

When Life Falls Apart

Does it Fall Into Place?

A short story by

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Introduction

This short story is a compilation of thoughts and ideas about picking up the pieces of your life when it falls apart – because at some point, if your live long enough, it will.

We have all had wonderful plans throughout our lives. Plans we felt were rock-solid, and we moved in that direction positively. Not really being directed by God, we may pray - telling God to bless our plans. When we should be asking Him to lead us to the plan, He wants for us.

Imagine the wedding, getting married to the guy you really want to be your husband, to spend the rest of your lives together in marital bliss. It was not a God plan. But he dated you and you like the things he told you and how you felt with him – which could be pure hormones – good feelings. Only to fall apart without repair a short time down the road.

Or, what about the job you are seeking, or the home, or the car? All the desires you are working toward are what you think you need. When you get them, you thank God. But are these things God ordained for you?

Many of us are working toward pleasing the flesh but may never admit it, or in some cases maybe not conscious of it. Doing what feels good. Telling ourselves we love this ‘Noun Factor’ (name of a person, place or thing) that is not available

to us. But we will take a piece of it. Falling madly in love with someone that is not available to us – already married or committed to another relationship. But we think we feel so good, we put ourselves in the middle of that scenario and work on building a dream that cannot come true. Building castles in the air.

I have lived long enough to know for sure that those situations never work, and they have detrimental outcomes. They fall under covetousness. Thou shall not covit! Psychologists say that love is a choice, and I believe that. You must not choose to love what or who belongs to another. Genuine brotherly and sisterly love, yes. And Godly admiration, absolutely. But you should not let the flesh rule you because the flesh will also fool you.

Not everything that feels good is good!

Not everything that tastes good is good!

Not everything that looks good is good!

People will say, “I fell in love with him/her” ...but let me ask this... What if you fell in love with something in a store that you can't afford, will you take it because you fell in love with it? Remember, it belongs to the store owner, and it can be yours - but for a price.

Everything we pursue in the fleshly desires of life – will fall apart eventually. And when it does, we will hurt beyond measure.

Pleasing the flesh is death – pleasing God and following His instructions is life!

We need to stop feeling good and start feeling God.

Author's Note

Dear Readers,

I saw a short video on Youtube about a young man whose life was falling apart.

He was running from a tiger to save his life; as he ran, he saw a well and jumped into it. At the bottom of the well was a cobra waiting to devour him. He was hanging on to a branch that kept him suspended between the tiger and the cobra. Wondering what to do next, a rodent came and started eating at the branch he was holding on to...

The tiger got impatient and decided to jump into the well to get the man.

The tiger jumped in the well, landed on top of the cobra and broke his neck and died on top of the cobra who also died.

The young man got out the well and kept on his journey.

At one point he felt hopeless as he had a tiger over his head, a cobra at his feet and a rodent eating away at the branch he was holding on to for life. He saw no way out. Nonetheless, his life fell into place after the tiger jumped into the well after him.

Sometimes life looks impossible and with no way out, but there is a way. There is always a way out!

That video prompted me to write this short story coupled with some of my own stories of my life falling apart – and falling into place – along with some of the personal things I did to keep me grounded.

I hope you enjoy this ‘Short Story’ about *When Life Falls Apart...* And the suggestions I have shared.

You can reach me at on my website:
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Sincerely,

JRam

When Life Falls Apart - Does It Fall Into Place?

The plan was wonderful, everything was on schedule, all looked right, right? Then before you know it, the bottom of the plan fell out... How could this be?

Did you ever feel this way? Did you ever have a wonderful plan that you poured all of yourself (energy, time, resources) into and it fell apart without repair? Like a beautiful glass vase falling on a ceramic tiled floor shattering all its beauty into tiny pieces beyond repair.

What do you do? The vase cannot be repaired. It's like a death – and dead things must be tossed out or buried. Then after you bury it, you must grieve the loss and leave the cemetery of the burial and move on.

I will refer to people, places and things as 'Noun Factors' – as all our falling apart issues include a person, a place, or a thing.

