



Dare to Live UNCAAGED, Free from the



"I used to think joy was impossible for me, but now I walk in it every day - and so can you!"

I grew up in a home which I didn't want to duplicate. Sexual abuse at the tender age of five, a mother thrice divorced, the death of my father, an unsafe home, drug abuse surrounding me as a child - I have kept many of these traumas quiet. For years I lived under that unwritten, unspoken mandate, that to tell was to betray.

It wasn't until I met Jesus, at the age of fifteen that the secrets started to spill. Knowing Jesus and His extravagant love for me helped me know that no matter what I shared, I was still wildly adored by Him. He gave me the courage to tell my story and an insatiable desire to be whole.

The truth sets you free

Throughout college, where friends dared to pray me toward healing, I learned that healing erupts in the light of truth. Simply put, if we hide things, we fester. But if we want Jesus to uncage us, we have to tell the truth.

It does hurt when we acknowledge the pain from the past, but thankfully, Jesus comes to our rescue in two ways. Consider Peter's words in 1 Peter 2:24: *"He Himself bore our sins in His Body on the Cross, that we might die to sin and live to righteousness. By His wounds you have been healed."*

Jesus transforms our pain

Do you see the beautiful juxtaposition there? Jesus' death and sacrifice means that He not only bears our sin, but His outrageous act also heals the wounds we received from others.

I am a living testimony that it's possible to heal from trauma. It's possible to be so dynamically transformed that others would never know you walked that path of pain. My life verse affirms this kind of personal revolution. I was nothing - a neglected girl who wasn't wanted - yet God chose me to show how well He can transform a broken life.

past!

—by Mary DeMuth

I was nothing - a neglected girl who wasn't wanted, yet God chose to transform my life

Paul wrote: *"But God chose the foolish things of the world to shame the wise, He chose the weak things of the world to shame the strong."* 1 Cor 1:27.

When I became a Christian, though, I didn't quite understand all this. I thought I was supposed to be strong and perfect. I thought that for others to see Jesus in me, I had to push down my pain and not share it openly. I had to pretend my way toward perfection.

I now realise that God takes us on quests, not day hikes. Healing takes time. Throughout my twenties, when I married and had children, old wounds re-emerged. As a sexual abuse victim, I found the marriage bed scary. And when my

As a child I experienced sexual abuse, my parents' divorce and the death of my father.

daughters reached the age I'd been when neighbourhood boys raped me (five years old), I panicked. For a long time, I disconnected from my three children and husband because the risk of intimacy was just too great.

Be patient with your healing

In my thirties, I met with a couple of counsellors. I moved across the country from my family of origin, which helped me finally heal from festering wounds.

I finally realised that Jesus loved me just for me. I still had questions about why these damaging situations had happened, but I also felt contentment for the first time. »

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with Sue Keddy
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International speaker Sue Keddy is a real tonic and an intrepid adventurer for Jesus! She was a missionary in Hong Kong for 18 years and has travelled the world sharing the message of God's love. She will inspire you!



Mary DeMuth from Texas

Mary DeMuth is the author of 17 books, including Beautiful Battle: A Woman's Guide to Spiritual Warfare and Thin Places, a memoir. She loves to help people live uncaged, freedom-infused lives.

Mary will also be speaking at our Write Uncaged conference.



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Dare to Live
UNCAGED
Free from the past!

"I am blessed with a happy family."



You may be thinking, "Yes but you don't know what I've endured. You don't see the aftermath of my pain." You're right, I don't.

But I'd like to invite you to think differently for a moment. Instead of seeing the past as a detriment, begin to see it as a stage for God to display His power.

Choose to move on

That's the beauty of weakness. That's why I can thank God for the humiliation, pain, and shame of my childhood. All those things helped me see my extreme need for Jesus to set me free. You have a choice: you can either move forward or wallow in the past. Oswald Chambers wrote: "Let

After we've told the truth about the past and experienced God's healing, it's time to cultivate a holy anticipation for what God will unfold.

I am happy to say I did not duplicate the home I was raised in, all by God's outrageous grace. I'm a joyful mother of two teens and one twenty-something, a wife of twenty-two years to my husband Patrick, and a full time writer. I have the privilege of writing and speaking about uncaged living, helping people to truly understand the power Jesus has to set us free from the past. I used to think joy was impossible for me. But now I walk in it every day. That's my prayer for you, too. ■

MARY DEMUTH is a speaker and author of over twenty books. She will be speaking at this year's Beauty for Ashes Women's Conference on 24-25 May 2013 in Jhb. See: www.beautyforashes.co.za or call 083 500 2608.

I now realise that God takes us on quests, not day hikes. Healing takes time. Jesus' death means that He not only bears our sin, but He heals our wounds.

You actually have an advantage - why? - because you know your need for Jesus. As a Christian, you know you can't heal on your own. Your weakness is the very starting place for Jesus to let you out of your cage.

the past sleep, but let it sleep on the bosom of Christ, and go out into the irresistible future with Him."

God's grace is enough

We have an irresistible future ahead of us.

Go! WOMAN

for femmes on the go!

Running with wolves, that is what they say we are doing...

As modern women, we handle the mounting pressure at work, the frustration of long hours in traffic and the daily demands of spouses and children - and a few other things in between - without batting an eye!

The problem

It's all about multi-tasking we tell ourselves, until our bodies start giving notice and we realize that we are just flesh and blood after all. How does that happen?

Life in the fast lane puts our bodies into fight-and-flight mode. In that state you withdraw Calcium from your bones and before you know it your bone density starts to decrease. Stress leads to an increase in the production of free radicals by the body, which in turn increase the risk of developing chronic diseases (like cancer, diabetes and heart disease). In addition, we become easier targets for opportunistic infections because of immune system deficiencies (exacerbated by bad eating habits).

New support

Fortunately there is a way to turn the tide. New *Go! Woman - from Nativa - contains a unique combination of vitamins, minerals, anti-oxidants, fatty acids and herbs to keep your body going in the fast lane. The Go! Woman formula supports your heart, bone strength, energy levels, immune function and concentration.

In addition Go! Woman assists your skin, hair and nails to look their best and helps your body to curb the symptoms of PMS. You only need to take two Go! tablets a day.

So, be all the woman you want.

Get affordable Go! Woman at your nearest pharmacy.

PS: There is a Go! for men, workout and focus too!

Available at leading pharmacies.

Go! Woman

Go conquer!



* Go! Woman is a lifestyle supplement. If you are ill, please consult a healthcare practitioner.