to the desk three times asking, "Please check to see if a flight is available for me. I got to be in Nashville at 3:00 p.m." The attendant replied, "Yes. there is one at Lovefield Airport in Dallas, Texas. but you will never make it in time." I responded, "Yes, I will in the name of Jesus, just book me on that flight." I ran out of the airport yelling, "I am going to make it in the name of Jesus!" I took my children home, which was only a few miles from the airport, kissed them good-bye, and drove to Dallas, Texas. I prayed in my heavenly language the whole entire way until I arrived in what seemed to be an hour. I quickly reached for my bag, locked my car, and ran yelling, "I got to make it to Nashville, please don't leave me!" As I handed my ticket to the attendant, he stated, "Ma'am, you have arrived just in time." But I continue to run through the runway until I was stopped by an officer. "Sorry, sir, I got to catch that flight," I stated. I began to walk extremely fast until the officer was not in sight; I began running again. Finally, I boarded the plane headed to Nashville, Tennessee. I called my children, "Thank God, I made it on the plane!" During my time on the plane, I could physically see God carrying the plane in his right hand. I could hear him say, "Don't worry, I got

you! For I will never leave you nor forsaken you. Let not your heart be trouble, neither let it be afraid.” And when the plane landed, I walked off the plane, as God had a taxi ready to escort me to my hotel. Later, after resting briefly, I was taken to my destiny. And when I walked on the stage before real people and as I looked into the audience—a real audience—I exhaled and spoke three simple words, “Holy Spirit, move!” It was at that instant that I saw the glory of God, and I felt his presences and embraced the Holy Spirit as he moved through me, singing my original song, “Anointing,” on *The Dr. Bobby Jones Matinee Show* in Nashville, Tennessee. God made room for one little old country black gal to take a flight on a plane that was initially “No Room”! But God! Thus, it was my tongue that spoke it and God performed it! Now, I had better “Sing, Gal, Sing” in Nashville, Tennessee!

Wait! I have another testimony that I must share before we can get to the story, I was directed by God to Mobile, Alabama, as I had my third concert there as well as my CD signing *Spirit and Truth* in the year of 2013. During my visit, I met a young girl who was experiencing some family conflicts, and she was not eating. As she sat in the sanctuary and heard me singing, she had an encounter with God. Following the service, she came to me and asked for my autograph. I was humbled and began to talk to her as she informed me that she was hungry. This made me think of the story in the book of Mark 5:38, as a little girl was dead

and Jesus brought her back to life. As the parents grieved their daughter's death, Jesus knew she would breathe again and brought her back to life. As she opened her eyes, Jesus told her parents, "Give her something to eat." God allowed me to lay hands on a little girl that was dead (spiritually), and he allowed me to speak life into her. "You shall breathe again! You shall live again!" So I took her into the kitchen, as a meal was already prepared for her. And she did eat, spiritually and physically! She sat next to me at the table to eat and talk more about her life as I proceeded to tell her more about God. Upon me leaving, God gave me the following song as he allowed me to leave an imprint in the state of Alabama through the eyes of a young girl whose life would never be the same. The title of the song, "Unchanged."

#### Unchanged

You come into this temple with hurt  
You come into this tabernacle with pain  
But you want leave  
You want leave no, no!  
You want leave the same  
You want leave unchanged  
You come into this temple with hurt  
You come into this tabernacle with pain  
But you want leave  
You want leave no, no!  
You want leave the same  
You want leave unchanged

There's got to be a change  
Unchanged!  
There's gonna be a change  
Unchanged!  
You came into this temple with hurt  
You came into this tabernacle with pain  
There's got to be a change  
There's gonna be a change  
There's gonna be a change  
There's got to be a change  
You come into this temple with hurt  
You come into this tabernacle with pain  
But, you want leave, "unchanged"

*Okay! Now let's get to the original story:*

My children and I settled back in the saddle of the Rose City after living in Georgia for a year. We moved in with my sister and her two children as my home was lease to own to a loving family. We were excited about seeing our family; however, we were a little reserved, as I would pray for the Lord to show me the next imprint that was definitely now on Texas soil. My daily routine was studying the word of God, going to the gym to work out and/or walking through my sister's neighborhood, as I was determined to be physically and spiritually fit. Thus being conscious of my calorie intake. I was always speaking things into existence and very aware of the words that came out of my mouth. I spoke words that built and not destroyed! Despite me feeling optimistic, impulsively,

I felt that I had stepped backward, as I had no intention of returning to the rural area of Texas. Although I knew this was God's plan, I could not help but feel a little anxious.

“Be anxious for nothing but through prayer and supplication make your request be made known” (Phil. 4:4, KJV).