Let's think about these statements:

- The promise of forever.
- He promised to love you until death do you part –
But he changed his mind after the real issues of daily life overpowered him.
- He found someone else that he wants to invest his time and energy into.
- He has extramarital affairs and hides them from you, but when you find out, everything falls apart.
- You lost your dream job.
- You are betrayed.
- Someone you love passes away.
- You lost on a deal.
- The stock market crashes.
- You fall ill.
- You are accused of doing something you did not do.
- You have a better car than another and are hated for it.
- You have a nicer spoon than someone and you are hated for it.
- People you trust steal from you because they feel you do not deserve what you have, that you worked and sacrificed for – they must have it instead.

If you have experienced any of these situations, or anything similar, then you might find some comfort in this 'short' story about life after loss, life after betrayal, picking

up the pieces and starting over. Let us take a look at how life falls into place after it falls apart.

Whether you are dealing with a current 'falling apart' situation, or have had such an experience in the past, here are some thoughts and ideas to ponder on and hopefully keep you grounded. Or, if you have never had a plan that fell apart, then it might be beneficial to read this as preparation for your future, or to share and comfort a loved one through their falling apart scenario.

As you see from the limited list of scenarios I mention, life does fall apart for many diverse reasons at different crossroads, leaving you lost and hopeless. Life falls apart many times because of deceit, jealousy, covetousness, trust issues, broken promises, and death.

When life falls apart, it leaves dreams and lives shattered; people are splitting up and fighting over things accumulated in love. Sometimes they prefer to destroy an item of value than to see their former loved one have it. Things falling apart result in heartache, hurt, hardly ever a win-win situation, in some cases even physical injury, and sadly in some - murder.

All irretrievable situations, but depending on the circumstances, with time there is healing as the pain lessens, and in the healing...life falls back into place.

It seems inevitable that life must fall apart at different stages and under certain circumstances. It must fall apart so things can fall into place. It falls apart so you can see things clearly and understand what you are doing and with whom. I want to say life falls apart when it's not pleasing God. So, it must fall apart to give clarity of how to move on and forward.

Nonetheless, there are lessons to be learned in every disappointment. I think life must fall apart at times so it can fall into its right place.

When we look back on their lives after months, years, or decades, there is always thankfulness for the 'Noun Factor' that caused our life to fall into dismay. I hear people saying all the time, including myself, I am so glad I am not with or in that 'Noun Factor' situation. Thank God things worked out the way they did, regardless of the pain, because if that did not happen, I would not have the opportunity I now have, or be where I am, and so forth.

Recently, I saw a someone saying, "You need to send flowers to the people who walked away from you, who disappointed you, who steal from you, who betrayed you, and so on along with a 'thank you' card." Then I said to myself, I need to buy a lot of flowers, and a great selection of beautiful 'Thank You' cards to send to all the people that were in my life that deserve praises and thanks for

disappointing me, were jealous and envious toward me, who stole from me, the Stock Market, jobs, etc. To all of you, and all those situations- 'Thank You!'

While writing this narrative I am applying the question to my life. Did my life fall into place after it fell apart? The answer is a resounding 'yes' it fell into place each time I was let down or disappointed. I am so very thankful for all the 'Noun Factors' of my life. And really, if all those things did not occur that would change the trajectory of my life, I may not be comfortable and happy with how my life would have been. And, as I said, my life has fallen into a place, in a way, that I love and appreciate. I am really loving my life. And from all those falling apart situations, I find myself with an overflowing of joy, why? Because each time I was let down, I went to God and He mend my broken heart. It is stated in His Word. Psalms 147:3 – *He health the broken in heart, and bindeth up their wounds.*

Under no condition would I want to be in any situation with any 'Noun Factor' I was involved with in the past.

We must know that no one can do anything to us that God would not allow, and if He allows it, then He has a plan for it to be a blessing and a learning experience for us, and then to get us out of it. Our focus must be kept on Him. When people intentionally do things that cause us to have to rearrange our lives, move in a different direction, make a

turn, re-evaluate what we are doing and why, it's because we were not on God's plan. We must know for certain that the essence of who and what we are, is God in us. So, when we are rejected for no reason, maybe for being ourselves, it's a rejection of God in us. We all are God's children created by Him to be who He wants us to be and to do what He has placed us here for. No one has the right to expect us to be what they 'think' we should be for their gain.

