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Lithium-Laced ICE CREAM

"The older lady sitting next to me sprinkled lithium on her ice cream. She said she had to compensate for the lost love she never found again..."

The turn of events that transpired in my life seemed very disheartening and unbelievable. As I listened to the song, "Mississippi Po' Boy" by the Canton Spirituals, I took inventory of my life. I looked back where God brought me from and wondered how I arrived at this place I am in now. So many bad choices, so much instability, and so much confusion. After a long period of research on the Internet, I could only come to the conclusion that I might possibly be bipolar!

As I sat quietly at my table at the Marble Slab, I stared at an old lady across the way who was sprinkling a substance on her ice cream! She caught me staring and she said, "I usually sprinkle lithium on my ice cream to give me a boost. I've been doing this since I lost my soul mate back in 1975." I told her that I had lost many soul mates which could only mean one thing... they were never really soul mates. I thought to myself, "Have we gone from soul mates to lithium-laced ice cream to make us feel good about ourselves?" I don't think so. Lithium is not for me! I made up my mind from that day forward to seek God in all that I do even when I make mistakes, I have to return to God. He is the only One who can see me through anything.

So, here I am several soul mates later and several other turn of events later and I still must seek God. We all make mistakes. Some mistakes make us grow stronger and some make us want to throw our hands up and give up! I have news for you! You can NEVER give up! If I would have given up the first time, I would not have my family today. If I would have given up yesterday, I would not be encouraging you today. So, the message in this very short story is "don't lace your ice cream with lithium." Put your trust in Jesus Christ and He will lead you to whatever it is that you may need to get you through life's situations. He will be the One to bless you with your soul mate. He will be the One to deliver you from your problems and the evil forces that may keep your focus on the wrong things. He will be the One who will show you forgiveness, so that you may forgive yourself. Jesus is the answer for the world today. Above Him there is no other because Jesus is the way, the truth and the light!

I had to find a mirror and look at the image in the mirror. There were times when I didn't like the woman I saw in the mirror, but then there were other times when I loved the woman in the mirror because she was God's creation. I am God's creation. No matter what lies in my past, I am NOT what I did. I am a royal priesthood, a chosen generation, put here to do God's Will not to have self-pity on myself because of things that I had to go through to get me to this point. The next time you think about doing something stupid or claiming a sickness or disease on your life because things are not like you want them to be or because you made a mistake in judgment, I recommend Jesus Christ to you. He is your real soul mate! © 2007

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