#### ARE YOU READY FOR A NOW MOMENT?

I remember spending time thinking that I was not good enough to be a singer. I sometimes even spoke it out of my mouth! “I can't do it.” I was unaware that my tongue was the pen that wrote down every word that proceeded out of my mouth. My tongue recorded every detail on a notepad labeled, “My future!” I did not know that my tongue would indeed dictate my future endeavors. Was I good enough? Why did I think that I was not? Perhaps, because of what others thought of me! But what did I think of myself? Well, it was time for a *now* moment! I was going to change the way I thought of myself and the words that I spoke over my life, *now*! Are you ready for a *now* moment? I began to speak that *now*; the storm would cease in my life. I would no longer waver, being tossed around by the pessimistic words spoken into my life. I would live a moment of speaking things into existence, and they would occur *now*! God commanded the storms in my life to cease. So I too would speak to the storms, and the wind must obey! Why? Because I was a child of the God of the most High! You know, the one who

created the heavens and earth and everything in it! So the wind had to obey! I would not chase after the wind, but I would command it to obey! *Now*, I would use my voice to lift up God and cause others to enter in. Where? Enter into a place called Worship! I would no longer be like a chicken looking up at the other recording artists, thinking they were gigantic eagles and I was not. Why did I think that I had less than anyone else? I was a songwriter with an anointed voice from God! And all things from God are good! So I too must take flight! I must trade in my shoes for wings and soar high like an eagle. It is my *now* moment! I would face the wind, lift up my eagle-like wings, and command the wind to take flight! It was my *now* moment! *Now*, I would see the morning light and command the wind to take control. It was my time. I would lift up my wings as an eagle and *now* the wind would push me into my destiny. I would lift up my wings and proclaim the victory! I would lift up my wings as an eagle, and God would carry me into another dimension.

Whee! Wheee! I am soaring high in the blue radiant sky! It was indeed my *now* moment! Are you ready for your *now* moment?

- Change your mindset and believe you can soar into your next dimension
- Change your words and speak into your destiny
- Change your way of thinking and believe the power of your tongue

It is the way you see yourself. Use your tongue and speak,  
“Now!” I am going to take flight!

The next time someone speaks an unkind word into  
your ear.

Simply say *now!*

The next time someone says, “You can’t do it!”

Simply say, *now!*

The next time you feel like a failure.

Simply say, *now!*

The next time you began to see others’ accomplishments.

Simply say, *now!*

Don’t envy them! (Envy transforms into jealousy; hatred  
derives from jealousy)

Celebrate with them!

And then just say, this is my *now* moment!

In this chapter, “Taming the Beast,” that is utilizing the  
power of the tongue and being aware of the words spoken  
into the atmosphere is the first step to take flight. Taming  
the beast ( tongue) is imperative, as I was searching for the  
next imprint that God would place me as I had entered  
back on familiar grounds. Spoken words are essential! For  
it is those very words that have the power of life or death.

### SPEAK INTO YOUR DESTINY!

There once was a girl named Destiny, who wanted to see  
the world from the sky. She found herself always walking  
outside gazing at the birds, as she was intrigued by their

unique wings, and she was curious about their ability to fly. “I want to fly,” she said. “I will fly one day! I will fly up into the sky!” Day after day, she would watch the birds and attempted to model their behavior. She would practice their flight techniques. One day, she notice something very peculiar. The birds did not wear shoes. I will take off my shoes as well. So she took off her shoes and began to flip her arms as the birds did their wings. Over and over, again and again, she would flip her arms. She flapped her arms faster and faster, as she would see a vision that she was flying high above the clouds. She saw the top of her home and the blue sky as well as white fluffy clouds. The young girl believed that she was soaring higher than the mountains. Although her feet never left the ground, she would close her eyes and just imagine she was definitely flying. You see, in this story, the young girl, in the natural, was not flying. But in the supernatural, she could indeed fly. You see, “trading in shoes for wings” is just a mindset, meaning, a way of thinking. If you think you can and began to speak, God will perform it. The young girl’s father later took her on a trip in a hot air balloon. As the balloon took flight, the young girl began to flap her wings like a bird! But then she saw an eagle, and she was intrigued how he lifted his gigantic wings and permitted the wind to carry him. So she too lifted her wings and said, “I am flying! I am flying!” As her father noticed she did not have on shoes, he asked, “Where are your shoes, Destiny?” She replied, “I have traded in my shoes for wings!”

Did she not speak into her destiny?

Speak a Word

Did you speak a word of encouragement to yourself  
before you started out your day?  
Did you speak that same word to some else along way?  
Did you speak a word of faith into your atmosphere  
before you step into the pathway?  
Did you speak a word of compassion to your love  
ones as they started their day!  
Did you speak a word of faith to your children as  
they too must cross that same way?  
Did you speak a word today to give a stranger a  
helping hand along life's way?  
Did you speak a word to help the poor sustain their  
day?  
Did you speak a word to heal the sick and ease their  
pain on this day?  
Did you speak a word to assure others would make  
it through the day?  
Did you speak a word?