Life Planning

Do you have a plan for your life? If ‘Jennie’ jumped out of the bottle and asked you, what are your three wishes, will you know what they are?

I am a planner. I like to plan the things I want to see manifest in my life. This gives me clear directions on the things I need to work towards. What I know for sure is, if I don’t have a plan for my life, I may end up on someone else’s plan and their plan would not have my best interest at hand. It would be a motivational plan where the person’s plan that I am on would be benefiting for them, not me. I speak collectively, if you do not have a plan for you, be very weary of those who are pulling you on their plan.

On an interview decades ago, I was asked, ‘where do I see myself in five years?’ The question was geared towards my career, but I turned it to my life’s planning question. And started planning what I wanted to achieve and where I wanted to be in five, ten, fifteen, etc. I got specific on what I

wanted to achieve, and started breaking things down into yearly, monthly, and weekly intervals. I also wrote daily what I wanted to achieve that day, and that is my way of making small steps in the direction of a bigger goal. Always remember that the longest journey starts with the first step. And checking in with myself regularly helps to keep me focused.

Each year I plan what I want to achieve that year. I write my goals down and place a timeline on them. Always having things lined up that I am working on, I call it my 'What If's: Plan A, Plan B, and Plan C. That meant you could not throw me off plan, you may just throw me to the next plan. If Plan A failed, I analyze the situation, close the chapter, grieve the loss, and start focusing on Plan B. At that moment, Plan B comes to the front, and is automatically the new Plan A. I never live without those three plans. Let's put it this way, I always have my 'What If' plan – just in case.

Living this way has taught me flexibility, you must be able to bend with life when it throws a curve ball. You cannot afford to be rigid. Another very important thing for me is that I try to live detached from the 'Noun Factors.' It is good to practice being detached from everything and everyone... because one day you will be, and most times, it's not by choice. When your time is up here on planet earth, you will be

detached from everything – remember, you come with nothing... get attached to everything... then you leave with nothing.

When you come to an acceptance that you come into this world with nothing, and you will leave with nothing. It becomes very empowering. We all know this scenario, but when you really accept it, you would not fight over material things, and things that are not yours. You deal with all situations in a way that you keep and preserve your peace which comes from God, and no one should be able to disturb that.

This way of thinking and understanding my life allows me to give full of myself and my resources in anything I am doing. I never do things halfway. I give my all and if it does not work, I can walk away in peace.

I believe in doing my best – then let the chips fall where they may. If things don't work out, I know I did my best and I am free and clear to move on.

Living this way has given me a strong inner core to live on purpose. Having a plan for my life also gives me guidance and direction and keeps me on purpose. It is also hard for me to be surprised or devastated by

anyone's actions for long. I may be surprised initially but not for long.

Each month I check on what I have accomplished towards to my goals and desires, at times, the accomplishment is small; nonetheless, it brings me joy as those are bite size pieces of my dreams which are then added to the completion pile. After doing this, I focus on the current month projecting and writing what I want to achieve for that month.

Many times, I write things and forget them on pieces of paper, and in my journals, then I may be thumbing through some of my papers or looking at a journal and I am surprised and in awe of all that have been achieved that was written down. I believe in writing things down; I feel there is a magic to putting ink to paper. Everything important from the beginning of time was written down. The Bible was written as instruction of how we are to live; every law and the Constitution of each country is written; agreements are written, and so on.

The love I have for writing and for journals has encouraged me to create my own collection of journals which I publish on my website under [June's Journals](http://juneramsay.com) at (juneramsay.com). The motto for my Journals –

“Write it down so you don’t forget – and it may manifest.”

When you write things down you are saying to the universe, I am in the game, and I want to participate. As I play the game of life, when I am faced with situations that are falling apart – I stand back and look at how things are dismantling – I let things fall. I don’t hang on to anything that is falling from me - because if my destiny is tied to it, it cannot fall from me!

