

# **I Am With You: My Journey of Healing, Communication, and Your Preparedness for My Return**

*By Jesus Christ*

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## **Chapter 1: The Weight You Carry**

I see you. I know the battles you face, the weight you carry. I feel the pain, the heartache, and the struggles that press upon your soul. Every day, you fight battles that others do not see, struggles that are buried deep within you. The trauma you experience—the rejection, the loss, the wounds—are not foreign to Me. I have known your suffering more deeply than you can imagine.

I walked this earth to know your pains. I lived among you, I wept with you, and I carried the heaviest burdens of all. You are not alone in this fight, even when you feel that way. I have walked your path, and because of My atonement, I know exactly what you are going through. The trauma you carry—whether it comes from betrayal, grief, guilt, or fear—is not something you need to bear alone. You were never meant to do this by yourself. I am here to heal you, to strengthen you, to guide you.

But first, you must turn to Me.

## **Chapter 2: Trauma and the Heart**

I have felt every form of trauma, every wound of the heart, every anguish that your soul has endured. Your trials may feel like a battle, but I want you to understand something fundamental: the battles you face, though difficult, are not the end. They are but a temporary part of your journey. I have overcome the ultimate battle, and because of that, you, too, can overcome.

When trauma strikes, it tries to take more than your peace. It tries to take your sense of identity, your understanding of who you are. It can make you feel unworthy, weak, and alone. But this is a lie. You are My beloved child, and no trauma or sorrow can ever change that. Remember: I was wounded for your transgressions; I bore your griefs. And with every wound I endured, I took upon Myself all of your pain, every broken piece of you.

If you feel lost or forgotten, know this: you are not. I know you, and I have walked beside you every step of the way. Your healing begins in this realization. I am here for you, and I will carry your burdens if you will trust Me.

## **Chapter 3: The Power of Purposeful Communication**

Healing begins with communication. But it's not just any kind of communication—it's purposeful. I want to speak to your heart, not just your mind. I want to connect with you on a level deeper than words alone. When I came to this earth, I didn't just teach people the truths of the gospel—I communicated with them in a way that healed them, a way that touched their very souls. The way I communicated wasn't just about sharing ideas—it was about opening hearts, about drawing close to those who were hurting, broken, or lost.

When you speak to Me in prayer, I listen. But communication doesn't end with you speaking; it also means allowing Me to speak to your heart. So many of you close off from Me because of your pain. I understand that. I know it's hard to trust when you've been hurt. But know that I can heal you if you will allow Me to communicate with you in the quiet places of your soul. Open your heart, and I will speak peace to it.

Purposeful communication with those around you is also important. If you have been wounded, it's so easy to retreat into yourself, to hide your struggles. But that isolation only deepens the pain. You must reach out. Speak with purpose—speak from your heart. Share your struggles with those who love you, and let them love you in return. When you open your heart to others, when you allow yourself to be vulnerable, healing begins.

I know this is difficult. But remember: when you speak to others with honesty, compassion, and love, you are following My example. I spoke with love and truth, and that is the kind of communication I desire from you.

## **Chapter 4: The Healing Power of Self-Reliance**

I taught you that self-reliance is vital, not just for temporal needs, but for your spiritual and emotional health as well. It is not enough to simply lean on others; you must lean on Me and learn to rely on your own strength through My power. Self-reliance is not about independence, it's about responsibility for your own healing. I will help you, but you must take the steps toward healing with faith and trust in Me.

When you are wounded, it's easy to fall into the trap of waiting for others to heal you. You may feel that the weight is too much for you to bear alone. But I want you to know: I am the one who carries the burden, and I will strengthen you as you do your part. Healing requires effort, patience, and persistence. It requires you to move forward even when it feels too hard. It's about trusting that, as you take those steps, I will be with you every moment.

Self-reliance means you take the initiative to seek help—whether from your Heavenly Father, from family, from friends, or even professional counsel. It means you don't wait for someone else to heal you; you make the choice to work alongside Me. I will not take away your agency, but I will strengthen you as you choose to heal.

Remember, you are not alone. You never have been.

## **Chapter 5: The Strength in Vulnerability**

In this world, it's easy to think that vulnerability is a weakness. Many of you keep your pain hidden, thinking that if others see it, you will be judged or rejected. But I want to tell you that vulnerability is not weakness—it is strength. When you are vulnerable with Me and with others, you open yourself up to the healing power of My love.

I have seen the wounds of your heart, and I have known the pain that you carry. When you allow yourself to be vulnerable, you invite Me into your heart to heal. You invite others to love you for who you truly are, not the persona you've created to protect yourself from pain. True healing comes when you let down the walls you've built, trusting that I will catch you, and that the love of those around you will help restore you.

There is strength in knowing you are vulnerable, but still standing tall, still moving forward in faith. That is the true power of healing—when you face your trauma, and yet you rise again.

## **Chapter 6: Preparing for My Return**

The greatest healing of all will come when I return to the earth. But preparing for My return isn't just about outward actions—it's about the condition of your heart. I have called you to prepare, not in fear, but in faith. My return will not be a moment to fear, but a moment of great joy for all who are ready to receive Me.

Preparing for My return means living each day as though you are already in My presence. It means living with hope, with purpose, with love. It means opening your heart to My spirit, trusting that I will guide you in all things. And it means healing—not just from the trauma of this life, but from the darkness that seeks to keep you from Me.

As you prepare for My return, remember the importance of healing. I desire that you come to Me with a heart that has been healed and made whole. You cannot be truly prepared for My return if you are still carrying the burdens of the past without letting Me help you carry them.

Be mindful of your heart and your actions. Every time you forgive, every time you serve, every time you communicate with love and purpose, you are preparing your soul to meet Me. These are the things that will bring you peace and hope as you await My coming.

## **Chapter 7: My Promise to You**

I promise you this: I will never leave you. I see your struggles. I know your pain. And I will always be there to help you heal. You may face difficult moments, but in those moments, I will carry you. Your trauma does not define you. Your pain is not the end of your story. My atonement is the beginning of your healing.

I invite you to come unto Me. I invite you to communicate with Me honestly and openly, to heal through My love, and to prepare your heart for My return. Trust in Me, and know that I will strengthen you as you walk this path.

Your journey is not in vain. Every step you take toward healing is a step closer to the joy I have promised you. Keep moving forward in faith. I am with you, always.

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## **Epilogue: The Final Victory**

The day will come when I will return. On that day, I will make all things new. Your trauma, your pain, and your struggles will be no more. You will be healed, and you will stand in My presence, free from the burdens of this world. Until then, continue to trust in Me, continue to heal, and continue to prepare.

I am the way, the truth, and the life. And I am with you every step of the way.