Anointed Rediscovering the

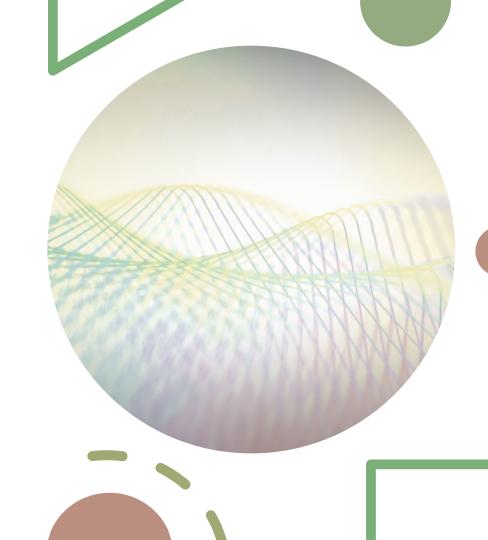
Transformational Power

In You

Reflection

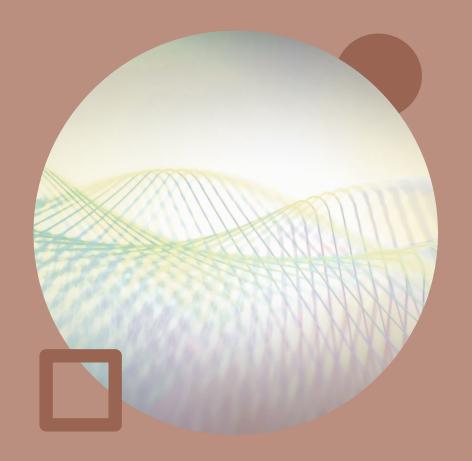
"Think about all that you are instead of all that you are not." –

Unknown



Beautiful Reminders

Take time to rest
Take care of your body and mind
Spend time being creative
Check up on your family
Pray & try to practice one spiritual
discipline a day
Listen to encouragement
Take time to mourn



Anointed: Rediscovering the power that lives in you Anointed to Serve

Anointed to Lead

Anointed to Love

Anointed -

To consecrate your heart, mind and body for transformative ministry in the world.





"The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the
captives

and recovery of sight to the blind,
to let the oppressed go free,

19 to proclaim the year of the Lord's favor."



- 1. The power of cultural violence
- 2. Jesus pulls from tradition to offer fresh revelation
- 3. The anointing is passed down from generation to generation
- 4. God has called us to be oily
- 5. The anointing is connected to the prophetic
- 6. You need the Anointing

1 Samuel-9: 1, 17-21 [NIV version]

- 1 There was a Benjamite, a man of standing, whose name was Kish son of Abiel, the son of Zeror, the son of Bekorath, the son of Aphiah of Benjamin.
- ² Kish had a son named Saul, as handsome a young man as could be found anywhere in Israel, and he was a head taller than anyone else.
- ¹⁷ When Samuel caught sight of Saul, the LORD said to him, "This is the man I spoke to you about; he will govern my people."
 - ¹⁸ Saul approached Samuel in the gateway and asked, "Would you please tell me where the seer's house is?"
- ¹⁹ "I am the seer," Samuel replied. "Go up ahead of me to the high place, for today you are to eat with me, and in the morning I will send you on your way and will tell you all that is in your heart.
 - ²⁰ As for the donkeys you lost three days ago, do not worry about them; they have been found. And to whom is all the desire of Israel turned, if not to you and your whole family line?"
- ²¹ Saul answered, "But am I not a Benjamite, from the smallest tribe of Israel, and is not my clan the least of all the clans of the tribe of Benjamin? Why do you say such a thing to me?"

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No One Escapes Without Scars

Imposter Syndrome

I have come to believe that caring for myself is not self-indulgent.

Imposter Syndrome

• Imposter syndrome can be defined as a collection of feelings of inadequacy that persist despite evident success. 'Imposters' suffer from chronic self-doubt and a sense of intellectual fraudulence that override any feelings of success or external proof of their competence. They seem unable to internalize their accomplishments, however successful they are in their field.

> I have come to believe that caring for myself is not self-indulgent.

three fundamental ways:

Imposter syndrome can affect your anointing in



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Insight #1: Imposter syndrome ignores our potential.

Revisit your archive.

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Insight #2: Imposter syndrome rationalizes our inadequacy.

of the tribe of Benjamin? Why do you say such a thing to me?"

won't you celebrate with me

Lucille Clifton, 1936 - 2010

won't you celebrate with me what i have shaped into a kind of life? i had no model. born in babylon both nonwhite and woman what did i see to be except myself? i made it up here on this bridge between starshine and clay, my one hand holding tight my other hand; come celebrate with me that everyday something has tried to kill me and has failed.

Learning to love the self means to commit oneself to planting, nurturing, and giving blossom to beliefs about the body and being as an intelligible site of knowing and existence.



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of the tribe of Benjamin? Why do you say such a thing to me?"

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Insight #3: Imposter syndrome places an over-reliance on external validation.

of the tribe of Benjamin? Why do you say such a thing to me?"

Imposter syndrome is an extension of anti-Blackness and other systems of oppression.

Beware feeling you're not good enough to deserve it

What we rehearse as imposter syndrome, is more truthfully a structurally antagonistic relationship with society that says...

- You are not deserving
- You do not belong
- You do not exist

Amen. Ase.

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