

THE PAIN STOPS TODAY

**10 STEPS TO DISCOVERING
YOUR PURPOSE**

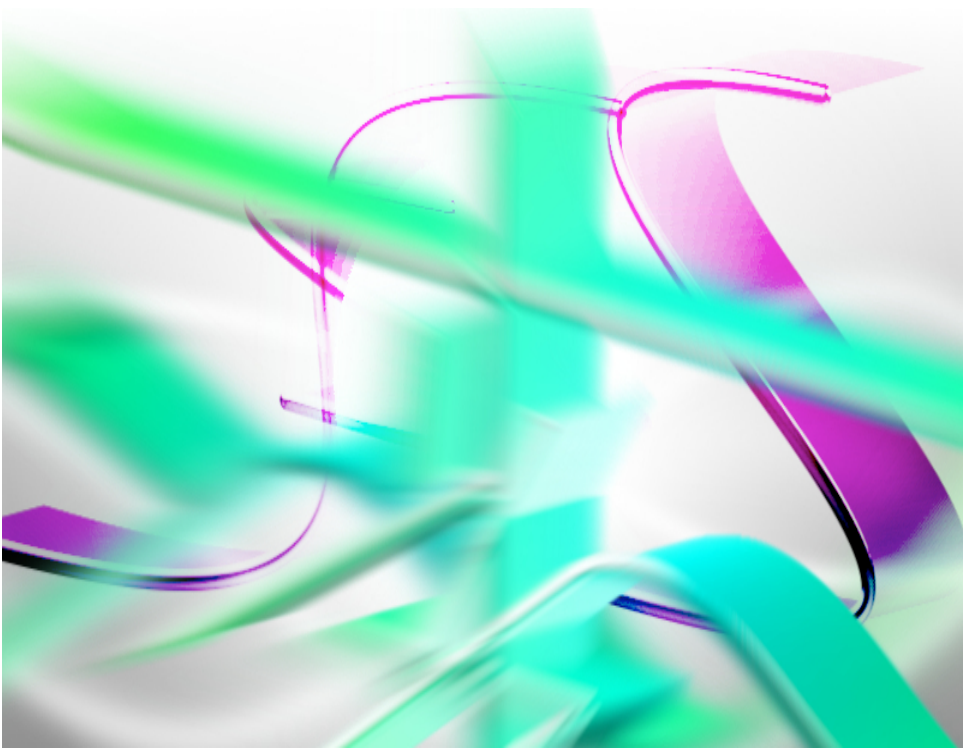


VERONDA BROOKS-BELLAMY

Veronda Bellamy has not always been so purpose driven. She struggled for years in identifying her purpose. All to identify her purpose and to have to learn the spiritual warfare that follows living out her life with purpose. As someone that was graced with interviewing Dr. Maya Angelou months before her passing, Veronda took the interview with Dr. Maya Angelou as a sign that she was within her purpose. Shortly after that interview, Veronda found herself on elevators within millionaires and serving the communities of these millionaires. She could clearly see God's hands in the midst of what was taking place in her life and she humbled answered the call upon her life.

Veronda still struggled with manifesting her dreams into a reality. Despite being disregarded and rejected, she continued to press forward with all confidence in knowing that she could do ALL things through Christ who strengthens her. She began to look more closely at her past experiences, relationships, businesses, manuscripts, and church activities as thus, the spirit lead her to embarking upon ministering to others on a greater platform.

This book is designed to help others identify their spiritual gifts, founded from principles that Veronda found to be true. She encourages every reader to know that your purpose will evolve. Veronda Bellamy is at the beginning of a new season within her life, but she is confident that God has so much more in store not only for her, but you too. She encourages everyone to rise beyond the pain from yesterday so that you can live freely in a new day....An identified purpose!



"For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end."

**AUTHOR:
VERONDA BROOKS-BELLAMY**

2 CORINTHIANS 1:1-5 (KING JAMES VERSION)

1 Paul, an apostle of Jesus Christ by the will of God, and Timothy our brother, unto the church of God which is at Corinth, with all the saints which are in all Achaia: Grace be to you and peace from God our Father, and from the Lord Jesus Christ. Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. For as the sufferings of Christ abound in us, so our consolation also aboundeth by Christ.



BE INTENTIONAL

Proverbs 1:7

King James Version

⁷The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction.

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**I DEDICATE *THE PAIN STOPS TODAY* TO
MY MOTHER,**

who always encourages me to do the right thing, at all times, regardless of what others maybe doing. She also instilled in me that I can do anything I put my mind to as long as I keep my faith in God. Before this book was finished she had sold copies to her clients and co-workers. She tells me stories of me being a bright-eyed, vibrant, and talkative little girl that everyone loved. Those stories meant so much to me; she seemed to share them during a time that my voice was so quiet; Mom's know best. Those stories reminded me of whom I belong to and that I had no reason to remain silent. Yet again, she reminded me to keep reaching beyond the stars. She has been my very best friend, my cheer leader, my confidant, my counselor, my leader, my motivator, my everything, next to God and my husband...My Mother.

***Here's to you Martha Brooks,
Thank You MOMMIE for Everything!!!***

SPECIAL THANKS

The following individuals devoted their time, insight, and talents to the consummation of this book. My sincere appreciation is extended to: *Laura Perry, Kawana Shumate, Kristy McIver, Erica Dunlap, and my fearless Husband, The Mr. Nicholas Bellamy.* But most of all I thank God for using me, giving me the talent of writing and being so strategic in placing the right people, obstacles, and opportunities (albeit good or bad) in my life to deliver this message to the world.