I Believe Everything Happens For A Reason

My late maternal grandmother often said, 'Everything happens for the best.' As a child I could not understand her statement and many times I questioned it in my childlike mind. But as I have matured, now I know what she meant. Don't try bending the hand of faith. There are natural laws that we live by whether we know them or not, and those laws are behind the scenes pulling their strings as the universe dictates, upon the direction of the Almighty Father. Psalms 24: 1-2 – *The earth is the LORD's and the fullness thereof; The world, and they that dwell therein.*

Examining my life, and the lives of those I have the privileged to know, and even looking at the world in general; I have concluded that life falls into place after it falls apart. In some cases, our lives are in disarray, going uphill because we are doing things our way – the wrong way. Most times following a 'Noun Factor' so, it

takes falling apart before it can fall into place. It's like putting a puzzle together and trying to squeeze some pieces into the place we want them to be. Only to get to the end and must dismantle it and start over. The pieces of a puzzle must be put in the designated places – the same way our lives have certain destinations; and when we are not going in the right direction, it will be dismantled and reconfigured correctly.

Driving with the GPS system, I often have a good laugh when I do not listen to the given direction. I turn where I want to turn, not where I am directed to turn – then the system recalibrates. It tells me its recalibrating. That is just a simple example of life recalibrating and moving us from wrong situations.

I personally feel that when things fall apart, it's an opportunity for us to fix certain things, examine what we're trying to do, and why - recalibrate, and go in a different direction – God's direction – the right direction.

How do you know what is God's direction? Ask for guidance and listen for the answer. Look at what you are feeling a desire for and explore that. Ask if the thoughts you are feeling are Godly. Would the few most important people in your life approve of the thoughts you are harboring? For example, if you are thinking of

starting a relationship with someone that you know is not right – you are not evenly yoked, but you are following your flesh because it feels good. That is wrong! If you are not evenly yoked, its wrong! Would you feel comfortable telling your mother about it, or your few confidants? If you are not proud telling them, something is wrong. Don't do it!

Then in the end, we must put the pieces in the right place for the puzzle to be as it was created to be. It may mean dismantling what we built and then building it over correctly.

Life cannot fall into place if we keep making wrong decisions consciously – because it feels good. Thinking we know it all or feeling that this 'Noun Factor' is for us. The sad part is that we may do this for a long time until the rug is pulled from under us. Then we are forced to make the decision to move on without that 'Noun Factor' and with losing much, and in pain so, in that falling apart - it falls into the right place, maybe a better place that you could not see at the time.

Looking back, you will see. And as Paul said in the Bible, *"I have learned that whatever state I am in, therewith to be content."* *Philippians 4 vs: 11*. Also, give God praises and thanks when things fall apart,

because you know He is doing a better work in you and for you, through that very falling apart situation.

In every situation, we should seek understanding in what happened, in this, we need to learn so as not to fall into disarray again. Remember, if we don't learn the lesson, we are bound to repeat it.

Every 'Nour Factor' can fall into a few categories: a reason; a season; a lifetime. Some 'Noun Factors' are for a reason. Some for a season, and some for a lifetime. When the reason ends, let it go, release it. When the season is over, move on. And when it's for a lifetime, it just is, it will be with you for your lifetime – you don't have to fight for what is yours or hold on to what belongs to another. What is yours will be there for you.

Life is short – don't be building something permanent at a temporary rest stop.

According to Maya Angelo, "When people show you who they are, believe them."

When we start to sincerely seek the divine plan for our lives, we stop telling God what to do. We stop asking him to bless the mess we create. I see slogans around with those very words, 'God, please bless this mess.' Looking back at my life, I remember praying for

a particular thing, when in fact, I was trying to bend the hand of God. I was telling God what I wanted and to please bless this or that; not asking Him for a revelation of His divine plan for my life.

What Constitutes life Falling Apart?

Life falls apart from a series of things. From a breakup, divorce, job loss, financial ruin, betrayal, illness, and death.

When we are faced with any of these situations, it feels like the end of the world. We ask, why me, what am I to do now, I cannot handle this, how could the 'Noun Factor' do this to me?

