

Testimonies: "I'm Stuck, But I want to be Free" ALL FOR HIS GLORY!

1. I hope you all will be blessed as I have been blessed.

I came to the Freedom Workshop for a specific reason. From the time I was a child, I was fixated on food and my body. First, food was comfort, and then I learned to hate my body and began a binge/dieting cycle that has plagued me for 20 years. No matter how hard I tried, I could not win because I vacillated between gluttony and then wanting to be thin. I became a Christian four years ago and immediately sought God's deliverance from what I learned for the first time was a stronghold. I pursued all the usual Christian disciplines including prayer, Bible Studies, Christian programs, Christian counseling, and other groups that take you back into your past to discover the lies as a result of childhood trauma. While it was helpful to know where the defeating behavior came from, I arrived in Florida feeling like a victim, completely stuck and wanting to be free. When I saw the workshop in the bulletin, I knew God was giving me the next step.

God spoke so many things to me during the workshop. I realize that He has been leading me out of this bondage since the day I first asked Him, but total freedom was not going to come until I developed a relationship with Him through His Word. Through the workshop, God showed me that I was a new person and I had no obligation to listen to the sinful nature, which freed me from having to overeat or idolize food for comfort and pleasure, self-loath, diet or read diet/health materials, or crave a perfect body. Also, He showed me I was not a victim of the harmful words and actions that influenced the stronghold. For the first time, I realized I was not a victim of my childhood. I had made choices and could begin to make new ones because I was a new person. Because I learned to be in His Word, each day I felt that He spoke new things to me, really amazing things that have freed me more than I ever thought possible. I have been praying for awhile to learn to study the Bible and now I am- with excitement and pleasure. I can't stay in bed anymore in the morning because I feel as if He is waiting for me, and no matter how tired I am or how much I want to sleep extra, I always get up to meet with Him. And I am never disappointed.

I got Debbie's "I'm Stuck, But I want to be Free" CDs from Calvary Chapel's bookstore and shared them with my sweet, believing husband. He too has been longing to be in the Word, and he has been very supportive of my struggle. He listened to the CDs on Sunday, and now we have a common language and can encourage each other to not listen to the sinful nature. He is more excited than ever about reading the Bible, and in a low time yesterday, he gave me scripture right out of Romans 14 that was so timely. Also, I shared the materials on the website with my mother in Michigan. She is excited to get the CDs and reports that already she has seen a huge difference in how much she listens to the sinful nature just from reading the materials.

At the beginning of the year, my parents, my husband, and I sat down and shared our prayer requests for the year so that we could pray for one another. All of us wanted to study the Bible and understand it more. That has happened for my husband and I, and I am sure it will for my parents too after they listen to the CDs. Another heartfelt prayer for me was deliverance from food/dieting addiction, and I know that through this group I am walking in His marvelous light, out of Egypt and into the Promised Land. I am not there yet, but at least we are walking together now rather than trying to blaze my own trail out of Egypt.

Thank you all, my sisters in Christ.

2. The Lord definitely showed me how I have constant conversations with myself. I rehearse conversations that I will have with friends and family, I rehearse prayers and I definitely re-play old conversations (and work myself up again...if it wasn't pleasant).

The Lord also revealed to me how I am constantly trying to satiate myself with shopping, eating and other things when I've had a bad day...instead of going to Him and asking for nourishment!

I always thought my mind was just my mind and that I couldn't help what I thought about but it is not true. "We are under no obligation to do what the sinful nature urges us to do..." And, urges it does. But, with the Lord I hope to "...let God transform [me] into a new person by changing the way [I] think."

3. Hi Debbie, I've spent most of my life seeking God, brought up in the church, I always believed in Jesus as my savior, but I never walked in the light. I had my fun in the 70's, drugs, sex, you remember, the hippie days. Sex and drugs were a way of life. Pregnant at 19, lucky me, the year they made abortion legal, 1973. Well, it got worse, left the drugs behind but I spent all of my time chasing after men, in and out of relationships, looking for love in all the wrong places. I could go on, but you get the idea. Then, I left all that behind, no reason other than growing older.

Well, 15 years go by, and suddenly last May on a Sunday morning, I awoke as if someone had kicked me out of bed, really. I went to Calvary Chapel that morning and here I am now. Yes, I believe it was the Holy Spirit nudging me that morning.

Where am I going with this? Well, until I attended this workshop, I mostly thought I got through the rough times on my own strength. I knew God watched over me, but only now do I really see that I didn't stay safe all those years without the Father carefully watching my every move. He sent the Holy Spirit to me last May, and the Holy Spirit has been there all along. Thank you for sharing this wonderful truth with me. I don't have to struggle and fight with the sin in my life, I can just call on the Lord and say no. God Bless you
Debbie, Much love to you,

4. God showed me that not only did I not have to listen to my own sinful nature but I don't have to listen to the sinful nature of others, I could get infected! Now I understand why my energy is so low at times-I have been caught in one of these traps! Sometimes these conversations feel like stepping into quicksand.

God also showed me that he is always there to forgive me and empower me. This is my path to freedom, not avoiding things so I never run into any trials. Allowing the Holy Spirit to control my mind is the only way I can maintain the greatest gifts of life; thriving relationships with family and friends, a happy marriage and successful work and even good health.

I pray that we all continue being shown when we are having conversations with ourselves and turn from that and run, not walk, into the waiting arms of our loving father.

5. I was raised in a home where there was no mention of God. If someone were to ask, "do you believe in God?" The answer would have been; yes, I believe in God. But who God was was a mystery to me. I certainly believed in a higher power than myself, however I was unsure of just who that was. I guess you could have called me an agnostic at that time.

It wasn't until 1997 when I was having a conversation at lunch with a co-worker, who is a Christian and whose brother is an Assembly of God Pastor in West Virginia, I verbalized for the first time that, I believed in God but was unsure of who God was, and that I hoped someday I would figure it out. Her response to me was, "I'm sure you will." Knowing her now as I do I'm certain that she prayed for me.

Later that week I received a call from my dad. He said he needed me and my husband to come over as soon as we could that he had something he had to discuss with us. My heart pounded because I knew it wouldn't be good news. We soon found out that my father had been diagnosed with Prostate cancer and had spread to his bones and the prognosis was not good. Needless to say we were all devastated.

Sometime later after all the news was absorbed I had the strong desire to make sense of all this. How could this happen to my dad, why did this happen to my dad, would I ever see him again after he dies and most importantly where is he going after he dies? Since God was never spoken about in my childhood I wasn't even sure what my father's beliefs were. Quite honestly at that time I didn't feel comfortable asking him. I believe that God was answering my cry to him, when I expressed to my friend that I hoped someday I would figure out who He was. *(But when we cried out to the Lord, he heard our cry and sent an angel who brought us out of Egypt. Numbers 20:15-17)* I believe God was using my father's illness to prompt me to find Him.

