

# JAMAICAN RECIPE

for

# FATHERS

**Book One**



Real Fathers · Fake Fathers · Transforming Fathers

by **Rivkah (Reva)**

**Jamaican Recipe Prophet**

Book One of Three Book Series

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# About Rivkah (Reva)

Jamaican Recipe Prophet

I am a Believer, mother of four, retired school teacher, overcomer of sexual abuse, a divorced widow and advocate.

Now my new career:

author

blogger

public speaker

# Chapter One

## JAMAICAN RECIPE

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# Real Fathers

On the third Sunday in June, many countries celebrate Father's Day.

“Happy Father's Day Dad!” my seven-year-old grandson said to his father.

“Grandma is today Father's Day?”

“No, ‘Little M,’ you have one more Sunday before Father's Day, but it is your dad's birthday.”

Excitedly, ‘Little M’ gave his dad a big hug, then he presented his dad the gift card that we purchased with his pocket money. Running up to his dad, ‘Little M’ jumped in his arms and with a big smile on his face, he said with pride, “Happy Birthday Daddy. I love you, my daddy!”

Almost a year after arriving to live with his real dad, ‘Little M’ was now able to celebrate his father's birthday, and exactly on the following Sunday, they were able to celebrate Father's Day. This was a big event for ‘M’ and his dad, and for this side of our family. These two events were happening for the very first time, for both of them. I watched closely and I could see joy on both their faces.

My son was finally given the opportunity to be a dad to his own flesh and blood. I looked with satisfaction on their smiling faces, as each struggled with the new expressions of love. Both were just beginning to learn how to express new feelings towards each other. It took this entire year for 'Little M' to accept that this dad, 'Big A,' is really his dad.

What a confusion! It is like driving through a very thick fog, trying to carefully navigate the roads while wiping the mud and rain off the windshield of the car. We were working at undoing all the negative things that 'M' had experienced prior to coming to live with this side of his family.

During this process, 'M' struggled with the concept of a real dad. It was hard for him to adjust to the unfamiliar environment of a big city, new home life, having to speak correctly, his new school, friends, and a lifestyle of faith. Altogether, just getting 'M' to learn about this side of his family and that 'Big A' is really his dad, was a struggle for this child.

At birth, he was not given his father's last name. This child's uncle, his father's identical twin brother, acted as a surrogate father from birth until he turned six years old.

There is a prayer/anthem all Jamaicans say in public and others use even in private, to our "Jamaican 'Eternal Father.'" I felt strongly that my son needed to call out to our 'Jamaican Father' for His help.

**Here is the prayer I prayed for  
almost all of my teen years:**

“Eternal Father, bless our land.  
Guide us with your mighty hand.  
Keep us free from evil powers.  
Be our light through countless hours.  
To our leaders, Great Defender,  
Grant true wisdom from above.  
Justice, truth be ours forever,  
Jamaica, land we love.”

There is a story in our Eternal Father's Book. It tells about a father's incredible response to one of his wayward, ungrateful sons. The father in the story exemplifies the wonderful characteristics of a faithful, forgiving father to his two sons.

The younger son said to his father, "Father, give me the share of my inheritance." So the father divided his property between his sons. Days later, the younger son gathered all he had and went on a journey far away from home. There he squandered everything in reckless living.

After he had spent everything, a severe famine arose in that country and he was now in need. He went and hired himself out to one of the citizens of that country. They sent him into his fields to feed pigs. And he was longing to be fed with the pods that the pigs ate, yet no one gave him anything.

He thought about this and realized, "How many of my father's hired servants have more than enough bread, but I perish here with hunger! I will arise and go to my father, and I will say to him, 'Father, I am no longer worthy to be called your son. Treat me as one of your hired servants.'"

He arose and came to his father, but while he was still a long way off, his father saw him and felt compassion for his long-lost son. He ran and embraced him and kissed him.



