



**I HAVE BEEN CHOSEN.**

**WHY NOT ME?**

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# **Guidance for Personal Power and Healing.**



**A Study and Discussion Guide  
For Those  
Experiencing Overwhelming  
or Debilitating Life Circumstances.**



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## IF YOU ARE BULLIED OR STALKED

### INTRODUCTION

**“Come unto me all ye that labor and are heavy laden,  
and I will give you rest”  
Matthew 11:28**

This publication is for anyone and everyone that has ever felt overwhelmed by their circumstance; found themselves in the midst of misfortune, isolated, abandoned, unloved, disenfranchised, bullied or harassed, or completely hopeless. If you have ever asked the question “Why Me?” then I sincerely hope this booklet will help you to find peace. This page is for spiritual encouragement for those who may feel on the fringe – the bullied and victimized, targeted individuals, gay and lesbian individuals, those feeling emotional pain, and especially bullies and victimizers; that they might know the truth.

You are probably saying “no one can understand your pain” - emotional and physical pain is a deeply personal experience. I can only say when all else fails, there is a way out.

### MY STORY

I was a professional (now retired), married with two children and a grand-daughter. I was dedicated to my church, my family and my job. I don't know when it first began but gradually my whole world, as I knew it, crumbled. I became the victim of organized gangstalking - some knowledgeable persons may say that I became a “targeted individual”. I wondered who or what on God's green earth would spend twenty-four hours a day torturing someone? This took place most significantly in my home and gradually in everyplace I frequented, including in the church. What kind of person would willingly, gleefully even, participate in such activity? Through the days of torture I sought understanding from my family and friends. The general response was one of disbelief and the general recommendation was

My heart goes out to you. My first concern is that you tell someone else immediately. If you are a youth, tell your parents or a trusted adult. If you are an adult tell another trusted adult and seek legal or professional assistance. If you feel you have no one to turn to, by all means communicate with God. Your pastor will be able to help you. If you do not have a pastor or cannot talk to a pastor, I hope this booklet can guide you in this regard. It is for this purpose that God has chosen me. In fact, it is the very reason that God has led me to create "YME" - to let you know that he cares. It is he that can be your refuge and deliverer from the oppressor.

I can imagine that like "targeted individuals" or some in the LGBT community, your overwhelming feeling towards your victimizer is one of anger or hatred or a desire for revenge. You should know that these emotions, though they are real and painful, are what "binds" you and gives your victimizer control over you. It is like something eating away at you from the inside. Fear, worry, and isolation can be a terrible chain that binds. God can break the chain that binds you - you can be "loosed" or set free. Know that your victimizer thrives on your fear, worry and isolation. By the grace of God, you can turn the tables and take back control of your life. Resolve to be free. Seize the power of God. Say today "Whom God sets free is free indeed" (John 8:36). Repeat this every day and use the selected scripture prepared for you. You see someone greater than you or me cares and because he cares he has CHOSEN you to be free and spread his message of love.

The grace of our Lord Jesus Christ be with you all.

Amen.

Revelation 22:21

## LGBTQ—ADDITIONAL SCRIPTURE

If you have been searching for answers for some of life's dilemmas related to who you are and "whose you are" this may be a good place to start. The Bible contains wisdom and truth that will guide you to a life of contentment.

Ecclesiastes 11:5	I Corinthians 7:23-24,28
Psalms 4:3	I Corinthians 10:29-30
Psalms 7:10	I Corinthians 12:13, 23
Psalms 9:8-10	II Corinthians 3:17-18
Psalms 33:12-13	Galatians 6:13-17
Psalms 84:11	Galatians 3:28
Psalms 139:14	Galatians 5:1
Psalms 145:9-12	Galatians 6:4
Proverbs 5:15-17, 21 (monogamy)	Ephesians 2:10,18-19
Proverbs 8:17	Philippians 2:3
Isaiah 45:9-10	Colossians 1:16-17
Matthew 19:6	Colossians 1:21-22
Matthew 19:12	Colossians 3:11
Luke 4:18	I Timothy 4:4-8
Acts 11:9,17	Hebrews 13:4
Acts 11:21	Hebrews 13:14
Acts 15:8-11	James 2:3
Acts 20:32	James 4:10-11
Romans 2:11	I Peter 3:16
Romans 3:23	II Peter 3:17-18
Romans 5:1	I John 4:8
Romans 10:9	Revelations 4:11
Romans 11:34	
I Corinthians 6:19	
I Corinthians 7:9	

psychiatric counseling. So while I was going through the most horrific events of my life there was no one there for me. I found myself transitioning from a state of defiance to overwhelming fear and then to deep hostility and anger. I was no longer in control of my life. There was nowhere I could run and no one to turn to. I found myself talking to God more and more. I felt that he was the only one who cared and he was my only protection. After much heartache and pain, I prayed for guidance and yielded myself completely. It was only then that I received deliverance. The answer was there all the time but anger, fear and hostility blinded me. It was then that I understood "Why me?" The answer is "because I have been chosen". I now say "why not me?"

