

# Breaking Personal Barriers

A person is silhouetted while sitting on the edge of a large, dark rock. The person is looking towards the right, where a bright sun is setting, creating a lens flare effect. The sky is a deep blue, filled with numerous small, bright stars, suggesting a clear night or a very clear sunset. The overall mood is contemplative and inspiring.

By Domenic Fusco

What **ONE** Thing  
Have You Always  
Dreamed of Doing?



The security of a happy home was snatched away from me and my two brothers early on when our parent's alcoholism and infidelity escalated into shouting matches and physical abuse. As our parent's marriage spiraled downward, we suddenly found ourselves the wards of strangers. Two years into living in children's homes, with only one, three-hour visit per month from our parents, I longed for an escape. I peered out my classroom window (1957) and dreamed of one day traveling the world. I began to sketch a picture of St. Basil's Cathedral and imagined going to Moscow: an illustration I have till this day.

Let me encourage you: dreams do come true! Indeed, all of my childhood aspirations have been realized and so much more. As a film maker, I have traversed five continents: from Canada to Mexico and Columbia beyond our southern border, across the Atlantic to European

countries and onward to Africa's most populated country, Nigeria. I have basked in the sun in the Caribbean Islands, the Bahamas, and Hawaii and experienced frigid temperatures in Alaska and -40 degrees in Siberia. Israel, Italy, the Netherlands and, YES, I did make my first of several trips to Moscow, and St. Basil's, when Russia was still the USSR. I have filmed everything from majestic landscapes to soaring skyscrapers, I have interviewed Presidents, celebrities and sports figures, and captured the inspiring messages of business, industrial, and spiritual giants. And, through all these adventures, I have been joined by my best friend and creative partner: my beautiful wife who cheers me on as I use my gifts to tell stories with a camera. At this point, you might be wondering what so drastically changed my prospects in life? Here's the answer.

**I want to share the ONE thing that  
changed my life forever!**

It happened when a friend asked me this...

### **Where Will You Be Ten Years from Today?**

I didn't have an answer. My friend persisted and challenged me to answer the following questions.

- **How old will I be 10 years from today?**
- **What personal goals do I desire to achieve and material wealth to acquire by that age?**
- **Where do I envision myself: my station in life ten years from today's date?**

After serious contemplation and self-examination, I wrote my answers down. I reviewed them often; and by the end of three years, the most amazing thing had happened! I realized I had achieved all the goals I had written down and then some. My wife and I had adopted a darling baby girl. We owned a beautiful home on one of the largest lakes in Orlando, My wife had her convertible and I had

my luxury Cadillac. We both were dressed to the nines and traveled by cruise ship or plane to destinations far beyond our childhood dreams. My vision and business achievements had swiftly provided material wealth beyond what I ever imagined possible.

Answering a few questions began a process that eliminated the mental limitations I had developed as a youngster. That short exercise opened up my mind to envision my life beyond that of the blue-collar existence of my entire family. I became the first person in my family to graduate from college. I developed a vision to push beyond my educational parameters, occupational confines, and any limitations spoken over me by family and friends. The secret to realizing dreams come true began by simply writing down my goals, and revisiting them often, to renew my mind and focus on the things I needed to do to become successful. Let's try it!

## Personal Discovery Exercise #1

Enter today's date here: \_\_\_\_\_

Write the date 10 years from today:

\_\_\_\_\_

Record how old you will be 10 years from today.

Write your age (as large as you can) in the box below.





Personal Achievement goals:

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Spiritual Goals:

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### **Personal Discovery Exercise #3**

Begin to evaluate your strengths and weaknesses:  
those things which will help or hinder you in  
achieving your goals,

List Strengths: (include personality traits and  
natural talents in the arts, math, sports, etc)

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Include developed skills (school degrees, etc.)

