

A close-up photograph of a pink flower, possibly a lily, with its petals and stamens visible. The flower is the central focus of the top half of the cover.

Forgiven

Healed

Restored

At Peace

Abundant Life:
Making Every Moment Count



Published: October 28th 2012

Author: Sheresha N. Russell

Biography

On August 11th 1980, Evangelist Sheresha Russell was born to Pastor Albert Lee Russell and Assistant Pastor Beverly Russell of Belhaven, North Carolina. As a young child, Evangelist Sheresha Russell served as a choir member, usher, and piano player at St. Riddick Missionary Baptist Church of Belhaven, NC.

At the age of eleven, Evangelist Sheresha Russell, felt the spirit lead her to the alter at St. Riddick Missionary Baptist church to request Baptism of the Holy Spirit. During the summer of 1991, Reverend James Harris of St. Riddick Missionary Baptist church baptized her at Mt. Eprew Baptist Church of Roper, NC.

Although, St. Riddick Missionary Baptist Church was her home church, Evangelist Sheresha Russell often attended Mt. Olive Pentecostal Holiness Church of Belhaven, NC under the leadership of Pastor Amos Wilson with her grandmother, Mrs. Christine Satterthwaite.

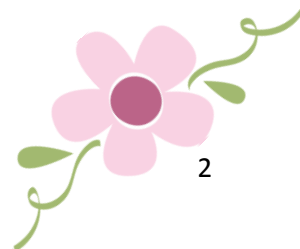
Evangelist Sheresha Russell, contributes most of her young spiritual and moral development to what she learned while at Mt. Olive Pentecostal Holiness Church with her grandmother.

As time went on, Evangelist Sheresha Russell left Belhaven to attend college at North Carolina A&T State University in 1998, where she obtained her Bachelors of Arts in Psychology in 2002 and a Masters of Arts in Special Education: Learning Disabilities in 2008. During her college years, she attended Mt. Zion Baptist Church of Greensboro, NC under the leadership of Bishop George Brooks. There, she attended and participated in many of the college ministry events.

In 2003, prior to Evangelist Sheresha Russell giving birth to her one and only daughter, Zaria Christine Russell, she began fellowshipping at the Church of Jesus Christ of Nazareth under the leadership of Pastor Lewis Brown in Greensboro, North Carolina. At the Church of Jesus Christ of Nazareth, Evangelist Sheresha Russell served as a watchman, Psalmist, and Prophetess. In 2004 at the Church of Jesus Christ of Nazareth, Evangelist Sheresha Russell gave her first sermon titled "Maintaining the Balance" which explored applying spiritual principles as a main focus of daily living.

Ordained by her home church Bread of Life Holiness Church of Scranton, NC under the leadership of her parents, Pastor Albert Lee Russell and Co-Pastor Beverly Russell and her Overseers, her uncle and aunt of Mt. Zinia #2 Church of Portsmouth, VA, Apostle William Satterthwaite and Apostle Rachel Satterthwaite, with the Chief Apostle, Kenneth Walker as their headship, Evangelist Sheresha Russell was ordained on August 14th 2011 as an Evangelist of the Nations.

Her Mission is to "Leave No Saint Behind"



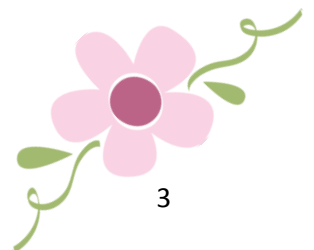
About the Ministry

Healing Hearts Restoration Center was founded by Evangelist Sheresha Russell on February 13th 2012 as a Christian-based, self-help organization that offers support and restoration to individuals suffering from Spiritual and Worldly distress.

Healing Hearts Restoration Center allows each individual to utilize the reflective approach to assess their situations spiritually and to determine if their circumstances are being controlled by self, the enemy, or by God.

As individuals begin the reflective restoration process, God will begin to:

- Draw them closer to Him through revealing His revelations through the scriptures
 - Mature them Spiritually
 - Impart His Wisdom to them so that they can apply it to their lives
 - Give them His vision for their lives
- And assure them that the NO weapon formed against them will EVER prosper



Personal Testimony

Healing Hearts Restoration Center was birthed after Evangelist Sheresha Russell had gone through a number of tests and trials from being a victim of domestic violence to a victim of heart disease to a victim of self anxiety...