### WHAT IS YOUR STORY?

I don't presume to know your story but there is one thing I am sure of and that is that you can have God-given POWER to overcome your circumstance! YOU can have POWER over your enemies, POWER to overcome fear, loneliness, broken-heartedness, physical disability, grief, great misfortunes, sickness and disease. When you receive and exercise this POWER you will have PEACE in the midst of the storm. When you realize this, if you have not already, then you can overcome all odds (Greater is he that is within you... I John 4:4).

Think about it. When I finally yielded to God completely (I was blind but now I see) I saw that what he had given me was the ability to be a "walking billboard for his message". Each encounter with my stalkers represented an opportunity to share God's word. The power was no longer theirs but, by God's grace, it was mine (Gen 50:20). I found amazing peace in that and thanked God for every encounter. I praised his awesome POWER as I was confident that he was keeping me for this purpose. There was not one person at my church, not even the minister, who commanded more public attention on a daily basis as I did.

**What about your circumstance? If you reflect on God's will and purpose for you what is revealed?**  
**WHERE IS YOUR POWER?**

## THE MEANING OF THE YME LOGO

Each of us has been created for a purpose (...it is he who made us and not we ourselves Psalms 100:3 ; and we are called according to his purpose, Romans 8:28). You are wonderfully and fearfully made (Psalms 139:14). When we yield ourselves to God we are washed of our sins as white as snow (2 Corinthians 4:6) and he grants us the privilege of becoming his children, part of a holy priesthood. We can shine as a light, stand out in the world, as a symbol of love, peace, redemption and salvation. The yellow “Y” represents you and the power he has given you to shine in the world (Matthew 5:16). The red “ME” represents the special person that you have become by the POWER of his blood (Hebrews 9:11-14). The “White Circle” represents redemption – you have been washed clean (...forgetting the past, and pressing forward , Philippians 3:13). Finally the “Purple Circle” represents you as part of a royal priesthood; a royal family (Romans 8:14-16). You can talk with your “father” at anytime (cast all your cares upon him because he cares for you, (1 Peter 5:6-7).

When you profess your faith in God take hold of your POWER. Learn more about his promises and his precepts. HOLD YOUR HEAD UP – YOU ARE THE CHILD OF THE MOST HIGH GOD. You will gain strength when you stay in contact with your “Father” (pray without ceasing). Walk with conviction! Through God’s word you will learn how to deal with feelings related to:

**ANGER**

**ASSURANCE**

**FAITH/TRUST**

**FEAR/WORRY/ISOLATION**

**FORGIVENESS/REVENGE**

**PEACE**

**POWER**

**REPENTANCE**

**UNDERSTANDING/KNOWLEDGE**

## IF YOU ARE LBGTO

Peace be unto you. I am assuming that if you are reading this you are seeking something. Whether you are seeking reassurance, self-validation, answers to life's questions, peace or something else, if you are here you are acknowledging that you have a need. I am hopeful that what I am offering will set you on the path to meeting that need.

If you feel you are struggling and from time to time and ask the question "why me -why me!" Why am I gay or lesbian? Why am I picked on and bullied. Why are people so mean? Is there a God? Sometimes these may be the burning questions. I assure there is a God and he cares for you. You may have at one time felt that you did not "fit in" at church. You may have felt uncomfortable when the pastor spoke on sexuality. Others may have looked down on you. Don't run away and by all means don't hide. God sees you as his own. These scriptures have been selected just for you:

Psalms 59:1-2 (God hears the cries of his own)

Psalms 100:3 (It is God who has made you and he makes no mistakes)

Psalms 139:14 ( He makes no mistakes)

Jeremiah 29:11

Acts 10:34 (God does not see male or female, rich or poor, Black or White - he views all the same.)

Romans 1:26-27 (The key word here is "natural" (King James version). This is often the most used scripture to justify disfavor of the LGBT community. You are existing "naturally" as God made you. God makes no mistakes.

Romans 10:11-13 (God hears all that **believe** and call on him)

Romans 5:1-5 (Accept and believe and you are justified by your faith - just like everybody else.)

