

AN 8-DAY DEVOTIONAL ON EMOTIONAL
WELLNESS

**G O D
W A N T S
Y O U
W E L L**

'TOLA OLADIJI

**Author, Living Well: A Short
Guide to Emotional Wellness**

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About the Author



Hi! I'm 'Tola.

Thank you for getting a copy of this devotional.

I thought I should introduce myself before you get started.

I am an Emotional Wellness Coach and Therapist. I am a member of the Academy of Modern Applied Psychology as well as the International Association of Positive Psychology Coaches.

I am trained across a diverse range of therapeutic interventions including Positive Psychology Coaching, Cognitive Behavioral Therapy, Emotional Freedom Techniques, and Neuro-Linguistic Programming.

I am driven by an overwhelming passion to help people find emotional wellness and live the best version of their lives every day. Typically, I work with regular people like you who want to learn how to improve their emotional health, so that they can enjoy a better quality of life in their business, relationships and everyday life.

I am currently the Campus Pastor at The Fifth, Lekki – a thriving church in the heart of Lagos with a mandate to change lives and influence culture.

To find out more about how I can help you, visit my website at www.tolaoladiji.com or connect with me on social media.

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Introduction

Does God care about our emotional wellbeing, or is He an unemotional being who doesn't know what it feels like to be human?

The bible is clear about the fact that God wants us to be well in our emotions (3 John 2) and in this 8-day devotional, we examine some of the most common emotional challenges we face as human beings and look to see God's perspective about them.

When God gave me the idea about writing a devotional on emotional wellness, I was very excited for two reasons. Firstly, because I see the Bible as one of the biggest teachers of human psychology in existence. Studies are being carried out year after year, and they keep confirming what the Bible said thousands of years ago. The second reason is that I am passionate about helping God's people, and I see this devotional as another expression of that passion.

I have tried to make this devotional cover some of the most common emotional difficulties people will face in their lifetime. While it's not exhaustive, I am confident that you will find some help there.

I am aware that some of the things I write about may not be what you need right now. But I hope that if the time comes when you do need it, you will be able to find help here, for yourselves or your loved ones.

I encourage you to use this devotional with a journal that you can write down your reflections in, as some of your answers will bring you clarity.

Finally, I pray that as you read, and use this devotional, God will speak to you through it. I pray that He will bring healing to you where you need it and that your relationship with God will become deeper, richer and more intentional in Jesus Name. Amen.

If you have any questions or you would like me to help you, please send me a mail at tola@tolaoladiji.com.

Live Well,

'Tola Oladiji

A handwritten signature in black ink, reading 'tolaoladiji' in a cursive script.

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Day 1: Anxiety (Part 1)

Anxiety is an emotion we are very familiar with. It's that sense of tension, uneasiness and dread that we feel when we perceive certain stressful situations. The situations and events that trigger anxiety differ for each person. For you, it could be financial difficulty, a work deadline or even a relationship on the rocks.

The reason anxiety comes so naturally to us is because we have a desire for control. If you knew for certain what was going to happen in the future, you would have zero anxiety or worry.

Maybe the only true way to really deal with our anxiety is to surrender our need to have all the answers. **We don't need to know the answers. We just need to know and trust the One who knows all the answers.**

When we joyfully surrender our need to know everything to God, we permit Him to be God in our lives. One of His titles is literally the All-Knowing One.

In what areas of your life have you held on to your need for answers? Could it be in those areas that you have the most anxiety?

God wants you to trust Him with the aspects of your life that highlight your need for answers. Trusting Him means that you are willing to let Him bring about the results that are best for you. And only when we trust Him can we really find lasting peace.

Reflection

- What areas of your life are you most anxious about? List them out.
- Why are you anxious about each of these areas?
- What will life look like if you trust God with these areas of your life?

Bible Reading

Philippians 4:6–7 MSG – *Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.*

Proverbs 3:5 MSG – *Trust God from the bottom of your heart; don't try to figure out everything on your own.*

Isaiah 26:3 NIV – *You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!*

Prayer

Lord, help me to trust you with my life, especially in these areas I am prone to anxiety (*List them*). The future is too complex for me to figure out. Teach me to stop trying and to just rest in your omniscience. In Jesus Name I pray, Amen.