And the son said to him, “Father, I am no longer worthy to be called your son.” But the father said to his servants, “Bring quickly the best robe and put it on him, and put a ring on his hand, and shoes on his feet. And bring the fattened calf and kill it and let us eat and celebrate. For this my son was dead and is alive again; he was lost and is found.” And they began to celebrate.

This father celebrated his son as if he had died, but had come back to life. This story is to teach us about the character of our Eternal Father and how He wants to love each of us, to restore us back into His family.

He wants all who are lost, taken away, cheated, hurt, or wounded to come to Him. Many of us have been contaminated and scared by life’s experiences.

We often blame ourselves and some feel unworthy. My Eternal Father demonstrates His love and forgiveness regardless of what wicked and evil experiences we sometimes encounter.

Now, if we accept His conditions of coming to Him, then His Eternal Son’s act of sacrifice on our behalf, will be sufficient to bring healing and restore broken relationships. My Eternal Father is my idea of a “Real Father.” His love and acceptance of all His creation is unconditional. All are welcome into His family without any hesitation. He is a very compassionate Eternal Father.

There is an opposite evil father spirit. I call him, 'Destroyer L.' This spirit hates for good fathers and families to be successful. This spirit wants to kill and destroy all people, both in the womb and outside the womb.

Knowing the plans of 'Destroyer L,' some in our family came together to help my son and grandson overcome evil with good by not trying to retaliate. His aunts, uncles and our extended family worked very hard to help him see a functional household.

For the first time in his life, he was finally able to enjoy moments with his real dad. It was a joy to see him begin to accept his real dad. Sometimes the comments adults would say to 'Little M' were such things as, "Boy, you look just like your uncle and dad!"

We also showed him pictures of his grandfather who is now deceased. We all agreed that he looks a lot like his deceased grandpa. All these affirmations helped 'M' get a sense of his identity, feelings of acceptance and belonging during the year. We showed lots of patience, love and shared many first-time experiences.

Finally, there was a breakthrough. 'Little M' began to accept that 'Big A' is really his dad.

**This method of acceptance, affirmations and faith in our 'Eternal Father' was very effective. Over the years, many groups have had tremendous success using affirmations, acceptance and faith in a Higher power to help rehabilitate drug users, alcoholics, and others with addictive behaviors.**



# Chapter Two

## JAMAICAN RECIPE

### for

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# Fake Fathers

I had many moments of reflecting and connecting with 'Little M.' I, too, did not know my real dad. I, too, was exposed to many other dad types. I now call them my 'fake dads.'

So, do I understand why my grandson likes all his surrogate dads? "Yes!" He told me that they did things with him that a little kid would like. They played with him. He said, his G-daddy would let him sit in his lap and drive his truck around the neighborhood. He told me his other daddy would take him to Toys "R" Us. There, he would teach 'M' to steal toys by putting them under his shirt.

Once 'Little M' and I went to the Dollar Store and I saw him put a Snickers bar in his pocket. I was so shocked that he did that. I made him put it back and when we went out of the store, he told me about the times his mamma had taught him that it was okay to take what he wanted, especially at the Dollar Store.

Well, I'm thankful that I scared him so much about stealing; he was afraid I would call the police on him.

He understands now that his momma went to jail for stealing. He promised he would never do it again and 'Little M' never did - at least not while he was with us.

In America, they teach children about the bathing suit areas. My grandson, 'M' told me during the year he spent with us, his many lessons concerning the bathing suit areas. He explained why adults do not need to touch anyone in those areas. If 'M' was able to learn just that lesson, it would be worth all the pain I experienced as a child with my fake fathers.

The familiar destroying spirit 'L,' hates when we have a wonderful Father. The Destroyer always tries to corrupt or change this relationship into something hurtful, perverted, and painful. He hates for us to discover that we have the 'Father of all Fathers' to love us.

How do we fight 'L'? We need to know his schemes. It is my theory, that 'L' has a plan to present a 'FAKE FATHER' to each person born on the face of the earth.