For about the next year that I tried several different self help groups, talked to different people and even talked to the Hospice Chaplain who was assigned to my father's case in hopes of coming up with some answers. All were very helpful, but I never felt as though I had found the answer. My husband knew a couple that attended Calvary Chapel and they invited us to attend with them. We went, and I can't really explain why but from the beginning I knew this is where I needed to be. I felt very intimidated being in a church and had a very hard time understanding the teaching from the Bible. But the worship, that's what ministered to me *(Singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts, Ephesians 5:19)*. I was very uncomfortable with standing and the raising of hands. I just meditated on the words to the songs and that's how I learned who God was. I have to admit in the beginning the worship was what kept me coming to church. I had this idea that you had to be living a sinless life before you came to the Lord. It was during the worship service when Dawn was singing, "Now is the Time to Worship" the Lord spoke to me. It is such a simple song but spoke volumes to me. The Lord told me through that song that I could come to Him just as I was and give my heart to Him. That day I did and my life has never been the same since. Nine years later my husband and I are still attending Calvary Chapel. In that nine years I have never really been involved in a small group of any kind. I have volunteered for different things and been a part of the "Most Excellent Way Ministry" with my husband but never a small group. Since coming to the "Freedom Workshop" I feel that I have learned so much in the short 6 weeks. One thing is the importance of being relational in a small group helps you grow so much! *(They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles, Acts 2:42-43)* Another very important thing is understanding what to pray without ceasing means. That has been a

tremendous revelation for me. Also, asking God to explain His word to me and how it applies to me and my life. I thank God for this group and am looking forward to all He has planned for me in the future. All my Love,

6. Hello, I have not been able to go to all meetings but God still worked using the few classes I was able to attend. I was certainly having conversations with myself. My family is going through a stressful time right now and God has been so faithful and gracious to us. My husband lost his job, my daughter is rebelling, disrespectful and I have been lied to at my job. Betrayed. I have been fighting my mind with why, and how I should have seen this coming. Analyzing every action I was so hurt by the betrayal that wanted to retaliate, to cry and to call out the liars. I am thanking that my testimony in that work place speaks louder than I could say. Everyone I know have been coming to my defense. Even with that blessing I still get mad and angry. These past weeks have showed me that I am pitiful without God and His word in my heart. I was so close to telling this man off I could taste it. Romans 8:12-14..... I am under no obligation to do what my sinful nature urges me to do. I want to fight back in the flesh but God has already planned the fight for me with my testimony and His word. While I may be weak he knew that I could take this persecution without ruining my whole testimony. I am thankful to God my husband has a new Job, with better pay and better working environment. Pray for God will in my daughters' life. Pray that I listen what God would have me to do each day concerning all of my children and Husband . Thank You all My sisters, princess, daughters of the King. 1 John 3:1

7. First of all, I am the second oldest of ten. I was the product of an affair. I knew for a long time that I did not fit in. My father, who raised me, if that is what you would call it, was and still is an alcoholic drunk. My mother was a liar, a control freak, very selfish, and still is. She would do what ever she could to get over on you. My dad beat my mother almost daily. Then she would take it out on us kids. I got it the worst. My mother would tell me all the time I was a mistake that if she did not have so many kids what her life would be like. Family members molested me. When I turned 13 I had sex. By the time I was 15 I had been with 5 men. I got pregnant with a little girl. The father was 28 and I just turned 16. My mother let him see me because he gave her money. If he did not give her something she would not let me go. I felt like a prostitute. When my mother found out that I was with child she used me to get whatever free services she could. She would tell me how worthless I was, that I let my babies father use me up. He came to her one day, told my mother that he would take care of me and move me in with him. There was some talk of money and their deal fell through. Before all of this my mother took me out of school in 4th or 5th grade to care for all my brothers and sisters. I was not alone my oldest sister was also taken out of school. We had to work with my mother cleaning hotel rooms, working in the laundry room, where we would get paid under the table. My mother would give us very little and she would take the rest. My mother was not very good at managing money. Bills would go unpaid. There were lots of times we did not have food or not a lot of food. We would eat things like spam spaghetti (YUM), neck bone spaghetti, yea good stuff. After I had my oldest I tried to go back to school. My mother would not let me. She said I had to work. I tried to work and go to school. I was even paying my mother to watch her but my mother got tired of that so she would call me in the middle of class to come home. It hurt because I wanted to be something more than a maid. My parents were not keeping up with the bills. The lights and the water were shut off, and then we were evicted. My parents moved out and told me that I had to take care of myself along with my baby. I could not move with them so I had to get my own place. I had no money. My 4 month old and I lived in a home with no lights or water. I had to get water outside for milk. The roaches were terrible. I then found out about public housing, got on the waiting list and it came through. I moved into a low-income apartment. I had nothing and no one to help me. I got two jobs, then put my baby in day and night care. I was not very good with money and the guy I was with beat me. I thought a lot about dieing during this time. My parents were using me, this guy was, and I was hurting myself. I then met my two youngest girls' father. He worked with the guy I was currently seeing, and then I started seeing him. The guy I was with found out. He beat me so bad my eyes and mouth were closed shut. He left me in the apartment bleeding, crying and I wanted to die. I sealed up all the cracks, turned the gas on and lay on the floor with a picture of my baby. I felt my self-slipping away. God got me off that floor; it was not me because I wanted to die. As I sit here typing this it makes me remember the time just after I had my oldest child. I wanted to die, she was sleeping and I took a whole bottle of my mother medication. I lay down next to her, my eyes were getting heavy. She got up, reached and called out to me. I looked at her, jumped up, ran to the bathroom and made myself sick. I remember being scared and asking God not to let me die. Well I moved in with this new guy. He was telling me how much he loved me and wanted me. He took care of me until I could see and eat again. He was 16 years older than me. I knew nothing about him but he wanted me, and would take care of me. Needless to say that was not the case. In the 6 or so years he beat me and my kids. We were in and out of abuse shelters. I went back because I was told by my family that no one would ever want me. I was scared. I had never really been on my own. I had no support. I felt I needed a man to make it. Anyway, in my years with him my oldest child, who was not his, was beaten and sexuality abused by him along with his son. It went on like this until one day after I had my last child. He had beaten me. I was lying next to him and he raped me. He went to sleep and I was thinking of ways I could kill him. I knew I needed to get out. I got a job with the county and God began the process of freeing me. I worked in the office; it was my first real job. I also met my future husband there. I will tell you that I would not have ever thought this man would be my husband because he looked nothing like the men I had been with. Not just outside, but inside he was warm, kind, caring. I did everything I

