

Chin Up Girl!!!!

**Real Email Conversations about
Surviving Love, Loss and Pain
(With Bonus Affirmations Workbook)**



Joseph Dillard

Foreword by Emilie McKendall

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FOREWORD

When relationships are mentioned many thoughts, feelings, images and emotions come to mind. Not to mention the multitude of questions. As a media person I can tell you I have conducted numerous interviews and held seminars about relationships. Many authors have written books on how to catch the “perfect” mate and have the “perfect” marriage. However, no one seems to have the “perfect” answer.

As the host of my weekly talk show, "Emilie & Friends", I have moderated several conversations about topics ranging from politics to education to empowerment to relationships to religion and to business. By far, the most popular topics with my listeners were those dealing with relationships between men and women. What makes this such an exciting topic? We seek psychics and also map our astrological charts in search of our soul mate. But are we any closer to an answer or a solution? Is it all part of a mystical spiritual journey? What is the purpose and why is love the one area no matter nationality, race, religion, creed or sexual preference we all long to have?

I met Joseph Dillard over 15 years ago when he was a bank manager in Chicago. He appreciated my loyal business, and I appreciated his personal service. When I walked into the bank that day I had my son with me. I was most impressed by the pictures Joseph had on his desk - family pictures, wife and children and it warmed my heart. In addition to a business relationship we began to talk about the importance of family. When he changed banks, I followed him yes, because of good service, but also because there was this spiritual aspect to him. He appeared genuine in helping his community in addition to being a family man. When Joseph and his family moved to Minnesota, we kept in touch. He would always tell me about his children's achievements (which are numerous) and his wife's many activities. As he spoke I could visualize the smile on his face and feel his pride. We are both spiritual beings so his words would always resonate with me as I continue on my journey. Every conversation ended with the uplifting phrase, "Keep smiling!"

This book allows you to peek into the lives of two friends who have several conversations about life and love. There is some pain and there is also some hope. I believe you will be able to relate to this story. You may smile and you may even cry. I think you will definitely be encouraged and inspired. Nobody guarantees that life will be easy. In fact, sometimes it can seem almost unbearable. One thing I do believe is that we draw people into our lives to teach us in areas where we are weak. Though relationships may come and go, each teaches us a life lesson no matter how happy or sad. And we are in others' lives for the same purpose. Life is a spiritual endeavor with choices and the best choice you can ever make is to realize and to know that tomorrow gives you another chance and God's mercy and manna is sufficient in every moment. Enjoy this book and share it with friends. You'll be glad you did. Have a rainbow day.

Emilie McKendall

PREFACE

What do love, loss, heartache and friendship have to do with prayer? Keep reading and you will discover how all of these things tie together in one woman's intriguing story. You won't want to put this book down until you're finished reading the entire story.

A few years ago my pastor decided to have a 24 hour prayer chain that would begin 28 days before Easter and end at midnight on the Saturday night before Easter. Instead of asking members of my congregation for their prayer requests, I decided to send an email to friends and family around the country to ask if they had any needs that they would like me to pray for during the 28 days of the 24 hour prayer chain. I was excited and overwhelmed by the results.

Although I asked out of concern, I honestly did not think that I would be taken up on my offer. However, every person emailed a request back to me which I prayed for during that time and continue to pray for today. The requests ranged from prayer for relationships, foreclosure situations, children, comfort, finances, increased faith, illness, guidance and increased business/employment. One prayer request led to regular correspondence, a deepening friendship and a life changing transformation.

We do not always know what we are asking for when we make a request, rather we do not know what we are going to get. However, one thing is for sure – prayer changes things! Read this account of personal emails to witness how a prayer request changed a woman's life. It was not as simple as "naming it and claiming it." Sometimes we have to go through something to get what we want.

This book is based on real life events. Some names and other identifying information have been changed to protect the identities and privacy of those involved.

**"weeping may endure for a night,
but joy cometh in the morning."
Psalms 30:5b (KJV)**

1. REQUEST FOR PRAYER

-----Original Message-----

From: Joseph Dillard

To: Joseph Dillard

Sent: Sun, 15 Mar 11:20 pm

Subject: Thinking About You - 24 Hours

How are you doing? I hope that all is well. I am writing to you because beginning Sunday Night/Monday Morning March 16th at midnight my church is beginning a 24 hour prayer chain that will last until Saturday Night April 11th at midnight (the day before Easter). That means that someone will be praying every hour for a total of 672 hours from now until the day before Easter.

I am writing to you because you came to my mind. Although I pray for you often, I am wondering if you have a specific need for which you would like prayer. You do not have to tell me exactly what the specific need is unless you want to. Just respond any time during the next 28 days and ask me to pray for your need. I will agree with you in prayer every day during this time.

I am expecting blessings and miracles for you and your family.

God bless you!

Joseph

[We all have friends and loved ones whom we think about. We all have requests and needs that are bigger than ourselves. When you are concerned or worried and do not know what to do, try prayer. Prayer can go where we cannot go. And if practiced correctly, prayer can give us a peace that everything is going to be alright.]

2. PRAYER REQUEST

To: Joseph
Subject: Re: Thinking About You - 24 Hours
Date: Mon, 16 Mar 12:39:52 -0400
From: Jenny

Hey Joseph.....