As we explore this battle together, I will be reflecting on my own experiences with my own father figures. I will also compare 'Little M's' experiences with his many mothers and fathers in his six years on earth.

Was there a good surrogate dad to 'M?' Fortunately for 'M,' my Eternal Father provided him with a family member - his dad's identical twin.

It was not a coincidence, but rather a preordained incidence, that my twin sons 'Big A' and 'Big T' are identical twins and that 'Big T' lived close to 'M' and his mother.

So, as 'Little M's' uncle, 'Big T' could see him almost daily. He saw him every day since the day of 'M's' birth until his sixth birthday. Why was it necessary for a surrogate dad to step in and help 'M?' Well, there were many legal reasons. 'Big A,' his real dad, was not allowed to be near 'M's' mother. He was subsequently removed from the area, as he needed to keep his distance. There were many assorted reasons as to, why 'Big A' had to leave and stay away.

Our Eternal Father, who is the best protector, was still watching over 'M.' He provided for 'M' to be in touch with all other members of his paternal family. 'M' had the support of many extended family members.

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Little 'M's' mom created this whole situation. Two years after her marriage to my son, she decided she wanted a gender change. She chose to become the male in the relationship. With this new lifestyle of gender confusion, she now desired to have a female lover and to maintain a same-sex relationship. She decided she was no longer a wife and wanted to be a husband. She left my son as soon as she discovered she was pregnant with 'Little M' and moved out of their home to live with her female lover.

My son was now out of the picture. He had to leave the area and allow her to go off with her new gender experience. This child was taken from one partner to the next. He was told that one was not his father, instead he had two mothers. This child went from friend to friend and from one partner to another.

By the time he entered kindergarten, he was totally unprepared for that structured environment. He had many struggles with discipline in a classroom setting. Subsequently, 'M' failed kindergarten. His mother made no effort to keep him in a stable environment. By the end of his first year in kindergarten, his mother/father was arrested for identity theft and he could come to live with his real father.

I believe it was the providential hand of my Eternal Father that 'Little M' was removed from that confusing life of crime and gender confusion.

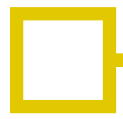


# Chapter Three

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# Transforming Fathers

Both my grandson and I were part of what is now called a blended family. In my case, I was adopted by my stepfather. It started as a welcome family relationship, but it later developed into an abusive one that left me with nightmares and shameful memories.

This made Father's Day a very unwelcome event in my life. I never got to celebrate that day with pleasant feelings. I did not celebrate the father figure I had inherited - instead, I tried to forget the past.

Now, for the first time, 'M' was able to live with his real dad and his real grandparent. When he came to live with us, we knew he would have to repeat kindergarten. We made every effort to tutor him each evening after school. His father 'Big A' and I used several teaching tools and homeschooling strategies to help him. We did this mostly on weekends and holidays.

We used repetition, rote teaching and memorization while building his long-term memory. 'M' was able to finally graduate kindergarten after this and read books on his age level. His improvement in reading, adding, and writing made him more independent. He was also able to tie his shoelaces, ride a bike, take a bath, and dress himself.

What a difference this was from earlier in the year when 'M' had just arrived. Initially, he struggled to accept that this was really his dad. He would sometimes get angry and say hurtful things to his dad such as "You're not my daddy - my momma's girlfriend is my daddy" or "My G-daddy is my real daddy." This child had a list of daddies from New York to Florida.

What memories should 'M' have of his real dad? Hopefully, he will remember the first time he lived with his real father, celebrated his birthday, and the first Father's Day event they shared.

My thoughts about Father's Day are different. I can only tell you that my time living as a teenager in Jamaica with my grandparents was the best family life I ever had. In Jamaica, Father's Day was every Saturday evening at the dinner table.

It was the custom in our family and for many Jamaican families, to have soup and a meal for Saturday dinner. "Red Peas Soup" was one of our favorites. We all sat at the dinner table and ate together because that was the day my grandfather came home after just a half-day of work.