could to mess it up with my sinful self. I can not count how many times I broke up with him, hurt him and he was still there. One day I broke up with him, I saw him a while later to get back with him. With tears in his eyes he said "I prayed God would bring you back to me." My heart skipped a beat. After a lot more ups and downs we moved in together, and then got married. I really struggled now being married, trying not to be my mother. I was still trying to drive him away too because there was no drama with him. The only thing I knew how to do was drama. I can't tell you how many times I told him to leave or I tried to leave him. I was a victim and so was he. One day my life changed. God sent this woman in to the store that I managed and we talked. I was just trying to sell her clothing and she invited me to church. I took her card and smiled. She came in a few more times. I would see her at Wal-Mart almost every time I went. One day I called work, told a lie because I did not want to go. My dad's sister who also worked there was told this lie. She went over to my parents' house and was so hurt, now everyone knows. I was there, she cried and drove off. My kids and I then drove off as well. I was driving around not knowing what to do. I ended up at my husband's job crying. He asked me what was going on. I told him what I did. I gave him my ring, bankcard and told him I was leaving town. I said he needed to let me go, he told me to go home that he would be home soon. I left, went to drop the kids off home and I was going to go kill myself. God had other plans. When I got home, my sister in law who lived with us talked to me. We cried and I called a mental health counselor. She told me to go to a hospital. My husband took me to the hospital. That is where I called out to the Lord. I was there 4 days. It felt like years. I was put on three different kinds of medications. My husband never gave up on me. A few days after I got out I went to Wal-Mart. I was looking at DVDs, looked up and there she was, the same lady that I had met in the store. I told her what had happened. She asked me to church and gave me her number. I gave her mine as well. Two weeks later after a few calls by her, the girls and me went. It was 11-23-03, a month before my birthday. That day God called me and I could hear his voice so clear. After Sunday school this woman and about four other people I did not know talked to me about God, and then prayed with me. As I gave my life to God I cried so much I could not see but I felt different. My husband came to know God a bit later. God really started dealing with me. My nightmares stopped. I got off all meds and stopped using bad words. I wanted something else. We still were not in the word and I was looking to everyone else to tell me what God wanted for me. I did not feel like I could study the bible. When I did, I did not understand so I didn't. My sinful self said you are dumb and your sin is too great for you to be God's. I then gave up, my husband was growing and I was standing still. My sinful nature used that too. I would serve, sit on committees and struggling. Feeling like one day someone is going to say I know that you are a fake and that would be it. God started the process of showing me that I was free a long time ago. I AM NOT A VICTIM, I AM A VICTOR. That's what this work shop has shown me, that I'm free, that I'm not my mother and just because these things happened to me does not mean that I have to live in that. I can love, be loved by others and my self. Even when I felt unloved God loved me and he still loves me. His love NEVER FAILS. There is nothing I can do or anyone else to make God stop loving me. God Gave me a wonderful man of God and three wonderful girls. I have the life the world and my sinful self told me I could not ever have. God said Yes. God's power is limitless and so is his love for us.

God bless you all 😊

8. My life before Christ was of course, one spent in darkness. I excelled in my quest to fill the void within, always coming up empty-handed. Over the years, I had built up wall upon wall upon wall and had sculpted, to perfection, the mask I wore. I ran across the country and back, only to find I was still everywhere I went. ?? still plastered with labels that exhausted me. As much as I wanted to be free from it all, ultimately, I was powerless in letting go.

2 years ago, I began working with Pam, a Christian woman. It was just the 2 of us, 5 days a week. All day. Every day. By our 3rd day together, Jesus was the topic of all our conversation. She had an answer to every question I posed, and in my heart, I knew the right answer had finally come my way. She suggested I check out Calvary Chapel... it took me about 3 weeks and one last really really drunk night before I walked through the doors. I remember driving there, by myself, Sunday morning, so excited because I just knew I was going to my church home. Service ended, Pastor Danny gave an altar call, and that began my life with Christ.

and as you all know, life is not quite the same after that. I was stunned to wake up the next morning and find that curse words actually hurt my ears. ? not only did they hurt, but oddly enough, I couldn't even utter one. I remember just standing still, like, what is going on? something strange was taking place inside me? He took away my desires to drink and drug... and that was only the beginning. Throughout the past 2 years, He has transformed me in ways I never thought possible. He has made Himself so very real to me. As a former know-it-all, it's an adventure in itself learning I really knew nothing. and to have your new Teacher be your very Creator? whoa.

when I felt led to this workshop, I put it in the back of my head to go to it. oops, I forgot. I ended up getting to the 2nd class, after my persistence in telling Him I really didn't need it. After all, I really wasn't "stuck." HA! the first "lesson" of the conversations I entertain in my head was, to say the least, shocking! not only the frequency of them, but the content?! this workshop equipped me with the tools that are priceless for this journey. the most valuable thing I take away with me right now is that it's ok to be vulnerable. it's my

doorway to trust, and a deeper faith. and then He said: "it's ok for walls to crumble around you, as long as you're standing upon the ROCK!"

thank you all for sharing in this experience with me and giving me the opportunity to practice being vulnerable. you are all in my prayers. God bless!

9. Debbie, I just want to share this. If you want to pass it on, that's fine.

Have you ever had to do a job around the house or even at work without the proper tools? I remember edging my lawn with one of those hand edger things, took me days and I had blisters on every finger. Imagine mowing the lawn with out a mower, or painting the walls with artist brushes. It just turns a small job into a big job.

I've been trying to run my life without the proper tools. I read the Bible, tried to live right, but I didn't really know how. Then, about one year ago, I came to Calvary Chapel. The first thing, just going to the New Believer's class. What a starting place, a tool to help me understand God's plan for me and how to nourish my faith. It really grounded me. Then I started working in the café, it made me feel like a part of something and helped me to contribute to the body. Next, two ladies newcomers dinners, meeting the ladies and it gave me an intro to salt and light.

Then, the most current and best tool in the whole shop, I truly feel. This Freedom workshop has helped me to turn the corner and realize my position with the Father. If someone had told me last year I would be here now, I would have laughed, said I didn't need it. We don't realize how much help we need, do we? I thank God every day for this work shop and all of the tools that pastor Danny and Calvary Chapel have put at my disposal. I hope, Debbie. that you know how special your ministry is and what a salvation tool it is to all of us. God Bless and Much Love,

10. I came from a place that continued to tell me that I just would never be enough. I've always know that I wasn't loved or wanted. I've always know that who I was did not measure up. For some reason today the details of the story really don't seem important. I don't know if I can remember a day when I wasn't afraid or apologetic just because I was alive.