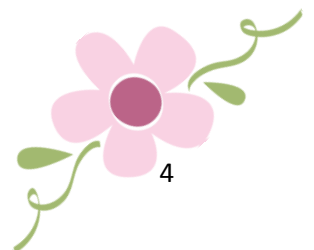
While crying out for help, God saw fit to deliver her from an abusive relationship and heal her from a heart condition called Paroxysmal supraventricular tachycardia (PSVT).

During the healing process, while being an active supporter of many ministries, the Lord revealed to Evangelist that not only did she have the gift of help, song, prophesying, and teaching, but she also had the gift of healing, through and by His Holy Spirit.

God spoke to her saying that “By your testimony, many will see that I am the True and Living God that delivered you from hurt and healed you from spiritual and worldly pain.”

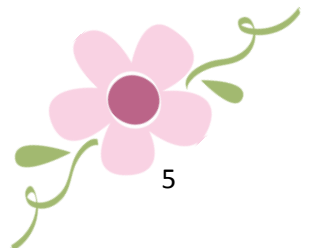
Evangelist Russell is dedicated to living and serving Christ according to the standards that He has placed on her life.

Be blessed, be healed, and receive ***Abundant Life*** in Christ Jesus today!!!



Dedication:

This book is dedicated to every mind, body, and divine spirit that reads this book in hopes that you will continue to live a LIFE that is Holy and acceptable to Christ, while receiving Abundant Life and Making Every Moment Count.



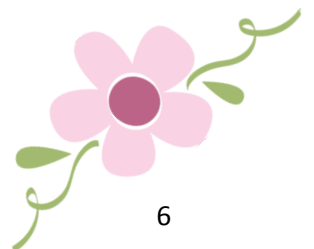
Preface:

John 15:15 From now on I call you not servants; for the servant knows not what his lord does: but I have called you friends; for all things that I have heard of my Father I have made known unto you.

JESUS CALLS US HIS FRIEND

As living vessels with free will, I believe that God is pleased when we choose to serve Him.

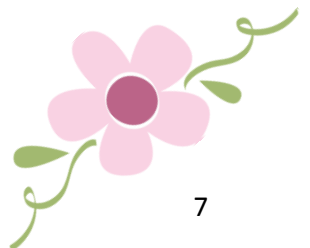
Living a life that is pleasing to God requires one to be obedient to receive ***Abundant Life***.



Abundant Life: Make Every Moment Count

Table of Content:

Life Is What You Make It	p.7
Let Your Yes, Be Your Yes	p.8
God Calls Us Mountain Movers	p.12
God Has Given Us Power	p.13
Speak Life	p.14
I Have Appointed You and Consecrated You	p.15
Reconciled In Christ	p.17
Be A Good Samaritan	p.18
Abundant Life Instructions	p.19
Who God Says I Am	p.20
Remain Humble	p.24
 Special Thanks From the Author	 p.25





John 10:10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

LIFE IS WHAT YOU MAKE IT

I have come to realize that the only way a thief can steal from one is if they take their eyes off of what belongs to them or if they fail to protect what is rightful theirs.

Inevitably, the thief desires to rob you of your belongings and kill your mind, body, and spirit, while destroying your total being.

A thief is a threat to your life, however, God has equipped us with His protection; the whole armour of God.

Ephesians 6:10-12 says, “Finally, my brethren, be strong in the Lord, and in the power of his might. ¹¹ Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. ¹² For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

Essentially, we have to be alert to our surroundings and total dependant on Christ to protect us from life threatening situations.

We are instructed in Ephesians ¹⁴ to stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; ¹⁵ And your feet shod with the preparation of the gospel of peace; ¹⁶ Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God: ¹⁸ Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

The only way to experience an abundant life of fullness and protection is to totally surrender to Christ. When you realize that you are not your own and accept Christ as your personal Lord and Saviour, your journey to ***Abundant Life*** will begin.

Prayer

Dear Lord, I choose today, now, at this very moment, to confess that I need your help. I desire to live a life that is full of purpose. God, I ask you to come into my heart and fill me with your love and Holy Spirit. God, strengthen me when I am weak. Correct me when I am wrong. Lord, discipline me to live a life that is pleasing to You. Shield, guide, and protect me as I offer my life to you in hopes to experience a more ***Abundant Life***. I thank you for hearing my request, in Jesus name I pray, Amen.