I Corinthians 2:5, 16 (Many try to speculate why God does certain things but, who can know the mind of God? Just know that God is omnipotent).

1 Timothy 2:4 (It is God's will that all be saved)

Philippians 3:13 (You have power, press on)

Hebrews 10:35-36 (Hold on - God cares for you. In due time you will find peace)

## IF YOU ARE A BACKSLIDER

As Christians we can rest assured that we have been redeemed by the blood. This, of course, is based on repentance from sin and living according to God's will. We are sanctified, that is, set aside for God's glory and purpose. We may slip sometime but, should not be practicing sin on a continuing basis. We refer to a Christian that regularly commits the same sins as a "backslider" - one who turns away from God's teachings.

One pastor, commenting on backsliders said "you do what you do because you are what you are". Another writer listed the main causes of backsliding. Three of these causes are relevant to the context of this page. They are: lack of spiritual insight and commitment; neglect of regular Bible reading, prayer and fellowship with other believers; and corruption from evil companions or influences. The backslider must realize that God is especially not pleased with his actions (Psalms 103:9) (James 4:17) (2 Thessalonians 1:11-12) (2 Peter 2:20). If you have "slipped" because of corruption from evil influences or other reasons, and have become a victimizer or "let your light grow dark" (Luke 11:35) come back to God. Come home as the prodigal son did. Reclaim your birthright (John 3:3).

2 Chronicles 7:14  
Proverbs 6:16-19  
Proverbs 23:7  
Psalms 5:4-6  
Psalms 52:3  
Psalms 103:9  
Jeremiah 3:22  
Hosea 14:4  
Acts 9:4  
Acts 9:13-15  
Romans 13:1  
Mathews 7:16-21  
Luke 6:42-46  
Luke 11:35-36  
John 8:7  
Roman 13:1-8

2 Corinthians 6:17  
2 Corinthians 13:5-6  
Galatians 1:23  
Galatians 5:1  
Galatians 5:22  
Galatians 6:7  
Galatians 6:10  
Ephesians 5:6-12  
Philippians 2:12  
Colossians 3:17  
2 Thessalonians 1:11-12  
1 Peter 2:1  
1 Peter 3:12  
2 Peter 2:20  
1 John 3:15-20  
1 John 4:20-2

## ANGER

You have heard the expression that "anger kills". It is perhaps the deadliest of all emotions. To be filled with anger and hatred can have a crushing and debilitating effect on your well-being. You are bound in an emotional prison. Break the chains. Take hold of your power.

Psalms 10:14-15, 17-18  
Psalms 28:4-7  
Psalms 35:1-4  
Psalms 37:7-8  
Psalms 59:9-11  
Psalms 109:26-31  
Psalms 140:11-13  
Proverbs 1:10  
Proverbs 1:15  
Proverbs 2:20  
Proverbs 3:3  
Proverbs 3:29  
Proverb 3:31  
Proverbs 10:12  
Isaiah 55:6-7  
Matthew 5:39  
Matthew 5:44-45  
Luke 6:27-35  
Luke 11:33-36  
John 8:7  
Romans 12:19  
Galatians 6:7  
Ephesians 4:26-27

## ASSURANCE

As children we had the reassuring comfort and confidence of knowing that when we needed food and drink or shelter our parents would provide them. When we slept we had no worries knowing our parents were near – we were not alone. Such is our relationship with God. Whereas God never promised us a world without turmoil, he did promise us a way out. We can have power to overcome trials. He said he would never leave us or forsake us. Take hold of the power.

Exodus 4:15	Romans 8:31
Deuteronomy 30:4	I Corinthians 2 :10-13
Deuteronomy 31:6	I Corinthians 2:15-16
Psalms 4:3	1 Corinthians 12:7-9
Psalms 23	II Corinthians 4:1-9
Psalms 27	Ephesians 1:4-5
Psalms 35	Hebrews 7:25
Psalms 100:3	Hebrews 9:11-14
Psalms 103:6	Hebrews 13:5-6
Psalms 139:14	II Peter 3:9
Psalms 146	I John 5:14
Isaiah 1:18	
Isaiah 41:10	
Ezekiel 37:1-6	
Matthew 5:3-12	
Matthew 11:28	
Matthew 24	
John 3:16	
John 14:20	
Acts 10:34	
Romans 2:10-11	
Romans 8:16-17	
Romans 8:28-29	

## UNDERSTANDING/VICTORY

Happy is the one that gains understanding (Proverbs 3:13). If you have ever been confused or puzzled about something and struggled with it, then finally it hits you – you have the answer. What a feeling! Sometimes you might say that the answer or solution was there all the time. Nevertheless, now that you have the answer you move forward with certainty and contentment. Such is your understanding of God's precepts and promises (Jeremiah 29:11) (3 John 2). God wants you to live life more abundantly. Hold on to his promise!