What I do remember is the day the LORD called my name to be His very own. The day the LORD spoke words of love into my soul. The Love that God was offering was the most wonderful thing that had ever been offered to me and at the same time the scariest because of course who could ever love me. I have been struggling from that day until this one to really understand and fully experience and know God. I knew that He loved me. But I also knew that I was unlovable so those two opposing "truths" have battled with in me since I was 14 years old.

I've spent my entire Christian life doing baggage maintenance (thanks Debbie for calling it for what it is). Maintaining this wonderful front of the happy Christian while beating myself up almost daily for being a fraud. In the course of the Freedom workshop God let me know that I have been such good friends with my sinful nature that I was living in death. After the first week my song became "you have not obligation to do what your sinful nature is urging you to do". It was and is a song I continue to sing. Because now I realize that what I have always called a personality trait was really my constant conversation with my sinful nature. I would just tell people I'm a "thinker". So wasn't it the most rational thing in the world to have every conversation with myself before even speaking to the Lord?

Since the Freedom workshop the freedom that Jesus suffered as died for has become so real to me. I can now say that I am learning to live in the shelter of the Most High I am learning to find rest in the shadow of the Almighty. I am leaning that I don't have to be afraid because God is my refuge my place of safety. I am learning how to place all my trust in Him. Prior to coming to the workshop, I really "believed" that the Freedom Workshop like every other conference or study group I've been to would fix me. I thought this time I will get the 1,2,3 of how to live the fulfilled Christian life I was always reading and hearing about.

What I did get is the truth that I am on a God lead journey and as long a I am willing to see Him and know that He alone is my peace in the storm will become the least of my concerns. I received the truth, by experience, that I can talk to God and know that He hears me.

I know that He is my goodness and in Him I am good enough. Thank you Father for 100% of Your Holy Spirit, for continuing to love me despite myself, for never changing, but constantly revealing more of more of Your goodness, and Thank you Debbie for being willing to share tools God gave you to living out the victory I already possess.

In His amazing love! The name of the LORD is "my" strong tower; I run to it and am safe. Prov. 18:10 paraphrased

11. I grew up in a Catholic background and stopped attending church at the age of 18. While I believed in GOD, I just had some personal issues with these beliefs I had been taught. I also had to party with my friends and this was more important in my life at this time. I spent many years out there being single and just having fun. I met a wonderful man, we were just friends for 8 years and I moved back up north, came down on vacation and he proposed, I accepted and was fortunate to have almost 10 years with him, until tragedy struck. We had just come back from NC on vacation and he became ill, self diagnosed himself with food poisoning, Dr. gave a prescription without seeing him and he ended up in the hospital for 2 months in ICU until he passed. It was the hardest two months of my life, and the saddest time of my life. He was not eating or breathing or doing anything on his own. All his vital organs shut down, infection set in and he had pancreatitis and had 2 surgeries. when the surgeon came back to tell him he needed a third operation, he said no, no more. I called the chaplain in, and Jack said no to them as well. I was hurt he wanted to give up and I tried to encourage him to try one more, but he was firm. He was thinking clearly as the surgeon and chaplain were there and agreed to accept his decision. I tried one more time to change his mind, his long time friend talked to him and he was firm. I had to accept and honor his wishes, it was the hardest thing I had to accept in my life. Here is my best friend, my loving husband who I could not fathom living without, we had complete trust and only love for one another, and I had to honor his wishes and have these tubes removed at his request. He said honey I am not living, this is not me laying here, it is a mere fragment of me and I will not burden you, please let me go, its time, you gave me the best years of my life and thanks to you I can go away a happy man. This was on a Friday, Saturday I went and made the funeral arrangements, and Praise GOD the chaplain came to see him Sunday and he accepted Jesus Christ. Monday he was slipping away and I got the call Tuesday at 5 in the morning (just 4 hours after I left him) to get to the hospital. Of course, he was already gone.

Well, the anger welled in me for leaving him that night, for not being able "to change his mind", friends were asking how "I" could have given up on him, the loneliness and guilt was awful. I hated coming home to this house, I hated life, and was even angrier at GOD for taking him from me. I did have a few days I was glad he did not suffer any longer, but the anger over took that when the loneliness grew. I just made really stupid decisions and my decisions caused me more heartache. I foolishly remarried way to soon, was warned of his reputation but I "knew" what I was doing. Well my one year anniversary present was finding out he cheated on me. There were many other issues, large issues, so I told him to leave.

So, now I had a lot of time to really go into a major depression. I blamed GOD for my husbands death, my failed marriage, and anything and everything that ever went wrong in my life, trust me I remembered every thing bad that happened to me. I actually focused on everything negative. I never truly mourned the death, now add a failed marriage, and boom I now blossomed into total bitterness. I in 5 years managed to go from happy, loving and content to angry, ugly, mean, unhappy, just an all around gloomy person. I really could of cared less if I woke up in the morning. Now, I hid this very well, my own family do not know how I felt, they are in NY state, so I would talk to them week after week and let them think I was fine. My "friends", bar buddies thought I was ok, I buried all my feelings pretty well.

I would come home and cry and just keep reliving all the negative from that day, and from all my years before. I really hated my life. I would go to work, go to bar, come home. weekends, go to bars come home. I started realizing this really wasn't fun, and I did not like what I was doing, but it beat being alone. So, it was not until I became ill and needed things from the store and all "my buddies" were to busy. I could do it for them, listen to their problems, lend money, help buy gifts for their kids, help pay bills, but now I needed them and they were to busy. I did not think my life could get darker, but it did then. So, I did without things, food, water etc., as I was to ill to go get them. I felt I could trust nobody, these friends are not there for me, just to get from me. So bitterness grew, anger grew, not a spot of light around me. The tunnel was totally black!! I chose to live in this tunnel.

While I was ill, I was flipping channels and found an early morning live call in prayer show. It was on a station I never turn to at 2am. I called in and spoke to a wonderful pastor, he told me GOD loves me even if I was angry at him, or blamed him, he forgives us all. I was searching for light and I know that night it was all GOD getting that first step, working on me, that beam of light flashed, I saw it.

It took me time, I tried a church near my home, I just never felt I fit in. I did not care to attend a Catholic church so I was about to say, give it up. The next Sunday I could not get myself into that same church so I just went to the beach and prayed, then I heard a call in radio show. They were speaking of God, and how he answers prayers. So, I called told him of my situation (in a shorter version) and he recommended Calvary Chapel.

