

*CAN'T
THROUGH
ME*

By Jaime Cooper

Prayer time

It's time to put this book in the front of your mind and let nothing stop you if you sit where I sat and been where I been you would understand. So there is a difference between you and I because I have gone through it and you are reading this so I am praying you will never have to go through with this like I did.

Put your shoes on put your best prayer time on and read this cause this will help you through.

Right now I pray for you that things will get better and not worse. When we reconsider each other the devil can't make us loose our minds and our focus. No matter how messed up you are you can press through it even if you have to cry though the tough times God your daddy knows the outcome of your life.

Prayer is when God sees your tears and you hold Gods hand so I pray that you reach his hand today and know that he has his hand on you. God is a big God so don't let anything stop you from moving forward from this point on.

Why I wrote this book?

I felt like a bottle that needed to get out. My testimony is I am still alive and not dead. I was abused. I was called that I have a disability. I was called that I can't do anything. I was mistreated. I was always put down and the middle child. I never could look at nobody because of the place where I was at most of my life. Low self-esteem issues and couldn't get free.

Through this book I wrote some poems that I have shared that was and still is in me through my life. I walk through a process just like you. But I kept on hearing I CAN'T!

Can't poem

I woke up one day and started saying I can't
I walked through life hearing this word and tears began to roll down my face
I walked through depression and anxiety
I walked through hard times when people have slammed the door in my face
But that I thought was the end of me
I was fat and I thought I was never beautiful
My dad was never there and my mother never listened
But as I look up again in the mist of all this pain I have to remember that it's a
process and nobody can make a good decision except me today
What is your decision make it a can't life or an opportunity for the can to be
fulfilled today in and through my life with great possibilities

My
Story
of
CAN'T!

When I was growing up it was always a struggle I grew up in a Christian home. My family seemed nice at the times. I loved my uncle the best for some reason and still do today and my family too. I remember fussing and fighting with family and friends. I remember getting whipped because there was nothing wrong with me and I felt horrible after I was just there to get hit every time something happened. It felt like the worse night mare of my life! So let me take you through some phases where I felt bad that leads up to a greater motivation side for everybody.

Like I have mentioned growing up was not easy but it was the way it should have been because now I am better. When I was in my teens I was going to and from school and I just didn't feel like I didn't have a life. Which what teen has a life in school? But we all have out moments when we feel that way in our teen life.

So as I grown I started to join my grand mom and papa for church and we used to have a great time. Going to church then going out to eat which I thought was fun well it was because it was better than sitting at home being beat because you are around the wrong family. Sometime after going to church with my grandparents and those were the best times of my life when I could have some freedom and still make it in life. After things started to grow I kept on hearing

can't in my life when things started to occur and this was in my teenage years. I started to become mature well I thought and go to church and volunteer on the ministries but yet CAN'T! Was yelling out at me because as I began to go to church I remember hearing from my mother you can only go to church once a week and I was heartbroken because I could never do the things I wanted to do anymore in my teenage life. So as I shifted through life I got better and I joined more ministries but still the void was there and the struggle never stopped and CAN'T is all I can ever hear!

Well you know how things go when you know you have an agenda and your parents tell you NO! you can never do that or just like they rub a sponge on you saying you can't do anything then your mind and heart change and gets weary because you want to change but you can't cause that word keeps on coming.

So I make my way through high school and I get into working and things are really better but I am still hearing that word can't! I go and I work hard at what I do and things just ain't adding up the way I want it to be which I can't anyway cause I am a kid but still at least you could give it a little consideration because I am trying but again sometimes trying isn't good enough.

As my heart breaks apart I keep on hearing it and I am grown I go to high school and I try for better grades and I keep on hearing CAN'T get good grades. By this time I hear you have a disability and you can't do anything you want to do right now! So just sit in the corner and suck your thumb because you know you can't do anything you really think you should be doing.

Philippians 4:13 says I can do all things through Christ that strengthens me.

Even though scripture says this can't is still looking at you saying you CAN'T do anything gets good grades and grows up strong. So I go through a technical school to help me with college and I end up at low ended jobs. Now I know what the word says but I am still struggling with this word Can't like it's on my forehead and it won't get off. Pushing through trying to make things happen get better grades and move on but still walking around with my head hung down looking crazy because I know I CAN'T.