LET YOUR YES, BE YOUR YES

I Samuel 15:1-22 NIV (The Story of Saul as King)

15 Samuel said to Saul, “I am the one the LORD sent to anoint you king over his people Israel; so listen now to the message from the LORD. ² This is what the LORD Almighty says: ‘I will punish the Amalekites for what they did to Israel when they waylaid them as they came up from Egypt. ³ Now go, attack the Amalekites and totally destroy all that belongs to them. Do not spare them; put to death men and women, children and infants, cattle and sheep, camels and donkeys.’”

⁴ So Saul summoned the men and mustered them at Telaim—two hundred thousand foot soldiers and ten thousand from Judah. ⁵ Saul went to the city of Amalek and set an ambush in the ravine. ⁶ Then he said to the Kenites, “Go away, leave the Amalekites so that I do not destroy you along with them; for you showed kindness to all the Israelites when they came up out of Egypt.” So the Kenites moved away from the Amalekites.

⁷ Then Saul attacked the Amalekites all the way from Havilah to Shur, near the eastern border of Egypt. ⁸ He took Agag king of the Amalekites alive, and all his people he totally destroyed with the sword. ⁹ But Saul and the army spared Agag and the best of the sheep and cattle, the fat calves and lambs—everything that was good. These they were unwilling to destroy completely, but everything that was despised and weak they totally destroyed.

¹⁰ Then the word of the LORD came to Samuel: ¹¹ “I regret that I have made Saul king, because he has turned away from me and has not carried out my instructions.” Samuel was angry, and he cried out to the LORD all that night.

¹² Early in the morning Samuel got up and went to meet Saul, but he was told, “Saul has gone to Carmel. There he has set up a monument in his own honor and has turned and gone on down to Gilgal.”

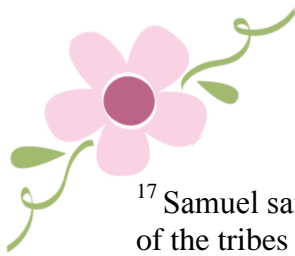
¹³ When Samuel reached him, Saul said, “The LORD bless you! I have carried out the LORD’s instructions.”

¹⁴ But Samuel said, “What then is this bleating of sheep in my ears? What is this lowing of cattle that I hear?”

¹⁵ Saul answered, “The soldiers brought them from the Amalekites; they spared the best of the sheep and cattle to sacrifice to the LORD your God, but we totally destroyed the rest.”

¹⁶ “Enough!” Samuel said to Saul. “Let me tell you what the LORD said to me last night.”

“Tell me,” Saul replied.



¹⁷ Samuel said, “Although you were once small in your own eyes, did you not become the head of the tribes of Israel? The LORD anointed you king over Israel. ¹⁸ And he sent you on a mission, saying, ‘Go and completely destroy those wicked people, the Amalekites; wage war against them until you have wiped them out.’ ¹⁹ Why did you not obey the LORD? Why did you pounce on the plunder and do evil in the eyes of the LORD?”

²⁰ “But I did obey the LORD,” Saul said. “I went on the mission the LORD assigned me. I completely destroyed the Amalekites and brought back Agag their king. ²¹ The soldiers took sheep and cattle from the plunder, the best of what was devoted to God, in order to sacrifice them to the LORD your God at Gilgal.”

²² But Samuel replied:

“Does the LORD delight in burnt offerings and sacrifices
as much as in obeying the LORD?
To obey is better than sacrifice,
and to heed is better than the fat of rams.
²³ For rebellion is like the sin of divination,
and arrogance like the evil of idolatry.
Because you have rejected the word of the LORD,
he has rejected you as king.”

Obey: to comply with or follow the commands, restrictions, wishes, or instructions of....in other words, my answer to you Lord is yes, yes I will do what you say.

Sacrifice: an offering to God or to devote something of value.

When God orders us to do something, he expects us to say yes and carry out what He has requested of us in its' whole entirety. We serve an all seeing and all knowing God, all powerful in His ways. He knows already when we are going to obey Him and when we are going to disobey Him.