He worked on Saturdays, but on those days he was home by noon. By evening at around six o'clock we were all home together.

My grandpa sat at the head of the table, my grandma shared the soup into bowls and she passed it to each of us. Saturday dinners were my best Father's Day experience.

This was our family ritual. Each Saturday our dinner consisted of soup and a meal. I tried to institute that habit in my own household when my children were living at home. Sometimes, it went according to plan. Afterwards, we played board games such as Chess, Scrabble, Drafts, and Ludo. However, after all my children moved away to start their own lives, most of our family traditions ended.

So, now what can I say about Father's Day? As best as I can recall, I never met or spoke with my biological father. Do you know your dad? If you celebrate Father's Day and have wonderful memories of your dad, then you might just be in that minority group of people throughout this entire world. You should consider yourself to be highly favored.

For some, having a real father, knowing and living with him, and sharing family time with him is not only possible, but it is the most desired experience in every family, culture, and society.

There are those who look forward to Father's Day with joy and gladness. They will appreciate the time spent with their real dad. For others, it might be a relative who had to step into that role to become a surrogate father, as was the case for my grandson.

To my mind, one of the greatest evils in most societies and cultures, is to destroy the image of a real father and to present a child with confusion or painful memories of their father.

Truly, to not know your dad or to have experienced some abuse at the hands of your father or surrogate father, is possibly the most damaging life-changing experiences any person can have.

A few might ask, why is the role of the father now so very vulnerable? I can tell you from my own experience: 'Destroyer L,' who hates our Eternal Father, has had remarkable success in presenting flawed weak fathers throughout all generations. His aim is to discredit 'The Holy Word' and authenticity of our Eternal Father. He started this war in the beginning with Adam and Eve and has continued ever since.

As a mother of four children - three sons and one daughter - I knew my children needed a good father and role model. I married my husband in the seventies.

My first child was born four years after. As the father of all my children, my husband failed to live up to what we would consider to be a good role model or positive father figure. My kids' father was more self-focused and interested only in his needs. He never transitioned into finding a way to meet the needs of his family.

My belief is that a husband should regard his wife and children as a family investment. He is the founder and his wife co-founder of their family. As the leaders of their business and household, together they need to provide, protect, direct, guide, and designate all in their household. When a man and woman marry, they become one flesh. Both need to find joy and pleasure in their roles, as it evolves from husband to father and wife to mother.

My marriage was my biggest disappointment. I was always afraid that what happened to me would happen to my children. So, 'L' used my fear and concern to magnify the lack of father and husband skills that I saw in my husband.

As my children got older, it seemed to get worse. Pretty soon my husband became one of my children. Without his support in co-parenting, life with him became my responsibility. He had checked out of his part on being a husband and father.

This became too much for me to handle, both emotionally and physically. I decided, he was not a good example of what a father or husband should be. It was my decision to get an uncontested divorce - it seemed better for my children to have to cope with me as a single mom.

In my mind and heart, I was not ready to parent my husband, as well as my four children. If I had to work three jobs and support my family, I might as well do it on my own.

Now, I understand that a war has been launched against all fathers and father figures. I wish I had this insight and knowledge when my children were smaller. Maybe I could have helped their dad find his purpose and perhaps we would have remained married.

As I began writing and reflecting on the symptoms, I began to realize that my children's father also had abandonment issues. He, too, did not live at home with his own father and mother until he became a teenager. He lived with his grandparents from birth until age sixteen. It was not until after the death of both his grandparents that he was forced to live with his own parents. His was just another dysfunctional family relationship.

My children's father was dealing with the spirit of rejection and fear. 'Destroyer L' has created this vicious cycle for children, their parents and families.

There is the constant plan to distort the image of all who desire to become like their Eternal Father.

Then God said, "Let Us make man in Our image, after Our likeness! Let them rule over the fish of the sea, over the flying creatures of the sky, over the livestock, over the whole earth, and over every crawling creature that crawls on the land."

