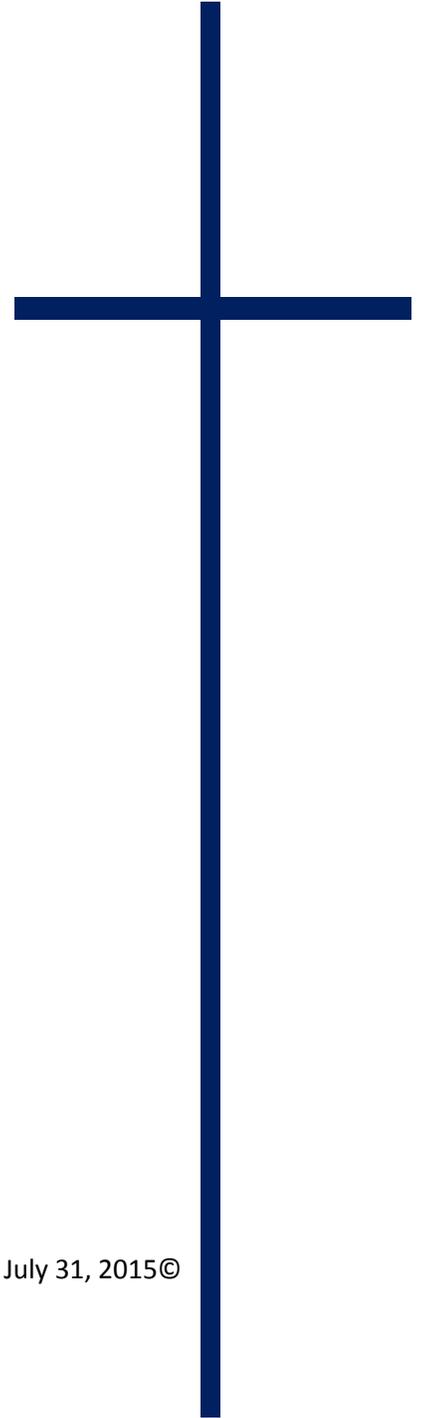


By: Sheresha Russell

The Secret Place

**Diary** of a  
Woman of  
God

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### **Dedication:**

This book is dedicated to every woman of God, in hopes that you will find and experience the benefits of basking in the secret place of God as I open my diary of secrets to you.

# About The Author

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*Pastor Sherasha Russell* is the founder and Pastor of Healing Hearts Restoration Center of Greensboro NC. Healing Hearts was established on February 13th 2012 as a nondenominational, Christian-based center that offers support, healing, and restoration to all individuals seeking to grow closer to God.

Spiritually, Pastor Russell teaches the whole bible in complete context. Pastor Russell is a psalmist, prophethess of God, ordained Evangelist, and licensed Pastor.

Educationally, Pastor Sherasha Russell holds a Bachelors of Science in Psychology, specializing in diagnostics, and a Masters of Arts in Teaching, specializing in Learning Disabilities and Assessments. Pastor Russell also holds a NC Teaching License in K-12 Exceptional Children's General Curriculum and K-5 Exceptional Children's Adapted Curriculum. In addition, Pastor Sherasha Russell is the Author of "Abundant Life: Making Every Moment Count" based off of her personal testimony of healing and "Simply Study, Pray, and Believe: A Simple Book For Growing Christians.

It is Pastor Russell's mission to teach, preach, and tell of the goodness of God to everyone that she encounters as we are all "Teaching, Learning, and Growing Together in Christ."

## **A Message From The Author**

I pray that you will find peace, love, and secured confidence in the secret place of our God.

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# Confessions

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- 1 . I have been guilty of doubt.
2. I have been guilty of internalizing.
3. I have been guilty of trying to fix things on my own.
4. I have been guilty of shame.
5. I have been guilty of fear.
6. I have been guilty of throwing in the towel.
7. I have been guilty of back sliding.
8. I have been guilty of seeking advice from friends instead of God.