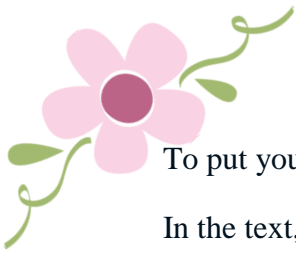
In this story, God gave the people just what they wanted, a King to rule over them, when they already had God.

Who is above the Lord our God? Not any man or deity....no one is above God...

Often we place ourselves in predicaments where we are asking God for the same things over and over again as if He did not hear us the first time until eventually...He gives us exactly what we asked for.

We do not know what is best for us, only God does.

The bible tells us in Psalm 146:3 Do not put your trust in princes, in mortal men, who cannot save. In other words, Do not put your confidence in man because man can help you....



To put your trust in man and not God is telling God that He is not who He is (all POWERFUL).

In the text, Saul took the position as King but in taking the position...he took matters into his own hands, disobeying the instructions of God....

God said destroy ALL.....Saul destroyed some but spared others....

When God puts you on assignment people of God, He wants you to complete the task as He instructed, not as you deemed necessary....

It is time to stop interfering with God's work.

Verse 12 tells us that Saul went to set up a monument in honor of himself....

God does not want us to glorify ourselves but glorify Him by obeying Him.

To do what God tells you is worth more than anything you can ever offer him.

Let your sacrificial offering be obedience!!!!

Let your yes, be your yes!



GOD CALLS US MOUNTAIN MOVERS

MARK 11:23 ²³For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

MATTHEW 17:20 ²⁰And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

MATTHEW 21:21 ²¹Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done.

It's time to move some mountain!!!

Within the 3 scriptures of focus, you find that all 3 scriptures contain the same focal points.

Those who believe and not doubt shall be able to speak to mountains, mountains meaning obstacles, and the mountains or obstacles must be removed.

In studying the context of Jesus' response to the people who were in shock or amazement of the results of Jesus speaking and miraculous things occurring, Jesus tells the people, if you have faith.

Faith meaning, faith in Him, believing in Him to be the Son of God, then if we only trusted His Words which came to life....we as Believers could possess the same authority....

So many times people get caught up receiving the words of Man and fail to receive the Word of God...

Often people get caught up speaking things into existence or receiving things that God has not granted them permission to have and find themselves in quite a bit of trouble....

God has given us all Power through Him.

Power being an action word.....speaking being an action word....

In the context of the scripture in Jesus tells us to exercise the Power that He has given us and speak to our mountains or situations and **MOVE THEM**.



GOD HAS GIVEN US POWER

God has given us all Power, through and by the Holy Spirit to speak **those things** that are not, as **though they** are. (Romans 4:17)

God wants us to activate our Faith in Him to cause a shift in our lives and the lives of those that we encounter.

However, to activate and utilize the Power of Jesus Christ, you have to be in right standings with Him, for the Bible declares in Revelations Chapter 3 that God knows if we are hot or cold and we are warned about being lukewarm being told that if we are lukewarm or in other words straddling the fence...that He will spew us out of His mouth.....

He will vomit us out....

He will rid Himself of us, having nothing to do with us....

To disobey is to reject God....

To reject God is to lose Power...

Realize the POWER that God has given you with through and by His Holy Spirit. The Bible says at the Name of JESUS, demons must flee...call on Him to Help you and call on Him to fight your battles. STOP trying to do things without Him because every time you will be defeated until you choose to SURRENDER!!!!

<<<FAILURE IS NOT AN OPTION, my friends, we were born to SURVIVE in CHRIST>>>

Obtain ***Abundant Life*** and Power today.



SPEAK LIFE

Proverbs 18:21, knowing that the power of life and death is in the tongue

I Encourage YOU TODAY TO: Speak to that sickness and declare your healing.

I CHALLENGE YOU TO: Speak to BONDAGE and declare your freedom.

I CHALLENGE YOU TO: Speak to your Mind and Say, PEACE be still.

I CHALLENGE YOU TO: Speak to debt and declare OVERFLOW.

I CHALLENGE YOU TO: SPEAK LIFE into that DEAD situation you're facing.

I CHALLENGE YOU TO: ENCOURAGE and UPLIFT someone today.