This poem, "Speak a Word," elaborates on how the taming of the tongue is necessary in building others. The poem indicates how taming the tongue (beast) will allow one to trade in their shoes for wings and take flight. The little girl began to speak, "I can fly!" and one day, she did indeed fly! She saw herself flying in the supernatural! Come with

me and let us soar above the highest mountain peaks. As I reiterate, this is a way of thinking as you attempt to control the words that come out of your mouth. For you cannot tame the tongue without the help of God and his Spirit. I constantly pray and ask God to put his words in my mouth. I had to speak optimistic words and encouraging words to my children, as it build them and brought harmony into our home. The atmosphere was transformed at the sound of wholesome words, as I observed my children speaking these same words to me and others. We must speak words that build a heart and not break it! We must speak words that cause elevation and not destructions!

Do not be rash with your mouth, And let not your heart utter anything hastily before God. For God is in heaven, let your words be few. For a dream comes through much activity. (Eccles. 5:2, KJV)

Walk prudently when you go to the house of God: and draw near to hear rather than to give the sacrifice of fools, for they do not know that they do evil. (Eccles. 5:1, KJV)

Do not let your mouth cause your flesh to sin. (Eccles. 5:6, KJV)

*Back to the story:*

As I continue my path, more imprints were unveiled. I had obtained favor from God and men. My daughter

completed high school at Robert E. Lee in Tyler, Texas, in 2013. Presently, she attends Tyler Junior College. My son was adjusting well to the middle school years at Stewart Middle School in Tyler, Texas. Remember, failure is not an option! Speak life not death into a child's life! Speak success into that child, not failure! Speak life even in a place where it seems as if things are not progressing! God will resurrect dead situations if only you believe, just as Ezekiel. God asked Ezekiel if he could make these dry bones live? Ezekiel had to believe in something that he could not see. He believe that dry bones would live. Did he not trade in his shoes for wings? Yes, he believe that he had faith that something that was once dead could now live. It is all about your faith walk. A level of faith needed is only the size of a mustard seed. You speak it, and God will perform it! You believe it, and God will provide the increase. And that is what happens—God performed miracles in our life! A very surprising yet miraculous imprint in the sandy beach of life appeared as my children, and I were blessed to move back into our beautiful home. After living with my sister for one year, I received a gift! It was as if God had held the home upon my return to Texas. I was so amazed when I received a phone call stating that my home was going to be vacated. The family made every effort to purchase the home; however, they were unable to do so. I drove to my home with tears flowing; I was going to be moving back into my beautiful home that God blessed me to build eight years

earlier. A home that I felt was no longer mine (I considered it dead). I embraced the family as they picked up all their belongings and left the estate. I laid in the floor of the home and cried out to God. I would have never thought about that, which I felt was dead had been resurrected. The home that I walked away from to depart to Georgia was waiting for my return. God would not allow me and my children to be displaced from that day forward! I knew from that moment, I must continue to use my tongue to speak “life” instead of “death”! For that which I thought was dead—my home—was resurrected.

#### I Will Use My Tongue

I will use my tongue to speak life and not death.  
I will use my tongue to speak things into existence.  
I will use my tongue to speak wisdom.  
I will use my tongue to speak wholesome words  
I will use my tongue not to murmur or complain  
I will use my tongue not to judge or condemn  
I will use my tongue to always express love, kindness,  
and compassion.

This was my vow unto God, as I would use my tongue for his glory! Come with me and let’s make this vow together for our tongue can block our blessings and cause someone else to stumble. We must allow God to bridle our tongue (tame the beast) than we will trade in our shoes for wings!

If any man among you seem to be religious, and bridled not his own tongue, but deceiveth his own heart, this man's religion is vain. (James 1:26, KJV)

My brethren, be not many masters, knowing that we shall receive the greater condemnation. For in many things we offend all. If any man offend not in word, the same is a perfect man, and able also to bridle the whole body. Behold we put bits in the horses' mouths, that they may obey us; and we turn about their whole body. Behold also the ships which though they be so great, and are driven of fierce winds yet are they turned about with a very small helm, whithersoever the governor listeth. Even so the tongue is a little member, and boasted great things. Behold, how great a matter a little fire kindleth! And the tongue is a fire, a world of iniquity: so is the tongue among our members, that it defileth the whole body, and setteth on the fire the course of nature; and it is set on fire of hell. For every kind of beasts, and of birds, and of serpents, and of things in the sea, is tamed and hath been tamed of mankind. But the tongue can no man tame; it is an unruly evil, full of deadly poison. Therewith bless God, even the Father and therewith curse we men, which are made after the similitude of God. Out of the same mouth proceedeth blessing and cursing. My brethren these things ought not so to be. Doth a fountain send forth at the same place sweet water and bitter? Can the fig tree, my brethren, bear olive