Day 2: Anxiety (Part 2)

Our anxiety is rooted in our desire to always have the answers, especially where the future is concerned. When we learn to trust God with the future, we will experience less worry and anxiety.

But why do we struggle with trusting God? I believe we struggle with trusting God because we are not fully convinced He has our best interests at heart. You may have a mental picture of a God who doesn't care about you, and it's going to be hard to trust someone like that.

The God described in the bible is one who loves all His children with passion. Nobody can be more interested in your wellbeing and future than God. You see, He's not just God the creator, he's also God your father. And what good father doesn't care for His children?

True, we may not understand why He allows us to go through difficulties in the present, but we must always understand that He's always working out our circumstances for eternal good.

Are you worried if your marriage will work out? Or if your kids will turn out good? Maybe your anxiety is related to your business and finances? God is more interested in making sure everything goes well for you than you are yourself. This interest is borne out of the deep sense of love that He has for you.

When you have faith in His love and compassion for you, trusting Him becomes easier. And when there is complete trust, anxiety loses its hold over your mind, freeing you to live a life of peace and wholeness, just as God intended for you.

Reflection

- What experiences have you had personally or heard about from others that may have caused you to doubt that God loves you?
- In what ways is your unwillingness to rest in God's love causing you to be anxious?
- Are you willing to trust God's love for you today and release your anxieties to Him today?

Bible Reading

1 Peter 5:7 AMP – *“Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].”*

Jeremiah 29:11 HCSB – *“For I know the plans I have for you – this is the Lord's declaration – plans for your welfare, not for disaster, to give you a future and a hope.”*

Matthew 6: 25-30 NIV – *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?”*

Prayer

Dear God, your word says that you are my Father, and you care deeply about me and my needs. Help me to trust in your love more often. Help me to find peace in knowing that you are only interested in my wellbeing in Jesus Name. Amen.

Day 3: Low Self-Esteem

Self-esteem refers to the way we evaluate ourselves in terms of our worth or value. If you struggle with low self-esteem, then you probably have an underestimated sense of your worth.

Healthy self-esteem on the other hand is having an accurate and truthful perception of your worth, and God expects us as His children to have healthy self-esteem.

The reason many of us have low self-esteem is that we value ourselves with the wrong benchmarks.

- We judge ourselves by our possessions – what we have and do not have.
- We judge ourselves by our appearance – how we look relative to society's standards.
- We judge ourselves by our inabilities – what we can and cannot do.

However, none of these things should determine our self-esteem as believers. Our self-esteem must be rooted in seeing ourselves the way God sees us.

God sees us as created in His image (Genesis 1:26), unique (Ephesians 2:10), loved unconditionally (Romans 8:28), and purchased with the priceless blood of Jesus (Hebrews 9:12). That is how we must see ourselves.

How can you improve your self-esteem as a believer?

1. Change your thinking. Low self-esteem begins with the way you think in your mind. What are the self-critical thoughts you hold about yourself? Identify them and replace them with God's word.

2. Change your talking. What are you saying about yourself? Do you always give voice to the wrong things? You should change that beginning today. Start affirming God's truths about you as found in the bible.

3. Develop an awareness of your own God-given and talents. You must stop looking at what other people can do that you can't do and start looking at what you can do. God created us uniquely and gave all of us different gifts and abilities. Yours are no less special because they are not popular. Find them and develop them. When we begin to see ourselves the way God sees us, our self-esteem will grow to be as healthy as God intended it to be.

Reflection

- What are the self-critical thoughts you hold about yourself? List as many of them out as you can.
- What yardsticks have you used to evaluate your sense of self-esteem incorrectly?
- How has your relationship with yourself and others been affected by low self-esteem?