God says we are never defeated but the word is still reading in my ears while I am working and taking care of customers for years through secretary and through babysitting it just gets worse down that dark road. Well the road is dark but I can't go anything because this word is hanging over my head CAN'T!

Vocabulary

Time

{CAN'T}

How to move this word. • •

Repetition is great for the soul

Philippians 4:13 says I can do all things through Christ and can't so nowhere in this word!

I am you and me and the world that is what I am. The next word is familiar it says can and most people have a problem with this word can even in dysfunctional families. Can is a positive word that can be used in anything but if you are a Christian like me honestly you struggle with the can in life today. Do all things through Christ is just as hard as can't I believe because if you can get through the can then everything else comes easy but in most cases it's not so. Do all things are not always easy like the word can is but we push through life just to make things happen and to make sure we succeed through the can. Being positive is a great thing but really can I really do this and most people say yes you can but going through the can is harder than just a saying that you can go through without any errors in life today.

So to sum up the scripture that I have written above I think this scripture is not for just a baby Christian but it's for all of us to keep on saying this word in repetition and keep on moving forward in the process of time. I believe we all go through certain situations and circumstances but yet getting through this scripture can be hard to do because we think we know the scripture but it's always easier said than done. The can in Philippians' 4:13 is a doozy when it comes to saying it I can say anything but when you have to believe in something stuff changes the situation and you realize you have to face the can and not the can't.

The try in Phillipian's 4:13

Everybody has tried in one way or another in life to make things better for them in life today.

Ok so in the world you go around in circles and hoops just to try and get that promotion. Or you try to get the money together for vacation or you just keep on trying to try and well its not easy.

Example

The word James 1:3

Knowing this, that the **trying** of your faith worketh patience [James 1:2-4](#)

This scripture I had to put in here it's the trying of your faith scripture where well like it says you try your faith out first to see if you can pass in life today. Some people in the world make it so hard for you and they see that you are trying but they continue to make it difficult and think that things are going to get easier and there really not because we are always trying in our faith.

Trying to get through temptation, trying to move past our flesh and trying to get through this brick wall and it's all in patience but it has to be tried though our faith with Jesus Christ our Lord and savior.

We can keep on trying because our faith will get stronger as we keep on trying to work out everything that we are going through in the kingdom of God! Putting the trust in God is hard enough but trying our faith daily is like repetition until we get the structure to move forward and accomplish the test of what is going on in our life today.

So as we keep on hitting the brick wall of our trying times we have to remember to stay in our word daily. A lot of people say don't say try just do it! But if I don't try to work my faith it won't work James 1:3 we have to learn how to try things out again and again until we go forth and conquer them.

I recently tried school for a while. And I know I have loans but I tried school. Trying to pass the classes and trying to get the grades that I needed for class. You know how it is trying to talk to the teachers every semester and pushing through in my trying times and it was hard. But the bible says in spring time there is supposed to be warfare! We are supposed to be warring in the spirit in the book of 2 Samuel 11:1-5 OMG! When I found that out I wanted to shout because that is what we are going through and we as a people or Christians are always warring against something in our flesh or something that isn't good for us in the body of Christ today.

I was talking about trying of our faith!

Faith is a great word and you know that Hebrews 11:1 says NOW FAITH! So we are trying now in our faith for the substance and the things that are unseen . . . wow SELAH!

So in our trying I believe we are supposed to try because scripture has said it clearly in the word.

We can try a thing because that is how we get our faith up to push through and want to move forward and possess the land for the Kingdom of God.

I love the word try because I say it all the time because we have to work the trying of our faith every day night and weekend. So I tried school and it didn't work so I pushed through to the next dimension and I am here writing a book on CAN'T.

How to move this word?

Well everything has a seed and that is sometimes a hard thing to swallow in life today. We as a people don't realize the verbal abuse we get from family until we are older and remember the times when our family or friends spoke like crazy to us then we would realize what they told us won't break us and realize that you are still alive today.

Trust me there were times when we don't think we are verbally abusing our family but we are and things don't get easier if we keep on pushing our family members to the limit. Again if you are a controlling person stop pushing everybody in your family to the limit to where they just simply walk out and never do anything for them. Why do I speak of this because I was one of them where I just couldn't do it any more I had to get out of the box of CAN'T and move to where I can speak about it and not just sit and watch everyone else but grab it for myself.

