

# Strong In Spirit Ministries

*D.W. Transformation Ministry Testimony*



[www.stronginspirit.com](http://www.stronginspirit.com)

I was the first-born child in a very dysfunctional and abusive family. I grew up knowing from an early age that my parents rejected me and blamed all their troubles and pain on my presence in their lives. Because of this, I was regularly physically, verbally and emotionally abused by my parents, and grew up having great difficulty accepting love, trusting anyone and believing I was worthwhile or had anything to offer.

I was taken to church with my parents as a young child, but the love of God was never real to me and the hypocrisy of my parents thoroughly turned me off to church. Although I never fully gave up on God, I nevertheless felt my desperate prayers for protection and love were not answered and I was convinced that it was because I wasn't worthy of His love or protection either.

Even though my parents had very little to give me that was positive, God gave me a very caring and warm set of grandparents who loved me and expressed that in everyday ways. They became my safety net and a positive example for me to follow as I grew up.

Nevertheless, in my early 20's, I came to the point where the hate inside began to consume me, and I knew I didn't want to pass that onto my young children. Turning to God for help didn't seem to be an option since I didn't think He had answered my earlier prayers. But as I expressed my hopelessness to my grandmother one day, she told me I didn't have to depend on myself to forgive, but that God would give me the ability to forgive that I so sorely needed. That gave me enough hope to start seeking Him again and believe that He would answer my prayer. The ability to forgive my parents and others I asked God for was birthed in me then, but wasn't strong enough to enable me to surmount all the hurt and resentment that had built up over the years. I knew I needed to, but I still didn't know how to.

So, as an adult I was filled with hatred and unforgiveness toward my parents and was unable to really trust anyone, even those who were close to me. I was plagued with severe insomnia for which I had to take the strongest medication available on the market in order to get to sleep at night. To my surprise, what I hated most in my mother, I found myself emulating in my own life by also controlling those who were closest to me. In addition, I suffered from a deep sense of unworthiness and an inability to really connect with God's love in any way, even though I sought it many times.

One day as Pastor Bruce was describing the ministry God had called him into, I realized that this might be exactly what I needed, and God put a peace inside me to pursue it. From there God led me into a few sessions of Transformation Ministry. Although I had been in many counseling sessions as a younger adult, the methods Pastor Bruce used to address the woundedness in my life were very different than what I was used to, and though I was totally unfamiliar with this kind of ministry, it turned out to be just what God wanted.

As a result of this ministry I have experienced a new level of healing and freedom from bondages that I have never known before, and didn't know was even possible. The consequences of the Lord healing and setting me free are both widespread and deep. I am now totally free from the hatred, bitterness and unforgiveness that had plagued me all my life toward my parents. In fact, since I have forgiven them and been healed and set free, our relationship has undergone a major change that is still in progress. For the first time in my life I can talk for hours on the phone with my mother. That was not possible before. And for the first time in my life also, my father is now telling me he loves me every time we speak. I had never heard him say the words, "I love you," to me in all my life until God healed me. I am now sleeping soundly at night without needing any medication at all. God has softened my hard heart, healed my need to control others and given me the ability to not only believe He loves me, but to know it in the depths of my heart and soul. I now experience the presence and love of Jesus Christ for me on a daily basis, something I had never experienced before! Although I did not feel God was there for me as a child growing up, I now realize that in fact He was there protecting and loving me all along, even though I didn't know it at the time. While God did not protect me from all wounds and pain, He protected me from the worst wounds and the deepest pain – including an attempt to take my life at a young age. He also saved me from two possible future paths I could easily have taken – both of which would have ended in walking away from Him and injuring others in the same ways I was wounded.

I am now able to look back on my childhood without cringing with hurt, anger or pain. And I am now literally able to thank God for the hellish years I went through because those wounds are now healed, and I know He will use what I went through for good – both in my life and in the lives of people I am now able to minister to. I am truly delivered and freed from the hate, hurt and bondages that controlled my life for so many years and kept me living a sub-Christian life. I praise God for His love and His ability to "heal the brokenhearted and set the captives free." He has done in my life what I never thought was possible – to Him be all the glory.