INTRODUCTION TO

The Pain Stops Today

The Pain Stops Today is written for everyone to be able to gain something from the steps to come. I encourage everyone that does not have a King James Version bible to get a King James Version Bible and a King James Version Study Bible and begin to meditate on the scriptures. This book was given to me after I shared some very private things about myself. During a time when I was completing my M.S., Mental Health Counseling degree, had survived a 2.5-year depression and was learning how to live again. After I became so vulnerable, I found that doors really began to open for me. God spoke to me, "Write what I have shared with you so that others can carry out My work in their lives." I embarked upon on a quest of writing *The Pain Stops Today*, with biblical principles that can be understood and implemented by both believers and nonbelievers.

Some individuals may find that they are able to sit down and read each step in one sitting, but most will discover that each step builds on the next step. You will eventually get to the step of writing down your visions. As you do this, remember that God oftentimes gives us small insights into our purpose to prevent us from being overwhelmed by what He desires us to do in His body.

In reading *THE PAIN STOPS TODAY* you have to understand that stopping the pain is an action item, it is a call to action! The action is connecting with God, allowing Him to guide you through your pain into success, through prayer, faith, fasting, investing in yourself daily, and taking action everyday. *THE PAIN STOPS TODAY* is about realizing everyone has endured some sort of tragic pain, from abusive relationships, adultery, divorce, emotional and mental abuse, family discord, family outlawing, loss of a loved one, molestation, racial discrimination, or sexual abuse. All

these painful topics can lead to mental and physical health challenges if left untreated. Anxiety, Bi-polar, Depression, Personality Disorders, Heart Attacks, Heart Disease, High-Blood Pressure, Diabetes, Strokes, and Cancer can all be a culprit of holding on to a painful past or a painful situation. God has instructed me to tell you, *"THE PAIN STOPS TODAY!"*

Read along and be aware of God's leadings within your life. Jesus died so that we can live freely; He endured such a horrific life for us to be free from our sins! If Jesus was able to be publically crucified, nailed to a cross, and in utter disbelief feeling that his Father, our Father, had abandoned Him, yet His Father/Our Father turned around in three days and gave Him eternal life because of His faithfulness, why do you believe that God will not do the same for you! *THE PAIN STOPS TODAY!!*

ENJOY!!!!!!

STEP 1

“UNDERSTANDING GOD’S GIFTING”

Romans 12:3-8 (King James Version)

“For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith. For as we have many members in one body, and all members have not the same office: So we, being many, are one body in Christ, and every one members one of another. Having then gifts differing according to the grace that is given to us, whether prophecy, let us prophesy according to the proportion of faith; Or ministry, let us wait on our ministering: or he that teacheth, on teaching; Or he that exhorteth, on exhortation: he that giveth, let him do it with simplicity; he that ruleth, with diligence; he that sheweth mercy, with cheerfulness.”

Being a Christian does not require you to not have a life; It does require you to realize and believe in the gifts that God has given you and it is time that you really begin to use them for HIS glory; LIVE!

The first gift given was the gift of the Holy Spirit. This became once you accepted Christ into your life; it was automatic. God then thought, this child of mine will continue to carry out my work, so I am going to gift him/her with other gift(s) to continue expanding my kingdom. I know what s/he needs and can bear and I have gifted them according to their purpose. I entrust that the

same "SPIRIT" that all saints share will lead them, if one follows. Therefore, some He has given many gifts, some one or two, at either rate, they are all important and He has gifted you in the area that He knew you could bear. Everyone has a gift(s).

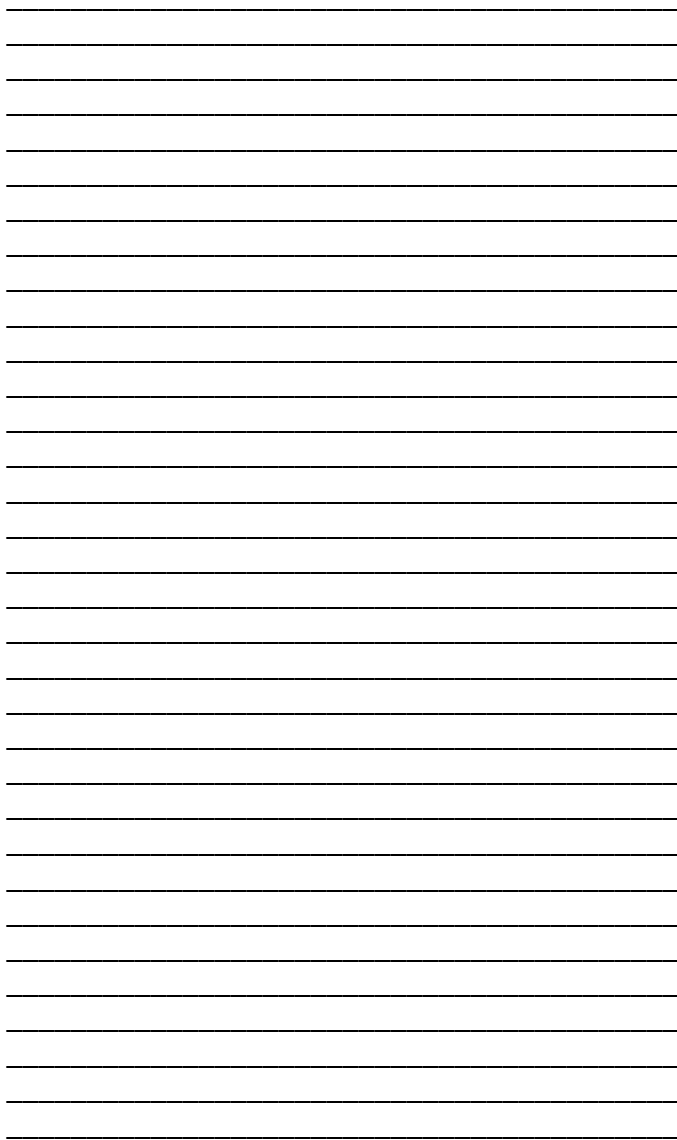
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ACTION ITEMS

- A. Go into Prayer With God
- B. Identify that "THING" that you do with no effort.
- C. Talk with Your Pastor about What You Believe is Your Purpose
- D. Offer your gift in your Church and Watch how God opens other doors for you!

