

Bundled Books:

Are you your car

&

The Esteem You Need



Cindy Mezas  
&  
Esther Samboe

**colophon**

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Definitions of Greek and Hebrew words are taken from *Strong's Expanded Exhaustive Concordance of the Bible* by James Strong.

Definitions of words are taken from Google dictionary online.



# Introduction

What you have in your hand are two books with golden content that give you insights and help you to walk in who you really are in Christ.

With these books you are investing in: you!

These books are written by Cindy Mezas and Esther Samboe and bundled together for you to benefit the most.

Read. Enjoy. Transform. Grow. Let's get YOU to higher levels.



**Are you your car?**

Take control over your life



**CINDY MEZAS**

Are you your car?

Take control over your life

By  
Cindy Mezas



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## **Introduction**

This is an extraordinary title. So let me explain my question in the title within the following chapters of this book, where I will unfold one of the essential things in a person's life. This little book can really change your whole life and those of other readers. This revelation changed my life for good, forever, and it has changed many other lives as well.

But this is what I always say to each and every one of my coaching clients, congregation, persons I counsel, and people I pray for. Even if I would be the best of the best coach, you make the choices to either follow or act upon what I tell you or not: the choice is yours. It is the same when people want to get in shape physically. You can get a personal trainer to lose weight, but still, you have to do your own push-up to have the abs and lose weight.

The personal trainer, even if he is the most excellent in his field it is not possible for him to do your push-ups or other exercises, eat the right things so you can lose weight and get your body in shape. This means there is a choice to make. So you have to make a choice and act upon it. In order to have the physical desired results. The same is with the spiritual and what I want to teach in this book.

If you understand that you are a spirit, having a soul which houses your mind and your heart, and you live in a body, it will change the route of your car significantly. Jesus is our biggest example of how to walk this out. So you can take control back over your life because you are the driver of your car.

# Chapter 1

## Jesus and His emotions

First, let us look at Jesus, how He handles things. Because there is something that we can learn from Him, and actually, we need to be taught by Jesus because He is our example.

In Mark chapter 5, verses 21-43, we can read of Jesus healing a woman with an issue of blood and restoring to life the daughter of the ruler of the synagogue named Jairus in one chapter.

Mark 5:21-43 NKJV

*“Now when Jesus had crossed over again by boat to the other side, a great multitude gathered to Him; and He was by the sea. And behold, one of the rulers of the synagogue came, Jairus by name. And when he saw Him, he fell at His feet and begged Him earnestly, saying, “My little daughter lies at the point of death. Come and lay Your hands on her, that she may be healed, and she will live.” So Jesus went with him, and a great multitude followed Him and thronged Him.*

*Now a certain woman had a flow of blood for twelve years, and had suffered many things from many physicians. She had spent all that she had and was no better, but rather grew worse. When she heard about Jesus, she came behind Him in the crowd and touched His garment. For she said, “If only I may touch His clothes, I shall be made well.”*

*Immediately the fountain of her blood was dried up, and she felt in her body that she was healed of the affliction. And Jesus, immediately knowing in Himself that power had gone out of Him, turned around in the crowd and said, “Who touched My clothes?”*

*But His disciples said to Him, “You see the multitude thronging You, and You say, ‘Who touched Me?’ ”*

*And He looked around to see her who had done this thing. But the woman, fearing and trembling, knowing what had happened to her, came and fell down before Him and told Him the whole truth. And He said to*

*her, "Daughter, your faith has made you well. Go in peace, and be healed of your affliction."*

*While He was still speaking, some came from the ruler of the synagogue's house who said, "Your daughter is dead. Why trouble the Teacher any further?"*

*As soon as Jesus heard the word that was spoken, He said to the ruler of the synagogue, "Do not be afraid; only believe." And He permitted no one to follow Him except Peter, James, and John the brother of James. Then He came to the house of the ruler of the synagogue, and saw a tumult and those who wept and wailed loudly. When He came in, He said to them, "Why make this commotion and weep? The child is not dead, but sleeping."*

*And they ridiculed Him. But when He had put them all outside, He took the father and the mother of the child, and those who were with Him, and entered where the child was lying. Then He took the child by the hand, and said to her, "Talitha, cumi," which is translated, "Little girl, I say to you, arise." Immediately the girl arose and walked, for she was twelve years of age. And they were overcome with great amazement. But He commanded them strictly that no one should know it, and said that something should be given her to eat.*

There are so many instances in the Bible where we can read and see Jesus going about His way and healing all kinds of sickness and all kinds of disease among the people. He healed epileptics and paralytics also all those who were oppressed by demons.

Yet I would like to focus on Mark chapter 5 verse 21-43, only because it was here, after reading the verses 21 to 43 of Marks gospel, that I myself wondered how He, referring to Jesus, knew that virtue, power had gone out of Him when people where thronging [pressing against] Him at that moment. And even His own disciples said unto Him, "*You see the crowd pressing [thronging] in on You, and You say: who touched Me?*"

These disciples who were with Him every single day, seeing Jesus healing the sick and performing all kinds of miracles, still thought that He said something foolish by asking:

‘Who touched My clothes?’. Upon these words, the woman who had the issue of blood [flowing for twelve years and got healed after touching the Hem of His garment] came forward and told her entire story to Him.

Jesus was not asking a foolish question, so I wondered what did He feel concerning His disciples? What kind of emotions popped up? How would we feel when our best friends had thought the same thing about us? We could feel disappointed, maybe? Or amazed, because you thought they ought to know you better than that? Could it be anger for making you feel small or stupid? Especially in front of the crowd.