I have so many requests!!!! Wanting my business to grow would love to have a special someone in my life who cherishes/loves me as I them and of course my family. I would love to have them all together in the same city with me so that I may be a part of their lives. Out of all the latter is the most important to me. However, please do not misunderstand I have a wonderful life with no complaints ... I do believe God has His hand on me. How are you doing?

-J-

-----Original Message-----

From: Joseph
To: Jenny
Sent: Mon, 16 Mar 2:45 pm
Subject: RE: Thinking About You - 24 Hours

Jenny,

It's great to hear from you. No, I am not getting you wrong. Just because we are blessed does not mean we do not or cannot want more. God is a god of more and more and more than enough, so I am right there with you. Also, I try not to judge. Everyone is an individual and wears different shoes. What is for you is for you. Your desires and my desires are different but God is big enough to handle and fulfill them all.

I am doing well. Lately, I had been a little discouraged about my business. I was wondering when I am going to get paid for what I do and get paid the way I want to get paid. However, that was temporary. We all have to go through a process. I still believe God knows right where I am and has big plans for me to do what I love doing and make provision for me. He is already making provision for my family; I just want more in the area of my business. I am encouraged. Personally, I am doing well. I have struggles and challenges that kick my butt from time to time but I feel pretty good about where I am regarding that area of my life. I am so grateful. Marriage is going well. We continue to love each other and overcome challenges that sometimes divide us temporarily and threaten to destroy us. Nevertheless, our love and commitment prevail. It's not easy but it works, and I am grateful for a woman who loves me very much and a woman I love enough to keep working on me and us. I am very proud of my children. I love them and appreciate them. My daughter is doing well at Lake Forest College. My oldest

son just received another scholarship from the University of Missouri. We are believing that his college education will be paid for 100%. We are not that far away. Our youngest son is distracted and a bit social when it comes to school, but he is a very good and loving kid. We continue to search for the best ways to parent him. We're not giving up because he is too important to us.

I am so believing God for you and with you. I am not sure when it is going to happen, but I believe it will. Please be prepared for a miracle and/or miracles from God. He can and will do anything. I did not realize you did not have that special someone in your life. Nevertheless, I will be praying in that area too. I know that God will give us the desires of our heart, if we trust in Him. I can see your business growing. I believe you already have what a larger clientele would appreciate. I'm not an expert but I know that I like what I see in your business. God knows and feels your heart. Whether you want to move to your family or you want them to move to you, I pray that He knows what is best and will do it in His time according to His will and your desire.

Wow! This is longer than I expected. It is always good to hear from you. I will lay these requests before God every day and lift them up to Him as I pray for you. Take care, be encouraged, and keep the faith. Take care of yourself. Peace.

Joseph

To: Joseph

Subject: Re: Thinking About You - 24 Hours

Date: Mon, 16 Mar 17:14:14 -0400

From: Jenny

I so appreciate you. You are so encouraging! I especially love what you have to say about your wife and your marriage. You should be a preacher! To clarify, I have been dating a nice guy going on about 5 years. However, our moral values don't seem to match up. Yep, other women (his seemingly inability to say no to them). I never have to worry about him being out with others but I know he has been with them behind closed doors. My constant issue is if you are doing something behind my back that you can't do in front my face you are not an honest person. He has done that and it has truly destroyed my trust for him. So, for that reason I don't believe he is the man for me.

Thanks for your heart.... I treasure our friendship.

-J-

-----Original Message-----

From: Joseph

To: Jenny

Sent: Mon, 16 Mar 4:04 pm

Subject: RE: Thinking About You - 24 Hours

Thank you so much and you're very welcome! We're a couple who has been through something and continues to be committed to making our marriage work. We're just two people who know that we have to choose to love each other freely each and every day and work to put self aside so we can move forward and enjoy each other's love.

I'm glad you know where you stand with your guy. At least you can make a decision based on what you know instead of being in the dark. That is so important. If you want my opinion, let me know. I will not offer it regarding this unless you ask.

I really appreciate you and our friendship. As I have said before, you know you're my girl! I'm here anytime - for real. We've known each other for a long time, and I'm glad our friendship and trust has grown as the years have gone by. You're a wonderful person. Much love.

Joseph

P.S. I am a minister. I knew I was called for years but just accepted my calling about three years ago. I realized that God called me because of who I am, not who I think I should be. I thought He made a mistake but now I know that I have something to share with somebody who can identify with my life, challenges, message, etc. My life and story may not be for everybody, but I know that it is for somebody. I want to be available to be a blessing to those who cross my path. That's what it is all about to me.

-----Original Message-----

From: Joseph Dillard

To: Joseph Dillard

Sent: Sun, 29 Mar 10:26 pm

Subject: Prayer

How are you doing? I am writing for two reasons. First, to thank you for your prayer request. I am so grateful and honored that you shared and trusted me with your request. It was great to hear from you. Second, I want you to know that I have prayed for you and your request 12 of the last 14 days (for some reason Saturdays have been somewhat of a struggle with a lot going on; nevertheless, I pick up where I left off on Sundays).

If you are willing, I would love for you to share with me any changes/blessings/miracles, great or small, that you have seen or experienced in your life. Whether or not you share, I know that blessings are headed your way. Take care of yourself, keep the faith, and enjoy life.

God bless you!

Joseph

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