PRAYER

God I come to you as humble as I can, asking for forgiveness of my sins both intentional and the ones unintentional. Father, I know that I have not been doing everything you expect of me, but I am willing to commit my life to being about your awesome plan for my life. God, I ask that you reveal to me what it



STEP 2

"THE ACT OF FAITH"

Matthew 17:20 (King James Version)

"And 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."

Sitting at home reflecting, God You have been so good to me. You have opened doors that only You could and You continue to give me strength and guidance on every step I take. I am convinced that I CAN DO ALL THINGS THROUGH CHRIST THAT STRENGTHENS ME. I acknowledge that I cannot give anybody credit for anything, it ALL belongs to You, GOD! I am committed to exercising faith. In this step, I realize that I have to physically act, which means, I must take the things that I have swimming in my head and bring them into fruition in order to carryout Your perfect plan for my life.

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ACTION ITEMS

- A. Go into Prayer With God
- B. Now that you know your gift(s) or sense what your gift(s) are, Believe that God will complete His perfect work in you;
- C. Rest Your Faith in Knowing That God Will Continue to Strengthen You and Your Gifts
- D. Begin to Exercise Your Gift and believe that God will carry you; Faith Without Works is Dead, therefore Faith Requires Action! Get to Work!

PRAYER

God I come to you as humble as I can, asking for forgiveness of my sins both intentional and the ones unintentional. Father, I now see what you are doing in my life; I am beginning to see how I can help to build the body of Christ. I know that every member of the body has a purpose, so God, I ask that you continue to equip me as I take the bold steps to implement your calling on my life. God, I admit this is a little intimidating because I am having to work in an area that I may need some help in, but I realize that the area I need help in is where You will stand up and show yourself. I am honored God that you have chosen me, I am humbled by this wonderful gift you have given me, I will continue to act on faith, despite what others think of me. This is all about You and I God and I am certainly going to press my way right on to your throne of Grace! In Jesus Name I pray, Amen! Amen! Amen!

STEP 3

“RENEW YOUR MIND AND PREPARE FOR NEW DIMENSIONS”

Romans 12:2 (King James Version)

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

Going through your process can be very uncomfortable. Oftentimes transitioning is such a difficult task. Remind yourself Whom you belong to and that God never gives you more than you can bear. With that being said, understand that you have been made for transitions; it is then that you are learning the most about yourself and those that you need around. New Dimensions requires new actions and a new frame of mind in order to continue to expound on your relationship with God. You cannot enter into exercising and acting in faith with your old frame of mind; new things will come forth and you must be mentally and emotionally equipped to enter into this place that God is taking you. Many call this notion, emotional intelligence, in that you refrain from operating out of place of emotion, rather clear instruction by God based on facts, not feelings.

Please note that fasting may be a viable tool in each step that follows. I encourage you to seek the Holy

Spirit on fasting and what to fast from, the duration, and what to do while fasting.

ACTION ITEMS

- A. Go into Prayer With God
- B. Now that you know your Purpose, Are Acting in Faith, God is going to begin to renew your mind.
- C. Ask yourself, are the activities I engage in pleasing to God? If the activity does not align with the word of God, work to completely remove yourself from those activities, which may take time, and will require persistence.
- D. Begin to keep your spiritual ears open and allow God to speak to you and don't be ashamed of what God is doing in your life! Share it with others, but do not exercise your gift purely for recognition.

PRAYER

God I come to you as humble as I can, asking for forgiveness of my sins both intentional and the ones unintentional. God, I ask that you continue to guide me and in your doing, guide my thoughts. God help me to retrain my mind and my thoughts so that they are pleasing to you. God, I know at times I not only exercise negative thinking, but I also dwell on negative thoughts. I now realize that I have control

STEP 4

“GUARD YOUR HOUSE”

1 Corinthians 15:33 (King James Version)

“Be not deceived: evil communications corrupt good manners.”

Proverbs 13:20 (King James Version)

“He that walketh with wise men shall be wise: but a companion of fools shall be destroyed.”

Now that you have identified those activities that do not align with the word of God, work to remove those individuals who encourage secular activities from your life. Some people will try to destroy your character just so they can look good. Remember that as a saint, your old behaviors are no longer valid in the eyes of God. Be very careful of whom you allow in and what you share with them. Not everybody is for you, so trust the spirit to do what it does best, which is to reveal what is for your good and be obedient. Thank God for discernment and revelations; you cannot change a person, but you can change if you allow them in your life. Identifying your purpose and acting on Faith will require a new frame of mind to elevate into the next dimension, which means you may have to leave some individuals and things behind!

