

Strong In Spirit Ministries

Transformation Testimony Of C.J.



www.stronginspirit.com

Greetings in Christ. My initials are C.J. and I would like to share with you what God has done for me. On September 18, 2004, the Lord Jesus Christ, through Strong in Spirit Ministries, blessed me in a mighty way. On that day, I was healed from many deep inner wounds from decades past and delivered from the torment of many demonic spirits that had attached themselves and made a home in me due to past tragic life experiences and my own sins. Although I became a Christian in 1991, I was completely unaware that these enemies existed in me.

I've had a long history of mental depression dating back to my teen years, which increased in strength and intensity over the years. Last year I reached such a depressing low that I was seriously tempted to just end it all and commit suicide. I was tormented in my mind with temptations and suggestions to kill myself either by slashing my wrists or taking an overdose of sleeping pills and other medicines I was on. Nevertheless, by God's grace and mercy, I did not follow through with either of those plans of the enemy.

Over the years, I came to feel increasingly trapped in a life of depression and sin that kept me in a state of continual hopelessness about things ever getting better. While I would occasionally cry out to the Lord to change me, to heal and deliver me, I had little faith it would ever happen and I always plunged right back into the pits of darkness where I normally lived.

I had gone through my 20's, 30's, and now was in my early 40's, and my life had been very unhappy. I had never married nor had any children. Throughout that time, I only had a couple of dates. This made me very sad and I was filled with self-pity. I felt like I had been given a raw deal in life because of what I was going through, and I wondered why others were happy, married, had children and seemed so successful. These and other tormenting thoughts plagued me year after year.

Because of all this, I lacked self-esteem and became very shy. In my teen years, I began looking to food for comfort. Eventually, I became morbidly obese. The unhealthy state of my physical body contributed to my low self-esteem and shyness. I would look at myself in the mirror and say "yuck," or I would stick out my tongue at myself in disgust at my image. The enemy told me I was a failure, fat and ugly, a blob, disgusting, a pig, a worthless pile of crap. After having these thoughts, I felt even more depressed and experienced more self-pity. I was also angry and upset with God because of my troubles.

Over the course of 10 years I lost a job due to my deep depression (missed too much work), and I had to take multiple leaves of absence because of the oppression and depression I was experiencing. This poor work record made me feel like a failure, because I was letting my co-workers down by missing lots of work and I was not looked at favorably when a new position or promotion came up.

I remember waking up last fall one day and saying out loud, "I loathe my life and I loathe myself." To loathe is to hate deeply, and I knew the meaning of that word. But I was in bondage and in great despair. But God, who is rich in mercy, started putting a plan into effect to heal and deliver me – here comes the good part!

I started to share some of the horrible things I had been going through with my sister who, along with others, began to pray for me. It was through a small group of women that I was connected with Pastor Bruce Koester and Strong in Spirit Ministries.

In early September I prayed and asked the Lord for an appointment with Him because I knew if I could just have an appointment with Jesus, I would be healed and delivered.

Over ->

The Lord answered my prayer through this ministry. On September 18, 2004, I was healed and delivered through Jesus' amazing ministry. The process was gentle and loving for me – yet many demons were cast out of me and their former work against me was destroyed. The ministry was a blessing beyond my expectations. Although I had a lot of apprehension beforehand, it was awesome and God just really knocked my socks off! It was the biggest blessing I've ever experienced in my Christian life, a true Divine appointment.

I now have a brand-new, beautiful life! Jesus so totally healed me of depression and delivered me from the prescription drugs I was taking for it and for high blood pressure that I have not needed to take them since the deliverance – and I've not experienced any adverse side effects. That by itself is a miracle – 5 medications I no longer need for conditions I no longer have! In fact, within a few weeks after my 'deliverance day,' my blood pressure has already fallen from 155/88 to 131/73. Isn't God amazing?! I now have great hope and am much more positive than I ever was before!

I have noticed other significant changes in my daily life as well. TV is now so meaningless to me unless I'm watching Christian broadcasting. Before, I used to watch hours every night. Now, I watch very little if any. I used to go to lots of movies to escape the pain I once carried, but I no longer need to do that anymore. I also used to have scary, tormenting nightmares, but those are gone – my sleep is peaceful and calm now! I'm doing very fine, His joy is divine and indescribable, as are all His benefits. He has helped me even at the grocery store with self-control – I no longer have urges or impulses to buy junk food, sweets, candy, ice cream, etc, etc. – this is awesome, and I give Him thanks for the fruit of His Spirit, self-control! Even my dormant prayer life has been restored and is increasing by leaps and bounds!

This is liberty – this is the abundant life Christ spoke about that I'm finally experiencing now – and to think I was just hanging on by a thread for so long!!!

Recently as I left my apartment to head for work singing "the joy of the Lord is my strength," I glanced over at others in their cars and all I saw was stress, blank stares and the "blah's" written on their faces. That sure made me feel for them because everyone needs this love, this joy, this peace, these fruits, this blessedness that I'm finally experiencing!

I have a joy, peace and hope inside that I've never had in my entire life. I feel so good – cleaner, clearer, lighter inside, I'm on cloud 52,861! I'm so excited about life now and for the years ahead of me and what the Lord wants me to do for Him. I'm in such a different place now, flying free in His Spirit, in His joy, His love. Oh, Lord, may this only increase – Your whole Body needs this blessedness!!!

These amazing internal changes have dramatically affected my relationship with a co-worker as well. She and I used to have conflicts and a variety of problems with each other. Not anymore. Now it's such a joy to work in an environment where there's peace and friendship! This has come about not only through the new peace I have inside, but also because within 10 days of my new inner freedom that has bred a new boldness and confidence in me, God allowed me to lead her to the Lord and she happily prayed the sinner's prayer of salvation. Both she and I felt the Loving Presence of Christ when she surrendered her life to the Lord! This is the first person that I have led to the Lord in my Christian life – but not the last! Within a week or so of leading this lady to Christ, I've been able to lead another person to Christ who in turn led two others to Christ as well! I am discipling these ladies now and helping them grow in Christ! I'm *so* excited about opportunities for sharing the Gospel with many others in the future now!

It utterly amazes me that just months ago I was so down, so low, so depressed, without hope, suicidal and tormented. Now, I'm living a blessed life – I have so much joy and laughter each day, I sing His praises in open places and fellowship with the Lord all the time – it's beautiful.

Due to this dramatic turnaround in my life, I wholeheartedly recommend Strong in Spirit Ministries. What happened to me was an answer to many years of desperate cries for healing and deliverance. Pastor Bruce Koester and Kathryn treated me with such care and love. They were very sensitive to my concerns about the process of deliverance, and they have the anointing that "destroys yokes and removes burdens" in this ministry. To God be all the glory for what He has done! C.J.