I attended and was overwhelmed walking in alone and the lobby alone intimidated me, felt totally out of place and was about to turn and run to the doors when a woman smiled and said hello. Just that one smile and I proceeded to the chapel and Pastor Danny was speaking directly to me, his sermon was right on. To top it off an announcement was made about grief share meetings. I never

grieved my husbands or dads or aunts death, so I went and what a blessing it was, to know the horrible feelings I had were not mine alone. The anger is normal, the loneliness is normal, I am not alone in my feelings. It was there I realized I had lost my dad and husband and an Aunt in 15 months, and never really grieved.

I started reading Psalms and I so identified with Psalm 38, that is where I was totally. I could have written that, as I sure identified with it. I started attending other bible studies and making friends, true friends who really cared and really listened. (my bar friends would tell me to get over it, my husbands death and divorce) I finally have found caring people, who I care about and they reciprocate my friendship. I now know how blessed I truly am. I found peace, love and friendships I cherish. I smile and give thanks every day. I tell people regularly I care and love them, and thank you for being there. I wake up smile and thank GOD for a new day. I am much more open with my feelings, more thankful and my sentimental ways are back.

This class has made my relationship grow closer to GOD. I pray constantly to him, no more talking to myself, I thought at first that sounded silly until I realized I sure do talk to myself a lot. I have found in my worship time I really focus much better. I have also found my passion to read the bible to be more alive, to take my time and really think about what I am reading and hear what His words are saying to me. I learned it is ok to talk to God whether I am angry or happy, sad or elated, share everything with him, speak to him, he wants us to come to him with anything and everything. My trust in people is being restored, I am more willing to open up and share with others. I was always a good listener but never a talker. I felt my feelings or thoughts were not valid, or I may sound silly to express them, again I was afraid to share because if I open up I am putting myself out there to be hurt again, but now through this wonderful group, I feel trust and love, these are my sisters and once again I Thank GOD. In my walk I have found such peace and contentment in my life, something I never thought I would have again. My strength, hope and faith are in GOD, and every time I feel he is not hearing me, he shows me he is. I was out of work for 8 months, and in June was pretty discouraged, money was really running out, and again he blessed me with a job. I know now in my life nothing is impossible through him, and truly NOW know this and believe this with all my heart. I will trust in him, and I am beginning to trust in people again, this is a big plus in my life as my trust in others was really gone, but with everyone opening up their hearts in this wonderful group of women, I feel freer now to again trust others. This has been a life changing experience for me and in me, with my walk in faith and in my life. (I truly never trusted since my husband died, as we based our marriage in trust. Unfortunately the people I chose to trust in were not great decisions on my part. My way of life was not a great decision either. But thanks be to GOD I am making much better decisions)

I look forward now to every day and take nothing and nobody for granted, just love everyone and know this journey is awesome if we cheerfully accept whatever comes. My life and heart went from Psalm 38 to: Psalm 30:10-13 "Hear, O Lord, and be merciful to me; O Lord be my help. You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing to you and not be silent. O Lord my God, I will give you thanks forever." Thank you all!!! Much Love,

12. The last 6 weeks have been nothing short of revolutionary in my walk with the Lord. I have learned through Romans 12:2 what my responsibility is and what God's responsibility in terms of my walk with Him. I am not supposed to "Copy the behavior and customs of this world and I am to "Let" God transform me into a new person by changing the way I think." That means God does the heavy lifting – the transforming - and my responsibility is to be in the Word spending time with God so that I can "let" God transform me by transforming my mind through His Word. This has really been where I have struggled previously and given up because it seemed too hard to really have freedom because it seemed like I had to master the battle in my mind on my own even though I knew I could do nothing apart from God. John 15:10.

Also, through Romans 8:12-14, I have learned that I have "no obligation whatsoever to do what my sinful nature urges you to do". I love the idea that the sinful nature can continue to yell and scream at me but that is all it has the power to do because through the cross Jesus paralyzed it from the neck down.

So, if God is transforming me into a new person by changing the way I think, and He does that by having me learn the Word and bringing it to my mind when I need it so I can distinguish what voice I am hearing, then I can see how I do have "all I need for life and Godliness". 2 Peter 1:3. I know that I am now equipped to handle the things that come up in my life much better than I previously would because I know I have a sinful nature but it doesn't have me.

I also know that Satan and my sinful nature are on God's Holy leash so everything passes through God's hands before they get to me. He uses circumstances and experiences to test me to show me what is in my heart and to lead me closer to Him.

I really just feel so relaxed that it is not my job to transform my mind but God's. I am so happy about what I have learned and have really been applying it in my life and the Lord has really been showing me things about myself and showing me how to deal with situations that I really didn't know how to conquer before.

For the last few years I really wanted to embrace all that Christ had died to give me. Now, I think I'm on the path to being able to do just that.

God bless you Debbie for opening your heart and home to us and being an obedient and willing servant of the Lord. He has gifted you to teach these complex concepts in a way that we can truly understand. My prayer for all of us is that God would continue to open the eyes of our hearts (Ephesians 1:18) and that we would "Pay attention to what He says, listen carefully and would not lose sight of His words. I pray that we would let them penetrate deep within our hearts for they bring life and radiant health to anyone who discovers their meaning." Proverbs 4:20-22. Thanks so much!

13. God has worked with me in many areas of my life throughout this workshop but I will stick to this subject specifically.)

God has shown me how many other voices I have actually been listening to instead of His. There were and still are many times when the sinful nature wants to engage with me but God reminds me that I am no longer a slave to sinning and "that through the power of the Holy Spirit" I can turn from it and its evil deeds! This has been proven to me time and time again since the beginning of this workshop. Through the scripture that we have memorized God has helped me understand that I cannot do it on my own, but when I turn to Him for help, guidance, and strength I am never let down.

Also, I really feel that God has spoken to me through Romans 12:2 and 1 Peter 4:12-14 in that going against the behavior and customs of this world has caused fiery trials in my heart but I have reassurance that in these trials I am made partners with Christ in His suffering. Hallelujah! This filling of the Holy Spirit gives me life and peace that cannot be expressed in words!

14. It was out of fear that I accepted Jesus when I was in 6th grade. I grew up in a "Sunday Christian" home, where I was involved in church activities, but it was not until I was in College that I received Christ fully into my life understanding what a relationship with him really meant and received discipleship.

Even though my college years were a turning point in my life, fear still ruled my life. Fear of failure, fear of rejection, fear of being deceived, etc. Although I love God deeply and know the truth, I have always felt inferior, and lacked confidence in my spirituality. My biggest fear was that I would be one day standing before the throne of God and He would say to me, "Depart from Me for I never knew you" because I was deceived into thinking that I was worthy. I always thought that I could be doing more; and while I have read and understood for so long Ephesians 2:8 stating that "...we are justified by grace through faith...", I did not feel this freedom. After my husband and I both lost our jobs, I felt God leading me to get involved in a group that could help me get the fear out of my head and finally accept His truth fully. I know that there will be times of testing, but through all of the dedicated women in this workshop and the scriptures, God has spoken to me, and for the first time, my chains have been broken, I have embraced GRACE, and I truly feel FREE!

