

# Testimonial

Suicidal thoughts, fear, guilty, sinus, detached vitreous

I went through this conference in January last year and I am just going to tell you a little bit about what has happened to me because of Restoring Lives International. I was invited to go to the conference and I didn't want to go. I was like, "I don't really want to go through all that." We figured up the mileage and the time. We could have been in Florida but instead we were in Cincinnati--over and over and over--from up here. But you know what, it was so worth it. Let me tell you what happened.

Sunday night I had relationships healed that I didn't even know were broken. I have been in the church my whole life, practically been saved my whole life, and never have wavered side to side. I've always had my eyes on Jesus. My heart has always been for Him. But I had relationships that were broken and didn't even know it. And God healed them. So that was number one.

The second thing was that I had an issue in my life where I had dealt with suicidal thoughts and I didn't realize they weren't my thoughts. The thoughts would come, just horrible things, like "Do this to yourself. Do that to yourself. What about this! What about that!" and I always would say "No temptation will seize me except what's common" (1 Corinthians 10:13) but they always came back. And so with the Saturday session those thoughts were broken off my life, completely gone. I no longer have thoughts of "Hey, why don't you stab yourself with a knife." What kind of thought is that! That's not God. And so, it's totally broken. I can clean out my dishwasher now and I look at the knife and I'm like, "Ha, the knife." I put it away. It's just bizarre how the enemy gets in there. He messes with you and you don't realize it's not God. You know, so these thoughts are just totally broken, which was really cool. And then after that happened, I looked in the mirror at the church after we had finished our session. When I looked in the mirror it's like God had removed this veil that I had on my eyes that I couldn't see, and He had removed this veil and I looked in the mirror and I was like "I'm so pretty! " I had no idea! I started saying "I'm so pretty! I like my hair. I like my hair!" I never have liked my hair. I never had liked how I looked. But when God broke that off my life I was like, "I had no idea!" It's amazing we can't see what's veiled and Restoring Lives International has shown me how there are things in my life that have been veiled and God has set me free from these things.

Then they (the conference leaders) kept talking about Root Groups. "You need to go to Root Group. You need to go to Root Group. You need to go to Root Group. " Well I didn't think I needed to go to Root Group. Besides it was in Cincinnati. And I thought, "Oh, I'll go. I'll put in a time or two in Root Group and be done with Root Group." Well, let me tell you. You need to go to Root Group. It's amazing! It's worth your time. Don't



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sit here all week long and not go to Root Group. It's like they say, you don't take your medicine. You know, if you need to take medicine you don't take it to get well. You need to go to Root Group. So the first week of Root Group I realized--remember, I've been a Christian my whole life. I didn't drink. I never drank. I didn't do anything wrong. And I realized I was so full of sin. You can't go through these lists that we're going to go through and repent for all these things and not realize you've done them all at one time or another. God brings back these memories. "Oh you did this. And oh, remember this?" I realized how much of a sinner I was. I thought "Oh my goodness!" And my sins weren't sins of the body but they were sins of the soul. It was my mind, my will and my emotions that were way out of line. I learned that in Root Group. Through Root Group I also had the spirit of **fear** broken off of me. **Fear** was so strong in my life that I thought I was going to die all the time. It's so stupid now! I'm totally healthy. I've never really been sick in my life but I thought I was dying. I'd have a pain and I'm like "I think I have a tumor! I think--I don't know!" It's so stupid! But I was like that! And so, you know, I'm like. "What if I get cancer like my grandma?" **Fear** was broken off my life. On the way home from Root Group I could hear God! I ministered a lot and I hear God, but I could REALLY hear God and I'm just sobbing all the way home. I'm driving down the road and there's people walking on the street and the enemy says to me "What if they attack your car?" And I hear God clearly say, "I love you." I've never heard that and I was like, "They're not going to attack my car! Whatever!" The spirit of **fear** was totally broken. You know, I felt a pain and on the way home the enemy said, "What if you're going to die from this pain!?" And God's like "You're not going to die!" And He laughed and I'm like "Ha! I'm not going to die!" And so I was healed of the **fear**. I was healed so much of **fear** that I went and got Lasik surgery on my eyes which seems like no big deal maybe to some of you but for me I was terrified I would be blind by the time I finished. And I was like "I'm not afraid. I'm scheduling the surgery--quick!--before I give in and it comes back!" I went. I had Lasik on my eyes. I don't need glasses. I've waited at least seven years to do this because I was too afraid that I was going to be sick from it.

I'm not **guilty** anymore. I lay in bed at night and you know, you have these thoughts like, "You should spend more time with your kids. You should do this. You should be there for your friend." You know, "There is no condemnation in Christ Jesus." (Romans 8:1). And I shouldn't be. I should be doing what I need to be doing at that time and I know what I need to be doing. And I say to myself "There's no condemnation in Christ Jesus." (Romans 8:1). And you know what. The feeling goes. It's amazing.

I had been sick in my life. Every fall I lose my voice. Every fall. It's what happens. I lose my voice for a week or two. I've been doing it since college. I have no voice. I can't talk. And then it's getting worse. Then I get **sinus**. For the past several years I



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was sick for three months at a time. I'd go to the doctor. I'd get the antibiotics. I'd have the reactions to the antibiotics. My heart would race. Then I'd be laid out because I couldn't breathe cause my heart was messed up from the antibiotics. It was horrible. Well, I went to Restoring Lives International. I learned to get control of my thoughts because they were running my body crazy. And I haven't been sick since sometime in 2005. I don't even know. I'm not sick! I don't go to the doctor! I have no sinus! I have my voice! It's amazing! It's amazing that if you just control what goes on up here, it controls your body. So people prophesy over me now and they all prophesy, "You follow the Word. You follow the Word!" It is because I have that Ruth book (Ruth Shiness Prayer Strategy Resource Book) which is an amazing book! You're full of the Word if you live Restoring Lives International—that's what I'm full of. I'm full of Restoring Lives International. That's what I'm full of. I'm full of God. You know. God has not given me a spirit of fear. My favorite one is "I'm strong and of good courage. I'm not afraid. I'm not dismayed. The Lord my God is with me where ever I go." (Joshua 1:9) You can ask my husband. I'm walking around. I'm reading. I'm speaking to myself. Because you know what? "Greater is He that is in me than He that's in the world." And I'm not going to let he that's in the world take me any more!

I had a **detached vitreous**. I had injured my eye. That is where you see flashes of light out of the side of your eye. And the doctor said, "Sorry. You're going to live like that for the rest of your life. "There was nothing I could do for it. Bryn did a quick prayer over me one day and I'm like, "I have a detached vitreous!" She prayed for me in May last year. It hasn't flashed since. I'm totally healed! I even went back to the eye doctor and when he did my laser checkup I said, "Hey. How's that vitreous?" He was like "Boy, it looks good!" I'm like, "I know."

So you guys, God is so good. Restoring Lives International may be a conference, but it's a lifestyle. It's a lifestyle. It's not what I do; it's who I am. That's what this is about. And what they give us are the tools to become somebody who God has always planned for us to be. But it takes us pulling, pulling ourselves together saying, "I will choose to be different. I will choose to live more excellently than I have in the past." So I just encourage you guys. God is really cool. This is His way.



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