

Brother John Wallace Isom Jr.

The U-Can! Man LLC

Written to be read and printed and shared.

Purpose of U-CAN! MAN Encouragement Journals

When giving feedback on The U-Can! Man Empowerment Through Encouragement Shuttle (TUM-ETES), people would often ask the following questions:

- 1) What is your purpose?
- 2) Why are you doing these journals?
- 3) How do you expect us to use these journals?
- 4) How do you decide what goes in the journals?
- 5) Where do you expect to go with these journals?
- 6) When did you decide to do the journals?
- 7) Do you think it is worth the effort to publish these journals?

PERSONAL RELATIONSHIP WITH GOD

The first answer was given to me as I reflected on how my relationship with the Lord Jesus Christ has developed ever since it began on that Wednesday afternoon in June 1977 at Union Branch AME Church in Monticello, FL. Even now, my relationship with Christ is continuing to develop. In my book *Return to Honor: A Soldier's Story*, I share the experiences that have been the foundation of my life. The events that occurred in Charleston, SC, between October 1997 and January 2001 are a perfect example of God working in my life. I was a wayward child and a hypocrite, and my words and my actions didn't match up, but God kept drawing me back to Him. Even during this trying time, though, I was journaling in my Bibles and my work planners, a habit I'd begun back in 1989.

After leaving Charleston in January 2001, I was more focused than ever on journaling to God. I would buy Bibles and use any blank space available to talk to God. I would write notes during the sermons in church. Later on, I started buying tablets that I'd use just for talking to God. I have so many Bibles filled with my conversations with Him. Sometimes He would speak to me through the Holy Spirit, and then I would journal about it. When I speak to God, I make sure to ask Him, seek Him, and knock on His door looking for help. In times when I am in need, God always comes through. Most of the time, the way God shows up and shows out blows my mind.

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And I will make them and the places round about my hill a blessing; and I will cause the shower to come down in his season; there shall be showers of blessing.

Ezekiel 34:26

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I noticed, though, that a lot of my requests were not answered. Sometimes God would send me and my family 700 miles in the other direction, one time over 900 miles. I would be upset and would journal asking God to reverse the decision, and most of the time He did not. Sometimes I would help God out to get what I asked Him for. I got it, and then God caused it to be reversed and sent me where He wanted me to go. After being a child of God for over 30 years, and being on this earth for 46 years as of May 9, 2010, I can look back and see that whatever I'm going through, I've been through it in some form before.

It is my desire to show people how to purposefully journal to God and also to review journal entries from the past to recall what You and God have experienced. I am convinced that many people have been given answers by God already. A lot of the answers for my life today were given to me by God yesterday. The Word of God has been illuminated in my life through my trust in and obedience to God. Also, looking back on 20 years of journaling, I can see how faithful God has been and continues to be in my life and the lives of others. I have been commissioned by God to bring our relationship to print. Hopefully this will inspire others to look back and see what God has done for them. For those who do not keep journals, maybe this will inspire them to start pursuing God in a new way.

I hope this has answered the questions listed above. Now click on our 1st and 2nd journals and enjoy a U-Can! Man public release of his journaling with God.

EXAMPLE:

I was struggling during the last week of May 2010 and God had me notice a journal entry in one of my many Bibles. On October 24, 2006, Meagan gave me this advice and encouragement. I had written her number in my Bible, so I called her. We spoke on May 27, 2010, and I shared with her that the advice God had her share with me back in October 2006 was relevant and helpful nearly four years later. Once again God used my journal to encourage me—the answer I needed was in my King James Bible. WOW!

Journal entry from October 24, 2006, received at the Baltimore, MD airport

Question asked: Meagan, what is your opinion/advice/wisdom about perseverance, persistence, and patience?

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**Answer: Always look at the BIG picture.
Don't ever give up on your dream/goal.
Do your job—know that working hard will pay off in the end.
Don't let setbacks set you back.
Love what you do. (Meagan loves helping people by the way of the government.)
Added May 27, 2010: Remember, people come into our lives for a reason.**

Thank you, Meagan. Look at what else the Lord has done at www.johntheucanman.com. Let your friends know you played a major role in The U-Can! Man's life, years before he became The U-Can! Man. I plan to share your helpful and proven wisdom with the world. I plan to share it with the government also.

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