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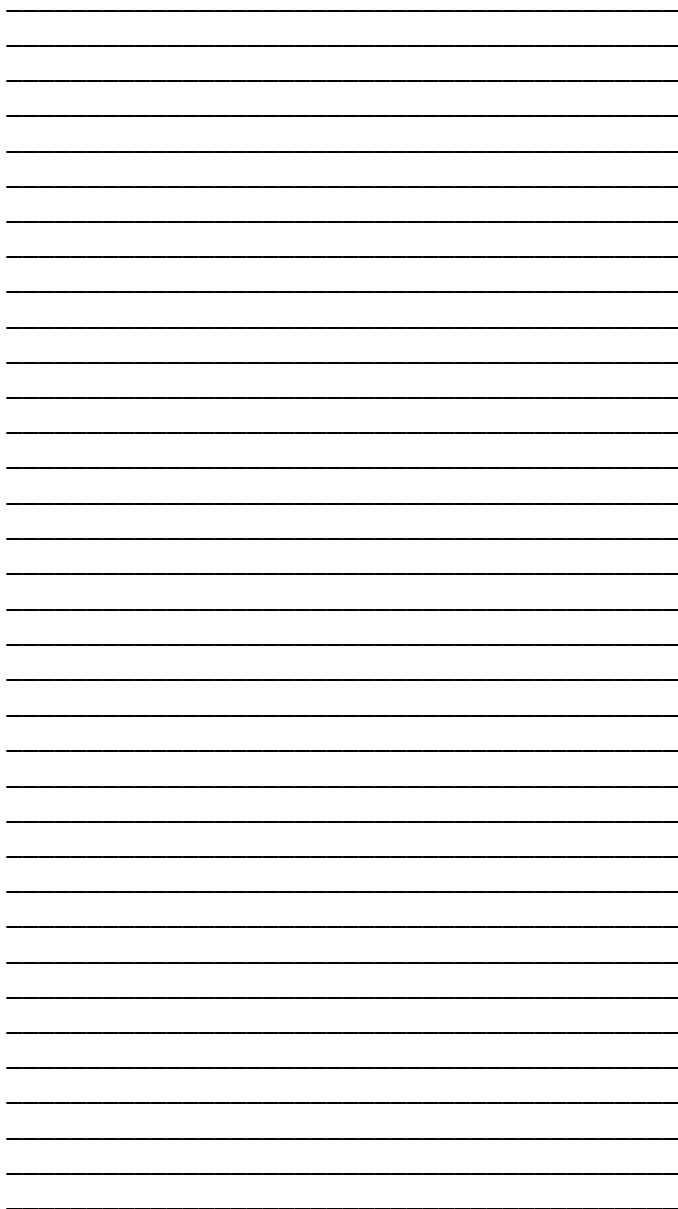
Spirit on fasting and what to fast from, the duration, and what to do while fasting.

ACTION ITEMS

- E. Go into Prayer With God
- F. Now that you are Acting in Faith, God will begin to reveal to you who should be in your life, it would be wise to be obedient to his revelations.
- G. If a person causes you to feel drained, negative, or secular, it is time you deal with them from a distance; No excuse to them is necessary. Remain cordial to prevent burning bridges, but distant yourself so that you can hear from God.
- H. Begin to think of those individuals that you no longer have a need for in your life and immediately begin to remove them from your inner circle.

PRAYER

God I come to you as humble as I can, asking for forgiveness of my sins both intentional and the ones unintentional. God, I know the task of dismissing individuals from my life is going to be hard because I love everyone. However God, I am committed to carrying out your plans for my life. I committed to acting in faith, renewing my mind, and guarding my home in stewardship. Lord, please guide me and be a fence around me as I move through these steps and/or phases that you are taking me through.



STEP 5

“DEFINING ONESELF”

Exodus 20:17 (King James Version)

“Thou shalt not covet thy neighbour’s house, thou shalt not covet thy neighbour’s wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour’s.”

Comparison of yourself to others is an act of violence to oneself and leads you to desiring what another possesses. As a Christian you must learn to define your own path and avoid following and/or trying to walk in someone else's. God has gifted all Saints with very unique qualities that are needed to edify the body of Christ. In order to continue to develop the purpose on your life, you must be in relationship with God, which requires, identifying your purpose, exercising that purpose, acting in faith, being receptive to the renewing of your mind, and being a faithful steward over the things God has given you.

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ACTION ITEMS

- A. Go into Prayer With God
- B. Now that you have are growing in Christ, you must be willing to follow the Ten Commandments (See Exodus 20 King James Version). The commandment referenced in this step is that of Coveting. Coveting is simply the act of desiring what your neighbor or fellow brother or sister in Christ possess. The bible is very clear that coveting is a sin. To avoid coveting, you must be focused on your personal relationship with God, refusing to desire what your brother or sister in Christ have.
- C. Refuse spending unnecessarily, only buy what you need, instead of what you want or what your neighbors have. This will give you insight into your spending and financial stewardship. Take notes on your daily spending, begin saving, even if only \$20 a month, and buy as God leads you to buy. Refuse using credit cards!
- D. Be willing to share the knowledge you gain with believers and non-believers.

