

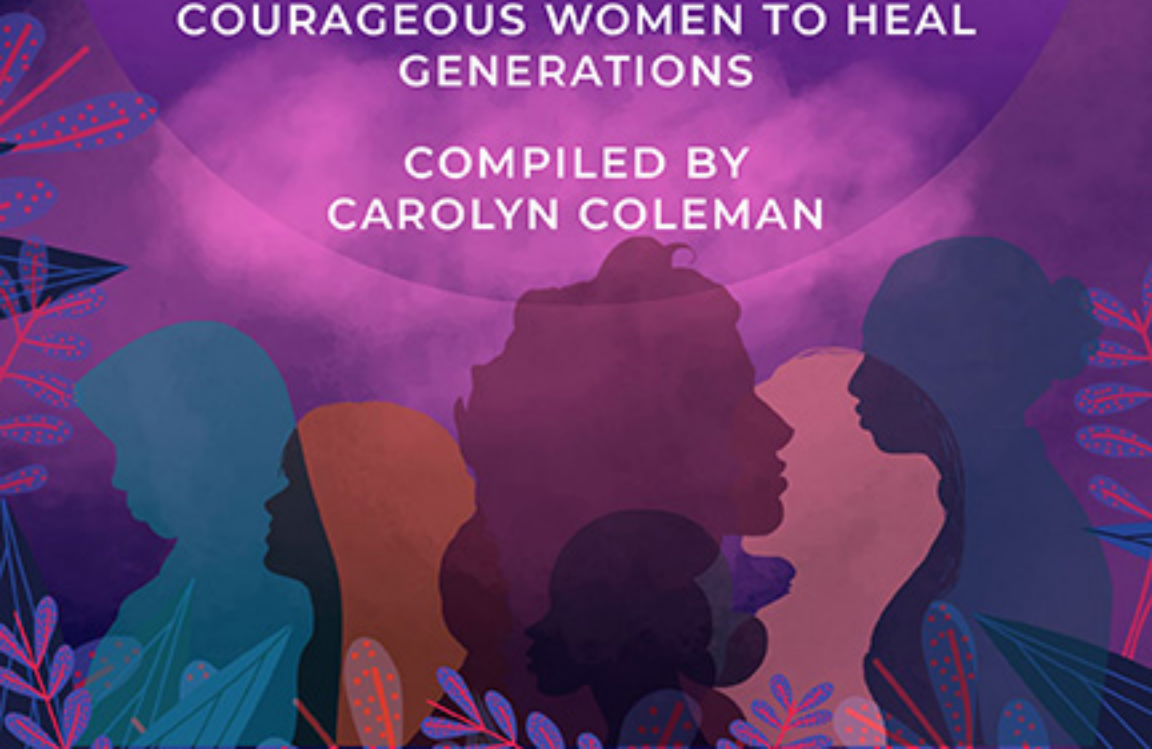
"THIS ANTHOLOGY WILL TRANSFORM
THE MIND, BODY, AND SOUL."

DR. G. LANDRY

WE WRITE THE LETTERS THAT HEAL

AN ANTHOLOGY WRITTEN BY
COURAGEOUS WOMEN TO HEAL
GENERATIONS

COMPILED BY
CAROLYN COLEMAN



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The Lady of Wisdom Publishing Company

The Lady of Wisdom Publishing Company
4542 Robinson Rd.
Jackson, Mississippi 39284

We Write the Letters That Heal © 2023 Compiled by Dr. Carolyn Coleman.

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Published by The Lady of Wisdom Publishing Company June 30, 2023.

ISBN: 978-1-7342352-3-4 (paperback)

ISBN: 978-1-7342352-4-1 (eBook)

Library of Congress Control Number: 2023910929

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Introduction



“To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified” (Isaiah 61:3).

The word broken originates from “break” which means shabar in Hebrew. The Webster dictionary defines broken as:

- Shattered
- Damaged or altered by or as if by breaking
- Not working properly
- Being irregular, interrupted, or full of obstacles
- Violated by transgression not kept or honored

Each of us has faced brokenness at some instance in our lives. It can be emotional, financial, physical, spiritual, etc. The aftermath of these challenges can make us feel as if we have been dealt a bad hand or that we have been forgotten about. In Isaiah 61:3, the Scripture notes that you would receive “beauty for ashes.” Ashes can be a reference to a place of lowliness or grief. In Job 30:19, it

states, “*He hath cast me into the mire, and I am become like dust and ashes.*” How else could we witness God’s grace and mercy without the actual experience?