## List Weaknesses:

(include poor social skills, lack of education, undeveloped natural talent, and weak personality traits)

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People typically list more weaknesses than strengths (in both talent and personality areas)

Imagine - if you can - that taking just a few minutes to evaluate myself and establish a plan going forward, changed my life forever. I was living the American dream in a large, well-appointed, lakefront home. Each workday I headed-out for a plush ride in my new car to call on customers in the electronics industry. My quotas - exceeded - provided up to \$10,000 bonuses each quarter (1979). Sales meetings were a few nuts and bolts of business and a whole lot of living the high life in locations from Hawaii to the Caribbean Islands, and cross-country from California to New England. Swank hotel accommodations and delectable cuisine from five star restaurants were special perks in the winner's circle. This one thing was crystal clear. A background like mine - coming from alcoholic parents whose divorce caused me to endure a loveless and lonely life in children's homes and resulted in my anger unleashed in the street violence of my teens, arrests, etc. –

didn't have to determine my future... UNLESS I LET IT! The same applies to you. You would think my world was pretty much picture perfect. Yet, there was something significant missing. All of my accomplishments, and the many lifestyle benefits they afforded me, could not erase or transform the brokenness, negative attitudes, and liabilities that stole my peace. When I reached thirty, I found myself wondering day after day, "is this all there is to life: my life?"

In the seventies, television was my last priority. There were places to go and people to see. For leisure, I played league softball, went deep-sea fishing, or immersed myself in self-help, motivational books. The flurry of activity was an attempt to silence my emptiness and yearning for something "more". But one day, I sat down and began to switch TV channels in hopes of finding something entertaining. I stopped to check out a program when I heard a man telling

a story about how he and his two friends decided to cross the Sahara Desert on motorcycles. That caught my attention!

Drawn in by intrigue, I listened intently to the story unfolding on the screen. The rugged adventurer related his tale. He shared how at three different points in the journey he and his two travel companions faced certain death: once when a motorcycle broke down, a second time when they ran out of water, and a third incident when one of the men broke his leg. Not being men of faith themselves, each time they faced disaster, they prayed in the name of their grandmother's God, Jesus. All three times, the God of their grandmother answered with miracles. They found water from a spring in the middle of the dessert. After receiving life-saving water, they traveled to the nearest village. Upon arrival in the village, the three travelers told their story of survival to the town's people. Local guides who knew the region well told them

emphatically that no such spring existed. They continued their tale of rescue from calamity telling the town's people that a caravan came by and saved them. The men were told that no caravan had taken that route for the past forty years. At that moment, I realized what those three men knew: there is a living God who answers prayers. I was a Deist of sorts. I believed there was a God somewhere: far from reach and not involved in our lives. Could it be? Would the same God who answered the prayers of these three men answer mine? It was an epiphany; a spiritual awakening!

I had never watched a Christian TV program before. Suddenly, when the host who interviewed the men turned toward the audience and asked them to pray with him, I bowed my head and prayed asking Jesus to become my Savior and Lord. At the end of the prayer, the host declared that all my sins were forgiven. Wow! I had a bunch of them that had worn me

down for years. By the time the program ended, I felt relieved: like I had a new lease on life. In all honesty, I had no idea how the born-again Christian experience would change me. I just knew I believed that Jesus heard me and would be with me no matter what came my way. I didn't hear any bells or whistles; but, I believed by faith that old things had passed away and I was a new person – a new creation - in Christ.

As recommended by the television host, I began to read the Bible. I prayed too: about everything. To my amazement the anger, resentment, unforgiveness, rage, and thoughts of revenge disappeared. My worldview was gradually transformed to one of mercy, and gratefulness, and compassion. I realized I would see heaven one day and be rewarded for all the things I did on earth to glorify God. I was truly a new person: a person at peace in the world because of Jesus in me.



**Breaking Personal Barriers** was no longer something I had to do on my own. I would pray in the name of Jesus and accept God's answer to my prayer: even when it was "no". I had confidence that in the end His will would always be best for me.