“MAKE A VISION BOARD”

Habakkuk 2:2 (King James Version)

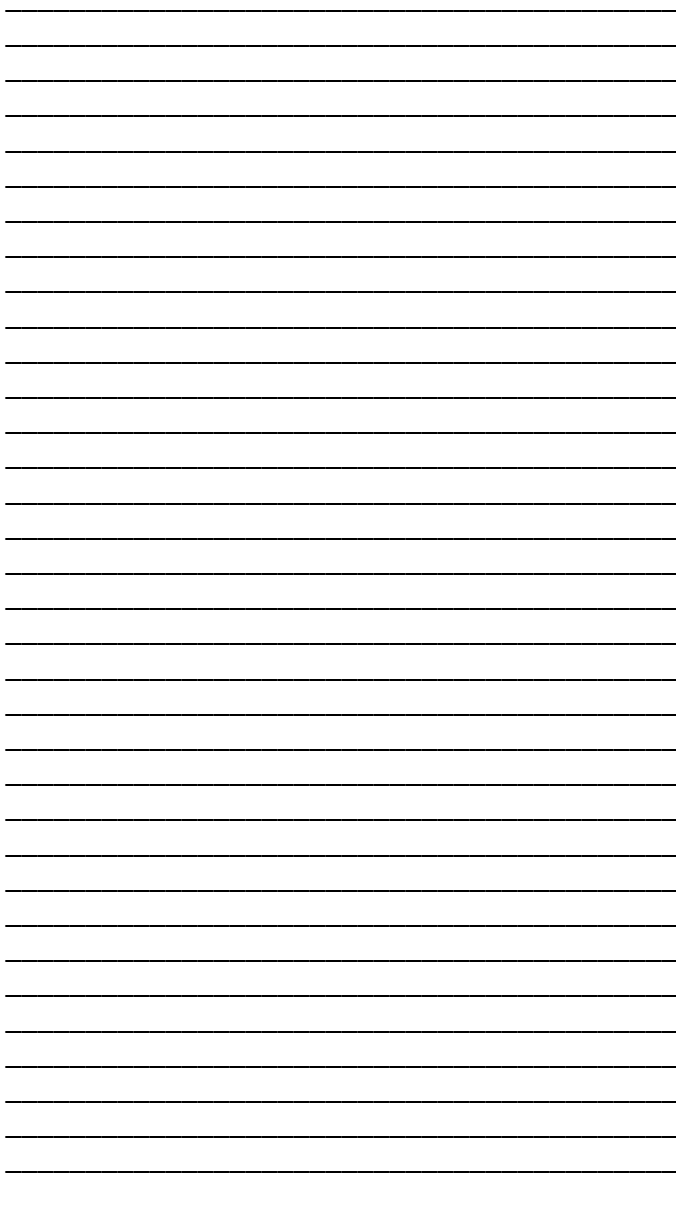
“And the LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.”

As you continue through the steps, you will find that you are going through a process of purification. As you navigate through the steps, starting with defining your purpose, you will find that at this point, God is giving you great leadings into your purpose and you may find that ideas are randomly dropping in your spirit. It is critical that you keep a small tablet with you to capture what God is speaking to you. You will find that overtime, the pieces He has given you are glimpse into the great work He has in store for you. Write things down and create a vision board! Visions boards are comprised of the lifestyle that you desire. You can cut out pages from magazines or images from the World Wide Web that depict the life you desire. Place this vision board in a place that you can see daily. Lean on the spirit to guide you so that you know that your vision board is from God.

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ACTION ITEMS

- A. Go into Prayer With God
- B. God has really began to speak to you and give you insight on what it is He would have you to do in the body of Christ, it is critical that you begin to write down what He speaks to your spirit. Buy yourself a journal and pen and keep them with you at all times.
- C. Buy yourself a vision board from your local Office Max or Wal-Mart, take old magazines and cut out the visions that God has shared with you and also begin to cut out pictures of the things you desire. Paste these to your vision board and after you are done, place your vision board in a place where you can see it everyday.
- D. Continue to Build on the things God has given to you, stay in prayer and bible study and watch your vision board become a reality as you navigate through your Christian process.



STEP 7**“GROW IN CHRIST DAILY: PRUNING
PROCESS”*****John 15 (King James Version)***

“I am the true vine, and my Father is the husbandman. Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit. Now ye are clean through the word which I have spoken unto you. Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.”

Your growth in God and success will not happen over night!! It could take decades for you to get to where you know God has been equipping you. Yes, that place you doubted because "IT" was not arriving fast enough for you or as you thought it should. Enjoy the process, love yourself, and thank God for it all!! As you continue getting visions, God has to prune into each vision He provides so that you mature enough to carry out his plan. You will get there because the focus is on pleasing God. As you continue and mature in your Christian walk, you will find that you desire to be more like Christ. Stay committed to following His leading and the still small voice that reigns so loudly in your spirit.

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ACTION ITEMS

- A. Go into Prayer With God
- B. Now that your vision board has been laid out, do not expect the enemy to leave you alone. For many Christians, at this point in your walk, you will find that the enemy will begin to attack many aspects of your life because he knows that you are committed to God and carrying out God's plan. Remember that John 10:10 reminds us: "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." When you notice the enemy's attacks, rebuke him, and carry on in knowing that there will be some pain in pruning!
- C. Remember that God is the Gardener of your life and will minimize and maximize you where He sees Fit!
- D. Embrace the Process and Know that God will cover you every step of the way.

STEP 8**“DO NOT THINK MORE HIGHLY OF YOURSELF; BE HUMBLE AND REST YOUR CONFIDENCE IN GOD”***Philippians 2 (King James Version)*

“Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus”

As you are growing in deeper relationship with Christ, it is important to embrace both believers and nonbelievers with humility. Don't overestimate yourself and underestimate others because the very person you underestimate may be a vessel that God has sent into your life and guess what, you have just missed an opportunity for God to deposit into your life. When you think more highly of yourself than you ought, you negate the movement of God in your life.

