

REFLECTIONS
OF AN
INNER BEING

BY
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This book is dedicated to my Gran-Gran, Brenda Booker. God called you home on Saturday, May 8, 2010. I take comfort in knowing you made it to heaven. Get my mansion ready for me when my work on this earth is done, ok! I love you so much, and I thank God for the time that you were here with me. May your soul rest in peace.

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Praise the LORD.

I will extol the LORD with all my heart
in the council of the upright and in the assembly.

Great are the works of the LORD;
they are pondered by all who delight in them.

Glorious and majestic are his deeds,
and his righteousness endures forever.

He has caused his wonders to be remembered;
the LORD is gracious and compassionate.

He provides food for those who fear him;
he remembers his covenant forever.

He has shown his people the power of his works,
giving them the lands of other nations.

The works of his hands are faithful and just;
all his precepts are trustworthy.

They are steadfast for ever and ever,
done in faithfulness and uprightness.

He provided redemption for his people;
he ordained his covenant forever—
holy and awesome is his name.

The fear of the LORD is the beginning of wisdom;
all who follow his precepts have good understanding.
To him belongs eternal praise.

-Psalm 111

ACKNOWLEDGEMENTS

First and foremost, all praises to God for life, love, and this special gift of writing. It is You and only You that have made everything possible. For the words that You've given me and the countless other blessings, I thank you with all that I possess inside. You are my Father and I love you dearly!

To my husband, John - We've been together since high school. Can you believe it's been that long? I love you more now than I ever have. It's taken trials and tribulations for our bond to grow as deep as it has, and I am forever thankful for it all. I love you so much!

To my children - Amber, Natalie and Brian. You guys are the best kids a mom can ever ask for. You each have your very own unique personalities, and it's been fun watching you grow. It is my honor to be your mother. I'm blessed for every memory that I share with you guys. Mommy loves you!

To my Mom, Renee - a great role model while I was growing up. You helped me define what I wanted to be in life, even though you may not know it. Keep looking to God for strength, joy, and endless possibilities. I am forever grateful for you. Love you!

To my brother, Kerdrick - you've brought me such joy! I will forever cherish the time we've spent together and the numerous talks we've shared. It touches my heart to have you in my life and for us to be as close as we've become. Love you kiddo.

To Tiffany, the best sister in the world - girl, girl, girl! I loved watching you grow up and blossom into the beautiful lady you are today. Don't ever let anyone put a dim to your light. Let it shine for the world to see. I love you so much, just the way you are. So don't change a thing, ok.

To Mu & Aunt Pearl; my aunts Gail, Felicia, Pam, Anita and Zita; and my uncles Bobby, Marlin, Rick, Jackie, Greg, and Darrell - I love you all so much. I know that I don't get to talk to all of you as

much as I'd like, but know that each of you all has a special place in my heart. I've enjoyed the visits, time spent and innumerable phone calls that we have between us, and they're always right on time. These are the memories I'll cherish forever. I love you!!!!

To my friend Monica - in such a short time I've grown close to you. You are a true friend and a divine connection setup by God Himself. I look forward to years and years of growing in our friendship. You mean a lot to me. Luvya girlie!

And to everyone else who's contributed in some way to my life and to this book, I thank you all. May God bless you tremendously!

TO THE READER...

Let me first start by giving you a humble thanks. Without your help, the world would not know I exist in this capacity. You have supported me in my endeavors since the publishing of my first book, “*Seasons & Elements*”. Again, I thank you with every fiber of my being. For those of you who have sent me wonderful comments, wishes of well being, and testimonies of your own, a special thanks to you. It makes my heart leap in bounds at the sight of all of the love I’ve received over the last year. There’s a saying that one’s life can be measured by the love he’s received and the love he’s given. If I were to leave this Earth tomorrow, my life would be fulfilled.

I would also like to take this time to invite you to my website. Many of you have been unaware of my “online headquarters”, as I refer to my website as being. If you ever get the chance to go online, please visit www.SeasonsAndElements.com. I’d love for you to tell me what you think. There’s a guest book that you’re more than welcome to sign. There’s also a plethora of information, including a link to From The Throne Ministry and info on upcoming news and events. Feel free to send me a message as well. I always respond to each and every one that I receive.

Lastly, to those of you out there who may not know Christ - I appeal to you to come to know Him. He is a wonderful God and will be there for you through thick and thin, better than any friend you have. If you’re lonely, need someone to talk to, need someone to lend you a helping hand and pick you up when you fall, He is the one to depend on. I invite you to say a quick and painless prayer with me. The bible says in Romans chapter 10, verses 9 and 10 - ***“That if you confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”***

Repeat after me. “God, I come to you as a sinner, but I want to be made whole. The life that I live now is empty without You.

Please come into my life and restore me unto right standing. I confess to you right now that I believe Jesus is your Son and that He rose from the dead. I want to be saved. In the name of Jesus, Amen.”

Once you say that prayer and truly believe the words that you’ve spoken, you can rest assured that you’ve joined the Kingdom of God. You are now saved! I encourage you to get a Bible for yourself and find a bible-based, spirit-filled church. Now that you’ve started on this path, know this one thing. You are never alone. There is always someone to talk to. Stay prayerful and follow the leading of your heart, which is where God now lives.

Be blessed in the wonderful name of Jesus!

Sincerely,

Yolanda Gaston

INTRODUCTION

Reflection -

- ***careful thought:*** *a careful thought, especially the process of reconsidering previous actions, events, or decisions*
- ***considered idea:*** *an idea or thought, especially one produced by careful consideration*

Many times in our lives, things happen that cause us to reflect. We reflect on our past, our present situations, and our future. Sometimes, we reflect on a decision that we've made and the consequences that decision has brought us.

I learned as a child that to every action there is a reaction. The same is true about reflections. To every reflection there is a decision. Likewise, to every decision there is a reflection. How can our decisions have such an impact on our lives? We make decisions everyday based on things that we learned from our past. The decision to put on a seatbelt when we drive is a direct reflection on what we've learned in the past. Perhaps you've been in an accident or know someone that has been. Maybe it's just a simple reminder of what was instilled in you as a young child. Either way, the reflection of that action causes our present decision to wear a seatbelt. The same is true with our reflections on our Christian walk. We start out as mere babes in Christ, but through trials, tribulations and grace, we learn how to live and mature in the Lord.

Reflections aren't always deep. Sometimes reflections are used to correct the current path we are on in life. God will purposely send things to us that will cause us to reflect on our decisions and change our way of thinking. That's one of the things I love about Him. He gave us a conscience but fully knows the outcome of what we think, say and do, even if we don't choose to do things His way!

There are many purposes for this book. Whatever you draw from it, I pray it's useful to you in so many ways. It's truly been a labor of

love, one that's required my own personal growth in God. I started this book shortly after my first book went into production. My ultimate goal, however, is simply maturity. I pray that something in this book prompts growth in you and your Christian walk. Hopefully these reflections will ignite your own reflections.

May God bless you for your support. Happy reading!

“I LOVE YOU” (FROM THE THRONE TO YOU)

*I love you, daughter
I love you, son
Fear not and fret no more
I am here to console*

*My love for you
Can part the seas
I can carry you when you fall
I can mend your broken heart*

*I love you, daughter
I love you, son
Forget me not when you're happy
Remember the joy that I bring*

*I sent My Son to take your place
This is the kind of love I have
I see your sins no more
I await you with your crown*

*I love you, son
I love you, daughter
Spread My love throughout the world
Sing praises of My Name*