



**GIRL...
GET YOUR
SOUL
STRAIGHT**

*Spiritual Healing for
Modern Single Women*

By Ashan R. Hampton

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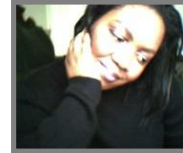
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“What I tell you in darkness, that speak ye in light: and what ye hear in the ear, that preach ye upon the housetops.” (Matthew 10:27 KJV)

Hello Everybody!



Thank you so much for participating in this unique bible study: **Girl, Get Your Soul Straight!** I've carried the idea of women getting together to discuss real-life issues in a safe, positive environment for a long time. Hopefully, whether you are reading this study in a group or individually, you'll feel the way you would after a good venting session with your best girlfriend - like that phone call you make to your cool sistah friend who won't judge or embarrass you about your struggles. Those phone conversations can be enlightening and encouraging, so I urge you to bring that same compassion and energy to this study.

We need to stop dying for love – literally and emotionally. We need to find that place within ourselves that's strong enough to take life's disappointments and turn them into powerful learning experiences. Only God can give us that kind of strength. That is why we turn to God now to heal the wounds of singleness we have endured so that we may live life without fear, without limits and without condemnation.

The following messages represent more than mere words on a page for me. They are indeed pieces of my soul formed from many tears and sleepless nights from wrestling with issues I couldn't talk about with most 'saved' people. These pages reflect hard lessons learned – by me and others – as well as good advice I've received and shared with many friends.

My purpose is not to persuade you to avoid men, but to get you to heal the wounds in your heart so that you can live a full life – whether you're in a relationship or not – it won't matter because you'll be living according to God's purposes for your life. Thinking that you can override your longing for love or a good man is unrealistic because it's in our nature to couple with men. But, be smart about it.

Don't die for love or humiliate yourself for it. Be healed – recognize that love is all around you right now. God is love. There is no lack of love – just a lack of understanding about true, divine love. Once the heart is healed, the scales will fall from your eyes and you'll recognize the truth about love.

You are not alone on this journey. Understanding that should be enough to bring you the peace and victory you seek.

“I pray that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God (Ephesians 3:16-18 NRSV).”

Be inspired! Be encouraged! Be blessed!

Ashan R. Hampton, March 20, 2007

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It's Not Rejection...It's Divine Favor

You thought things went well – you laughed, you flirted, you were witty and charming. He seemed really interested in what you had to say; in fact, there was never a lag or dull moment during conversation at dinner. He seemed to appreciate hearing about your spiritual growth and relationship with God. He complimented your appearance, your personality, your intellect. You thought he might be your next boyfriend, but you certainly KNEW he would call you the next day – but he didn't. Two days, three... one week...two weeks.... He never called you back during all that time and you couldn't understand why.



“Why does this keep happening? Is it me? Am I not relationship material?” As women, we immediately internalize the man's behavior and view it as a reflection of our value and self-worth as a woman and as a potential marriage partner.

In every situation when that happened to me, I finally realized that the guy was doing me a big favor by not calling me back. Deep inside, I knew he would not make a good spiritual or marriage partner for me and in many cases, not even a good friend! When I became more enlightened, however, I discovered that it wasn't even the guy doing me a favor, but the Lord himself doing me an extreme 'solid' by providing a way of escape from a potentially dramatic, traumatic relationship situation.

IT'S NOT REJECTION...IT'S DIVINE FAVOR!

If you are seriously trying to draw closer to God, here is why those guys stopped calling you:

“They are of the world. Therefore they speak as of the world and the world hears them. We are of God. He who knows God hears us; he who is not of God does not hear us. By this we know the spirit of truth and the spirit of error” (I John 4:5-6 NKJV).

Now depending on what kind of woman you are or have been, during those days when the guy didn't call, you either called to whine about why, left a crazy 'don't call me no more' message on his recorder; (although he already stopped calling you), or you convinced him to see you again by directly offering sex, or implying the possibility of sex with you. (Oh, the truth hurts but it will make you free!)

This is where the drama begins. You should have left that man alone, but your ego convinced you to compete for his renewed attention, because you're so much better than the other woman, right? Unfortunately, in these situations, women have gotten pregnant, had abortions, experimented with kinky sex, or found the guy with another woman. And for what? Was he worth it? Is any man worth the bruises to the soul and body that your fight against rejection has caused you? The answer should be no and if you keep finding yourself getting caught up in this type situation over and over again, it

means your soul is sick; you're in bondage and you need to seek Dr. Jesus like never before.

"The spirit of the Lord is upon me, because he has anointed me to preach the gospel to the poor; he has sent me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; to proclaim the acceptable year of the Lord" (Luke 4:18-19 NKJV).

When a man stops calling, it's usually for a very good reason. It would behoove you to just let him go and allow him to mess up some other woman's life. In the midst of these situations, you'll never understand why things between you and "Mr. Potential" suddenly ended, but the answer always comes in time.

For example, years ago, during my "Like She Knows Single" days, I called a few guys back to get an explanation for their sudden disappearance. One turned out to be married with a kid; another just didn't want to be in a serious relationship. Some women have even uncovered sexually transmitted diseases with men who were honest enough to admit their condition during these long silences.

Regardless of the reason, the Holy Spirit will help you avoid and escape danger if you are sensitive to his voice. He will reveal things to you that you won't understand at first. But, you must obey his promptings and urgings anyway.

"But God has revealed them to us through his Spirit. For the Spirit searches all things, yes, the deep things of God" (1 Corinthians 2:10 NKJV).

So when I tell you not to call that man – don't call him. And when I say just let him go, please don't ask questions or play crazy – just let the man go and save your soul! On a more serious note, you might just be saving your life. Too many women have been harassed, stalked or abused by men they should have never coupled with in the first place.

Remember, "Set your affections on things above, not on things on the earth. For you died, and your life is hidden with Christ in God" (Colossians 3:2-3 NKJV).

BE INSPIRED

*"God loves you and longs for you to come into His presence
so he can fill you with peace and strength."*

Digging Deeper *Digging Deeper*

THE MESSAGE: “IT’S NOT REJECTION...IT’S DIVINE FAVOR”

*In the course of our lives, we have declined, refused or rejected offers that wouldn’t benefit us or appeal to us at the time – credit card offers, bad restaurant food, even dates or other forms of male attention.

1. Considering this, why did you get so upset when the last man declined to build a relationship with you? Why did you take it so personally?
2. Why is it so important for you to have a man accept you?

***Think about this:** Your intense need to be in a relationship with a man is a cover up for something that is lacking within you. As a result, you try to fill it or ignore it by seeking a man to validate the other parts of your personality that you feel more confident about.

3. However, what is that thing – that emotion, trauma or thought – that motivates you to keep seeking solace in a man?

*Men are actually a little more intuitive than we give them credit for. They can sense when a woman is lonely or broke and is looking for a man to save her from all that. Your intentions ooze from your pores, even if you never voice them. This need to attach creates an aura of dependence around you that is disarming to most people, especially men.

4. What underlying, secret reasons for a relationship do you carry that might send a man packing? Are you lonely? Needing financial assistance? Be honest.