Esther 4:14	Romans 1:18-23
Psalms 5:4-6	Romans 10:10
Psalms 19:9	Romans 13:1-8
Psalms 74:9	I Corinthians 1:17-20
Psalms 103:9	I Corinthians 9:24
Proverbs 2:9	I Corinthians 13
Proverbs 2:20	II Corinthians 6:17
Proverbs 3:4	Ephesians 6:12-13
Proverbs 6:16-19	Ephesians 6:18-20
Proverbs 7:7	Philippians 1:20
Isaiah 26:2-3, 5	Philippians 2:12
Isaiah 55:8-9, 11	Philippians 3:13-14
Isaiah 40:31	Hebrew 9:11-14
Hosea 4:9	Hebrews 11:6
Matthew 5:3-12	Hebrew 12:1
Matthew 5:44	James 3:13-18
Matthew 6:5-15	II Peter 3:9
Matthew 7:15-16	I John 3:20-22
Mark 1:17	I John 5:4
Luke 6:37	I John 5:20
Luke 11:33-36	III John 2
Luke 24:44	Revelations 19:6
John 3:16	Revelations 21:7
Acts 9:1-6	Revelations 22:21



## REPENTANCE

Man's whole relationship with God centers around the words "I'm sorry", i.e. , coming to the revelation of who God is, acknowledging him and confessing our sins (Romans 10:10) (2 Peter 3:9). To repent means to turn away from sin. Many of us were never happy when sin controlled our lives but, may not have understood why. When you repent you position yourself to receive God's message of love, redemption and salvation. When you find favor with God you are empowered to shine as a light in the world (Acts 1:8) and live life with contentment. Be careful not to let your light go dark. Hold on to your power.

Psalms 34:16	2 Corinthians 6:17
Psalms 51:10	Galatians 6:7
Psalms 52:3, 7	Ephesians 5:1-2
Psalms 74:9, 22	Ephesians 5:6-12
Psalms 139:23-24	Ephesians 6:10-11, 17
Proverbs 1:10, 15, 22, 26, 32	I Thessalonians 5:5
Proverbs 2:20	II Thessalonians 1:11-12
Proverbs 3:3, 8, 29	Hebrew 9:11-14
Proverbs 6:16-19	James 1:12
Proverbs 7:7	James 3:13-18
Proverbs 23:7	I Peter 2:1
Isaiah 26:2-5	II Peter 3:9
Isaiah 55:6-7	I John 1:9
Hosea 4:6	I John 3:20-22
Matthew 7:1-2	Jude 1:10
Matthew 7:15-21, 23	
John 3:16	
John 8:47	
John 14 :17, 34-35	
Acts 9:1-6	
Romans 1:22-23	
Roman 13:1-8	
I Corinthians 13	

## FAITH/TRUST

To have complete faith or confidence in something or someone is a rare occurrence in this world. Complete confidence is the strong foundation on which your relationship with God is built. It is called faith. The amazing thing about faith and trust is that the more you communicate with God and allow him to be the head of your life, the more it increases as you witness his works. There is a God and he cares for you. Take hold of his power.

Genesis 50:20	Hebrews 11:6
Exodus 4:15	Hebrews 13:5-6
Psalms 3:5-6	James 4:7-10
Psalms 23	I John 5:4
Psalms 34:4	
Psalms 51:10	
Psalms 100:3	
Psalms 103:6	
Psalms 145:18-20	
Isaiah 26:3-5	
Isaiah 40:31	
Ezekiel 37:1-6	
Matthew 5:16	
Matthew 11:28	
Matthew 24	
Luke 11:33-36	
Romans 2:10-11	
Romans 8: 15-17	
Romans 8:28-29	
Romans 8:31	
Romans 8:35-39	
I Corinthians 2:9	
Galatians 6:9	
Philippians 1:20	

## FEAR/WORRY/ISOLATION

Fear and worry are akin to anger. These negative feelings, along with feelings of isolation, can completely overwhelm and smother your life. You may feel like you are walking continuously in a cloud of darkness. (For me it was sinking in a deep hole.) The sun can break through and what a glorious light it is. Let God's light shine on you, in you, and from you. Take hold of his power.

