

## TESTIMONIES

### Testimony I:

“...as Mary was teaching, the Lord opened my eyes to see that I don’t have to be a slave to gluttony. Once we deal with the memories by allowing ourselves to feel the pain and express the anger, in a constructive way, forgive and release the person that hurt us, we then can have the Lord come into that area and heal us. It was the pain I was holding that was the root cause of my eating. When healing comes we are able to love others. God’s love enables us to love even our enemies. As we see the truth, we are literally set free! Praise God for healing. It is essential for our Christian walk.”

### Testimony II:

“...I didn’t realize that my being physically sick had a direct relationship to my emotional pain. As I learned my authority in Christ and worked on my past memories, I was set free from constantly getting sick. The Lord revealed to me that all the people, peers, etc., who have rejected me from childhood into my adulthood had to be forgiven and released as He had forgiven and released me. As He brought the memories back and helped me forgive and release them I experienced not only emotional healing, but also physical healing as well.”

### A Story.... “The Big Trigger”

Sally worked in a day care for children and she told this story. “It was a normal day and work seemed to be just another ordinary day. I normally worked with 4-year olds, but today I was assigned to work the two-year olds. I picked up a child to change his diaper and found that he had a diaper rash and I was instructed by the teacher to put cream on it. THAT WAS IT...I WAS TRIGGERED (triggering is an event that brings some memory or incident to mind). Immediately I remembered when I was sexually abused and what my abuser did to me. The funny thing is that I was three-years old and didn’t have a rash like this child did and I wondered why this event triggered this memory. I found myself immediately in a state of rage and anger and remembered what May had been teaching in the restoration class. I remember her saying that it was okay to feel the anger and express what had happened to us. In fact she said, if it was possible that we should go to our car, a bathroom or some place where we could immediately deal with the pain. So I locked myself up in the bathroom and began to cry and release the anger and pain that had been pent up for so many years. I cried out and began to verbalize her pain to the abuser, just as if he was there. I said, ‘How could you have done this to a child. As I felt the pain accelerate and accelerate, I verbalized all my pain to my abuser. As the force of the pain came to the end, I told my abuser that I forgave him and I forgave myself for holding the anger and hatred in all those years. I asked the Lord to come into that area and heal me and I experienced a tremendous healing and peace in that area. It wasn’t long after this that another memory was triggered and I followed the same process. I had learned that when abuse had been reoccurring for years, there may be many areas that need to be healed and that healing of the soul is a process. A very necessary process as it requires us to participate in our healing and to understand what damage is and how it affects the soul so we can help others. I said out loud joyfully, ‘God is true and real!’ He will bring up those hurt parts if you

allow him too! He is with you. Its hard but worth it. I forgave my abuser for this incident and I am now walking and working out my sanctification with the Living Precious Holy Spirit as my guide. May the reader of this be blessed, encouraged, and may you know that as you go through the pain, God is with you, holding your hand! PRAISE HIM!”

### Testimony III:

“I was suicidal. I had no place to go, nowhere to turn. The pain was beyond managing anymore. I turned to everyone that I thought could help me, but wasn’t able to find help. The only relief I could imagine was death and I began to contemplate that daily. Then my boyfriend told me of a ministry that could help me with my pain. I struggled into the door just about collapsing from the pain. Mary came over directly and began to minister to me. She began to explain what the problem was and that it could be healed. I began attending her classes. Things seemed to get worse at first, but she explained that we have a tendency to think we get a healing and things just get better from there, but that’s now how it works. Usually, the healing and process starts with the newest or most recent incident and then descends down into the deepest recesses of our souls. When we get down to the deepest damage and it is healed, then we experience that total freedom. There are times within this process that I felt peace as I experienced healing, but then another memory would surface and there I would go again. It was difficult to hold on, but with God’s help, Mary’s instruction, and my boyfriend’s help I went through the process and went all the way and was totally healed and set free. I am now serving the Lord by helping others who experiencing what I have been through. Praise the Lord!”