Day after day, year upon year, my personal life has been totally transformed by God's abiding grace. My wife's prayers to save our marriage were answered when I committed my life to Christ. Our marital relationship that had been sorely tested became a taste of heaven on earth. Becoming "one" isn't naturally occurring when you say "I do". It comes from being on the same page spiritually and in union with God. My wife and I found that there was nothing that we couldn't face together as we trusted God to be our wellspring of wisdom and direction.

Our relationships changed too. Church and ministry friends replaced toxic ones from the past to become trusted, lifelong brothers and sisters in Christ. As we learned to share our material abundance by sowing seeds - thank offerings - unto the work of the Lord, abundance flowed into every area of our lives. The more we learned of God, the more we desired to embrace all of Him. In addition to my two degrees in Engineering, I earned a Master degree in Theology and Doctorate in Christian Leadership. My wife received her Master of Christian Arts degree and uses her creative gifts to illustrate and proclaim God's beauty, truth, and goodness. Together, we have devoted our lives for more than four decades to sharing the Gospel through arts and media around the world. At the date of this publication, we are under contract to produce a documentary and feature length film with a major Hollywood studio: a story of God's amazing transformational power in a yielded life. When the Lord Jesus becomes the center of

your joy, **NOTHING** is impossible!

Today, as I write this testimony, I am most grateful to share that multiple generations of divorce in my family ended when Jesus touched my life. My most important personal goal has been realized as my wife and I celebrate fifty years of partnership in love, in business, and in ministry. It all began the day I opened my heart to the living God that loves me. He loves YOU too; and He's waiting for you with open arms. Dear friend, I pray the Holy Spirit has touched your heart through my personal testimony. I encourage you to pray the prayer I prayed that completely changed my life and brought me to a place of peace, provision, and the blessed hope of eternal life in the Father's embrace. Simply ask and you will receive God's forgiveness, His unmerited favor, and salvation found in Christ Jesus alone. Don't let this moment pass without opening your heart to the One who loves you and gave Himself to save you.

## **Prayer to Receive Jesus as Savior and Lord**

Lord Jesus, I believe you died on the cross as a sacrificial substitute for my sins. I ask you to come into my heart and forgive me and cleanse me from all sin. I ask you to be my Savior and the Lord of my life. This single act of faith delivers me from the kingdom of darkness to walk in your marvelous light. I am now a new creation. I will confess my faith in you before men knowing that you will declare my righteousness in you before the Heavenly Father. I give you praise for your unspeakable sacrifice that has set me free from the power of sin and death and cleansed me whiter than snow. Heavenly Father, I glorify you for your divine plan for my life that has brought me to this joyous moment of becoming a part of your family and your eternal Kingdom. I thank you for your promise that nothing shall ever separate me from your love.

Lord Jesus, you alone deserve my adoration for by your grace alone I am saved and will live forever. On this day you have written my name in the Lamb's Book of Life. From this moment, on I am destined to reign in life by the power of the Holy Spirit; and I will live in anticipation of spending eternity with you and the faithful saints of all the ages. I ask you Lord to teach me how to be like you and to walk in grace, love, and truth. Develop your character in me that I might become your faithful witness and bring glory to your name. Holy Spirit. teach me, guide me, anoint me, baptize and empower me to live a life that reflects the same love and grace I have received. Amen.

For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.

Romans 10:9-10

Spiritual Birth Date: \_\_\_\_\_

**Here are a few steps to take  
in your new walk with Christ.**

## **1. Purchase a Bible:**

With handheld devices and computers readily available to so many today, the idea of purchasing a book is less appealing. But, if you are ever to own one book, it should be the Bible. It is a compilation - a divine library – that reveals our Creator and God and His plan for man: for YOU! It is a “must read” for spiritual growth.

There are many Bible translations available from book stores and online book distributors. Worldwide, the most commonly distributed English language Bible is the Authorized King James Version. Although held in the highest esteem, it is not an easy read for new believers. Completed and published in 1611, its old English “thees and thous” can be a little off-putting to a novice.

