

POSTING: SEPTEMBER 7, 2026

ARE YOU OKAY?

WHEN CONCERN STARTS TO
FEEL LIKE A NARRATIVE



It began with a simple question:
"Are you okay?"

She answered honestly.
"Yes. I'm great."

Nothing unusual about that.
People check on one another every day.



But the same person asked again.
And again. And again.

Several times a day. Over multiple days.
Her answer remained the same.



She was calm. She was working.
She was fulfilling her responsibilities.
She had given no indication that she was in distress.
Yet the question kept coming.
"Are you okay?"



Eventually, she stopped focusing on the words
and began noticing the pattern.

- Why was the same person asking the same question multiple times each day?
- Why did her answer never seem to settle the matter?

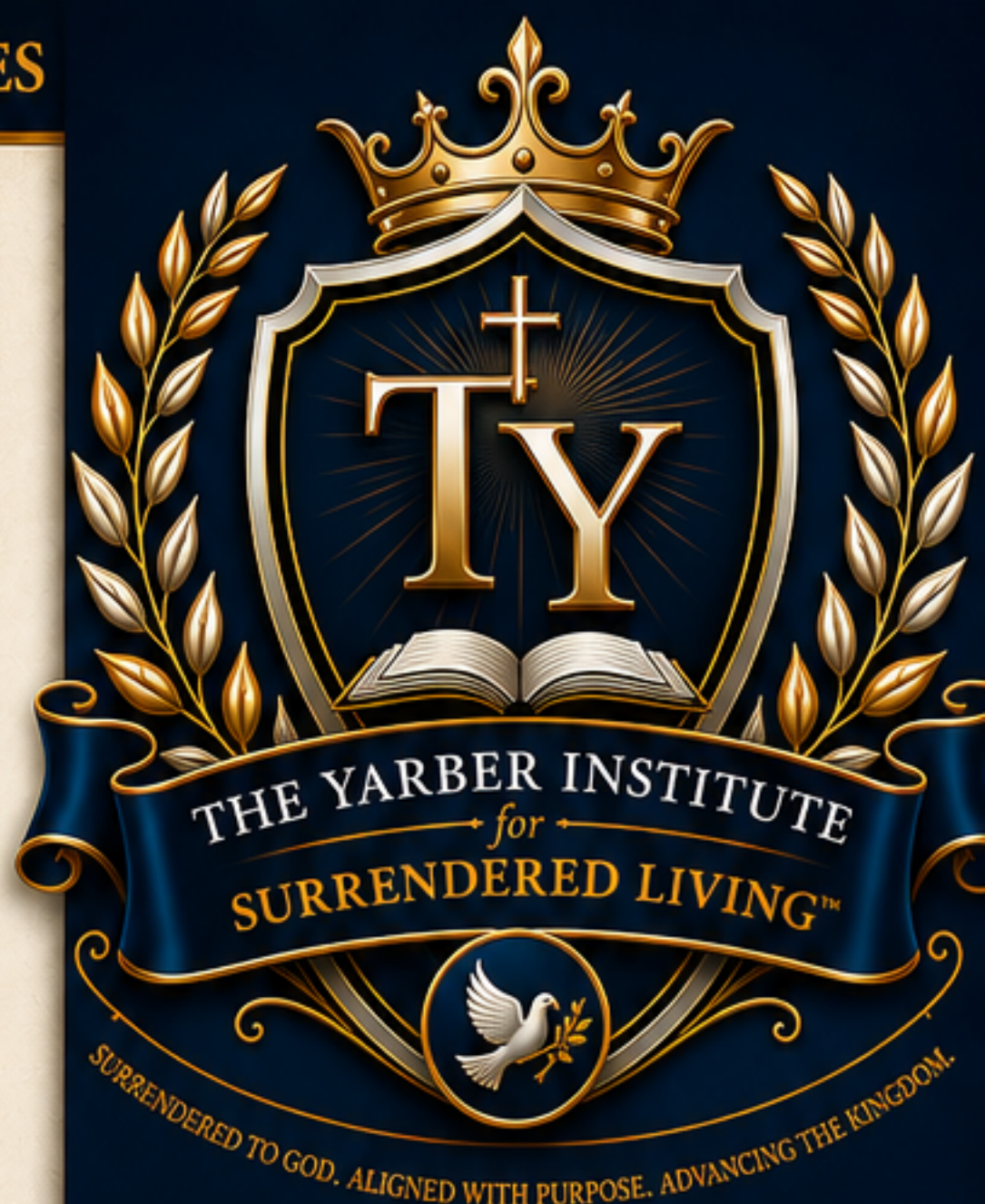


Finally, after being asked again only a short time
after answering, she responded:
*"You ask me this multiple times a day,
and my answer doesn't change. I'm great.
But I'm beginning to wonder if you're okay.
Did you forget that you asked me that only
moments ago?"*

The questioning stopped.
But another question remained:
What had she just interrupted?



She didn't accuse him of anything.
She didn't claim to know his motive.
But she no longer dismissed the repetition
as an ordinary expression of concern.
She paid attention.
*Because sometimes discernment begins long
before you understand what you're discerning.*



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WHAT WAS GOD DOING?

Perhaps God wasn't showing her what the behavior
meant yet.

Perhaps He was simply teaching her to notice.

There is a difference between
discernment and suspicion.

*Suspicion rushes to assign motives.
Discernment notices patterns, gathers
truth, and waits for clarity.*

Sometimes God doesn't immediately
give us the interpretation.

He first teaches us to pay attention.



REFLECTION



When something ordinary begins
repeating in an unusual way,
how do you respond?



Can I notice a pattern without
assuming I know its motive?



Can I remain peaceful while
paying attention?



Am I asking God for discernment—
or simply asking Him to confirm
what I've already decided?

Not everything unusual is an attack.
But not everything repeated
should be ignored.

COMING OCTOBER 2026

WHEN THE BATTLEFIELD IS A SCHOOL BUILDING

*An Educator's Guide to Spiritual Warfare,
Workplace Mobbing, and Victory Through Christ
Purpose. Resilience. Divine Redirection.*