Sometimes we get so caught up in our worldly lives (kids, activities, work, etc...) that we forget the freeing power of the word of God and the power of prayer and it sometimes ends up in the backseat instead of in the forefront of our lives! Keeping a consistent "quiet time" and being accountable as well as supporting others is so crucial in staying on the path leading to righteousness!

God is not looking for perfection, he is not looking for us to "have it all together", nor is he looking at our stature; He only wants us fully submitted to Him out of Love!

15. I was richly blessed by the workshop. One morning in January I remember driving to work and crying because God started waking me up about 5:30 to pray. I remember waking up and going into my living room and just sitting I did not know how to communicate with him I felt as if I did not know what to do but I wanted to spend time with him and experience him the way I hear people talk about. In the car I remember saying there got to be more than what I was experiencing I know there was but how do I get there. The Lord heard my cry and he answered me when Jessica invited me to the workshop. I can truly say I never really understood the message of the cross until now. Understanding the message of the cross has freed me to experience the something more I was seeking. Understanding that I have "**no** obligation whatsoever to do what my sinful nature is urging me to do" is truly liberating. **I did not know or understand that.** Understanding that through the power of the Holy Spirit I can turn away choose to listen to him. And by having conversations with God as oppose to myself that was even more liberating. I have developed a new thirst for God and a desire to know him. It's like starting over. I feel refreshed. Thank you Debbie for proclaiming the good news "the message of the cross"

16. I have struggled with my thought life and had some anxiety attacks through the night...I have quoted my memorized scriptures, during the day I have talked to God about things...but I felt like things were not right...I was quoting Psalm 81:13,14 one night this

week...Oh that my people would LISTEN to me, oh that they would FOLLOW me walking in MY PATHS, ...when suddenly it was as if the Lord spoke audibly to me and said you cant just quote this scripture and deceive yourself into thinking you are really walking in my paths. YOU HAVE TO WALK IN MY PATHS... then he reminded me of Matt 7:24- NLT

"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. 25 Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. 26 But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. 27 When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash"

Once I confessed my sin of deception, and truly asked the Lord to not just help me Turn, but actually TURN-, I have once again had life and peace- baby steps...but I believe I am moving in the right direction. Thanks Father for your mercy.

17. I've deepened my relationship with God. I've been shown that I spend a lot of time in my sinful nature worrying and second guessing myself and feeling like a victim. By asking God to show me when I'm talking to myself in my head and turn and talk to Him instead I've had a "taste" of what freedom and peace feels like. It does take a lot of effort to turn from my sinful nature because it's habit, but that's the only hard part because once I turn to God I have peace. The main thing He has shown me through these 6 weeks is to stop asking other people their opinion to ask Him since He's my Mighty Counselor. I've heard God speak to me more during these 6 weeks than any other time in my life and I've also seen how He's been using me lately, which is only because He's so Holy.

18. I have learned the magnitude of God's love for me-down to the last, most hidden details of my thoughts. Guilty thoughts are swept away because there is no condemnation (Ro. 8:1). Fear and worry are vaporized because all things are working together for our good (Ro.8:28). And we will never again have to do things to earn God's love, we already have it and nothing can separate us from it (Ro. 8:39)!!

I also learned that when someone does something to anger me or provoke me, do not retaliate in any way, instead pay them back with a blessing (prayer)! God will judge-I do not have to.

Thank you Lord for this freedom and for the fullness and completeness of the Holy Spirit in me. In Jesus name, Amen!

19. These past 6 weeks have truly touched my heart! I came open minded but I had no idea how the Lord was going to speak to my heart in this workshop. I think that if I had to put this workshop in one word description it would be intimacy. I learned that His desire for intimacy with me is both sincere and genuine. For a longtime I thought I could only talk to God about the things that I thought were kind enough to say, not the things that weren't. I never would have imagined that I could never infect God! I LOVE knowing this and the freedom that this brings. It tells me that I no longer have to walk with ANY sin or blemish whether it was brought on by others or myself. I can relieve it all in conversation with God and than join Him & His father in prayer, more intimacy!!!!!!!!!!!!!! WOW!!!!!! Praise God!!!!!!!!!! I going to take away that knowledge of His intimacy and truly practice it daily in both my quite times and my busy times, ALL the time!!!!!!!!!!!!!! I believe I'm going to experience some changes in my life that I'm not confident in or that I'm a little fearful of and that the Lord had me come to this workshop to prepare me better with the intimacy of Him so that whatever comes along I know I do it in His strength, not mine!!!!!!!!!!!!!! My scripture verse is perfect, "Can anything happen without the Lord's permission?" Lamentation 3:37 This workshop has been a blessing and so have you. First I would like to extend my heartfelt thanks and appreciation to Debbie for her obedience and faithfulness to God and to this ministry. You are truly an inspiration and the gifts that the Lord has given you and that you have chosen to share is amazing and truly shows the character of Christ! Thank you again so much!

20 "What God has Taught Me" I feel like I have learned so many things this past 6 weeks weeks, some seemingly minor and other things that are life changing. The seemingly minor lesson was finding out that I really liked the New Living Translation of the Bible. I was surprised to find that it spoke to me in a way that I could understand AND relate to. It has given me a new enjoyment that I did not have using the NIV or KJV...that is BIG! Of course learning how to read relationally also contributes to the enjoyment.

I learned the difference between being carnal, listening to the Holy Spirit, and a person who is not saved. I loved the illustration of the pig and the prodigal. The deepest lesson I learned was just how carnal and full of pride I was. I believed that I was right most of the times, I certainly found plenty of faults in others. It was easy to think of myself as OK in God's eyes, after all, I believe the Bible, I go to church, I'm a faithful wife, the mother of five home-educated children, I'm bringing them up in a Christian home, I help other home-schoolers....blah blah blah, basically looking at myself at times as a servant and at other times the ever-giving, burned-out victim. Bottom line was that I was totally focused on myself. After reading the sheet on the proud man vs the spirit filled man, God opened my eyes to see that I had way more "proud" traits than "spiritual traits". I went through a number of "chats" with God, following with confession and prayers of intercession. The major breakthrough came after I thought I was doing better. I was so critical of my husband one morning, it caught me off guard at first I felt depressed, like I failed, but then I went into my bedroom, closed the door, and dumped all kinds of feelings on God, I even said to God, "Is this going to work this time?" cause I felt so crummy. I confessed and prayed for my husband and lo and behold I realized that I was not depressed anymore, the Spirit must have filled me!

