

This book deals with mental spiritual battles that I faced. How God showed me to resist and go through the battle. What I had to face every day and God had certain people help me.

You've Been Tagged

By Jo Ann Cruz

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Chapter One: TAGGED

“Set me as a seal on your heart, as seal on
your arm.” —Song of songs 8:6

Have you ever played the game “Tag you're it” as a child? Well, I have but I would like to introduce to you a similar game in a spiritual matter, that will include being tagged. Those who truly seek God and separate themselves are those who have been chosen in this case/game. On the contrary of being tagged, there's more than one person trying to get you. You're being chased! From a spiritual standpoint, God and the enemy are the chasers in a battle to get to you. God wants to tag you with the seal of salvation while the

enemy wants to destroy the work and piece of art that you are. Make sure that you are tagged by God and not the enemy. Once you are tagged by either or; it'll determine how you'll decide to live and make certain decisions.

However, instead of running to tag another person, this time you must stay tagged by God. Remember it's a spiritual game where being tagged will decide what path it will lead you to. For this reason be cautious and watch out for the enemy, who wants to take your tag for himself. Be sure to reject him and the plans he has over your life. God has given us abilities to use His power and authority to stand against the enemy. Whether we resist, reject, or accept it, is up to us. My advice to you is to be sure you reject and resist the offers of this world because the enemy will find your weak spots and use it against you. On the other hand, God will catch your attention because He chose you and sees the potential that you have to offer and use for His glory.

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We have to realize that God doesn't force nor pushes us to be on his team. Meanwhile, Satan will chase you down until he knocks you down. He will try to force you to go with him and is playing for keeps but so is God. Yet there is one difference between both teams. With God, He gives you a free will to choose while the enemy keeps you stuck in one place and makes it hard for you to go to God. God's desire is for you to stay with his tag/seal though it is upon us to decide who we want to be tagged by. I want to be tagged by God, even with its good and bad.

The life of a Christian or believer is to try to be Christ-like. He resisted Satan until the end; on the cross. In the spiritual realm, Satan can tell if God has chosen you. He only needs to see you-so that he knows that the tag of God is upon you. It can be shown anywhere on you. When I started to go to church, I enjoyed it. I had been going to church but didn't give my life to Christ nor had an encounter with Him.

I finally gave my life to Christ at the age of twelve because I had an experience with Him. God is awesome! We are all His creation. But when we accept God as our Savior, we accept His seal and become children of God.

God tags all of us in different ways. Each one of us has a specific duty in the kingdom of God. But a lot of us don't want to pay the price. Like I said before, God tagged me. But I didn't understand the whole concept of being tagged by God. When you get tagged by God, you attract other things. You've caught the eye of the enemy. He gets jealous of you. Now the chase begins. There are things that will happen to your life. You will wonder, why is this happening to me? What did I do to deserve this? It has nothing to do with that. It has to do with the fact of who you are attracting and the Lord only wants you for Him.

The enemy has a plan for your life. He wants to tag you, but for destruction. People can get sickness, diseases,

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or even die. The enemy will put in your mind that God is punishing you. That's a lie... There are things that are going to happen to us. But it's supposed to get us closer to God and not away from him. When Satan tries to tag you, it's to keep you away from God. He knows that if you stay with the tag of God, you will be able to destroy his kingdom. The power of God is mightier than his. He doesn't want you to know that.

You are tagged by God. Now you notice that your finances are being affected, getting sick most of the time, negative moments happening in the family. But you have complete confidence in God. You made sure that none of these situations affect your relationship with God. Satan is mad at you because he was trying to lure you away from God. Now, he's going to try something even harder. This is where my story begins. When Satan tried his best to take the

tag away from me or for me to give up and surrender my tag to him.