I CHALLENGE YOU TO: Stand in the mirror and DECLARE TO YOUR FLESH THAT YOU ARE A CHILD OF GOD WHO WILL "OBEY AND LIVE HOLY".



I HAVE APPOINTED YOU & CONSECRATED YOU

Jeremiah Chapter 1 Beginning at Verse 4

4Now the word of the LORD came to me saying,

5“Before I formed you in the womb I knew you,
God says before you were born, created, or even thought about by your mother and father, I
knew you....

God said I knew you because I have you on my mind and what I have on my mind I create.....as
I produced light, before I ever produced the Sun....

I produced you in a thought, then I produced you in the spirit and flesh.....

So you may ask, how do you know after God thought of me, He created my spirit and not my
flesh first.....and the answer is the same way God sent His Word 1st with his Word containing
His spirit then the Bible says His Word became flesh....Gods Word is His thoughts and because
He thought of you 1st, that’s how you know after you were thought of He put His spirit in you
and then created the flesh.....

God goes on to tell Jeremiah that before Jeremiah was born He consecrated him

God say before you were born my child I consecrated you meaning I set you apart a special
purpose....I set you apart and have declare the assignment of your life to be divine and sacred....

God says I have appointed you a prophet to the nations.”

I have chosen you as a prophet

To understand your assignment as a prophet, you must understand and know your identity in the
name that God has given you

Jeremiah began to say I don’t know how to speak

How many of you know that whatever you don’t know how to do, God will instruct you on how
to do the task He has told you to do

Where ever I tell you to go, go....even if it is uncomfortable

Whatever I tell you to speak, speak, even if it turns people against you

Do what thus says the Lord, because I am the only one that you are required to answer to



So God stretched out His hands and touched Jeremiah's mouth saying I have put My words in your Mouth and I have appointed you

There God goes again say, I have equipped you with all that you need.....and all that you need is Me....for I have chosen you to fulfill this assignment

To pluck up and to break down,

To destroy and to overthrow,

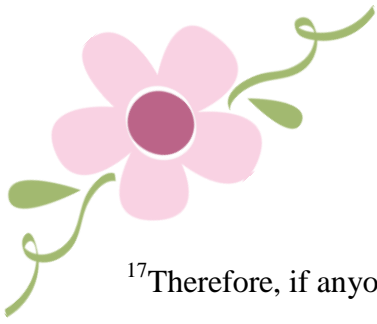
To build and to plant.”

God says I have chosen you to be my Prophet.

To be my Prophet you have to understand the position that I have placed you in, I have positioned you to speak what thus says the Lord and in order to speak what thus says the Lord you have to know My Word and By knowing My Word you know me and By knowing Me, you Know my voice, so that you may be able to distinguish between that which is Me and that which is not Me.

The Bible says in John chapter 10:**27** My sheep hear my voice, and I know them, and they follow Me: Meaning that God's sheep are in fine tune with Him, through unceasing disciplines of Studying, Praying, Fasting, and Consistently building a relationship with Him that it is so personal that if the enemy even dared to interfere, that the Holy spirit would rise up with that boldness that only Jesus can give to speak what thus says the Lord and Stand on that.

Know that you have been consecrated and approved to speak ***Abundant Life*** and live and ***Abundant Life***.



RECONCILED IN CHRIST

2 Corinthians 5:17-21

¹⁷Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

If we are in Christ then we are washed, cleansed, and purged of all unrighteousness. We are made new from our sinful ways.

¹⁸All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation:

God gave His only begotten Son so that we may have life and *LIFE MORE ABUNDANTLY*. We are heirs to His throne and justified/reconciled by His sacrifice.

¹⁹that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation.

If God can wash us of our sins and give us new beginning, then we should not hold others accountable for their sins. Our responsibility is not to judge or condemn but lead and guide based on the Word and our lifestyles.

²⁰We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.

We saints are representative of God; we are to set the examples for sinners to follow. Be at peace and confident in who God has called us to be. Forgive and make peace with those who you have warfare with.

²¹God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

God made Jesus for us so that we MIGHT become the righteousness of Him. Here God gives us a choice.

Will you submit to Him to be reconciled????

To Be Reconciled in Christ is to Receive Abundant Life!



BE A GOOD SAMARITAN

Luke 10:25-37

²⁵ On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?”

