

TABLE OF CONTENTS

Chapter 1
The Hem of His Garment5
Chapter 2
YOU MUST COME OUT!11
Chapter 3
LET'S TALK ABOUT CAVES15
CHAPTER 4
THE THREE-FOLD CHORD OF FREEDOM 19
CHAPTER 5
COMING OUT OF THE CAVE23
CHAPTER 6
THE HEALING PROCESS41
ABOUT THE AUTHOR43

Chapter 1 The Hem of His Garment

had the privilege and honor of teaching a lesson entitled "The Hem of His Garment" in April 2019. However, the Holy Spirit would not allow me to approach it the way I normally would have. Instead, He put me in a very uncomfortable position where my assignment was not to talk about the woman; how she should not be out in public or the history of her situation. I literally switched places with her and had to open up my life as a living testimony of coming out of the caves and pressing to freedom, at the hem of His garment.

Let's look at the Scripture concerning this account from two reference points.

And, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his garment: For she said within herself, If I may but touch his garment, I shall be whole. But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour.

MATTHEW 9:20-22 (KJV)

Now a woman, having a flow of blood for twelve years, who had spent all her livelihood on physicians and could not be healed by any, came from behind and touched the border of His garment. And immediately her flow of blood stopped. "Who touched me?" Jesus asked. When they all denied it, Peter said, "Master, the people are crowding and pressing against you." 46 But Jesus said, "Someone touched me; I know that power has gone out

from me." Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, "Daughter, your faith has healed you. Go in peace."

Luke 3:43-48 (NKJV)

The hem of His garment is a place where desperation and faith have a divine collision. It's a place where the pain of the cave can no longer hold you captive. The cave begins to contract, and you know you MUST allow yourself to be pushed forward to be delivered from your womb of adversity. When one pursues the hem, humility is a necessity because it will cause you to expose yourself and your situation to everyone; while not caring who is looking at you. It's a place of stretching, persistence and purpose! It's a place of decision that says, I WILL be made whole! The HEM involves JUST YOU AND GOD!

The hem is not a place where one casually bumps into Jesus. There were many in the crowd on this day when the woman made her ascent from her cave. Jesus was thronged or pressed in on every side. I used to think the song "Do Not Pass Me By" was unscriptural until I read this text. There were many that day who were passed by

because they didn't discern the hem. Many of those who gathered were spectators and some were there out of curiosity. Some showed up hoping He might notice them. Many left the same way, but this woman, and several others that were mentioned before her account, came out of the cave with the distinct purpose of touching the hem of His garment! Like Jacob, they had the mindset, "I will NOT let you go until you bless me!"

No beloved, you've done that too many times. You've come out of the cave and casually bumped into the master and left disappointed, thinking He hadn't noticed you. But you must realize the one who touches the hem literally walks away "with a piece of Him," as was the case with this nameless woman with the issue.

Let me give you an example of this. After church one Sunday I laid hands and prayed for someone whom I love dearly, who had an "issue." I released the healing anointing into her body, hugged her for a moment and proceeded to my seat. She got up and began to leave, and I proceeded to my seat. Right at the time I went to grab my things to head home, I literally collapsed into my seat! I have NEVER had the anointing pulled from me to that degree. Virtue had gone out of me. This woman of God drew it out of me. As I was preparing this lesson to teach, the Holy Spirit said, "She walked away with a piece of you!" My God I was astonished but I understood. When she touched me with her faith, she walked away with my/His anointing. This is exactly what made

Jesus spin around and say, "Who touched me!" When Jesus says who touched me, your issue dries up immediately! One never walks away empty when they have touched His hem!

You will encounter a glorious end at the hem, but I must make this announcement to you:

*YOU MUST COME OUT OF THE CAVE TO GET TO THE HEM!"

Chapter 2 YOU MUST COME OUT!

here's no way you will get to the hem without coming out of the cave; out of obscurity, out of darkness, out of self-pity, out of denial, and if necessary, out of sin. How does one know when they are in a cave? Is it possible to be in a cave and not even realize it? We will address these questions now.

If I were a doctor, and I am, I would describe the symptoms of one in the cave as thus:

- Dis-eased with an "issue persistent problem that can't be stopped.
- Aware that an area of life is out of control.