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ACTION ITEMS

- A. Go into Prayer With God
- B. Now that your vision board has been laid out, do not expect the enemy to leave you alone. For many Christians, at this point in your walk, you will find that the enemy will begin to attack many aspects of your life because he knows that you are committed to God and carrying out God's plan. Remember that John 10:10 reminds us: "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." When you notice the enemy's attacks, rebuke him, and carry on in knowing that there will be some pain in pruning!
- C. Remember that God is the Gardener of your life and will minimize and maximize you where He sees Fit!
- D. Embrace the Process and Know that God will cover you every step of the way.

PRAYER

God I come to you as humble as I can, asking for forgiveness of my sins both intentional and the ones unintentional. Lord, I thank You for life health and strength. Lord, I admit at times, I am quick to judge others and do think that I am better than others.

God, I ask that You forgive me of that quality and fill me with an unbiased love towards all people, albeit believer or nonbeliever. God, I ask this because I realize that in my faith, I cannot walk in Your purpose and calling being quick to look at my fellow brother and sister and think, "Why is s/he doing what they have done?" This is not of You God, in fact You desire me to be quick to forgive and to never judge another. I realize now that everyone has to go through what they have to go through to get to the place you would have them to rest in! Thank You Jesus for this revelation! In Jesus Name I pray, Amen!

I have enclosed a section for you to journal your reflections!

STEP 9

“DECISION MAKING”

Philippians 4:6-8 (King James Version)

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”

Oftentimes as life throws us curve balls, we are perplexed in making decisions. We don't know which way to turn. We constantly try to make decisions on our own instead on relying on the word of God, as thus, the guidance of God. Learn to wait on God. Sometimes the answer will come in the form day-to-day living and you will find that your problem last week has been resolved.

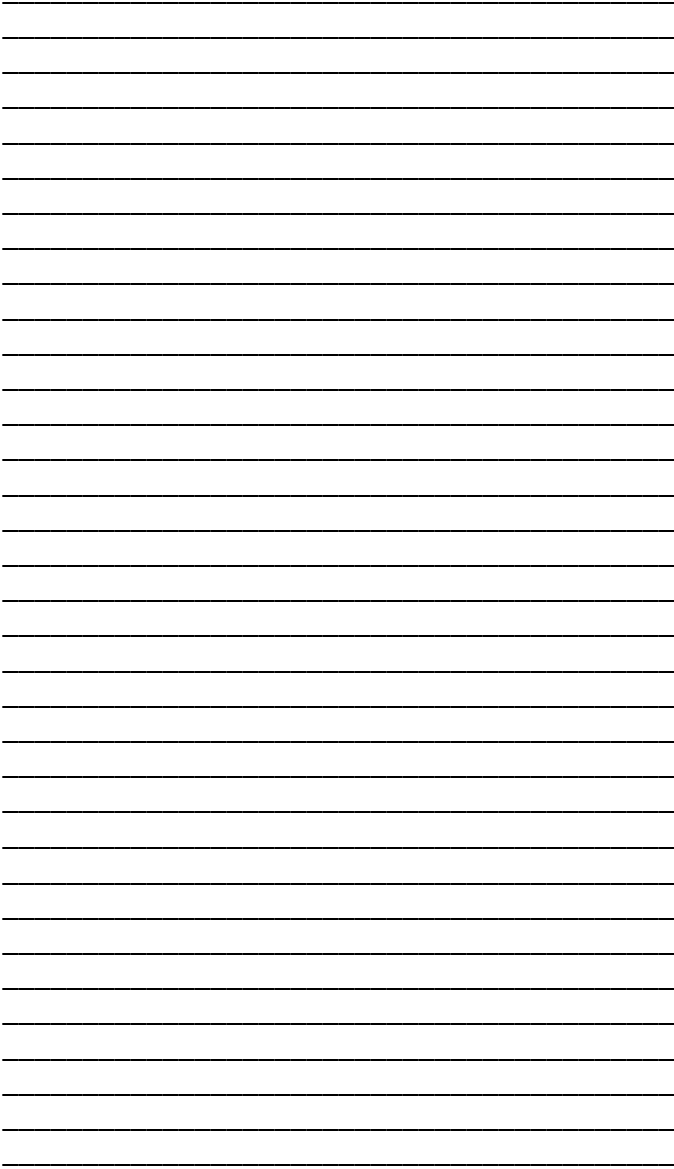
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ACTION ITEMS

- A. Go into Prayer With God
- B. Meditate on Philippians 4:6-8 daily, sometimes several times a day, until you have reached your Godly desired goal. A Godly desired goal, removes us from the equation and ushers in the presence and guidance from God.
- C. Remember to not become vexed and/or anxious. That spirit is not of God and it also leads to health problems such as heart attacks, high blood pressure, and diabetes.
- D. Trust God everyday and in ALL THINGS!

PRAYER

God I come to you as humble as I can, asking for forgiveness of my sins both intentional and the ones unintentional. God, at times life can be so challenging, so much that I feel pressed to make a decision immediately. Lord, I realize now that even when I do have to make quick decisions, I can rest on Your Word, Philippians 4:6-8 and make my decision based from that scripture. If anything regarding that scripture, "Whatsoever is True, Honest, Just, Pure, Lovely and of good report" is missing, I should probably stay clear of following a YES on that decision. I know if any of those virtues are missing, that is more than likely, not where I should be! Thank You God for this revelation! In Jesus Name I pray, Amen!



STEP 10**“CONTINUE TO READ AND INVEST IN YOURSELF DAILY”**

Joshua 1:7-8 (King James Version)

“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.”