It did work! I know that there is so much more to learn, but I am looking forward to learning and continuing with Salt and Light. My friend and I have decided to "get together" via the phone on Saturdays to share. She lives in Las Vegas but I sent her all of the material and she is excited about going through the workshop booklet. I don't feel equipped to "teach" this new found freedom, but 2 Peter 1:3 says, "His divine power has given us everything we need for life and godliness through our knowledge of Him who called us by His own glory and goodness." so I know that God will be there on the phone with us! P.S. Thanks, Debbie, for being a servant of the Lord and sharing with all of us!

21. HAVE BEEN TOUCHED IN SO MANY WAYS BY THIS MINISTRY. I WOULD HAVE TO SAY THE MOST IMPORTANT TO ME HAS BEEN LEARNING WHAT IT MEANS TO HAVE A RELATIONSHIP WITH THE LORD, AND BEING FILLED BY THE HOLY SPIRIT. LEARNING HOW TO RECOGNIZE WHEN I'M RELYING ON MYSELF, AND HOW TO TURN IT OVER TO GOD, AND WHEN IT IS THE SINFUL NATURE SPEAKING TO BE STRONG AND KNOW THIS IS NOT ME AND I HAVE NO OBLIGATION TO ENGAGE IN THESE THOUGHTS

22. My heart has heard you say, "Come and talk with me and my heart responds, Lord, I am coming." "Come to Me", those are the words that resonate in my mind now after taking the freedom workshop. Before this I thought that my relationship with God was good. I was talking to God... spending time in the word...memorizing scripture...in a "Salt & Light" group and volunteering, but I was allowing my old sinful nature to steal my peace often. I didn't understand this and when I heard Debbie saying, "So dear brothers and sisters you have no obligation whatsoever to do what your sinful nature urges you to do. For if you keep on following it, you will perish. But if through the power of the Holy Spirit you turn from it and it's evil deeds you will live. For all who are led by the Spirit of God are children of God." Romans 8:12-14 and that God has this sinful nature on His Holy leash... it has no power over me... it can come only as far as God allows it. Well, I'm sure my mouth dropped open and I'm surprised I didn't fall out of my chair! I heard it and for the first time in my life I understood. (Never before had I heard this or if I did, I didn't receive it.) I guess my understanding up to this point was that some how by walking with the Lord, I would be able to lose this old nature. But it was a process I would have to go through. As I'm writing this it is clear to me that I was making the choice to listen to a voice other than His. I wasn't willing to give up all of myself as 1 Peter 4:1 says, Those who are willing to suffer for Christ, have DECIDED to stop sinning. Maybe I didn't want to hold myself to too high a standard only to fall short, or maybe it was pride or control...whatever the reason, it doesn't matter now because My God, who LOVES me and cares that I understand this message of the cross has been leading me to this truth in a way that only He can. I get it !!!!! How liberating to know that my thoughts are not sin, but it's what I choose to do with those thoughts whether I go to the One who allowed it (who is testing me in order to know what is in my heart whether or not I will keep his commands) or I choose to listen to that old man. I pray that I would listen to no other voice but HIS and that I would be sickened by the sinful nature. I am excited to see where God is leading me now that I know my position and have claimed my possessions. I AM A CHILD OF THE KING!!!! I am so grateful Debbie, for your enthusiasm about this message and it's effect on me. And to everyone in the class for their honesty and desire to be like Him. May we all be Jesus with skin on to a lost world. Lord, Help yourself to me! Debbie

23. The most important and helpful thing I learned about "The Message of the Cross" is that the message is recognizing when I'm hearing the voices from my sinful nature and when I'm hearing God's voice and using my trials to talk to Him about them. I had been taught in the "Experiencing God" class that God desires an intimate and personal relationship with me and that thrilled my heart but the "Freedom Workshop" showed me how to really experience that relationship. I have a new and deeper understanding of my two natures, why God allows the old nature to continue to live and what my response should be to my sinful nature. God really does "have a plan for my life that is for my good and welfare, not to harm me but to give me a future and a hope." Jeremiah 23:11 And He really is working "all things together for good to those who love Him and are the called according to His purpose (me)." Romans 8:28. I knew in my spirit that there are no accidents in my life and that everything that comes to me comes through God's hands and have even read Lamentations 3:37 but never saw so clearly how it applied to the situations in my life until I read it in The New Living Translation. I really love that translation. Now I know for sure that "Nothing can happen in MY life without God's permission". It helps me appreciate another verse that that Lord has been impressing on me from the Amplified Bible. Hebrews 13:5 says, "....be satisfied in your present circumstances and content with what you have...". So in other words I need to learn to be satisfied and content with the things in my house that I don't like, with the things in my marriage that I don't like, with my financial situation, etc. because "Can anything happen without God's permission?"

But instead of being satisfied and content I have murmured (mur, mur, mur, mur, mur, mur.) When you say that over and over it sounds just like what murmuring must sound like to God!) and complained and infected my self, my husband, family and friends. I have prayed about my negative, critical spirit and confessed it as sin and asked for forgiveness claiming 1John 1:9 that God would "cleanse me from all unrighteousness" and asked Him to give me a new heart and a new mind and really make me into a new person. He has answered those prayers by bringing me to the Freedom Workshop and teaching me how to identify the voices that come into my mind from the sinful nature and how to respond to them with Romans 8:13 and 14. I DO NOT have ANY obligation WHATSOEVER to do what it (I refuse to capitalize "it") wants me to do. But THROUGH THE POWER OF THE HOLY SPIRIT I can

TURN for "it" and "its" evil deeds and have LIFE, real life, not just existence. Instead of complaining and mur, mur, mur, murmuring I can answer God's call to "come and talk with Him" and tell Him what I'm feeling and pray for the situation and others involved in it and be disinfected and clean and content and satisfied. I can be confident that God is working and that NOTHING can happen without God's permission. As long as He permits the "fiery trials" to continue, I am in His boot camp and I can "Be very glad - because He is training me and strengthening me and making me a partner with Christ in His suffering and afterward I will have the wonderful joy of sharing in His glory when it is displayed to all the world." I Peter 4: 12 & 13.

I have tried to memorize verses in the past and have been able to learn them and remember them long enough for the class I was taking but the verses I am learning in the Freedom Workshop actually apply to my situation and my life. I really have something vital and relative to share about how God is changing me instead of feeling like I'm spinning my wheels learning facts. I am so grateful to the Lord for finally getting me to this workshop. I know it was His divine timing. All... praise and glory to God and to Jesus Christ His Son and my Savior and for His teaching these truths to Debbie and using her to share it so well with others. Amen.

