

## Overcoming Obstacles

Has God had the authority over my life? Has He been there for me my entire existence? With complete confidence, I can confidently say He has! God has been in absolute control, and He has had His plans before I even existed. Almost every human being in the world has gone through obstacles, including me. God has been there for me by helping and guiding me when I was removed from my biological family, while I was bullied, and in overcoming anxiety. If I can surpass these challenges, then I believe that anyone can with God's guidance.

To begin, my biggest obstacle was because of the relationship with my biological family. At a very young age, I was removed from living with my mother and father. Being ripped from my parents' arms was a horrific experience, no matter what age I was. The Department of Children and Families felt that my biological parents could not care for my siblings and me in a safe manner. I have known it was never my fault. But until this day, it hurts to know that I have two parents who stand on Earth that have mentally drained and abused me. Never once did I have anyone there to speak to about how I was feeling at the time, but now I realize that I had God to talk to. He, I know, will never abandon me, therefore I will never abandon Him. This was one of my biggest struggles because my life and family

decomposed. It was terrible and very painful. I was then given as a foster child to a whole different family. This was so emotionally confusing to me as a young child. God pronounces in Nehemiah 8:10, "...Do not sorrow, for the joy of the Lord is your strength." This bible verse is essential for my life and it lies in my heart. As a young child who has grown up traumatically because of what I was exposed to from my biological parents, I sometimes felt that their negative lives were a prediction of my own future. These internal struggles can be hard, but God placed me in a family that is teaching me to love God and myself. I now understand that God placed me with them to be adopted because He wanted me to know that I have control of my own decisions, and that I can find peace through His grace. With God and my new family, I have overcome the major hurdle of a negative past. I have made new through His love.

To continue, bullying is another form of shaming. Bullying comes in all different forms. Fixing my exterior and looking for other people's acceptance is not necessary, and I learned from experience. I have been racially and physically bullied. As I grew up, I had a sweet innocent soul. Some people took advantage of that. Today, I forgive my bullies. I actually thank them because they helped me become the person I am today. We should never apologize for being who we are. I started sticking up for myself and others. We shouldn't put each other down but build

each other up. The Lord says in Deuteronomy 31:6, "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." These words have comforted my heart. This means that He's not here to scold me, but He is here to guide me through my mistakes and challenges, even bullying. I could not prevent the bullying I experienced, but I can work to prevent it from happening to others.

Furthermore, anxiety is an everyday struggle for me. Anxiety is probably one of the most common disorders in the world. Anxiety has been a big part of my life since I was about seven. It started from biting my nails, to having trouble concentrating, to muscle tension, and insomnia. It is a restless feeling or excessive worry about something. The Lord states in Psalm 94:19, "In the multitude of my anxieties within me, Your comforts delight my soul." He is here for me, through thick and thin. He will never give up on me. Fear or anxiety keeps me from overcoming issues in the real world. Feeling anxiety is actually a lack of trust in God. When I remember His promise to comfort me, I find immediate peace because I trust in the Lord.

To conclude, my life is a chaotic rollercoaster of emotional ups and downs, but that is never a reason for me to stop and quit. Life can be an ongoing war, but I am here to be a warrior through it. I have survived abuse and separation from my

biological parents, intimidation from peers, and daily apprehension. I will never feel ashamed for being who I am because tough times in life are completely normal. No matter how difficult the challenge is in life, it is up to me to choose how I am going to deal with it. I choose God to be my comfort and guide!

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Victoria Noguerras

8th Grade