You have to continue to invest in yourself! By doing so, you position yourself to receive all that God has to offer you. If you remain closed and don't allow Him free reign through feeding yourself daily manna, you will find that you are stagnant. Get up, say a quick intentional prayer, open your bible, allow God's word to speak to you, and carry on about your day. Throughout your day, commit yourself to reading devotionals, predicated on the King James Version, if not the word, so that you stay in constant communication with God. Then at night, bow on your knees in humble submission, read the bible, if you have a King James Version study bible, go to the back and find a passage that speaks to your present needs, and begin to have peaceful sleeping. When you awake, throughout the day, and at night, you are intentionally living and

breathing the word of God!! You will begin to find yourself speaking His Word throughout your daily conversations, so don't be dismayed, smile and Thank God for speaking through you. The word is a living and breathing testament and His spirit is ALIVE IN YOU! Keep allowing God to pour into you and you will soon find that your pain has stopped and you are now living beyond any stronghold that once had you bound! THE PAIN STOPS TODAY!

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ACTION ITEMS

- A. Go into Prayer With God
- B. Now that you have really started exercising your faith, it is critical to avoid becoming complacent. Staying in constant connection with God will propel into a place of peace, joy, happiness, and love.
- C. Share Your Newfound Joy and Love with Others
- D. Reread "THE PAIN STOPS TODAY" devotional as much as you need to, but stay in your word and in prayer more often than anything!

PRAYER

God I come to you as humble as I can, asking for forgiveness of my sins both intentional and the ones unintentional. Lord, I thank You for everything you have given me! Lord, I really thank You for your presence and guidance. Lord, I am finding now, more than ever before, Life really is simple. All I had to do was really connect with you to move beyond my pain. I am so thankful for this revelation and God I open myself up for You to use me as you see fit. God I know this plan you have for me is bigger than I can take on by alone, so I ask that when I have to go alone, you comfort me and provide the boldness I need. When there are more needed, I trust God that You will send those my way to help us bring together Your perfect will. God, I am merely a vessel, use me as You may. My mantra is "THE PAIN STOPS TODAY!" In Jesus Name I pray, Amen!

I have enclosed a section for you to journal your reflections!

SCRIPTURE REFERENCE

Jeremiah 29:11 (King James Version)

Romans 12:2 (King James Version)

1 Corinthians 15:33 (King James Version)

Proverbs 13:20 (King James Version)

Exodus 20:17 (King James Version)

Habakkuk 2:2 (King James Version)

John 15 (King James Version)

John 10 (King James Version)

Philippians 2 (King James Version)

Philippians 4:6-8 (King James Version)

Joshua 1:7-8 (King James Version)

2 Corinthians 1:1-5 (King James Version)

Romans 12:3-8 (King James Version)

Matthew 17:20 (King James Version)

Mark 15 (King James Version)

Mark 16 (King James Version)

A REMEMBRANCE OF JESUS' CRUCIFIXION

(The Reason To Believe,

THE PAIN STOPS TODAY)

Mark 15 (King James Version)

15 And straightway in the morning the chief priests held a consultation with the elders and scribes and the whole council, and bound Jesus, and carried him away, and delivered him to Pilate.² And Pilate asked him, Art thou the King of the Jews? And he answering said unto them, Thou sayest it.³ And the chief priests accused him of many things: but he answered nothing.⁴ And Pilate asked him again, saying, Answerest thou nothing? behold how many things they witness against thee.⁵ But Jesus yet answered nothing; so that Pilate marvelled.⁶ Now at that feast he released unto them one prisoner, whomsoever they desired.⁷ And there was one named Barabbas, which lay bound with them that had made insurrection with him, who had committed murder in the insurrection.⁸ And the multitude crying aloud began to desire him to do as he had ever done unto them.⁹ But Pilate answered them, saying, Will ye that I release unto you the King of the Jews?¹⁰ For he knew that the chief priests had delivered him for envy.¹¹ But the chief priests moved the people, that he should rather release Barabbas unto them.¹² And Pilate answered and said again unto them, What will ye then that I shall do unto him whom ye call the King of the

Jews?¹³ And they cried out again, Crucify him.¹⁴ Then Pilate said unto them, Why, what evil hath he done? And they cried out the more exceedingly, Crucify him.¹⁵ And so Pilate, willing to content the people, released Barabbas unto them, and delivered Jesus, when he had scourged him, to be crucified.¹⁶ And the soldiers led him away into the hall, called Praetorium; and they call together the whole band.¹⁷ And they clothed him with purple, and platted a crown of thorns, and put it about his head,¹⁸ And began to salute him, Hail, King of the Jews!

¹⁹ And they smote him on the head with a reed, and did spit upon him, and bowing their knees worshipped him.²⁰ And when they had mocked him, they took off the purple from him, and put his own clothes on him, and led him out to crucify him.²¹ And they compel one Simon a Cyrenian, who passed by, coming out of the country, the father of Alexander and Rufus, to bear his cross.²² And they bring him unto the place Golgotha, which is, being interpreted, The place of a skull.²³ And they gave him to drink wine mingled with myrrh: but he received it not.²⁴ And when they had crucified him, they parted his garments, casting lots upon them, what every man should take.²⁵ And it was the third hour, and they crucified him.²⁶ And the superscription of his accusation was written over, THE KING OF THE JEWS.²⁷ And with him they crucify two thieves; the one on his right hand, and the other on his left.²⁸ And the scripture was fulfilled, which saith, And he was numbered with the transgressors.²⁹ And