One day in the month of September or October of 2012; I had a dream but I really didn't understand it. Sometimes God lets me know when I'm going to have an attack from the enemy. Well, in the dream I was entering this big beautiful house that was all white. When I opened the door to go inside, it was all white as well. I started to look inside and I noticed that on the walls there were figures with angels on them. When I went to look closer I noticed the faces were demons. I also know that angels are beautiful. I was really puzzled, the next thing that I saw was a big window on my left side. When I looked outside the window, I saw an amazing garden with lots of flowers. When I say flowers, I am talking about flowers that I have never seen before. In the garden, there was a tall man dressed in all white and had dark hair. I couldn't tell if it was dark brown

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or black. Next to the man was a little girl holding his hand but I wasn't able to see the man's face. I was only able to see his back since he was looking in the opposite direction. The little girl was playing in the garden holding the man's hand and swinging around. I noticed that the man wouldn't let go of the girl's hand and she didn't seem to mind. It was such a beautiful garden. All of a sudden I looked at the left corner of the window that I was looking at and saw a little demon sitting at the window. When I looked at it, it laughed at me and I woke up.

In this dream, at first I didn't understand because it was strange. I thought that it was an attack of the enemy but what confused me was the faces on the images that looked like angels. I've never seen an angel nevertheless, the face of Jesus. But I know inside of me that they are beautiful. On November 1, 2012 we were living in my husband's uncle's house. That's when the dream started to become true. One

night, I went to bed early eight thirty to nine, and a noise woke me up. I felt uneasy so I got out of bed and went downstairs to check if something happened. But I didn't hear the noise again. My husband was watching television, my daughters were asleep, and my mother was in her room. I asked my mom to live with me because of her health. I started sensing something bad but I wasn't able to figure it out so I went back to bed. When I woke up the next day, I still had that feeling of uncertainty.

As the day went by, I would feel very anxious for no reason. Anxiety doesn't come at one shot, it comes gradually. I have always tended to keep myself busy and I had also forgotten about my dream. I am a person that doesn't get scared easily because I trust the Lord with all my life. I didn't understand why I had this fear of something bad that was going to happen. This feeling of fear kept dwindling over me. Later that afternoon I felt a heaviness over the top of my

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head. The thoughts started to give me anxiety, deep fear, and depression. Everyday the situation would escalate and my mind was constantly in this dark place. I would feel like I was being watched by monsters, more like demons that would try to kill me. This was a spiritual battle that my mind was seeing and I was living. In my spirit I had this feeling of uncertainty and there was no reason for it. There are thoughts that only God was able to help me get through since my mind was in such a negative place. I tried my best to do everything the Lord wants me to do but the anxiety would be so overwhelming. I would ask myself what I did for the Lord to let me go through this, or what I do to God that I'm being punished in this way. When bad things happen to us we think that we did something wrong to God. This isn't true in every situation, but we did do something that caught the enemy's eye.

I found myself crying all the time and screaming at God. I would do that alone though because my family would get immense anxiety as well. My husband was very puzzled because he didn't understand what was happening to me. We sometimes think that this can't happen to us but that's a lie. No matter the religion you're in, you'll still have battles. As you see I fought with anxiety, depression, etc. We live in a world where sometimes we tend to forget what really matters. The enemy hates true seekers of the Lord and he'll try his best to destroy them. Once I'm out of bed, I listen to worship music and spend my whole day worshiping God and having communication with him. It may sound like I'm over exaggerating the situation but when you're constantly being attacked by depression you have to praise until it breaks. One day I called my sister for advice and she told me that worship is a great way to help battle with what I was going through. Worship is a powerful tool against Satan but you have to use

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it constantly. Worship is a way of life. I would worship God until I fell asleep. Something else that can help is talking to our fellow church members, they might be going through the same thing and you wouldn't even know it. The situation for me would get very hard. I was really struggling.

That is the job of the enemy. To make you think that God is not worth worshiping, but that is a big lie. It doesn't matter how long the healing takes, don't stop worshiping God. As I was going through my process I couldn't forget I have a family. I still had my daily responsibilities and tasks. When I took my girls to school we would pray "Our Father which art in heaven." My girls were young at the time. As soon as I got home I would put on the music again and start worshiping. I had a habit of walking up and down the house. It was very hard for me to sit down because I wasn't able to stay still. The times I was able to sit down I would pull the bible out and read. Something I was told was that it would

do me very well to memorize the verses because that would help me deal with everything I was battling with. Sometimes it was very hard for me to memorize because the anxiety wouldn't let me. Only thing I was able to do was pace up and down the house. Those thoughts of insecurity would just torment me. I would get mad but I knew that God was with me, and I still let those thoughts bother me.