# But God

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I have been guilty of many things as a growing woman of God, BUT GOD....GOD met me when I was: in my secret place of desperation, in my secret place of tears, in my secret place of lonesomeness, in my secret place of fear, in my secret place of weakness.....HE FOUND ME.....AND HE BEGAN TO MINISTER TO ME...AND TOGETHER, MY GOD AND I, BECAME ONE IN MY SECRET PLACE OF REFUGE.....

# My Secret Place Is In The Most High

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## PSALM 91

<sup>1</sup> He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. <sup>2</sup> I will say of the LORD, *He is* my refuge and my fortress: my God; in him will I trust. <sup>3</sup> Surely he shall deliver thee from the snare of the fowler, *and* from the noisome pestilence. <sup>4</sup> He shall cover thee with his feathers, and under his wings shalt thou trust: his truth *shall be thy* shield and buckler. <sup>5</sup> Thou shalt not be afraid for the terror by night; *nor* for the arrow *that* flieth by day; <sup>6</sup> *Nor* for the pestilence *that* walketh in darkness; *nor* for the destruction *that* wasteth at noonday. <sup>7</sup> A thousand shall fall at thy side, and ten thousand at thy right hand; *but* it shall not come nigh thee. <sup>8</sup> Only with thine eyes shalt thou behold and see the reward of the wicked.

<sup>9</sup> Because thou hast made the LORD, *which is* my refuge, *even* the most High, thy habitation; <sup>10</sup> There shall no evil befall thee, neither shall any plague come nigh thy dwelling. <sup>11</sup> For he shall give his angels charge over thee, to keep thee in all thy ways. <sup>12</sup> They shall bear thee up in *their* hands, lest thou dash thy foot against a stone. <sup>13</sup> Thou shalt tread upon the lion and adder the young lion and the dragon shalt thou trample under feet. <sup>14</sup> Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name. <sup>15</sup> He

shall call upon me, and I will answer him: I *will be* with him in trouble; I will deliver him, and honour him. <sup>16</sup> With long life will I satisfy him, and shew him my salvation.

# Safety In My Secret Place

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In the secret place of Most High, I have found Him to be a sweet comforter and protector. So many times in life we find that through human interactions that we draw close to individuals, seeking friendship, relationship, companionship, and ultimately love and trust, but what I have discovered is that because we are human, oftentimes, in times of need, that there is no human relationship that can provide the ministering relationship that God can.

## **Doctrine Points:**

Through Psalms 91, I have come to realize that in my secret place with God that I can abide under His shadow as He is my place of refuge. Psalms 91:1-2

1. God is our place of safety.
2. God is the protector of our mind, body, and spirit.
3. Under shadow of the Almighty is where we can retreat to in times of trouble and/or distress.

In my secret place with God I found trust. Psalms 91: 2

1. God is not like man, He can be trusted with your secrets.
2. God is a God of confidence.

3. God is reliable and dependable.

God is faithful to deliver you and cover you. Psalms 91:3- 4

1. In the secret place of God, He covers us with His love to protect us from the darts of the enemy.
2. In the secret place of God, you are able to dialogue with Him and expose your fears, insecurities, and personal imperfections knowing that by the love He has for you, that He will begin to minister to you, where you are, to bring deliverance to your life.

Your secret place is your place of Divine protection. Psalms 91:5-15

1. God encourages you not to be afraid.
2. God promises that you will not be harmed.
3. God promises that no trouble come to your place of dwelling
4. Because God loves you, He releases His angels concerning you.
5. God promises that if you call, He will hear you and come.

# Entering The Secret Place of God

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## **Enter The Secret Place**

In order to enter into the secret place of God, you must first have a made up mind, acknowledging that God is the Source of all Power and Existence, Omnipotent.

Rev 19:6

1. He who holds sway over all things.
2. He is the Ruler of all.
3. He is the Almighty: God.

Second, you must, acknowledge Jesus as your Lord and Savior.

1. Confess and Believe. Rom 10:9
2. Accept Christ.
3. Develop a relationship with God through studying His Holy Word and fellowshiping with God through prayer and meditation.