Bible Reading

Ephesians 2:10 ESV – *For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.*

Genesis 1:27 GNB – *So God created human beings, making them to be like himself. He created them male and female.*

1 Peter 2:9 NIV – *But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.*

Affirmation

I affirm that I am made in the image and likeness of God. I am His masterpiece created in Christ Jesus to do good works. I am valuable in the sight of God – loved unconditionally and bought with the precious blood of Jesus. I will no longer see myself as unworthy. Beginning today, I see and perceive myself the way God sees me.

Day 4: Negative Body Image

Every day, when we turn on the TV or go on social media, we are bombarded with a myriad of messages about what the perfect body looks like. And for many people, what they look like right now is so different from what society expects of them, that they start to feel inadequate about their bodies. Does that describe you? Today, I want us to have an honest conversation about some of the lies society has fed us.

Too short, too long, too thin, too fat, too much, too little – we grow up hearing all these comparisons and in the end, they can contribute to you developing a negative body image. Psychologists tell us that a negative body image arises when a person feels like their looks do not match up to what society, friends, and family expects.

But God hasn't called us to live our lives according to other people's standards. He has called us to live according to His standard, seeing ourselves the way He sees us. How did we get so fixated on what people want from us that we forget that we are loved and valuable in God's sight?

Curiously, the psychologist who coined the term body image, Seymour Fisher, theorizes that our perceptions about our body are mostly inaccurate and distorted. What that tells us is that the only true lens through which we must evaluate our bodies is the word of God.

Maybe you have developed a habit of comparing yourself with other people. Perhaps you even feel inadequate when you compare your looks to other people.

Today, I want you to know that you are bigger than all of that. There's more to your purpose and destiny than what you look like. Nobody's body is better than yours.

We are all unique and different, and therein lies the beauty of God's creativity. He makes one person as fair as the sun, and another with the full magnificence of melanin, but the one is not less than the other. He says about both of them, that they are fearfully and wonderfully made.

Can you dare to believe that today? That every fibre of your being was crafted with intentionality and accuracy, a work of wonder, and not of an accident? Can you dare to believe that today - in the face of society's lies that you are not perfect?

Child of God, your Father loves your body and sees it as an expression of His creativity. Perhaps, it's time you started to see it that way.

Reflection

- What parts of your body have you felt inadequate about? Take a moment to consider why you feel inadequate about them.
- Do your lifestyle choices acknowledge the fact that God gave you your body intentionally?
- In what ways have you treated your body less than God expects?
- The bible says that God formed us from the womb (Isaiah 44:2), that expresses a creative intention about our design. How can you use this truth to counter your contradictory thoughts?

Bible Reading

Psalms 119:73 HCSB – *Your hands made me and formed me; give me understanding so that I can learn your commands.*

Psalms 139:13–14 NLT – *You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.*

1 Corinthians 6:19–20 NLT – *Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.*

Prayer

Father, I thank you because my body is a work in progress, and a masterpiece at the same time. I acknowledge that it is perfect, not because society says so, but because it was made by you and in your image. Help me to treat my body with respect and love, and never to look down on it because of what people say. I ask that you will help me not to indulge in self-harm, self-hate or body shaming again. Help me to love it as it is, and be grateful to you for it, every day, in Jesus Name. Amen.

Day 5: Loss and Grief

You would think that being a child of God exempts you from loss and grief, but sadly, God doesn't promise us this. Truly, we may lose our loved ones while we are on this side of eternity. But how do we grieve in a way that honours God?

Firstly, I think it's important to point out that grief is not anti-faith. Jesus was going to perform one of his most notable miracles – the resurrection of Lazarus and was still so in touch with His emotions that he wept with his friends. If our emotions are a part of us, and definitely God's handwork, why do we think we are less spiritual if we show pain at the loss of those we care about?

What's important is that we recognize that our life is just a tiny dot in the vast canvas that is eternity. And for those who died in the faith, an end to life only means a new beginning with God.

And while we may mourn their absence, we must be encouraged with the fact that we shall see them one day.

Sometimes, a loss is even more painful when it comes as a result of a painful and/or early death. Maybe you have lost someone who died as a result of sickness, or violence, or even earlier than expected.