Genesis 1:26 TLV

This Father, who has infinite wisdom and knowledge, is recognized as a great and awesome Father.

When 'L' heard that this earth was created for our Eternal Father's good pleasure and that He wanted His children to be immortal beings with dominion over all the creation, 'L' would not have it. So he planned together with his cohorts to destroy the wonderful image of all creation. Then he said to his cohorts, the evil spirits, "Let us rob them of their dominion over the earth and let us go after all fathers and father-figures."

It seems all cultures and nations are now struggling in this very fight. All need an authentic father. "We are all at war with 'L' and we need to take back our families from his evil influences.

WHAT KINDS of fathers do we see mostly? Well, 'L' allows mostly the fake fathers. These are the traditional fathers of today - the absentee fathers, fathers who change to mothers, fathers who sexually abuse their children, lazy, loveless, overworked fathers, and resentful surrogate fathers. Anyone can add to that list.



**The question can be asked,  
"Are there any real fathers left?"**



Hopefully, when my sons are celebrating Father's Day with their own children, their experiences will be wonderful and wholesome. I hope their memories will not be as painful as they were for me.

Parents should shoulder the blame when they allow little kids to disobey rules or when they make fun of doing things that they know to be wrong. Parents are to be the guardians of innocence. They should never partner with Destroyer to damage our little ones' hearts and minds with evil experiences.

Parents should make every effort to know the tricks of 'L' and how he can harm their children. Parents should be pro-active and involved in caring and protecting their children from danger. Parents cannot afford to be naive about the existence of evil in the world or about the motives of evil people.

During my teen years, my friends used our Eternal Father's Book as a guide. It helped me to live out my daily life with them in community. Their love for our Father and their encouragement to obey His ways were like an armor and a shield which kept us safe and secure.

Those years were carefree; I was very confident with my Father and His Eternal Son.

If you allow your spirit to be reborn by the power of our Eternal Father's Spirit, then He has the power to also bring healing to your emotions and soul. The growth of your emotions and soul will not grow or heal fully if you do not continue to allow His Eternal Spirit to have control.

**Our reborn experience, comes because of the sacrifice of His Eternal Son.**

**His death and resurrection delivers all fallen humans from an eternal separation.**

**His sacrifice restores us back to our Father.**

**We then become transformed into a renewed spirit.**

**We become reborn and reunited with our Maker and Creator.**



Together, we need to take a stand against the Destroyer's strategies. Our wrestling match is NOT against a human opponent. We are wrestling with rulers, authorities, the powers who govern this world in darkness and the spiritual forces that control evil in the world.

It is for this reason that we must put on the full armor our Eternal Father supplies. We will then be able to take a stand during evil days. Once we have overcome all obstacles, we will be able to stand our ground. We need to fasten truth around our waists like a belt. And with our Father's approval, we put on the breastplate of His Son's righteousness.

Put on the gospel shoes so that we are always ready to spread the good news that gives us peace. In addition to all these, take the believer's shield of faith. Also, never doubt that we have the victory through our Father's Eternal Son's sacrifice.



My life of praying to our Jamaican Eternal Father has helped me to overcome these sixty plus years of dysfunction.

I hope my children, grandchildren and all my readers will learn to trust and rely on my Jamaican Eternal Father to be their protector.

If you get to know and trust in Him, He can deliver each one from a broken and evil world of dysfunction and abuse. If you have read my memoir, then this is my prayer for you as well.