I also found myself closing up and forgetting about everything else. For example, I would forget to cook and thank God my mom was with me. It's not that I didn't want to, just that the oppression on my head was so strong. I was trying to resist the lies of the enemy and control my emotions. I would feel like I wasn't good enough for God or my husband; nothing I did was good enough. The ugly thoughts sometimes felt real but it was deception of the enemy. He wanted me to accept those lying thoughts and turn my back to God.

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I would tell myself that I have the truth inside of me. What the enemy wants it's for you to stop being completely free. Don't get discouraged during the trial and don't get upset with God. In everything you go through, leave it in the Lord's hands. I understand that sometimes it's hard because all you want is peace but God will give you the peace you're looking for. The darkness is not a good place to be. The devil really hates believers. In all these desert battles I have faced proved and showed how I needed to always trust and confide in God. All of these emotions I had really took a toll on me. I would get cold sweat, clench my jaw, my heart would race for no reason and so much more. It was so bad that my family noticed.

There would be times where I thought someone was watching me, even following me. I didn't want to be alone because I would get scared. When I go to the bathroom I hear someone behind me. That would only happen when I would

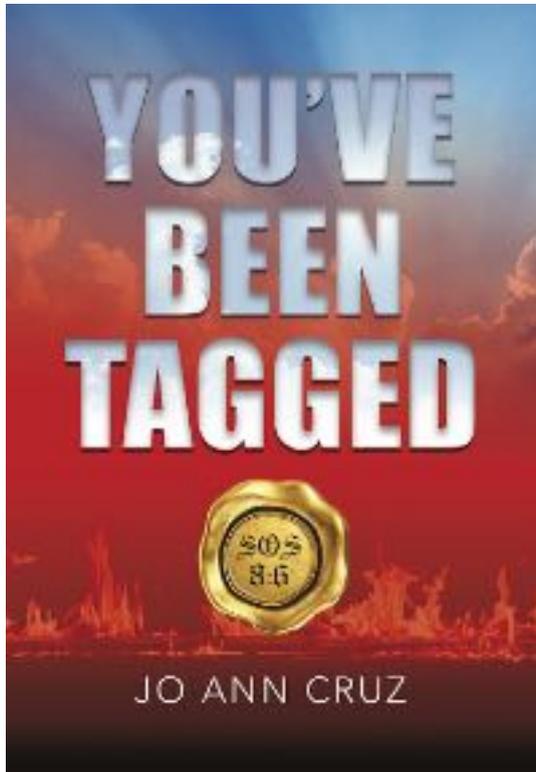
be alone. At other times I had dreams where demons would attack me, other times they weren't dreams. Some creepy experiences where I would hear them laugh out of nowhere. One day I went to the store and saw a little girl fall down. When I went to help her, I heard laughing. I looked around and no one was laughing. I was scared because I would hear things but the last thing I wanted for people to think was that I was crazy. I couldn't trust my own mind and my emotions overwhelmed me day by day.

I woke up one day and I had to put my hands over my head to say a prayer over my mind. I couldn't deal with it anymore. My husband was next to me and he asked if I was okay, all I said was that I had a headache. But that wasn't true, the thoughts just overwhelmed me. I also heard the voice of God telling me to reject it. I had a feeling to rebuke whatever was tormenting me, and it went away. There's people that believe that there is no devil. But there is and he

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doesn't care about us. You deal with him and will receive eternal death. There is a heaven and a hell and I had an experience with it.

At the time, my husband was working at night, I was trying to fall asleep but I couldn't. I started to hear people cry, I wasn't completely asleep but I saw faces. It was a dark place and there were people yelling "get us out," "we don't wanna be here." They were going through pure torment. I heard them just like you hear the television. Everyone was asleep in my house. While in my bed, I started to pray and ask God to please have mercy over me. The enemy kept telling me he was going to make me crazy, But God never failed me.



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