Our pain hurts differently in those times because we are confronted with the shock that God may not be as powerful or as faithful as we expected.

But is that really true?

The scriptures declare unequivocally that **GOD IS LOVE**. Therefore, we must filter all of our pains and sorrows through the lens that God can do no wrong.

If He is faithful and good, and kind and loving, and He allowed this to happen to my loved one, then it must mean that there is something He knows that I do not know about.

The scriptures teach that God's ways are higher than our ways, and until we come to terms with that, we may struggle with desiring to have all the answers.

How then can you move forward with hope?

1. Remember that death is an enemy that will be defeated with finality at the return of Jesus Christ. On that day, there will be an eternal end to the pain that has separated us from those we love.

2. Remember that nothing compares to the pleasure of being with God. Most of our mourning is rooted in grief over the desires, and ambitions left unfulfilled. But no desire and dream on this earth can match up to the pleasure of being united with your creator.

3. Remember that Jesus feels your pain. He isn't so divine that He doesn't know what loss feels like. But even in the midst of your pain, He offers comfort and peace. Will you receive it today?

4. Find meaning through your pain. "What Satan meant for evil, God can use it for good!" Let your pain become a doorway through which God can be glorified on the earth.

Reflection

Tell God how you feel about the loss you have gone through. Be open and vulnerable with Him if you've never been. Let today be the day you pour out your heart to Him.

Bible Reading

Revelations 21:4 (NIV) – *‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.’*

1 Thessalonians 4: 13 -14 (NIV) – *Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. 14 For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him.*

Psalms 73:26 (NIV) – *My flesh and my heart fail; But God is the strength of my heart and my portion forever.*

1 Corinthians 15: 54-55 (NASB) – *But when this perishable will have put on the imperishable, and this mortal will have put on immortality, then will come about the saying that is written, "DEATH IS SWALLOWED UP in victory. "O DEATH, WHERE IS YOUR VICTORY? O DEATH, WHERE IS YOUR STING?"*

Affirmations

God is good, and I judge Him faithful. I affirm today, nothing will ever be able to separate me from the love of God in Christ Jesus. Not death, not grief, not pain. I trust Him, and I am confident that He will help me even in this difficult time. Amen.

Day 6: Guilt

*“No guilt in life; no fear in death.
This is the power of Christ in me.”*

The lines above are from the popular contemporary hymn “*In Christ Alone*”, which is a personal favourite of mine. I have often found myself thinking over those lines at particular moments in my life.

Guilt is no stranger to Christians. More than any other group of people, we are even more likely to feel guilty after some wrong because of our moral code. But the problem with guilt is that it makes us feel unworthy, dirty and ultimately drives us away from God.

Have you made mistakes you are ashamed of and are consumed by guilt? Then this message is for you.

Our guilt tells us that God is angry at us, and so we should stay away from Him. But that’s false! God wants you to know that He doesn’t condemn you. Instead, He is inviting you to come to Him so that He can offer you mercy and pardon for your mistakes. All because Jesus died in our place.

The reason guilt feels so paralyzing is that you know that it is true that you have committed some wrong.

How Do You Resolve Guilt?

1. Accept God's forgiveness: The Blood of Jesus guarantees your forgiveness. Stop allowing your shame to hold you back from accepting it. God says He is faithful and just to forgive you when you make mistakes – believe His Word! And when you accept His forgiveness, forgive yourself too.

2. Decide to move on: Satan will try to hold you back in the consciousness of your wrongdoing and try to keep you there. You must choose to move on from your mistakes. If God says He will no longer remember your wrongs (Hebrews 8:12), then it's pointless for you to keep dwelling on them. Make amends where it is necessary, but for God's sake, move on!

3. Recognize that you are a work in progress. You are God's masterpiece, but you are also a work in progress. Every day you spend on earth is another opportunity He teaches you to be more like Him. Don't let your shortcomings stop you from going to God. He's the only one that can perfect you.