²⁶ “What is written in the Law?” he replied. “How do you read it?”

²⁷ He answered, “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; and, ‘Love your neighbor as yourself.’”

²⁸ “You have answered correctly,” Jesus replied. “Do this and you will live.”

²⁹ But he wanted to justify himself, so he asked Jesus, “And who is my neighbor?”

³⁰ In reply Jesus said: “A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. ³¹ A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. ³² So too, a Levite, when he came to the place and saw him, passed by on the other side. ³³ But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. ³⁴ He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. ³⁵ The next day he took out two denarii and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’

³⁶ “Which of these three do you think was a neighbor to the man who fell into the hands of robbers?”

³⁷ The expert in the law replied, “The one who had mercy on him.”

Jesus told him, “Go and do likewise”

The moral of the story is to treat others the way you wish to be treated. God sets the perfect example of how we should treat people, we should treat people with Love. God loves all people, though often God’s love is rejected by others, He continues to love them anyway. The mind of Christ and the Heart of Christ is what we should strive to have. When you see another in need, don’t walk past them, bless them...bless them with a smile, bless them with a hug, bless them with a word of encouragement, bless them with an offering of food, clothes, or whatever God instructs you to bless them with. To live life to the fullness, is to bless others to your fullest.



ABUNDANT LIFE INSTRUCTIONS

CONFESS

Romans 10:9 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

TRUST

Psalm 4:5 Offer the sacrifices of righteousness, and put your trust in the LORD.

Psalm 18:2 The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.

Psalm 34:8 O taste and see that the LORD is good: blessed is the man that trusteth in him.

Psalm 64:10 The righteous shall be glad in the LORD, and shall trust in him; and all the upright in heart shall glory.

RESIST TEMPTATION

James 4:6-8 ⁶ But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.

⁷ Submit yourselves therefore to God. Resist the devil, and he will flee from you.

⁸ Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

REPENT

Matthew 4:17 From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

FORGIVE

Matthew 6:12 And forgive us our debts, as we forgive our debtors.

Luke 11:4 And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.

1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.



WHO GOD SAYS I AM

I am: God's child for I am born again of the incorruptible seed of the Word of God. 1 Peter 1:23.

I am: Forgiven of all my sins and washed in the Blood.
Ephesians 1:7, Hebrews 9:14, Colossians 1:14,
1 John 1:9.

I am: A new creature in Christ. 2 Corinthians 5:17.

I am: The temple of the Holy Spirit. 1 Corinthians 6:19.

I am: Delivered from the power of darkness and translated in God's kingdom. Colossians 1:13.

I am: Redeemed from the curse of the law of sin and death.
1 Peter 1:18-19, Galatians 3:13.

I am: Blessed. Deuteronomy 28:2-12, Galatians 3:9.

I am: A Saint. Romans 1:7, 1 Corinthians 1:2, Philippians 1:1.

I am: The head and not the tail, above and not beneath.
Deuteronomy 28:13.

I am: Holy and without blame before Him in love.
1 Peter 1:16, Ephesians 1:4

I am: The Elect of God. Colossians 3:12, Romans 8:33.

I am: Established to the end. Romans 1:11.

I am: Made near to My Heavenly Father by the Blood of Christ. Ephesians 2:13.

I am: Set free. John 8:31-33.

I am: Strong in the Lord. Ephesians 6:10.

I am: Dead to sin. Romans 6:1, 11 and 1 Peter 2:24.

I am: More than a conqueror. Romans 8:37.

I am: Joint heir with Christ. Romans 8:13.

I am: Sealed with the Holy Spirit of promise. Ephesians 1:13.

I am: In Christ by His doing. 1 Corinthians 1:30.

I am: Accepted in the Beloved. Ephesians 1:6.

I am: Complete in Him. Colossians 2:10.

I am: Crucified with Christ. Galatians 2:20.

I am: Alive with Christ. Galatians 2:20.

I am: Free from condemnation. John 5:24.

I am: Reconciled to God. 2 Corinthians 5:18

I am: Qualified to share in His inheritance. Colossians 1:12.

I am: Firmly rooted, built up, established in my faith and overflowing with thanksgiving. Colossians 2:7.

I am: Born of God and the evil one cannot touch me.
1 John 5:18.