- Exhausted all resources, strength and abilities in the matter with no resolve.
- The hemorrhage has become uncontrollable and you are desperate.

The second question was, is it possible to be in a cave and not even realize it? The answer here is yes, yes and yes! Twenty - three years ago I had a son, and no one prepared me for the possible hormonal induced depression that could follow. The depression turned into a two-year battle for my mind that no one knew about. Because I was caught off guard and had other family issues going on, I was leveled. The worst part about it was I didn't even know it was depression, until it came to a point one day where I had decided that I was going to take some pills and take my life. I could see no other way out. I was so "dark," and I felt my husband and son would be better off without me. Believe me I meant it, and God knew I meant it. Let me share in a testimony form of coming out of one of my deepest and darkest caves.

MY TESTIMONY

I must share this testimony with you, so you can understand my fervor for the Lord and my desire to walk in a way which pleases Him. For the record, I was a born again believer during this time. The day I decided I was

going to end my suffering in the cave, I went down to the mailbox and retrieved my mail. I came upstairs and I sat on my living floor and opened a letter I received from a ministry I was partnered with. I started reading a testimony He shared and laughed at how similar it was to a letter I sent in a few months before my son was born. Things were changing dramatically in my life during that time because of his teaching, so I sent them a testimony. Here I was reading and then suddenly I realized this was MY letter!! He had replaced my name with a "pen" name. What were the chances of this letter finding me on the day I had decided to commit suicide? What are the chances of Pastor Casey Treat placing my testimony in his partner mail and it ending up in my hands that day? This man's obedience saved my life! God KNEW I was going to get to this place, in the cave of depression, so He went before me and prepared a divine intervention, which saved my life! I remember thinking. "What manner of God is this?" I cried like a baby for the longest time. I said, "God, you really love me!" I thought He had forgotten about me. I thought He wasn't listening to me. But His answer came that day, loud and clear and it said, "Sonya, I love you more than you can ever imagine." It was at that moment I realized I had been depressed. I made a promise to the Lord, if He showed me how to live a victorious life and pull me off of the emotional roller coaster I had been on for almost 2 years, that I would walk with Him and serve Him with all of my heart.

Well, here I am. I am still here, serving God, loving Him more and more each day, desiring to please Him and do His perfect will!

I have a question for you, where is your area of hemorrhaging? What cave have you hidden in and kept silent about for years? If you're desperate enough, the hem is waiting for you!

Chapter 3

LET'S TALK ABOUT CAVES

There are several simple yet profound facts about caves I'd like to share with you.

1. CAVES are formed by NATURAL processes

I use the term "natural" in the context of situations caused by those who are not led by the Holy Spirit. That's the thing with life, caves don't always result because of sin. Sometimes the "natural processes" of life; hurts, disappointments, violations, mishandlings, lies and so forth, caused by others, take us into our cave!

2. CAVES seem like a safe place to hide

In the cave, we can tuck ourselves away in a dark corner, because if one were to come and rescue us, we could blend into the darkness and security afforded by it.

3. A CAVE is deeper than its opening is wide

The entrance/opening of the cave is very deceiving. It does not reveal the depth, turns or corners. So, the true depth of the cave is not discovered until one ventures in. The cave is deeper than the opening is wide!

When I started drinking at 16 and a half, I had no idea I would end up in the cave of alcoholism until I was 28 years old! I remember the day when I realized I was in fact an ALCOHOLIC! It was shocking to me. How had my life spiraled out of control like this? I was an intelligent black woman who had great plans for my life, but I had become a functional alcoholic! Oh! How the opening had fooled me! I thought I could get out whenever I wanted, but the depth of this cave alluded me; until twelve years in, I realized I had gone too far!

4. CAVES Have Holes!

Beloved, if this isn't good news, I don't know what is! Let me make an announcement to you:

YOUR CAVE IS NOT A TOMB!! A person in a tomb must wait for someone to roll the stone away and let them go free; BUT the one in the cave simply needs to DECIDE, "I'm coming out!"

Regardless of what has happened, how it happened, when it happened, or why it happened, you have the power to decide to come out.