Reflection

- How have your feelings of guilt affected your relationship with God?
- In what ways do you struggle with forgiving yourself for your mistakes and believing that God has forgiven you too?
- What would your life look like if you decided not to dwell on your sins and mistakes anymore?

Bible Reading

Romans 8:1 AMP – *Therefore there is now no condemnation [no guilty verdict, no punishment] for those who are in Christ Jesus [who believe in Him as personal Lord and Savior].*

Hebrews 4:16 NASB – *Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.*

1 John 3: 20 TPT – *Whenever our hearts make us feel guilty and remind us of our failures, we know that God is much greater and more merciful than our conscience, and he knows everything there is to know about us.*

Colossians 1:22 NIV – *But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation.*

Affirmations

According to God's word, there is no longer any condemnation for me because I am in Christ Jesus, and I believe this truth. My sins are forgiven by the blood of Jesus and I am eligible for God's mercy. I am God's righteousness and I live in that consciousness today. I declare that the voices of accusation in my heart are silenced today in Jesus Name. Amen.

Day 7: Fear

We have all encountered fear before, and I am sure you are no different. Our fears show up in different dimensions – fear of failure, fear of rejection, fear of not having enough, fear of dying, fear of being alone. And that’s only mentioning a few of the thousands of fears that constantly cloud our minds.

For some people, fear is a motivator that pushes them to do things without pausing to catch a breath. (E.g. someone’s constant need to work 24/7 could be as a result of a fear of being poor.) For other people, fear is a prison that stops them from doing anything significant. (E.g. another person’s reluctance to start a business because of the fear of failing at it.)

Regardless of the case, fear is a terrible master to have and we were not designed to live under it. The Bible says in 2 Timothy 1:7 that “God hasn’t given us the spirit of fear...” That tells me that if I find myself living in fear, it didn’t come from God, but from Satan, and I have the power and right to get out from under its shadow and live my life to its fullness.

At its core, fear is really faith in reverse. So where faith expects good things to happen, fear expects bad things to happen. And more often than not, our fears end up becoming self-fulfilling prophecies, because our lives move in the direction of our thoughts.

How then can we deal with fear?

1. Identify what fear you are dealing with. It is impossible to win a war against an enemy you do not know. That’s why you must identify and name your fears.

Ask yourself, *what am I most afraid of?* When you know your fears, then you can equip yourself to handle them.

2. Name God's truth to yourself. Fear is based on the devil's lies, so you have to remind yourself about God's truths repeatedly and choose to believe them. Don't just think about them in your mind, say them out loud to yourself.

Hebrews 13:5b-6 says, *"For He Himself has said, 'I will never leave you nor forsake you.' So I may boldly say: 'The Lord is my helper; I will not fear. What can man do to me?'"*

3. Live in the consciousness of God's love for you. While fear is a belief that something bad will happen to you, faith is believing that good things will happen for you because God loves you. As a Christian, you need to constantly saturate your mind with the consciousness that God loves you and is watching out for your good. Every day, confess God's love for you; thank Him for it; look out for signs of it in all you do, and let it be the lens through which you evaluate your experience.

4. Remind yourself of eternal God's presence with you. God has promised to never leave you nor forsake you, and that's all the reassurance you need. Regardless of what happens, or whatever you face, or whoever is against you, you can be confident in knowing that God is always going to be on your side. And because He's on your side, you are guaranteed victory at the end of the war.

Reflection

- What are you most afraid of? Spend a few minutes examining the different areas of your life and what fears are lurking in the dark. Be sure to write them out.
- What does God's word say about the areas of your life where you are afraid? You can do a Google search to find out if you're not sure.
- What are 7 signs of God's love that I have experienced in the last 10 days? Don't stop writing until you can think of at least 7.
- How am I going to remind myself of God's presence today, and every day of this week?