For the most accurate Bible derived from the original word-for-word texts, select the **New American Standard Bible** (NASB). It is easy to read and understand, Paraphrase versions of the Bible are not word for word accounts of the original texts derived from Hebrew (Old Testament), Greek, or Aramaic (New Testament). However, a paraphrase version can provide clarity and offer insights into the cultural context and nuances of the original texts. They are useful for helping one grasp or comprehend spiritual concepts. Our favorite paraphrase is the **Amplified Bible**.

Free online accessibility to Bible translations and paraphrased versions provides simple to navigate quick comparisons of verses or passages of Scripture. We have found the following site the most helpful: <https://www.biblegateway.com/>



## **2. Begin your Bible study by reading the New Testament books of John and Acts.**

These two books contain the Gospel – the good news - for obtaining forgiveness of sin and redemption through the life, death and resurrection of Jesus Christ, They chronicle His teachings and the formation of the early Church. The Bible – from Genesis to Revelation – was written by inspiration of God. It is God’s Word and reveals His plan for man. It introduces Jesus as the “Living Word”: the source of salvation, provision, protection, prosperity, wisdom, and peace.

Read the Bible daily. Go online and look-up 2 Timothy 3:16 in the New King James Version and in The Passion Translation (paraphrase). This verse defines what the Bible is and its important purpose in forming and sustaining your life as a Christian.

*“Work hard so God can say to you, ‘Well done.’  
Be a good workman, one who does not need to  
be ashamed when God examines your work.  
Know what his Word says and means.”*

2 Timothy 2:15 Living Bible

### 3. Pray.

“Don’t be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell him every detail of your life.”

Philippians 4:6 The Passion Translation

Prayer is talking with God. The Father listens to you; and He will answer your Godly prayers. The Lord’s Prayer – the prayer given by Christ to His disciples in Matthew 6:9-13 - is a good place to begin your prayer life. Study the Quick Note on The Lord’s Prayer for each verse’s depth of meaning. Memorize the 23rd Psalm: an affirmation of God’s care and provision in every circumstance. Read Psalm 91 aloud to decree God’s divine protection over you and those you love. Prayer changes things!

*“Then ye shall call upon me, and ye shall walk in my ways and pray unto me, and I will hearken unto you.”*

Jeremiah 29:12 Jubilee Bible 2000

Note:

Here are a few topics to help you get started.

Government Officials, Spiritual Leaders

Family Members, Friends, Healings, Salvation,

Specific event that will personally effect you.

Write down a few Important ones below.

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#### **4. Find a place of worship and fellowship with other believers.**

“Some people have gotten out of the habit of meeting for worship, but we must not do that. We should keep on encouraging each other, especially since you know that the day of the Lord’s coming is getting closer.”

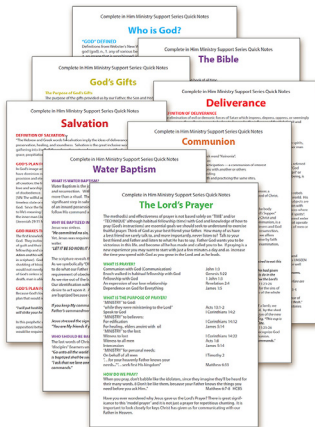
Hebrews 10:5 Contemporary English Version

“How truly wonderful and delightful to see brothers and sisters living together in sweet unity!” “For from this realm of sweet harmony God will release his eternal blessing, the promise of life forever!

Psalm 133: 1, 3 The Passion Translation

## 5. Download and Print the FREE “Quick Notes”.

<https://www.visiblelight.org/bible-basics>



Quick Notes are one page summaries of important topics such as: Prayer, Who is God, the Word of God, Salvation, Water Baptism, Communion and more. Place them in your Bible and refer to them as study aids to help you grow in the knowledge and love of God.





Visible Light  
MINISTRIES