Chapter 4

THE THREE-FOLD CHORD OF FREEDOM

s difficult as your situation may seem now, I want to encourage you that there are many who have found themselves where you are and decided to come out of the cave to the hem. I want to further state, that I have found myself in many of life's caves, but God rescued me and delivered me from them all.

Like the woman with the issue of blood, you'll find you only need three powerful forces to bring you out of darkness to the hem of restoration.

1. DESPERATION

Merriam Webster's dictionary defines desperation as a feeling of hopelessness and surrender to despair. The DESPERATION I'm talking about is not connected with rash behavior that sends one deeper into the cave. It's not the desperation as Ms. Webster defines it. No, I am talking about the complete converse of this.

Scriptural desperation involves a burst of will, a decision, a power from within that pushes you to the One who can make all things new. It's a desperation formed when the resolve is understood that NO ONE else can help you but Jesus! Desperation says, "If I can just get to Jesus, I shall be made whole!"

Let me be clear about something, desire is not enough! There are some things I desired years ago that I do not desire today. Desire changes, but desperation for wholeness will not allow you to stop until you've touched His hem!

The Bible says this nameless woman with the issue had been in her cave for twelve long years!

And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any (LUKE 8:43).

We know twelve is the number of government, power, authority and **COMPLETION**. Your twelve years

may not be a literal twelve years like my cave of alcoholism, but it can very well be your moment in time where you have

come to an end of yourself and others. In other words, you can't fix the situation, neither can the countless others you have brought into your life as proposed agents of your cure.

Now let's look at the second vital element of your freedom.

2. HIS VOICE

You must be prepared and position yourself to hear His voice, no matter how it comes. Whether He speaks through one of His children, the Holy Spirit, through a circumstance, dream, etc. Depending upon where you are in the cave, the voice may need to be louder to aid you in finding your way to the entrance and to the light.

3. LIGHT

The Word of God is light.

Your word is a lamp to my feet And a light to my path. (Psalm 119:105)

The entrance of Your words gives light; It gives understanding to the simple (Psalm 119:130).

In Him was life, and the life was the light of men (John 1:4).

One of the key aspects about the Word as it relates to light is this: *Revelation is the cord to pull back the blinds of your mind, so the light of the Word can come in.* Where there is no revelation, there is the absence of light. This is why Paul prayed earnestly for the Ephesians in chapter 1 verse 18, that the eyes of their understanding would be enlightened. The Word coupled with revelation opens your spiritual eyes so you can <u>see</u>, and lay hold of what God has promised.

For example, have you ever had someone describe something to you and initially you don't get it, but as they explain it another way you say, "Oh! Yes, now I see what you're saying!" In the same way, the Word doesn't bring light until revelation accompanies it. As you set your soul (mind, emotions and will), on the revelatory Word of God concerning your situation, you will be a recipient of the recovery of sight for the blind as Jesus promised in **Luke 4:18.** The letter and the Spirit must become one, to birth the fruit of revelation. When this happens, a stake of light is placed at the entrance of your cave, as you move toward the hem of His garment.

Chapter 5

COMING OUT OF THE CAVE

ou may have settled for cave living for far too long and even resolved yourself to the ideology of never coming out. Again, how you got here is irrelevant. That issue which has stolen your life, your time, freedom, tears, and hope can be resolved at His hem.

In *John 5:6*, Jesus asked the invalid who had been in his issue for thirty-eight years a very simple question, "*Do you want to be made well?*" Sometimes we can be in our cave for so long, we don't even recognize the voice of freedom! I am calling out to you in the mighty name of Jesus with a similar question, "Do you want to come out of this cave?"

THE CAVES OF LIFE

CAVE OF SILENCE

This is not a cave one necessarily finds themselves in because of shame, but many times the silence I'm addressing results when one is healed; has come out of the cave, and intentionally files the victory away. The desperation involved in coming out of this cave, is a desperation to do the will of God, to yield to Him and His desire to get you to talk about a cave that took you years to come out of. A cave that you don't want anyone to know about.

I had to come out of this cave at the age of fifty! I had kept silent about a devastating time in my life for years. Now, I felt the pressing of the Holy Spirit to share my victory of walking through the shame and despair of ABORTION. I had to come out of this cave of SI-LENCE! I gave my testimony on a FB live as I was teaching during our ARISE Women's International gathering. I was not prepared for what followed. I had ladies in the meeting come up to me to tell me they had gained their freedom

that day. I received private messages and comments on the teaching video which echoed the cry of freedom, thanking me for breaking my silence.