Remember, life happens, that's why. Life is a revolving of situations day in and out. People change their minds, they get better offers, they feel there is something better out there. They feel they did not get enough from you. You did not do enough for them. Companies feel that they can get better work for less pay. These are life's challenges all the time. So, the question is not why this happens to me, it's when. Because if you live long enough, you will experience

some part of life falling apart in the most unexpected way.

When it does, find Godly ways to handle it, God will always show you the right way. It may mean walking away from the 'Noun Factor' - cutting your losses and moving on. It may mean moving away from the area and from the 'Noun Factors' and starting new. There is something wonderful about a 'New Start' - Let the 'Noun Factors' die away from your life along with all that was involved in it.

This is a very rich universe with more than enough for every one of us.

Burn, Burry, or Flush

I will get personal here and share some of the things I have done throughout my disappointments. And I have had a lot. First, I do what we all do, what is natural, I go through the initial shock and disbelief; then I have my pity party for as long as I need. An invitation may be extended to about two guests whom I know will help me to see the whole picture clearly and in a Godly way, while comforting me.

After the pity party is over, I start journaling which could be in my physical paper journal, or I journal on my computer. Whichever way I do it leads to pages and pages of my feelings pouring out of me. That is releasing the hurt and disappointment from me.

Sometimes I write a letter to the 'Noun Factor' that caused the anguish. In these letters I pour out my soul, my anger about my hurt and disappointment and how I expected better, and how my trust was lost. These letters are never mailed. If I am typing in an email, I make sure not to put the person's name in the recipient box – just in case I hit the wrong button. I name the subject line after I open the page and start

writing. This could take days or weeks, depending on the dept of the disappointment.

After I get everything out of me, I print the document. If it's the journal pages, I tear the pages out and keep them for a bit, no amount of time. I may even put the pages in my Bible. Then when I feel I have it all out of me, I get rid of the pages in one of these ways:

1. I **burn** the pages. I keep a very large aluminum mixing bowl that one of my sisters gave me as a gift, I find that bowl perfect for burring stuff in, as it is wide and deep, and it fits in my kitchen sink right under the faucet. After the burning is completed, I put the ashes in my garden bed to nourish my garden of vegetables.
2. I **bury** the pages. I tear them into threads and bury them in my garden, where they would eventually become compost for my vegetables, and that is a good thing.
3. I **flush** the pages. On some occasions, depending on how I feel, I flush them down the toilet after soaking them to make the flushing easy.

As I burn, bury, or flush; I say some sort of releasing affirmation. Such as this example.

“Dear ‘So Anne So’ _____,

In the name of Almighty Father of heaven and earth, I forgive you, I bless you, I release you, and I set you free. Your thoughts, words and actions have no power over me! Now and forever." Amen.

If I need more affirmations, I change the words from this one, adding all I feel I need that is suited for the situation. I use these as long as needed. Then I start creating a new plan to move on, a new way forward.

Get Rid of the Remnants

Just like after the divorce you take the wedding ring off. The marriage is over, the ring was part of the marriage commitment. Why would you keep wearing it? Well, this is not just for weddings and divorce. It is for any relationship or friendship. Why would you keep something from someone that you maybe hating now, especially if you are the one who threw the person under the bus? Do you think the item will bless you now? No, it will not! Those things now fall under accursed items. Do you want such things around you?

I go through my space and get rid of anything that person gave to me. If there is any valuable piece of jewelry, I have it remade to something different, or I sell it to get rid of it – you must get rid of the energy. I look at burning some items in my back yard fire drum. Some items need to be trashed; and some that are in very good condition given to Good Will. I do not keep

those energies around me. I am making a new and clear start without those old 'Noun Factors' in my life.

When something ends, it is time to get rid of the objects that were associated with the situation, because those objects become dead energy. If it's a divorce, it is advised to get rid of anything that reminds you of the gifts, jewelry, etc., that were given. At that time, at the separation, it's time to give away and change things up. I even believe in moving from the place where you resided together; however, if that's not possible. If it's a home that one must remain in, I would suggest repainting the interior in a different color and getting rid of as many pieces as possible. It might be a time that cash is low, but this is a good time to pull out the credit cards. There is such a good feeling buying new things and remaking an old place. You cannot start a new life in a cesspool of old memories and old energy.