I can tell you a lot of things today. How my life never really added up and how things were always worse and I thought how am I going to get out of this? I was abused on jobs and I will never forget the first time in church touched and I felt like a piece of dirt that sat there and took it then ran to a important person and it hurt like I got shot that day on. I could sit here and tell you things hurt in my life. I was always the middle child and people looking over me constantly but kept going even though I felt like dirt most of my life.

I know everybody has a story to tell but if you could just take a moment and really think of how frustrating it is to live in a family where you are over looked until everybody else is gone but still your parents want to see you sit in the corner. Nobody knows my situation until you have been there in my steps wondering where I should go next in life. You really don't know my story until you can walk through my life and understand the tears that I have cried working on moving can't out of my life and it's still a working progress at this time.

So how can you move this word can't when most of my life I was put down and called disabled to the point where I had to do something bigger than the disability in my life. You know how it is when you keep on hitting a brick wall and things just don't add up. I did that for years where I said God I need your strength to put my through this hard life.

There was a time in my life and everyone has been through where Satan would talk in your ear and tell you to do certain things and you would sit there and do it. OR you would do something that wasn't good but later you would ask God to forgive you even though the bible says sin NOT. The trying of your faith in the book of James is still available to you today because we shouldn't be sinning but nobody is perfect today.

Poem of How?

How can I say this?

How can I make this alive for you and others?

How can I write when I am so messed up?

How can I realize things can change?

How is the question when I know I should have been six feet under but yet God has kept me alive to tell my testimony today in the midst of little me a daddy's girl from the heart?

Satan whispering in my ear to get a knife and kill me almost every morning

Me a girl who always just wanted to be a princess but felt like dirt 24/7

Me wanted to be a bride at a early age but wasn't

So how can I say this without crying?

The first things you or all us have to do is take the first step of faith and keep on trusting in him only. You know the first love your daddy that made you in his image and likeness and died for your sins today. And this is the how pushing pass and making another step today.

So moving on as you can tell is hard it's not easy. I sit here and blame me because (tears)
I feel like I am in a box sitting there and never getting out of the mix of life. Always getting
talked down to or pushed into but never being able to carry my own weight and live like a Queen
like my daddy has made me.

A QUEEN {poem}

I know I am a queen even when I think I am not
I know I am a queen even when things turn me around
I know I am a queen even though I scrub and clean things I don't want to clean day to day
A queen really me oh how can this be when I never feel the love
Love is just another word and not really used to have love
Even though the bible says love thy neighbor as yourself where is my love
I AM TRYING TO FIND LOVE AND CAN'T FINED IT
Oh well there is that word can't again!
A queen really me
A Queen how can I be sitting here in the corner wondering when is my time going to shine
through like a rainbow and grow into what God my daddy has called me to be.
A queen HUH! Can I really be one and be free?

So in case you're wondering how to move forward you have to take the next step of faith and can't leave any part of you behind. The word says NOW FAITH! HEBREWS 11:1 as I speak into your life right now I know it seems dark and weary. And at times it looks like you can't break free but you can you just have to make a goal and keep on going until you move out of what you are in.

For instance if you are in a dark place where I was in sin and want to die begin to simply get up one day and be determined to help others move you forward. Sometimes it takes courage to encourage somebody else and move from where you are to where you are going. I speak that you will have to move out of yourself to move into somebody else and put a smile on somebodies face today. You can't go out every day and make people feel evil every day. It's your duty to speak a blessing or release an answer to a problem in their life today.

POEM (DIE 2 LIVE)

Yet I die and I want to die I can live

I lived in the dirt and God one day made me brand new from dirt to life

I can live because my father lives in and through me

Yet I have frustration from time to time and things get worse I make it better by the shift

I praise God for the shift and I move from the darkness to the light because he is my every thing

My everything God my DADDY you are my everything in the midst of my abuse and my down times and times when I just want to sit in the corner and die

Lawd give me strength and pull me through because in the end YOU WIN OVER AND AROUND ME!

Praise you repeatedly until I die and come home to heaven where I belong

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