One may ask, how does healing take place? What procedural methods cause healing to happen? This book is written with the intent to give insight, healing, revelation, and effective communication to the reader. The selected authors divinely handcrafted each letter to express experiences from their personal lives. In this anthology, readers will learn how to grow from the traumas that may plague their current existence. The letters are transparently written and done so they will understand that each author is quite different but shares commonalities which create a theme for this compilation. In each life lesson, the especially important notions of healing are emphasized. The healing concepts are not repetitive from one author to the other, instead, they are made more precise.

We Write the Letters That Heal provides a comprehensive explanation of physical healing, spiritual healing, and mental healing. It gives vivid affirmations to heal, overcome, and thrive in life. Readers will be informed, encouraged, and enlightened to continue their quest for healing. The author’s presentation is logical, practical, and grounded in transparent common intellectual terms. This book will help the reader understand the complexities of their life and how God gives them beauty for the ashes. No one has to stay in a mindset of being abandoned, unloved, misunderstood, or



abused. There is hope for everyone to overcome.

This book will aide you in picking up the broken pieces and becoming the best version of yourself. We hope that our stories are a guiding light as you begin your pathway to wholeness. It is your season to rise up and declare, “I am more than enough. It is my time and I will not miss it looking back. I am ready for the exchange of ashes to beauty and sorrow to joy.”



***Letters Written By
Dr. Carolyn Coleman***



**To My Daughter Nichole, I Thank God
for the Masterpiece of You**

To My Daughter Nichole:

You have sacrificed to see my dreams come true. Now, I sacrifice to see your dreams and aspirations become your reality. I am so grateful for the woman, mother, community servant leader, and entrepreneur you have become.

I have been an eyewitness to your struggles and victories. What I admire is your faith to stay in the race. Your beauty and quick wit have made you a target of those who settled and dared not to strive for more.

You have suffered unfair treatment in the workplace among foes clothed as friends, but you did not become bitter. In life, you must dress for every occasion and be willing to ride out every storm. The eagle in you knows how to fly above the storm and defeat the enemy with prayer and praise. You are the epitome of God's will. He gave you beauty for ashes and joy for all your sorrows.



Your faith and determination to not quit is your superpower wrapped in love. God has navigated you through your red sea and favor and prosperity are your portion. Choose to always see the light in the darkness. Proclaim your cup is always running over with abundance even when you can't see it. Remember the good and cast the bad things up to God quickly. Always remember the power of **next**. Never get stuck on stupid. Every battle is not yours to fight. Always, consult God for direction. He will order your steps and direct your path.

Continue to live a life of honor before your daughter. She will watch and mimic what you do more than what you say. You may think she is not listening to what you are teaching her, but she is. Children do listen even when they pretend not to. Pray for God to guide her and keep her safe from harm. Pray nightly that she has an increase in discernment, wisdom, knowledge, and understanding. Pray for an inner circle of God-fearing friends. Speak and declare the Deuteronomy 11:1 blessing over both of your lives. Pray for multiple increases in her ability to put pen to paper and prosper. Yes, pray without ceasing and ask God to put a hedge of protection around her.

You are now navigating new waters in your life. Put the pains and disappointments of the past in your rearview mirror. Do not take the burdens of divorce and place them at the feet of a new relationship. That would cheat you and steal the joy of a new chapter. Your 'next' should not have to pay for the mistakes and missteps of a previous relationship. Let the muddy water of the past



go, so you can live, love, prosper, and stay in peace. Yes, you deserve love. I pray for the hand of God to guide you and show you the man who will love, respect, value, and honor you and your daughter.

While looking after the baby, don't forget the importance of self-love. Show yourself grace and keep moving forward. I believe in you. Greatness is attached to your name. Claim and name your happiness. Believe in yourself and see yourself as God sees you a masterpiece deserving of all things good.

Speak these words over yourself in times of trouble: "I give myself permission to cry. God will read my tears and identify my moans and groans. He will download the directives necessary to dismantle and destroy the plots of the wicked. Now is my time to dig in, fight and win. I fight on my knees knowing that the battle is not mine, it is the Lord's. God will rescue me and destroy the wicked. Greater is He that is living within me than any outside forces. My DNA has equipped me for battle and assured me of ultimate victory. I will not allow envy, jealousy, malice, and the insecurities of others to rob me of my joy, peace, love, health, prosperity, and happiness. I am wise enough and strong enough to step over offenses. I proudly put on my eagle wings and soar above the storms. I can do all things through Jesus Christ who strengthens me. No weapon formed against me shall prosper."