I learned a valuable lesson as I came out of the cave of silence: You can't stay hidden about your deliverance. Your silence will keep others in the cave. To come out

of such a dark cave and remain silent was so selfish on my part, until I realized my voice and testimony was the light to bring other women to His hem!

I do want to mention something very important about coming out of this cave of silence.

Coming out of your cave of silence may bring shame and guilt to others who helped put you there.

I decided, I would not be silent to ease the shame of another. The day I came out of my cave of silence, the person who aided me was also set FREE!! What an incredible God we serve!

Let me close this cave with this statement and a declaration for your freedom.

Your silence will keep someone from walking into their freedom. YOU ARE SOME-BODY'S DELIVERER!

I command you to come out of your cave of silence. If shame has stolen your voice, I bind the spirit of shame and command the garment of heaviness to be lifted off you now in Jesus' name. I call you out of the cave of shame, out of selfishness and command you to come to the light of Christ. For your heaviness I release garments of joy and beauty in its place. I de-

cree and declare your freedom and victory in Jesus' name.

Begin to celebrate and thank the Lord for your freedom! Ask the Lord how He wants to use your voice to speak of this place of victory!

CAVE OF GUILT IN RELATIONSHIPS

I want to address the cave of guilt that results when divine relationships fail. Through a dream, the Lord began to speak to me about a relationship that for over

two years proved to be a place of great difficulty and discontentment. It seemed no matter what was done for this individual they were never satisfied and always found a way to bring discontentment into the relationship. After a while my other relationships became a target and were also being affected. I began to pray and ask the Lord to make this connection what He wanted it to be. I DECIDED I would accept His desire.

One day I was in my kitchen talking to the Holy Spirit about a situation which arose. Out of my mouth came the words "Maybe I could have done something different." The next words out of my mouth shocked me. I said, "This is like a battered wife" And then I stopped mid-sentence with my mouth hanging open because at that moment, the interpretation of my dream was revealed in its fullness. A battered wife always thinks she could have done something different to make the situation better. The Holy Spirit said, "You could not have

done anything different. I absolve you from the guilt of this relationship!" I was set free in a moment! I was already in a place of desperation, and now His voice and a revealtory Word had come to my cave. As the relationship continually declined, I constantly wrestled with this guilt until that moment. Since that moment, I have **NEVER** felt that guilt again!

May I declare unto you, YOU ARE ABSOLVED OF YOUR GUILT! I decree and declare a healing stream begin at this very moment to flow to your soul as you cut the soul time from that injurious relationship. I release the oil and the wine of the Holy Spirit to bring healing in the name of Jesus!

Now you go ahead and forgive yourself and declare your freedom.

• CAVE OF GUILT/SHAME-MOLESTATION

There are so many who have been touched by this evil! I don't know that my situation is as severe as someone else's; but my life was tampered with by a cousin who was a homosexual. As a child I knew her conversation and advances were inappropriate, and I never told a soul until I shared it publicly the night I spoke during the HEM and coming out of the caves teaching. There's a guilt and a shame that attaches itself to one who has experienced any kind of sexual violation, especially when you are an innocent child. Sometimes the guilt and shame comes

because we feel we should have known better than to be in their company; or we should have told someone.

Coming out of this cave requires forgiveness. There comes a time when you know you've held the person captive in your soul for far too long and now it's time for you to go free. Freedom will require forgiveness. Yes, you will have to forgive them!

Speak their name aloud and tell the Lord you forgive them. Now ask the Lord to forgive you for walking in unforgiveness. Now declare you cut the soul tie with that individual.

I come into agreement with you as this soul tie is cut. We cut this unclean and unholy soul tie in the name of Jesus. I decree and declare an exchange is being made for you. I declare the blood of Jesus has already blotted out this shame. The garments of guilt and shame are exchanged for the joy of the Lord. The garments of uncleanness are being exchanged for a garment of purity. May you sense a cleansing flow of the Holy Spirit's presence and power right now in Jesus name!

