**I Found What I Was Searching For**

*"For as he thinks in his heart, so is he" Proverbs 23:7*

For the last week I've been preparing my heart for a fast, well maybe that sentence is better said like this...For the last week God has been preparing my heart for a fast, I'm just showing up and crying...there's been a lot of crying.

I've been listening as God reveals himself to me. And let me tell you He really is in EVERYTHING! At the risk of sounding completely neurotic I want to share an encounter with God that it is changing my life. Moses met God at the burning bush, I met Him at the bathroom sink ;)

If there is one thing that drives me crazy it's hair in the bathroom. Yes, you read that right, I hate hair in the bathroom. My hair, your hair, my kids hair, especially my daughter's hair because it's longer than any human hair should be. Well, one day this week as I was getting ready for work I must have noticed a thousand pieces of hair. It was in the tub, the sink, on the floor even on the toilet seat. It was everywhere and I suddenly became overwhelmed. Then God spoke, "if all you focus on is hair, hair is always going to be what you find"

WOW!

In that moment my eyes were opened to something much larger (even larger than a strand of my daughter's hair). Suddenly, my irrational hatred for hair became my fear of failure. It became my tendency to walk away and avoid what feels bad. It became the mantra I've rehearsed in my head over and over again "you're not good enough". You see, I've been walking around looking for hair and then I get upset when all I find is hair.

What we focus on grows stronger and there was no way God was going to allow me to enter into a fast while there is poison in my heart. I'd love to say that as soon as God spoke that I changed, I didn't. But maybe that wasn't the point. Maybe the point wasn't to change but to meet the one who can change me. Maybe the point was to admit that I have a heart problem and then invite the great, perfect and masterful physician to perform the necessary transplant. Maybe my job is to keep showing up even on the hard days and say "here am I Lord, search me. Really search me".

Today I made the decision to stop hunting for hair (or failure, disappointment, heartbreak, fear etc.) and instead I want to search for peace, fulfillment, joy, love, and laughter. I want to be on a journey for more of Jesus. His word tells us that when we seek Him we will find Him. And I know that when we find Him we can't help but be changed!

Listen to this [song](https://www.youtube.com/watch?v=5xvCY0_vaDA&list=RD5xvCY0_vaDA&start_radio=1&t=4) it's literally been the meditation of my heart <3. The entire song is about 14 minutes. Go into a quiet place, clear your mind and allow the Holy Spirit to transform you!!!!

**BIO** – Michelle wears an array of hats on any given day but her favorite is Daughter of the King. She lives in the beautiful mountains of North Carolina where she works as a Child and Family Therapist. She has been a single mother for 18 years and loves to watch God take your most difficult struggles and transform them in to passionate purpose. Today Michelle has joyfully embraced her passion to speak truth into the lives of others and assist them in finding and living out their true identity in Christ. She believes that in order to do that we need to uncover the lies and labels, identity the root and replace it with God’s truth.