Bible Reading

2 Timothy 1:7 NKJV – *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

Psalms 23:4 NIV – *Even though I walk through the darkest valley, I will fear no evil, for you are with me, your rod and your staff, they comfort me.*

1 John 4:18 AMP – *There is no fear in love [dread does not exist]. But perfect (complete, full-grown) love drives out fear, because fear involves [the expectation of divine] punishment, so the one who is afraid [of God's judgment] is not perfected in love [has not grown into a sufficient understanding of God's love].*

Affirmations

Father, I thank you because you are always with me at all times. Thank you because you are always on my side. I thank you because you are only interested in my welfare and wellbeing. Today, I declare that Jesus Christ has delivered me from the spirit of fear, therefore fear has no hold over me anymore. I rest in God's love for me, and I always enjoy His presence; therefore, I am not afraid of evil again. Amen!

Day 8: Heartbreak

A heartbreak can be one of the most difficult experiences we ever go through. One moment, you are planning forever with this person, and the next, it feels like a dagger has just been plunged through your chest.

If that's how you are feeling right now, I want you to know that you won't always feel this way and that there's healing on the other side of your pain. How do I know this? The bible tells us that no matter what we go through, our troubles won't last forever (2 Corinthians 4:17) and that God can work all things out for our advantage (Romans 8:28).

When you are going through a heartbreak, it feels like a door has just been shut in your face, and rightly so. But for every closed door, God can open another one in His time. Your job is to trust in His process and path for your life, holding on to Him as you navigate this 'valley of the shadow of death' experience.

1. Talk to God about how you feel. This is the time to be open and honest with God about your feelings. Our faith doesn't mean we deny our feelings. It only means we acknowledge God's eternal power to see us through to victory. So, talk to Him. Tell him where it hurts and how it hurts, He's there to listen.

2. Don't isolate yourself. Don't run away from people after a breakup. I know you feel like a mess and you'd rather stay alone at home, but please don't. Spending time with people who care about you can be very helpful in difficult moments. No matter how alone you want to be, you will always feel better in the company of other people, especially people that care about you.

3. Remember that joy will come. Because of Jesus' victory on the cross, and His resurrection power, it is impossible for the story of your life to end in your defeat. Joy always comes in the end! This heartbreak won't be an exception – you will experience joy again in your dating life. Are you courageous enough to trust God for that? And as you wait on Him to complete your joy, look forward in hope and expectation of what is to come.

Reflection

- What are 5 things you have learnt from this relationship that just ended? How can you use this knowledge in future?
- Think about a few occasions in the past when a door closed for you. What new doors did God open up? Did He exceed your expectations and work things out for your good?
- Courage means moving on despite fear, knowing that God is with you. How can you be courageous moving forward where relationships are concerned?

Bible Reading

2 Corinthians 4:17 TLB – *These troubles and sufferings of ours are, after all, quite small and won't last very long. Yet this short time of distress will result in God's richest blessing upon us forever and ever!*

Psalms 147:3 NIV – *He heals the brokenhearted and binds up their wounds.*

Romans 8:28 NIV – *And we know that all things work together for good for those who love him, who have been called according to his purpose.*

Isaiah 43:18-19 NIV – *Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.*

Prayer

Dear God, I am hurting over this heartbreak with _____, and I need your help. Help me to heal in my heart and emotions. Help me to let _____ go without holding a grudge against him/her in my heart. Teach me to forgive knowing that I am loved and forgiven by you. Today and every day, I choose to go forward in confident expectation of the glory that will come to my life as a result of my present pain, in Jesus Name. Amen.

Final Words

Dear friend,

Thank you for going through this 8-day devotional on emotional wellness, and I trust that you have found clarity, insight, and healing from the thoughts shared there.

I am aware that it is not an exhaustive work on the subject matter, as there are still so many topics to be discussed. However, you can expect to see a second volume soon.

I have tried to be as accurate a scribe as I can be. Nevertheless, I take full responsibility for any unclear thoughts, and I pray that God still uses my writing mistakes to communicate His message to your heart.

Please, feel free to reach me via tola@tolaoladiji.com if you have questions, comments and enquiries.

Live Well,

'Tola Oladiji

A handwritten signature in black ink, reading 'tolaoladiji' in a cursive, lowercase script.