• CAVE OF ISOLATION

In chapter two I shared my testimony of how the Lord rescued me on the day I'd decided to end my life. I didn't end up in this cave overnight, it was progressive. One moment, I was on a limitless course of success, and

in the course of two years, I found myself isolated, until I was in a cave of depression. The two go hand in hand. I felt like I couldn't talk to anyone about it, so I continued to suffer in silence and the enemy tormented me until I was on the verge of making the most horrific decision of my life, BUT GOD!

Isolation puts us in a place like Elijah when he was running from Jezebel. He was convinced he was the only one. You are not the only one in this cave of isolation. You are not alone! There are others in it, but more importantly, there are a whole lot of us who have come out with a testimony of the compassion and saving power of our incredible God! You don't have to remain isolated. You have the power to come out of this cave!

I call you out of the cave of isolation. I bind the strongman of depression and command this spirit to loose you now, in the name of Jesus! I release a healing stream to bring restoration from the fiery and poisonous darts of the enemy. I release the light of Christ to penetrate your darkness. I decree and declare restoration of your joy and peace. You have been given a sound mind by Christ Jesus. As you exit this cave, I declare your light begins to shine forth like the noonday sun. May the Lord send you divine connections who will bring with them a source of healing.

• CAVE OF DISOBEDIENCE- YOUR AS-SIGNMENT

The only reason I could ever imagine someone willingly disobeying the Holy Spirit concerning their assignment is because of **FEAR**. It's amazing how so many people pursue God for their purpose and destiny, but when He reveals it, they allow fear to cause them to be disobedient. They know God told them – this might be you; but fear's voice is apparently louder than God's! Imagine, the fear of fear is greater than the fear of the Living God! I have some sobering news for you:

You will ALWAYS find yourself back at the place of disobedience or the place of your last instruction

Jonah is a prime example of what happens when you RUN FROM YOUR ASSIGMENT! Although Jonah's motive for disobedience wasn't because of fear; his actions were disobedient. I'm sure you're familiar with what happened with Jonah. He bought his ticket to travel in the opposite direction, was thrown overboard, got swallowed by a big fish, was spit out AND he still had to complete the assignment! He did all of that running for NOTHING.

Yes, I am talking to you now. Stop running from your assignment. God doesn't take no for an answer. Ask Jonah, ask Moses. ask Jeremiah ask Apostle Sonya L. Thompson. The **ONLY** answer He wants to hear is

YES! You can't stay in this cave too long, because it will spit you out!

I call you out of the cave of disobedience in the name of Jesus! I bind and cast out the spirit of fear and declare, according to the Word of God, you have a spirit of love, power and a sound mind. I cut the ties of fear which bring immobility and decree and declare you are free to move forward in obedience to the Living God.

CAVE OF COMPLACENCY

There are many in the body of Christ who are still searching for their calling. The confusion comes because everybody cannot and will not fit into the five-fold ministry. There are people who speak well, but that doesn't mean they need to be teaching the Gospel. It's called a calling for a reason; GOD CALLS you into an area to serve for ministry. There are many other areas that need to be filled outside of the five-fold ministries. Some are called to serve as entrepreneurs in the marketplace or on government panels etc. Whatever you absolutely love doing is generally what you are called to do. Many find themselves looking for a calling that's obvious to everyone else! Because they don't know their calling, they do nothing! There are also those who know their calling but are discouraged because they believe it does not look like what they envisioned it to be; or feel like everyone else in

their area is passing them by. As a result, discontentment sets in and they also decide to do nothing.

For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope

(Jeremiah 29:11).

There's a whole lot I can say about this verse, but for the purposes of this book I will say this: If God knows the plans He has for you, wouldn't it make sense to check in with him daily to see what His assignment is for you? Why? *Because your destiny is uncovered or revealed, by one obedient act at a time!* You can never fully walk into your calling until you decide to follow Him and be led by the Holy Spirit daily. You can't just check in when you need help or sit and do nothing until you get the big call. One divine connection, one divine instruction will change your entire life and take you into a head on head collision with your destiny.