Love Always,
Mama

Affirmation

I am excited about the new thing God is doing in my life. I will not waste time looking back when life is calling me to move forward. I am worthy of the good things in life. I trust I Am to guide me well as I navigate the waters of a new beginning.

The Precious Gift of a Granddaughter

Dear Granddaughter,

You have brought bright sunshine, awesome blue skies, and a melody of love and laughter to my life. I rejoiced from the moment I heard about your coming.

I had longed to be a grandmother. My grandmothers died before I could experience their love, touch, and wisdom. I starved for their hugs and words of wisdom as a child.

My first grandchild did not live to see the dawning of the day. Then God blessed us with you. At age three, out of the blue, you said, “Nana, I knew you before I was born.” I smiled and said, “I knew you too.”

I prayed to God to keep you safe in your mother’s womb. One night, I asked God if He would take another grandchild from me. That night, I drifted into a deep sleep, yet I was wide awake. I saw God lift you from your mother’s womb and speak life to you. He eased my fears and assured me you would be born healthy. I shouted over the victory.

We have spent many Saturday mornings talking and laughing over bacon, grits, and eggs. I always sprinkled words of wisdom in between each bite.

It’s important to think for yourself. Treat yourself with love and respect. Applaud others and applaud yourself. Honor and love God. Reverence your parents and listen attentively to their instructions. Read and write



every day, it will bring joy and healing to you. Do your very best and never laugh at others. Find solace in laughing at yourself. You frame your world with the words you speak, the actions you take, and the thoughts that rehearse in your mind. Call on God daily and know that He is your friend. Life may change and friends may come and go but stay true to yourself and extend grace to yourself and others.

You are God's masterpiece, fearfully and wonderfully made, designed and crafted for greatness. Never surrender to doubt and fear. Remember Yet and Next. Be willing to stretch and never quit in life. Be you on purpose and go and conquer the world.

Love Always,

Nana

Affirmation

I am called by God to heal nations, speak truth, and walk in the light of Jesus Christ. I am more than enough. I am empowered to bud, blossom and bloom at the same time. I am living the abundant life in Christ. He has made me bold and courageous. I am fearfully and wonderfully made in Jesus' Name. I live and flow in the great riches of God. I am a recipient of Father Abraham with more than enough blessings in health, wealth, power, riches, faith, and love. I live and flow in the great riches of God. My faith is unstoppable and the rewards of it have caused the enemy to flee and prosperity to flow from the north, south, east, and west. I am unstoppable with God.



Letter to God for the New Year

Dear God,

I thank You for bringing me through the ups and downs, and the lows and highs of last year. I thank You for not allowing my enemy to triumph over me. Through all the processing and growth of the past year, I have come to know, value, and appreciate You. My trials, tribulations, and yes, even my pains have brought me closer to You. I applaud You for being my company, keeper, comforter, and yes, my peace. You kept my mind and gave me strength beyond my comprehension. You provided resources that I could not see and extended grace in my moment of weakness and uncertainty.

I wake to the dawn of a new year and new opportunities recognizing that I do not have time to waste looking back and rehearsing the past. It is the **Next** that you have instilled in me that has transformed my sense of urgency to live free from regret. You have shown me the blueprint for a happy life, and I thank You. Forgetting those things that are behind me, my daily assignment is to keep pressing forward with a grateful heart. I joyfully make You the head of my household and the person I seek out to order my steps and thoughts daily. *You are the center of my soul and priority number one.*

I am being ushered into the possibility of a fresh start. New opportunities, friends, challenges, and changes are popping into my head. I find myself excited to do and be



more and to challenge myself to believe in the greater. The opportunity to do more for You and others is exploding in my Spirit.

Unlike years before, I will not take for granted the gift of breath. I treasure each breath and applaud You for the gift of life. No more rushing into my day and forgetting who made this day. No more making You an afterthought and calling on You only in an emergency. You will be the first person I greet each morning and the last person I talk with at night. When I wake, my lips will sing of Your glorious goodness and Your tender mercies that surround me day by day.

I will journal my thoughts and prayers daily reflecting on what I am grateful for. I stand in agreement and proclaim Lamentations 3:22-23 (ESV), “*The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.*” I will not faint at what is to come. I know You have already charted my day. I will speak victory in the face of defeat. I will choose to be happy in times of despair. I will shout the victory over every battle that I face. I know that You are with me, fighting for me and grooming and arming me with the tools needed to overcome any sickness or disease. I am battled tested and battle ready to handle any foe, situation, or trick of the enemy. I am no longer afraid of the unknown because I know You are living within me. My faith is attached to Your faithfulness and therefore I cannot fail.

You have charted my days and filled them with favor