



# Help Me God! Change My Life

*Rhonda Jones*

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Jesus said in Matthew 6:22-23, "The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!"

Are mental, emotional, physical, and spiritual toxins blocking God's light from shining through in your life? There is nothing more beautiful than watching the sunlight shine through a crystal clear window. That light comes through in full force without anything blocking its entrance. But imagine that same window full of fingerprints, smudges, cob webs, and dirt. Although the same sun shines ever so brightly, the debris on the window will begin to block some of that light from entering in.

The toxins in our life: our fears, unbelief, depression, oppression, judgment, busyness, guilt, unforgiveness, anger, and strife (to name a few) symbolize the smudges and debris that begin to accumulate on the windows of our mind, body, and spirit that block or prohibit God's light, which represents peace, joy, abundance, love, trust, health, and faith from shining into our lives without any obstructions in the way.

The more toxic we have become, the less of God's light that shines on us. It's the same as closing our eyes, so that the light of God is shut out, making our whole body partially or fully darkened and limiting what God wants to do in us and through us.

Help Me God! Change My Life is a 10-week Bible-based program that will take you through a process of examining, peeling back, and eliminating those areas in your life, those illusions, obstacles, habits, and deceptions that keep you from being content with your life and experiencing God's peace, health, and joy now. Usually, it's our own toxicity that creates the toxic situations we face. It's time to step out of that toxic pit and allow God to make your foot steps firm and plant your feet on His solid rock!

The Help Me God! Change My Life Program integrates Biblical meditation and includes three Christ-Centered Meditation Scripts designed specifically to help listeners move past their conscious mind and into their heart, where according to Jones, "real healing takes place." It is also possible to purchase the companion Help Me God! Meditation CD or the 3-meditation downloads for more convenience. You'll find details inside the book.

Jones is also the creator of the award-winning website The Christian Meditator and creator of the Christian Meditation and Relaxation CD Series that allows Christians to meditate on God in a way that completely honors their Christian faith.

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