I had no clue I'd end up doing what I am doing today where ministry is concerned. I was content with being an entrepreneur. It's almost like I was busy about God's business, obeying His instructions, reading and applying His Word, and then I looked up and saw that my entire

life had changed! I liken myself to a horse with blinders on. I stay focused because His destiny in me is too

important to allow myself to get complacent or distracted. If He would have showed me everything at one time, I would have run the other way. Even what I see ahead of me now, seems to overwhelm me, if I look into it for too long! I have learned to take things one day at a time because every day I'm moving towards my destiny. I am never just doing nothing, because everything about my life, even times of resting, must be purposeful.

My friend if you're in this cave, you've stayed in here long enough! If you continue to wait and do nothing, countless lives will be affected. Begin seeking the Holy Spirit to get today's instruction. Remember your movement comes from following one divine instruction after another.

I call you forth and command you to come out of the cave of complacency and into your destiny in the name of Jesus! As you seek His face and get your instructions. Determine to obey and you will see your destiny unfold.

CAVE OF DISAPPOINTMENT

I want to deal with this cave as it relates to God. I am sure everybody at some time along their journey has felt like God has disappointed them. This might be your

cave. You feel like He let you down or did not rescue you from whatever dilemma you were facing, from whatever calamity overtook you. I want to share something with you that changed my life. I taught a lesson many years ago entitled: "God is not Guilty." I was able to look back on two occasions where my confidence in God was shaken, and from the revelation I received, that lesson was birthed.

Here are some nuggets I learned about the cave of disappointment in relation to God:

- 1. We end up disappointed when we don't get His perfect will in the matter. We make assumptions of the outcome, never check with the Holy Spirit and expect Him to go along with it because we returned His Word back to Him. But I am here to tell you, there are some situations we can't avoid, but He will walk with us through them!
- We hear His instruction and we add our own part. We paint our own picture and make it something He never intended for it to be. Carrying out half of the instruction is always fruitless.

- We get some instruction and never check back with the Holy Spirit for further direction. In essence, we get what we want and forget about God.
- 4. We don't inquire of God until after we have acquired something- the job, ministry, the business, the spouse, job, car etc. When it gets messy and He doesn't rescue us, we blame Him when loss results.
- 5. We take a temporary stop and try to make it a permanent place of residence. In fact, we have heard Him, but never check back to clarify the purpose of the relationship, job or place. Is it a resting place or just a temporary stop to pick up "something" for the rest of the journey?

Let me assure you, God's instruction is perfect. Disappointment ends when the perfect will of God is known! If we understand His will, why He sends us to a person or place etc., then we will not create expectations which will never be fulfilled. We therefore will NEVER be disappointed with God.

I call you out of the cave of disappointment. God is not guilty! He will never leave or forsake you. He is not a man to lie!

Take a moment and ask for forgiveness and ask Him to show you where you missed or misunderstood the instruction. Make a commitment to take your time and ensure you hear Him clearly before you act or speak of a matter. You must also commit to continue to go back to Him to ensure you are still on course.

I decree and declare your confidence in God will be restored and anything that was lost, our God will return it according to His good pleasure!

THE CAVE OF COMPETITION

This cave results in a winding labyrinth of confusion, low self-esteem, disappointment, jealousy, rejection, frustration, manipulation, anger and a host of other evils.

Here's something the Holy Spirit said to me the night I was preparing for the *Hem of His Garment:*

"PEOPLE WHO COMPETE DON'T KNOW WHERE THEIR APPROVAL COMES FROM!"

When we really do all things as unto the **LORD**, we expect our recognition and reward to come from Him. Those in the cave of competition are forever searching after the approval of men. They are not satisfied until they are noticed, or someone tells them how good they did. Granted there are times for this, but this should not be what we <u>seek</u> after. Everyone will not be exposed in the forefront.

Even if we use our physical body as an example as indicated in *1 Corinthians 12*, we discern that all the

body parts are extremely important, but they are not all uncovered. Certain body parts don't need to be exposed, some need to stay covered up to be functional and

honorable. This is the case in the body of Christ as well. Some need to stay in a covered position because exposure will prove to be detrimental for them and for those around them.

How does one venture into the cave of competition? I have already stated one way, they don't know where their approval comes from.

Here are a few other ways:

- Not content where God has placed them.
- Views another area of ministry or employment as more visible; thus they move into an area where there's no grace for the assignment.
- Didn't realize the danger of exchanging the glory of God for the approval of men.
- Solicit their fruit instead of letting it find them.
 This is characterized by actions or comments which draw or solicit people into complementing and validating what they have done.
- Try to be like and take the place of another anointed vessel next to them, instead of occupying their space with them.