Now Jesus Who was born in a body as a baby, meaning He became a person of flesh and blood like us. Being a human being myself, you the reader as well, we are persons of flesh and blood, but then how could He still raise a little girl from the dead after He was ridiculed, laughed to scorn, and still perform miracles when even His own people did not want Him. Also, His disciples thinking of Him that He was just asking a foolish question, yet I could not find anything about His emotions or feelings in these bible verses. We are in need of some answers but first, let’s take a closer look at the bible verses and some of the words within the scriptures to find out more.

Mark 5: 39,40 NKJV

*“ When He came in, He said to them, “Why make this commotion and weep? The child is not dead, but sleeping.”*

*And they ridiculed Him. But when He had put them all outside, He took the father and the mother of the child, and those who were with Him, and entered where the child was lying.”*

Here follow a few definitions of the word **ridiculed**:

- the act of making fun of someone or something in a cruel or harsh way; mean or unkind comments or behavior;
- subject to contemptuous and dismissive language or behavior, derision, mockery;

- unkind words or actions that make someone or something look stupid, to laugh at someone in an unkind way.

In other translations of the Bible, it says:

Mark 5:39,40 NIV

*“He went in and said to them, “Why all this commotion and wailing? The child is not dead but asleep.” But they laughed at him.”*

Mark 5:39,40 KJV

*“And when he was come in, he saith unto them, Why make ye this ado, and weep? The damsel is not dead, but sleepeth. And they **laughed him to scorn**. But when he had put them all out, he taketh the father and the mother of the damsel, and them that were with him, and entereth in where the damsel was lying.”*

Mark 5:39,40 GNT

*“**They started making fun of him**, so he put them all out, took the child's father and mother and his three disciples, and went into the room where the child was lying.”*

Mark 5:39,40 NHEB

*“**And they ridiculed him**. But he, having put them all out, took the father of the child, her mother, and those who were with him, and went in where the child was.”*

So, in other words, they expressed their contempt against Him. They made fun of Him in a cruel and harsh way. They were mean and unkind to Him. They literally mocked Him and scorned Him, meaning they showed Him that He was not worthy of respect; they refused and rejected Him. They openly disrespected Jesus and showed that they disliked Him. Still, He continued raising Jairus's daughter from the dead and healing the sick.

Question:

How many of us would be able to do these same things Jesus did? Like healing the sick and raising the dead, subsequent to be ridiculed. Being told unkind words, laughed to scorn, being made fun of, being mocked by a whole gang. Having people express their contempt towards you?

In verse 38 of Mark chapter 5 NKJV, it says:

*“Then He came to the house of the ruler of the synagogue, and saw a **tumult** and those who wept and wailed loudly.”*

The definition of the word **tumult**:

- aloud, confused noise, especially one caused by a large mass of people;
- a state of confusion and disorder.

Now we look at the definition of the same word from the Greek Bible dictionary:

- a noise, tumult, uproar, of persons wailing, of a clamorous and excited multitude, of riotous persons, a tumult as a breach of public order.

We can read in verse 38 of Mark chapter 5 that people were wailing and weeping because of the death of Jairus his daughter. In the time of Mark chapter five, there were people hired who were professional mourners. In the NCV and the ASV translations, they talk about many people. In the GW translation there, they mentioned that there was a crowd of people. A crowd is a large group of people gathered closely together. They were ridiculing, laughing, and making fun of Him. Here we find that it was not just one person ridiculing and mocking Jesus; this was a crowd doing that.

So again, I ask the same question: how many of us would be able to face the ridicule and mockery by a large group of people and still do what Jesus did?

And I am asking the question to everyone and to ‘the born again, spirit-filled, tongues talking, church-going Christians.’ Well, I know for sure, having coached, taught, preached to, and prayed for hundreds of Christians and non-Christians that many of us would feel a lot of emotions.



Maybe mixed feelings of sadness, feeling deeply hurt or getting angry, annoyed, having self-pity parties like 'it's your birthday.' Perhaps most of all feeling so ashamed and really feeling embarrassed, getting confused, asking God, "Wasn't it You who told me to heal the sick and raise the dead. Then why are these people ridiculing me? Laughing me to scorn and making fun of me." Poor me, no one likes me; this makes me feel so small. Why do they mock me? Me, the son or daughter of the most high God.

We would **feel** their mockery on the inside of our being, and we would **take** their ridicule **personally**. But why did this ridicule, mocking, scorning, and contempt have no effect on Jesus at all? How come it did not? Why is there nothing written about His emotions nor feelings? I mean, He became flesh like you and I. Jesus became a man of flesh and blood just like us, yet it did not affect Him the way was treated.

When we read further in verse 40 Mark chapter 5 it says:

*"after He had put them all outside, He took the father and the mother of the child, and those who were with Him, and entered where the child was lying."*

Here we read that He put all the mockers out. He put all the ridiculers out; He put all the scorners out, all the laughers out. Thus far, I cannot read or find any verse where He showed negative emotions, or in that case, even showing emotions, like the ones I mentioned above. We probably would have had such as:

Shame, self-pity, anger, irritation, sadness, and confusion.

Doesn't He have emotions? Of course, He does! Or maybe He was born without emotions? No! He has emotions, just like you and me. If it were most of us, we would have said something to shut the mock gang up in a very angrily way. We would have even snapped our fingers three times in the air, saying: "Don't you know who I am?" Or we would have said: "No, you didn't." We would have stood up against them.

Others of us would have left as victims saying to Jairus, "I will come back tomorrow, dear Jairus. Please understand that I do need some time to get over what they did and said to me. And to recollect myself, have time with the father in prayer".