

Testimonial

Anger, bitterness, guilt, sadness

Well, I think the biggest change in me this week is that I'm starting to like people again! I was apprehensive about this conference in fact I sold my More Excellent Way book on Ebay about a year ago! I got a pretty good price for it to, so obviously there was a demand!

I understood how sin could make us sick and I know a lot of my illness symptoms are emotionally related- i.e. Anger turned to bitterness and then hopelessness. I just didn't know or understand the repentance and renouncing process of these things in my life and getting rid of the spirits that kept those sins so present in my life. Actually there were and are a lot more sins than I actually realized too!

I know that when I leave here I will be going back to my everyday life. Which includes some patterns of unhealthy thoughts and also some unhealthy reactions and ways of relating to my Husband and children. But I can already see that I have more of God's love in my heart and I know that I can change those patterns in my life through the tools in the tool box of God's word. Actually believing what God said in His word instead of what the enemy or even myself would say about me and others. As I thought on what is the biggest thing God has done in my life this week this is what I came up with -Create in me a clean heart and restore a right spirit in me. That wasn't my prayer coming into it but it is my prayer going out of it! God has restored a right spirit in me and I look forward to my spirit becoming more right or righteous as I continue on this journey. I'm just believing that, as I do that, my body will get with the program!

Seeking after the heart of God has not been in my agenda for a long time. I walked in the grocery store last night, it was a brand new Super Kroger, I had been there a few times before, I was becoming familiar with it and I knew where to go to get what I needed. As I headed to that place in the store I heard God say to me you need to get familiar with me again! Spend time with me. I have been going to church, still praying and occasionally reading the instruction manual! But I didn't realize I was slowly opening doors in my life through my unbelief and just choosing to believe the lies because I wasn't feeding myself the truth. I was feeding myself the lies. I don't even think I could see the truth anymore. I think my eyes became blinded. As I opened the word last night I felt more alive as I read it for the first time in a long time. I Thank God for Bryn and Mike and all of you who have persevered to be free so that you can help us get there!

Added one week after conference:



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I feel like a huge weight has been lifted off of me. I use to wake up day after day with this constant feeling of **guilt** and **sadness**. I don't feel that anymore. When I'm around people I'm not worrying do they like me! The constant analyzing my conversations in a social setting has left me! Not that I wasn't tempted to go there but it wasn't there overpowering me anymore. This week has not been without challenges. I have made mistakes and I know that this will be a long process until I go to be with Jesus! But I feel more able to live with Joy in the process.



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