They have been conditioned to perform for attention.

If this is your cave, let me help you with this revelation:

COMPETITVE MOTIVES ARE NOT SUSTAINABLE or REWARDABLE!

AND, there's no grace, (a divine empowerment to complete the assignment), available for the one stuck in the cave of competition. You will run out of YOU soon enough. You will come to the same realization as Abraham did when the Lord spoke to Him and said Ishmael was not the child of the promise. Thirteen years passed and he and Sarah were convinced he was the one, until God says, "He is not the one." Sarah's competition landed them in this cave. Others were giving birth around her and her desire to produce got the best of her. The response you'll get from God when you're in the cave of competition is not, "Well done my good and faithful servant!" It's the same response given to Abraham, "He is not the one." If I could paraphrase this, God is saying, "The thing you attained to in your competitive cave is NOT what I'll be using to bring forth my promise!" Don't waste thirteen years with an Ishmael. Please come out of this cave.

THERE'S A PLACE FOR COMPETITION beloved, but it's not profitable in the body of Christ.

I call you out of the cave of competition There is a call to repentance as you exit this cave. Would you ask the Lord to forgive you for desiring the approval of men more than His approval? Ask forgiveness for trying to trade your calling in for that of another because it was more visual. Ask Him for forgiveness for any Ishamels you have birthed.

Now you make your own declaration: I am accepted in the beloved. God you have a unique purpose for my life, and I am content doing what you've called me to do. I desire Your approval, more than the approval of men. I will only touch and partake in what you have given me the grace to accomplish.

Now take a moment and thank and praise Him!

Chapter 6 THE HEALING PROCESS

pray this short pablum — simplistic idea or writing; or intellectual pap, has identified your cave and caused you to grab ahold of His hem. Coming out is just the beginning. Once we have come to the hem, it may also be necessary to gain additional healing in some areas. I have had some instantaneous soul healing and I have some other things that required walking it out, even after I touched the hem. Continue to walk in a posture of desperation, listen for His voice, and press towards the light of revelation which comes when the Spirit and the letter are in union together.

God bless you beloved. As you walk with the Holy Spirit, I declare the peace of God which surpasses all understanding will guard your heart and mind in Christ Jesus!

For even greater revelation in this area and for healing of the soul, get a copy of my book:

"He Restores My Soul."

ABOUT THE AUTHOR

postle Sonya L. Thompson of ARISE Ministries International is called as a teacher to the body of Christ to; "Train, Educate and Advise through the Gospel with Simplicity and Purity." She holds a Bachelor of Science in the field of Business Administration, a Master of Arts in Biblical Leadership and a Doctorate in Biblical Finances. She is an entrepreneur, mentor and spiritual mother. Apostle Thompson was ordained as a Pastor by world renowned minister of the gospel, Dr. Nasir Siddiki and affirmed as an Apostle by Apostle Jerry D. Owens of Joshua Generation Outreach Church; He is her Pastor & covering of the ARISE Apostolic Network International & Arise Ministries International.

She is driven to introduce people to the Living God; To teach the Living word; To equip & edify the body of Christ for the work of ministry; To lead others to encounter the abiding presence of God in a way which will forever change their lives; To see an awakening that leads to Revival!

Other Books By Apostle Sonya L. Thompson

Break Out of Poverty Into Financial Abundance

Business By The Bible

(Also Available In Spanish)

Declare Yourself Wealthy

Fully Functional Faith Series

Glory Walkers Revealed

(Also Available In Spanish)

He Restores My Soul

(Also Available In Spanish)

Seeds of Prosperity For a Financial Revolution

(Also Available In Spanish)

Seed Conversations- eBook

All books available on amazon or visit

www.ariseministriesintl.com

The Voice of Reason Podcast

http://www.voiceofreasonpodcast.com/

To sow into ARISE Ministries International:

CashApp: ARISE2019
PayPal: Paypal.ME/ARISE2019
Text-to-Give 850-979-2720

To book Apostle Thompson, send booking requests to: Info@ariseministriesintl.com