**Rivkah (Reva)**  
**Jamaican Recipe Prophet**



- As you have read in my Book One memoir, my son and grandson were given a second chance to have a father and son relationship.
- Our school of the Major and Minor Prophets is designed by Ruach Holy Spirit to give each believer a second chance.
- We will provide weekly workshops empowered by Ruach Holy Spirit to give each believer a second chance to continue what was started by Him in Acts 2. There He poured out His spirit on all flesh.
- Just as Yahusha did with the twelve disciples we will provide retired spirit filled seniors, who will mentor the next generation equipping them through the power of Ruach Holy Spirit.
- Our seniors are all retired professionals and are ready to share their knowledge in Bible Study and skills in the performing arts: Such as Hebrew, cursive writing, journaling, electrical wiring, puppet making, painting, renovating, plumbing, knitting and sewing.
- We will allow our Father in Heaven, His Son and Holy Spirit to show us how to celebrate and encourage each who attends our workshops.
- If you know of someone who has been beaten down by life and needs a second chance for salvation, healing and deliverance? Then our school is the place to attend.

The West Palm Beach Florida workshops will be conducted at The School of the Major & Minor Prophets. We would encourage all to follow us online to see where we have acquired a local site for our school.

Your monthly subscriptions and generous contributions for our e-books, Bible Study videos, and our online shopping will help to keep sponsoring both our online and local participants.

The Bible Study videos mirror the topics we discuss in our school workshops.

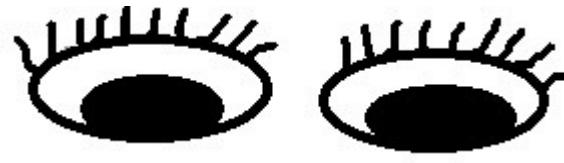
There are 10 videos which tell about the 'Major and Minor' prophets and what happens after Ruach empowers all flesh to prophesy. Our approach is to study the Major and Minor Prophets before the coming of our Savior, as well as all who were empowered to prophesy by Ruach Holy Spirit in Book of Acts.

This is just as Yahusha promised, that Ruach would empower all with His power, His fruits and His nine gifts. The Bible Study videos will be used in our Sunday school workshops. All who attend will need to allow Ruach Holy Spirit to empower all flesh male and female, boys and girls to prophesy, as He promised. (Joel chapter 2 & 3 and Acts chapter 2 TLV)

[Click here to SUBSCRIBE to my Bible Study Videos and Books Online - thank you!](#)

Coming soon...

Book Two!



**JAMAICAN RECIPE**  
**for**  
**PARENTS**

Excerpt from Book Two...

“The plane ride seems to take forever, it lasted more than eight hours. I was an eleven-year-old minor traveling alone. My mind would wonder about what I was leaving behind in London, England. I also remembered some of my weird experiences, as a toddler in Jamaica. My mind, lived in two different worlds, as there had been too many confusing situations. Yet, somehow, I knew, that I would never go back to that house with the red brick walls and the tall metal chimney. Not only was it a cold, damp, and lonely place, but the memories there were too painful. What had happened inside was still too vivid for me. That house had three levels. The owners lived on the first level. My mother and step-father lived on the second level, and I lived on the third level - in the attic. My bedroom should have been my palace, my sanctuary, instead, it became a dungeon and a scary place to be at nights...”

Visit the website  
for book updates!



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Thank you for taking the time to read my book

“Jamaican Recipe for Fathers”

Book One in a Three Book Series!

Book Two Jamaican Recipe for Parents · Book Three Jamaican Recipe for Family

These three books are recipes for a lifestyle with our  
Eternal Father, His Eternal Son and His powerful Holy Spirit

In case you're wondering...

- Why Jamaican? It's where I was born and where I was called by Ruach Holy Spirit to be a prophet in the image and likeness of His Beloved Son.
- Why Recipe? There's a divine recipe given to us by our Creator. My job as His prophet is to make Him famous and to introduce His recipe for Life and living.
- Who is a Prophet? Yahusha our Messiah is our HEAD. We are HIS body, and so we are to be like Him in everything. He is our Divine Prophet, Priest and King.

My purpose for writing this series is to shine HIS LIGHT into the darkness of this world. Help all to know that our Eternal Father, His Beloved Son and Powerful Holy Spirit should be their example and role model.

“Let US make man in OUR IMAGE after  
OUR LIKENESS!” Gen. 1:26 (TLV)

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