I am: His faithful follower. Revelation 17:14, Ephesians 5:1.
I am: A fellow citizen with the saints of the household of God.
Ephesians 2:19.
I am: Built upon the foundation of the apostles and prophets,
Jesus Christ Himself being the chief corner stone.
Ephesians 2:20.
I am: Overtaken with blessings. Deuteronomy 28:2
and Ephesians 1:3.
I am: His disciple because I have love for others.
John 13:34-35.
I am: The light of the world. Matthew 5:14
I am: The salt of the earth. Matthew 5:13.
I am: The righteousness of God. 2 Corinthians 5:21,
1 Peter 2:24
I am: A partaker of His Divine Nature. 2 Peter 1:4.
I am: Called of God. 2 Timothy 1:9.
I am: An ambassador for Christ. 2 Corinthians 5:20
I am: God's workmanship created in Christ Jesus for
good works. Ephesians 2:10.
I am: The apple of my Father's eye. Deuteronomy 32:10.
I am: Healed by the stripes of Jesus. 1 Peter 2:25, Isaiah 53:6
I am: Being changed into His image. 2 Corinthians 3:18,
Philippians 1:6
I am: A child of God. John 1:12, Romans 8:16.
I am: Christ's friend. John 15:15.
I am: Chosen and appointed by God to bear His fruit. John 15:16.
I am: Enslaved to God. Romans 6:22.
I am: A son/daughter of God. Romans 8:14-15, Galatians 3:26
and 4:6.
I am: A temple of God, His Spirit dwells in me.
1 Corinthians 3:16, 6:19
I am: Joined to the Lord and I am one with him.
1 Corinthians 6:17
I am: A member of Christ's Body. 1 Corinthians 12:27,
Ephesians 5:30.
I am: Reconciled to God and I am a minister of
reconciliation. 2 Corinthians 5:18-19
I am: One in Christ. Galatians 3:26, 28.
I am: An heir of God since I am a son/daughter of God.
Galatians 4:6-7.



I am: Righteous and holy. Ephesians 4:24.
I am: A citizen of Heaven and seated in Heaven right now.
Philippians 3:20, Ephesians 2:6.
I am: An expression of the Life of Christ because He is my
life. Colossians 3:4.
I am: Chosen and dearly loved by Christ. Ephesians 1:4,
1 Peter 2:9.
I am: A son/daughter of light and not of darkness.
1 Thessalonians 5:5.
I am: A Holy brother/sister, partaker of a Heavenly Calling.
Hebrews 3:1
I am: One of God's living stones and I am being brought up as
a spiritual house. 1 Peter 2:5
I am: A Chosen Race, a Royal Priesthood, a Holy Nation, a
people for God's own possession to proclaim the
excellence of Him. 1 Peter 2:9-10.
I am: The enemy of the Devil. 1 Peter 5:8.
I am: Now a child of God, I will resemble Christ when He
returns. 1 John 3:1-2.
I am: Not the great I AM but by the grace of God I am what I
am. 1 Corinthians 15:10.
I am: Justified, completely forgiven and made righteous.
Romans 5:1.
I am: Dead with Christ and dead to the power of sin's rule over
my life. Romans 6:1-6.
I am: Dead, I no longer live for myself but for God.
2 Corinthians 5:14-15
I am: Bought with a price, I am not my own, I belong
to God. 1 Corinthians 6:19-20
I am: Established, anointed and sealed by God in Christ.
2 Corinthians 1:21
I am: Given the Holy Spirit as a pledge, a guarantee
of my inheritance. Ephesians 1:13-14.
I am: Crucified with Christ and it is no longer I who
live, but Christ. Galatians 2:20.
I am: Chosen in Christ before the foundation of the world.
Ephesians 1:4.
I am: Predestined (determined by God) to be a son/daughter.
Ephesians 1:5.
I am: Sanctified and I am one with the Sanctifier, Christ.



He is not ashamed to call me brother/sister.

Hebrews 2:11.

I have: Received the Spirit of God into my life that I might
know the things given to me by God.

1 Corinthians 2:12

I have: Been redeemed, forgiven and I am a recipient of His
lavish grace. Ephesians 1:7.

I have: Been raised up and seated with Christ in the
Heavenlies. Ephesians 2:6.

I have: Christ Himself in me. Colossians 1:27.