they that passed by railed on him, wagging their heads, and saying, Ah, thou that destroyest the temple, and buildest it in three days,³⁰ Save thyself, and come down from the cross.³¹ Likewise also the chief priests mocking said among themselves with the scribes, He saved others; himself he cannot save.³² Let Christ the King of Israel descend now from the cross, that we may see and believe. And they that were crucified with him reviled him.³³ And when the sixth hour was come, there was darkness over the whole land until the ninth hour.³⁴ And at the ninth hour Jesus cried with a loud voice, saying, Eloi, Eloi, lama sabachthani? which is, being interpreted, My God, my God, why hast thou forsaken me?³⁵ And some of them that stood by, when they heard it, said, Behold, he calleth Elias.³⁶ And one ran and filled a sponge full of vinegar, and put it on a reed, and gave him to drink, saying, Let alone; let us see whether Elias will come to take him down.³⁷ And Jesus cried with a loud voice, and gave up the ghost.³⁸ And the veil of the temple was rent in twain from the top to the bottom.³⁹ And when the centurion, which stood over against him, saw that he so cried out, and gave up the ghost, he said, Truly this man was the Son of God.⁴⁰ There were also women looking on afar off: among whom was Mary Magdalene, and Mary the mother of James the less and of Joses, and Salome; ⁴¹ (Who also, when he was in Galilee, followed him, and ministered unto him;) and many other women which came up with him unto Jerusalem.⁴² And now when the

even was come, because it was the preparation, that is, the day before the sabbath,⁴³ Joseph of Arimathaea, an honourable counsellor, which also waited for the kingdom of God, came, and went in boldly unto Pilate, and craved the body of Jesus.⁴⁴ And Pilate marvelled if he were already dead: and calling unto him the centurion, he asked him whether he had been any while dead.⁴⁵ And when he knew it of the centurion, he gave the body to Joseph.⁴⁶ And he bought fine linen, and took him down, and wrapped him in the linen, and laid him in a sepulchre which was hewn out of a rock, and rolled a stone unto the door of the sepulchre.⁴⁷ And Mary Magdalene and Mary the mother of Joses beheld where he was laid.

Mark 16 (King James Version)

16 And when the sabbath was past, Mary Magdalene, and Mary the mother of James, and Salome, had bought sweet spices, that they might come and anoint him.² And very early in the morning the first day of the week, they came unto the sepulchre at the rising of the sun.³ And they said among themselves, Who shall roll us away the stone from the door of the sepulchre?⁴ And when they looked, they saw that the stone was rolled away: for it was very great.⁵ And entering into the sepulchre, they saw a young man sitting on the right side, clothed in a long white garment; and they were affrighted.⁶ And he saith unto them, Be not affrighted: Ye seek Jesus of Nazareth, which was crucified: he is risen; he is not here: behold

the place where they laid him.⁷ But go your way, tell his disciples and Peter that he goeth before you into Galilee: there shall ye see him, as he said unto you.⁸ And they went out quickly, and fled from the sepulchre; for they trembled and were amazed: neither said they any thing to any man; for they were afraid.⁹ Now when Jesus was risen early the first day of the week, he appeared first to Mary Magdalene, out of whom he had cast seven devils.¹⁰ And she went and told them that had been with him, as they mourned and wept.¹¹ And they, when they had heard that he was alive, and had been seen of her, believed not.¹² After that he appeared in another form unto two of them, as they walked, and went into the country.¹³ And they went and told it unto the residue: neither believed they them.¹⁴ Afterward he appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen.¹⁵ And he said unto them, Go ye into all the world, and preach the gospel to every creature.¹⁶ He that believeth and is baptized shall be saved; but he that believeth not shall be damned.¹⁷ And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues;¹⁸ They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.¹⁹ So then after the Lord had spoken unto them, he was received up into heaven, and sat on the right hand of

God.²⁰ And they went forth, and preached every where, the Lord working with them, and confirming the word with signs following. Amen.

ABOUT THE AUTHOR

Veronda Brooks-Bellamy, born the eldest of three, grew up in Maryland and later in North Carolina within a Christian family. Veronda and her siblings (Shannon Brooks and Matthew Brooks) were raised predominantly by their mother, Martha Brooks. Veronda watched her mother manage working full-time, continuing her education, all the while mothering her three beautiful children.

Veronda pays respects to her grandmother, the late Corrine Brooks, who Veronda would often find sitting on her bed in the middle of the night reading a big white bible. Corrine always referred to Veronda as “Wise beyond her years” and Veronda carries that belief with her to this very moment.

Veronda earned a degree in Computer Applications at the age of 21, Business Management by the age of 28, and a M.S., Mental Health Counseling (2014). She worked in corporate America for over 15 years and during this time she began a non-profit for

mentoring girls and women. As time progressed, Veronda really starting praying to God to discover what it was that He desired of her. Veronda has literally journaled her entire life. Presently, Veronda still manages her nonprofit, is a host of Veronda Bellamy Inspired, an online radio show, coaches clients, provides speeches, and also nonprofit/business consultation.

From her background, education, and experience, she has found writing and speaking to be talents of the gift of exhortation to reach the world. Presently, Veronda loves spending quality time with her Savior, Jesus Christ, her husband, family, and friends. She loves to laugh, but loves even more to be of help to others.

IF YOU HAVE ENJOYED THIS BOOK,

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CALL TO ACTION

(I WANT TO HEAR FROM YOU)

I want to know Christ and the power of His resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, and so, somehow, to attain to the resurrection from the dead. Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me.

⁸ Yea doubtless, and I count all things but loss for the Excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ,⁹ And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith: That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death;¹¹ If by any means I might attain unto the resurrection of the dead.¹² Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.¹³ Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,¹⁴ I press toward the mark for the prize of the high calling of God in Christ Jesus. — Philippians 3:8-14

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