

# Testimonial

## Depression

When I first attended a Restoring Lives conference (The More Excellent Way at the time), I had the book for about a year and never read it. My wife signed me up, and on that day, I was vacillating whether or not to go. All of a sudden, I had the urge to attend. I now know that the enemy was trying to keep me from going.

Before attending, I had bouts of **depression** and would usually run into conflicts with my wife, or when I'd be stressed out, I'd go in and watch television for five or ten minutes, but four to five hours later, I would still be watching it. It turned out to be about 20 hours a week in front of the television.

After attending the first conference, I came home and it was like not being hungry, I didn't want to watch it. Basically, television just vanished other than watching a Christian program every now and then. The depression is basically gone. What I found in God was a peace, joy and happiness. I had all these other issues such as financial stresses, and whenever that would happen, it would really bother me, now I just say 'well, this happens' even though it's the same events that have happened. It would be something that would not be very good, and now it takes care of itself automatically.

Now, as far as the root group (follow-up after the conference) was concerned, what I noticed on a daily basis, I would have a tendency not to follow through with it. The root group keeps me refocusing on something. When I go home, I'll keep up with it and then all of a sudden backslide again, then I attend the next session, I'm learning more. I also learn from other people who have a similar problem and they're sharing with you. For example, my father was an alcoholic and for years I was ashamed of that and couldn't talk about it. Until you talk with people who have had either parent as an alcoholic, you realize that you are normal. This is just life and Satan is in there putting all these generational sins into your life and my life.

I am totally involved in this ministry. Both my sons and my wife have come through the conference and we've all witnessed miraculous help. I encourage everyone to attend a conference and root group.



**Restoring Lives International, Inc**

*Restoring Lives, Reviving Hearts and Renewing Minds Back to God*

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