I have: Been firmly rooted in Christ and I am now
built up in Him. Colossians 2:7.

I have: Been buried, raised and made alive with Christ.
Colossians 2:12-13.

I have: Been raised up with Christ, my life is now hidden
with Christ in God. For Christ is now my life.
Colossians 3 1-4.

I have: Been given a spirit of power, love and self discipline.
2 Timothy 1:7.

I have: Been saved and called (set apart) according to God's
doing. 2 Timothy 1:9.

I have: A right to come boldly before the throne to find mercy
and grace in time of need. Hebrews 4:16.

I have: Been given exceedingly great and precious promises
by God which I am a partaker of His Divine Nature.
2 Peter 1:4.

I have: The mind of Christ. Philippians 2:5, 1 Corinthians 2:16

I have: Obtained an inheritance. Ephesians 1:11.

I have: Overcome the world. 1 John 5:4.

I can: Do all things in Christ. Philippians 4:13.

I shall: Overcome because greater is He who is in me than he
who is in the world. 1 John 4:4.

I press: Toward the mark for the prize of the high
calling of God. Philippians 3:14.



REMAIN HUMBLE AND MEEK

Matthew 5:5 KJV Blessed are the meek: for they shall inherit the earth.

Psalm 37:11 But the meek will inherit the land and enjoy peace and prosperity.

Psalm 25:9 He guides the humble in what is right and teaches them his way.

PRAYER

Dear God, My prayer is that the readers will experience ABUNDANT LIFE and Make EVERY Moment of their Lives Count. I pray that they will Praise You at all times and share Your Love and Your Light with others. I pray that you will continue to mature them and manifest your POWER and GIFTS in them that they may be a direct and unflawed reflection of You. God let us continue to study Your Word and BUILD a relationship with you. Your Word declares in the book of James that every good and perfect gift comes from you, so Lord as we are Your gifts, we have been deem good and perfect, Holy and acceptable by You. God hid us behind ourselves when flesh begins to rise; let us always remember the standards that you have placed on our lives. Let us forever submit and obey, that we may continue to receive Your Abundant Life. We thank you and we love you, in Jesus' name. Amen.



Special Thanks:

Jesus Christ

Pastor Albert L. Russell and Assistant Pastor Beverly Russell, Belhaven NC

Princess “Zaria Russell”, Greensboro NC

Apostle William Satterthwaite and Apostle Rachel Satterthwaite, Portsmouth VA

Pastor Barbara Sims, Central Islip NY

You Have Been A Blessing To My Life:

Pastor Amos Wilson and Evangelist Doris Wilson, Belhaven NC

Pastor Thomas Ballard and Mother Ballard, Belhaven NC

Bishop John Harrell and Pastor Regina Harrell, Winston Salem NC

Elder Richard Milton and Evangelist Mary Milton, Greensboro NC

Thank You For Your Support, Prayers, & Encouragement:

Clement Mallory of C37WORDS School of Poetry, Greensboro NC

You Will Always Be In My Heart R.I.P.:

Mr. Travis Satterthwaite and Mrs. Christine Satterthwaite

Mr. Daniel Stanley and Mrs. Inez Stanley

Mr. Milbert Satterthwaite

Mrs. Helen Johnson

Mrs. Twann Burkes (I love you Sis)

Marshall Holloway

Frankie Borden

I Love You ALL!!!



Who am I? I am the apple of my father's eye. I am the brightness from the sun's shine. I am the current that makes the rivers flow. I am something beautiful. I am the poet that defines sweetness, femininity, and grace. I am the artist who paints what words cannot express. I am more than a conqueror in times of tests and trials. I am the positive when all else is negative, encouraging all with smiles. Although at times, you may catch me down, I get up much stronger, ready to face the miles. Oh so many said this girl will never amount to nothing, but look at me now, this nothing is a something. Looking with my spiritual eye instead of my worldly perceptions, he matured me and molded me for my next Godly mission. It's not about me, nor was it ever before, it is all about what I can do for the Lord. Holding my tongue, and examining my character, he loves me, he leads me, he prepares me for his rapture. So when you ask me who I am, I can only give you the truth, I am someone designed to meet and encourage you.

Speak Abundant Life and Make Every Moment Count.

-Sheresha N. Russell