Third, remove distractions. If it interferes with your personal relationship with God, whether it comes to interrupt your studying, fellowshiping, prayer life, or life style, you must be in the position to separate yourself from it.

1. Separate yourself from un-likeminded people; people operating with carnal minds and not spiritual minds. 2<sup>nd</sup> Corinthians 6:17 Instructs us to Come out from them and be separate from sinners, doers of evil, the wicked. Cut relationships off that have negative impacts.
2. Take time to detox your spirit, fast from the phone or social media...whatever you devote excess time to other than God must be set aside or diminished so that your focus is not hindered from entering into your secret place.

Fourth, set the atmosphere for true worship. Some may pray their way in, some may sing and worship their way in, some may praise, some may shout, some may listen to music, some may cry, and some may just bask in the stillness of His Presence.

1. Find your place of mental and spiritual peace.
2. Enter the Holy of Holies, and let the Lord minister to you.
3. John 4:24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

# Peace In My Secret Place

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In my walk as a Woman of God, I find myself wearing many hats, from being a Pastor, to a mother, to a teacher, to an author, and so much more. Life has a way of pushing you so consistently and intensely to the point where you are just operating on the strength of “GO”, but mentally, physically, emotionally, and spiritually, you fail to observe the wear and tear that is beginning to take place in your life.

People of God, it is important to find your place of peace, daily. Understand that proper spiritual, mental, emotional, physical, and social nurturing is a necessity to staying healthy.

Prioritize the work that life brings, but also find time to live and enjoy the peace that God has gifted us to have through Him in our secret place.

## **The Prince of Peace Gives Us Peace**

Isa 9:6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

Isa 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

## **Doctrine Points:**

### The Prince of Our Peace

1. The everlasting Father is our Prince of Peace. Isa 9:6
2. God is our Wonderful Counselor, who ministers to us in our secret place.
3. Our Prince of Peace is our eternal God.
4. He is mighty in all areas of our lives, including our situations, circumstances, and secret places.

### The Perfect Peace of God

1. God has the Power and Authority to keep us in perfect peace.
2. We have the Power and Authority to access perfect peace in our secret places when we place our trust in the Almighty.
3. In our secret place, it is important to keep our minds stayed on Thee, so that we are not distracted by irrelevant distracters.

# Maintaining Perfect Peace In The Secret Place

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Maintaining the perfect peace of God in your secret place and personal life is vital to your spiritual sense of tranquility and serenity. As you begin to maintain your place of perfect peace you will find yourself more spiritually, mentally, and emotionally sane with the help and guidance of God.

## **Doctrine Points:**

Ps 73:28 But it is good for me to draw near to God: I have put my trust in the Lord GOD, that I may declare all thy works

1. To maintain your perfect peace, you must draw close to the Lord.
  - a. Cling to God in your secret place.
  - b. Remember, God is your friend. The advice of the Lord is always right.
  - c. God will not abandon you. He will never leave you nor forsake you.  
Heb 13:5
2. Trust in the Lord.
  - a. Prov 3:5 Trust in the LORD with all thine heart; and lean not unto thine own understanding.
  - b. Trust that your secret place, God will not lead you astray.
  - c. In your secret place, God wants you to maintain your trust in Him and not yourself.

- d. Your trust and faith in God, keeps your secret place alive and active.

# Protect The Peace of Your Secret Place

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## **Make A Personal Declaration:**

My life declaration is that “My PEACE is important to me, therefore I WILL CUT OFF ANY ELEMENT OF NEGATIVITY THAT attempts to interfere with my relationship with God, my destiny, my character, and the peace of my secret place.”

## **Doctrine Points:**

### **Peace and negativity do not mix.**

- I. Isa 48:22 There is no peace, saith the LORD, unto the wicked

There can be no peace for those who live contrary to the Word of God.

1. Lukewarm Individuals
2. Fence Straddlers
3. Double Minded and Unstable People
4. Backbiters
5. Gossipers
6. Hypocrites

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