berries? Either a vine figs? So can no fountain both yield salt water and fresh? Who is a wise man and endowed with knowledge among you? Let him shew out of a good conversation his works with meekness of wisdom. But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth. This wisdom is descended not from above, but is earthly, sensual, devilish. For where envying and strife is, there is confusion and every evil work. But the wisdom that is from above is first pure then peaceable, gentle, and easy to be entreated, full of mercy and good fruits without partiality, and without hypocrisy. And the fruit of righteousness is sown in peace of them that make peace. (James 3:1–18, KJV)

Let no corrupt communication proceed out of your mouth but that which is good to the use of edifying that it may minister grace unto the hearers. (Eph. 4:29, KJV)

#### WHAT ARE YOU SAYING?

It was spoken words that raised Lazarus from the dead! Does that mean my words have the ability to build or destroy? The Lord says that we should say only things that are wholesome to build up the kingdom. God created us in his image; therefore, we must speak as he. For he spoke with compassion, love, and kindness. He was very considerate of others; empathetic, kindhearted, and displayed sympathy to

all. If we walk in the spirit, then we will not speak words that tear down. We must say words that build, uplift, encourage, enlighten, elevate, brighten, and motivate others. What are you saying?

“Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man” (Col. 4:6, KJV).

Your tongue must be used for God’s purpose. The meditation of your mouth must be pleasing to God. Let the words of thy mouth be utilized to exhort, edify, glorify, praise, worship, and pray. You must speak a word that can help direct someone to Christ. You must study the word for yourself to see your way through the path that God has directed for you—imprints of life.

“A man hath joy by the answers of his mouth and a word spoken in due season, how good is it. A good word maketh it glad” (Prov. 15:23, KJV).



The book of Proverbs warns us to hold our tongues and not say the first thing that comes into our minds. Our flesh is weak and often may permit one to say something that is not in aligned with the spirit of God. We must not allow our emotions to get the best of us, but take time to rest our minds before speaking. Maybe taking a ride or a stroll through the park during which time God will speak. Also, listening to

a spiritual song and meditating on the word of God before preceding to speak. Because once words are released into the atmosphere, they can hurt or destroy someone. As the unwholesome words are spoken, there is no way of taking them back, and the pain may last forever. Just as I, a young girl, was told to shut up, which caused me to cease from singing! I was told to cover that sound that came out of my mouth! So what did I do? I listened to the voice and stopped singing for years. I allowed the words to hinder me and block the flow of my praise! But God said, "Let everything that has breath, praise the Lord!" So I no longer permitted the words to scorn me. I no longer gave those words permission to hinder me!

A fool's wrath is presently known but a prudent man covereth shame. (Prov. 12:16, KJV)

He that keepeth his mouth keepeth his life; but he that openeth wide his lips shall have destruction. (Prov. 12:25, KJV)

A soft answer turneth away wrath; but grievous words stir up anger. The tongue of the wise used knowledge a right. But the mouth of fools poureth foolishness. (Prov. 15:1-2, KJV)

A wholesome tongue is a tree of life. (Prov. 15:4, KJV)

Pleasant words are as a honeycomb sweet to the soul, and health to the bones. (Prov. 16:24, KJV)

Who guards his mouth and tongue. Keeps his soul from troubles. (Prov. 21:23, KJV)

## REVIEW

This chapter addressed the sense of taste. The tongue is a very important organ, as its function is to allow us to taste our food. However, the tongue has another necessary feature in our lives. The tongue has the capability to express verbal language. The tongue is an essential component to a tasteful life. We must utilize the tongue to release words that build character in our children, family, and friends. Our tongues should comfort the sick, calm the feebleminded, speak life to a dying world, and tell of the good news to all nations and praise the Lord. The words that come out of our mouth can be used to take authority over the adversaries, thus allowing one to soar! Are you ready to fly first class? First, we must tame the tongue. Come on, sit back, fasten your seat belts as we fly, no *soar*! Don't forget to take off your shoes! Don't forget to allow God to tame that tongue! The mere words that roll off your tongue can build or destroy your thought process. This process may deter going from the natural to the supernatural. Use your tongue to speak words that are pleasing to God.

Wherefore laying aside all malice, and all guile, and hypocrisies, and envies and all evil speakings. (1 Pet. 2:1, KJV)

For he that love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile. (1 Pet. 3:10, KJV)

Only let your conversation be as it becometh the gospel of Christ: that whether I come and see you. Or else be absent, I may hear of your affairs, that ye stand fast in one spirit, with one mind striving together for the faith of the gospel. (Phil. 1:27, KJV)