It is advised not to keep and use the old towels and sheets used by the person you are now separated from. Let those things go along with all the gifts you received, especially clothing, sleepwear, lingerie, coats, handbags, etc. Only keep valuable jewels that can be remade, exchanged or sold, if any.

Remember, when something is dead, bury it!
When something is over, move on from it. Even your
dearest loved one must be left at the cemetery after
they are deceased.

There can be no resurrection without a burial,
and you must resurrect from the situation, you must
go through the burial of what no longer serves you, so
you can resurrect to a new set of circumstances – a
new way of life.

If it is dealing with a job loss, and I have
experienced that loss. I let that go. Never cry over a job,
regardless of the pay, the people, the benefits. If a job
ends, it means your destiny was not tied to that job. If
there are people of value to which you connect, then
have a continuing relationship with them as you move
on. Remember, this is a rich universe with enough for
each of us. Contentment is the quality that carries you
comfortably through life. Be content with what you
have because there will always be something better
than what you now have.

This is very important - When someone sacrifices
to acquire something, parts of their spirit and soul are
in that thing, so when another steals that thing from
them, or keeps it after a separation, they end up with
the deterioration of that person's spirit and soul, and it

becomes an accursed thing in the stealer's/keeper's life. Such things can block better things from coming to you.

Another thing to do is, find verses from the Bible that supports the situation and, read those verses over and over. I get a lot of good encouraging verses from the Psalms, but they are all over the Bible. Sometimes writing them out and placing them on a wall, a mirror, or your dashboard, someplace where you would see them regularly.

After doing all those things, then it's time to work on yourself. Forgive yourself. I have a 'Forgiveness Journal' with prompts to help you on your forgiveness journey. Be kind to you!

We know some situations take longer than others to move on from, depending on the magnitude of what happens. But all-in-all, stay patient with yourself, don't rush the process. This is a good time to reflect on what makes you feel good and incorporate those thing(s) into your life: take care of yourself; do things you like. If you like to cook, fix meals you like, buy a few new cookbooks. If you like reading, get a few new books, or reread the books you like. Listen to your favorite music, and watch some of your favorite movies again, and so on. Get busy liking you and your life again.

I have never experienced or seen a situation where life fell apart, and it did not fall into place.

Looking back, I am thankful for all the things that did not work out for me. I often say it was God shaking me up to point me in His direction because I was going my own way – the wrong way.

I have personally heard people saying, when things fell apart in their lives, it was the best thing that happened to them. people losing wealth, losing their health, losing their freedom, and such. Because losing those things caused them to be more appreciative of what their new norm was and what they now had. Many say, ‘don’t take the experience away from them because it taught them the lessons they needed to learn.’ Some people after a fire claim that it was a good thing the fire happened - because the insurance provided them with the opportunity to rebuild a better home, rather than doing all the difficult repairs that were needed, and so forth.

We must remember that every disappointment brings its seeds of opportunities and new benefits. Also, when things fall apart there is a freedom in not having to deal with the stress and negativity of the situation and the ‘Noun Factors’ that were involved any

longer. There is the freedom which you can move on from while creating new positive situations.

It's hard, very hard when things fall apart, but if you keep reaching back to God, along with finding time for the things you like doing, whatever that is, do it during this time, even if its eating ice cream. You will find that day-by-day you are healing and moving on from the "Noun Factor(s)."

Whatever the situation, there is no care like self-care, and no love like self-love, and no one loves you more than God. We must remember that we are whole as we are, without those 'Noun Factor(s)' – so return to your wholeness.

Now, I want you to think of your own life, and look at your struggles, and how there may have been a time when your life fell apart and answer the question for yourself –

'When my life fell apart, did it fall into place?'

The End

Author's Website: Juneramsay.com

Books by the author:

I Said, "I Am A Nun"

By The Riverside

Her Father's Sin

Journals:

International Women's Day

Forgiveness – April 1, 2024

Write It Down, So You Remember!