Genesis 50:20  
Deuteronomy 30:4  
Deuteronomy 31:6  
Psalms 4:3  
Psalms 23  
Psalms 24:1  
Psalms 27  
Psalms 37:1-9  
Psalms 124  
Psalms 145:18-20  
Isaiah 41:10  
Isaiah 55:6-7  
Ezekiel 37:1-6  
Jeremiah 20:9-11  
Jeremiah 29:11  
Matthew 5:3-12  
Matthew 6:32-34  
Matthew 11:28  
Luke 18:1  
Romans 8:15-17  
Romans 8:28-29  
Romans 8:31  
Romans 8:35-39  
2 Corinthians 4:1-9  
2 Corinthians 12:9  
Philippians 1:20  
Philippians 3:13-14

2 Timothy 1:7  
1 John 4:4  
1 Peter 5:6-7  
Hebrew 13:5-6  
James 4:7-10  
1 John 4:18  
Revelations 19:6  
Revelations 21:7  
Revelations 22:21

## POWER

One of the best known victories in the Bible is that of little David's defeat of the giant Goliath. There may be many "Goliaths" in your life – know that the God of David is your God also. He is the great Jehovah and by his power we can have victory. God tells us "be still and know that I am God" (Psalms 46:10). Accept him and believe and become empowered.

Exodus 4:15  
Number 6:24-26  
Psalms 23  
Psalms 34:14  
Psalms 37:24  
Psalms 59:1,9,16  
Psalms 91:1,4,11  
Psalms 121  
Psalms 145:14  
Proverbs 10:12  
Proverbs 16:7  
Proverbs 24:16  
Isaiah 26:4-5  
Isaiah 40:13  
Isaiah 41:10  
Mark 1:17  
Luke 11:33-36  
Luke 24:44  
John 14:27  
John 16:18-19  
John 16:33  
Acts 1:8  
Romans 1:16  
Romans 8:15-17  
Romans 8:31  
Romans 12:18  
Romans 13:1-8  
Romans 8:35-39  
Romans 10:15  
I Corinthians 2:10-13  
II Corinthians 4:1  
II Corinthians 12:9  
Ephesians 3:7  
Ephesians 6:10, 12  
Ephesians 6:13-17  
Philippians 2:5  
Philippians 4:7-8  
Colossians 1:10-11  
Colossians 3:15  
Hebrews 6:18-19  
Hebrew 13:5-6  
II Peter 1:2-3  
I John 4:4  
I John 5:4  
Revelations 19:6

## PEACE

Peace can mean different things to different people. It can be a feeling of calm. It can be a sense of relief. You have heard the expression “I’m at peace with that”. It can be a general feeling of happiness as opposed to discontentment. It is like “shelter in a time of storm”. Who can describe it as a sense of being protected no matter what may come? God is able to keep you when all else has failed. Take hold of the power.

Psalms 27

Psalms 139:4

Psalms 146

Proverbs 10:12

Proverbs 14:22

Isaiah 1:18

Isaiah 26:3

Isaiah 61:1

Matthew 5:9

Matthew 5:11

Matthew 5:16

Matthew 5:39

Matthew 5:44

John 14:27

John 16:33

Romans 8:15-17

Romans 8:28, 31

II Corinthians 1:3-4

II Corinthians 4:1-9

Hebrew 13:6

Hebrew 7:25

I Peter 5:6-7

II Peter 3:7

James 3:13-18

James 4:7-8

James 4:10

I John 4:18

## FORGIVENESS/REVENGE

You are human and naturally concerned with “self”. So when you believe that you have been injured by someone, particularly if you perceive that the injury was intentional or deliberate, it is hard to forget that hurt. The desire for revenge may also be a suffocating emotion that we have to deal with. In any strong emotional or interactive relationship there is the risk of losing control. When others are able to “push your button” they have control over you. Sometimes when you retaliate, or react in a vengeful manner, you find that it does not give you the satisfaction you thought it would. Real empowerment and contentment comes when you can forgive all and refrain from revenge. “Vengeance is mine” God says (Romans 12:19). Take hold of God’s power.

Psalms 37:1-11

Psalms 40:1-3

Psalms 103

Proverbs 10:12

Proverbs 14:22

Proverbs 3:29

Matthew 5:39

Matthew 5:44

Matthew 6:14-15

Matthew 7:1-2

Luke 6:27-35

Luke 6:37

Romans 12:9-10

Romans 12:17-21

John 8:7

II Corinthians 2:10

Philippians 2:5

Philippians 3:13-14

Colossians 1:14

Colossians 3:13

Ephesians 4:26

Ephesians 4:32

1 John 1:9

1 John 3:20-22

James 1:12

James 3:13-18

James 4:11