24. How God spoke to me in the freedom workshop. I have been part of two different salt and light groups. They both are not meeting now. Anyway, I finally caught on as to how to read relationally with the Lord. It makes so much difference to my time in the Word now. I enjoy always spending time with other Christian women. As you always say, we are better together. I love reading and praying and laughing with the "girls". I have learned more in my reading during this 6 weeks also. When I read more slowly and relationally I am seeing more than ever what the Lord is telling us. I am grateful I waited and was finally able to be part of this workshop. I look forward to seeing everyone at the regular salt and light meetings. Thanks for Debbie opening up her home to us. And thank you Debbie Friley for the work you do. I hope things in your life are calming down a bit. Please edit this email to fit for you what you want it for.....in His love, Cathy Singleton

25. First of all I would like to say I really was trying to avoid freedom workshop. I tried to ignore it, but it keep showing up. People were talking about it, and I really tried not to listen. I even said "well it's held on Thursday nights so I can't go", then I received an email three times that it was now being held on Tuesday mornings so I said okay Lord, I'll go. So Tuesday morning came and I showed up, sat all the way in the back waiting for a "to do" list or some kind of miracle to take place. Then Debbie started to speak, she wrote on the board "GOD WANTS YOU" I started to cry, I never really felt wanted. Except for by my husband, but sometimes I don't believe my husband wants me because why would he want me? No one else does. Next she gave us two memory verses. Psalms 27:8 stuck out more to me than the other verse, it says; my heart has heard you say come and talk with me and my heart responds, Lord I am coming. Right then at that very moment I knew two things 1. God wanted me 2. He wanted to talk with me. And from that moment on I have been talking to the Lord, Sometimes I forget and start listening to my sinful nature, but the Lord quickly says "hey come and talk with me". Through freedom workshop I have grown to really love the Lord, Love his word, love talking to Him, learned scripture memory verses and now I'm sharing with other women and my children. I really enjoyed all of my sisters and the fellowship lunches afterwards!! Debbie please continue to be Gods vessel, the Lord has given you an awesome task thank you for listening to his voice. With love. Galatians 6:8-9 THOSE WHO LIVE ONLY TO SATISFY THEIR OWN SINFUL DESIRES WILL HARVEST THE CONSEQUENCES OF DECAY AND DEATH. BUT THOSE WHO LIVE TO PLEASE THE SPIRIT WILL HARVEST EVER LASTING LIFE FROM THE SPIRIT. SO DON'T GET TIRED OF DOING WHAT IS GOOD. DON'T GET DISCOURAGED AND GIVE UP, FOR WE WILL REAP A HARVEST OF BLESSINGS AT THE APPROPRIATE TIME.

26 Well, I'd like to start off by telling everyone that the Lord has blessed all of us for coming to the Freedom Workshop. Debbie is writing about us being a powerful group... it seems as if we are all on the same page praise be to God. O.k. for starters the Lord has helped me so much. I started off in Florida on a bad note. My husband decided to make some bad choices such as cheating on me and I no longer blame myself for this and I realize now more then ever if I continue to have a forgiving heart and listen to God and not the messengers of Satan I'll be alright. I'm just now starting to plunge into the study more such as scripture memory and all that and I don't feel defeated anymore because I know that my Redeemer lives in me and He can bring me through anything.

27. This class has shown me that you are never to old to learn! It has helped me to stop listening to my sinful nature and made me very aware of what I am thinking about. It has also shown me "how to" put into action what I know and to understand what God is telling me. Oh yes, I've learned to be a better listener and I've also learned the value of memorizing scripture and plan to be working more on it.

Thank you so very much for your teaching and instructions that motivate and encourage "those that have an ear to hear." God Bless

28. As you know this was my second Freedom Workshop and it was just as beneficial for me as the first. This time around I especially enjoyed the times of prayer and praise. My favorite part was hearing women quote verses from the Psalms during prayer. I could sense God's Presence. Quoting Psalms in prayer is something new and delightful for me. I also enjoyed having an accountability partner. God has spoken to me by giving me a new method for remembering scripture references using pictures for

numbers. By using this method I am able to remember much more than I ever have. Then God gave me a bunch of new verses to memorize as I was reading thru my Freedom Workshop homework, here are just a few:

Col 1:13 For He has rescued us from the kingdom of darkness and transferred us into the Kingdom of His dear Son, Col 1:14 who purchased our freedom [with His blood] and forgave our sins.

1Pe 2:19 For God is pleased with you when you do what you know is right and patiently endure unfair treatment.

1Pe 2:20 Of course, you get no credit for being patient if you are beaten for doing wrong. But if you suffer for doing good and endure it patiently, God is pleased with you.

1Pe 2:21 For God called you to do good, even if it means suffering, just as Christ suffered for you. He is your example, and you must follow in His steps.

1Pe 2:22 He never sinned, nor ever deceived anyone.

1Pe 2:23 He did not retaliate when He was insulted, nor threaten revenge when He suffered. He left His case in the hands of God, who always judges fairly.

1Pe 3:8 Finally, all of you should be of one mind. Sympathize with each other. Love each other as brothers and sisters. Be tenderhearted, and keep a humble attitude.

1Pe 3:9 Don't repay evil for evil. Don't retaliate with insults when people insult you. Instead, pay them back with a blessing. That is what God has called you to do, and He will bless you for it.

1Pe 3:10 For the Scriptures say, "If you want to enjoy life and see many happy days, keep your tongue from speaking evil and your lips from telling lies.

1Pe 3:11 Turn away from evil and do good. Search for peace, and work to maintain it.

There are many more verses, far too numerous to list, so pray for me that I will be faithful and do what the LORD says. I will surely miss this group of godly women, and you too Debbie, but I am thankful that some of them are members of the Salt and Light group I plan to attend.

29. My testimony is short and sweet. I forgot I was a daughter of the King and how much He loved me. My entire family has been under attack and I got weary. Krishna played a great role in carrying me on the stretcher to where I needed to be restored. I realize we need each other very much. Thankyou for helping me by doing this study. I want to come to it again. God Bless you

30. Thank you so much for making yourself available to be used by the Lord as His vessel to pour out the Freedom Workshop. I was so blessed by being able to attend these past six weeks. I know that my life will NEVER be the same again now that I have learned the principles you presented to us. Thank you for being so transparent and open about your own struggles with learning to follow this message. It is helpful to know that even you don't always get this perfectly every time. :-)

I pray that the Lord will continue to bless your ministry and bring more and more people to you to hear this message. I really hope that you are able to do a class or two for our kids at the Calvary Homeschool Co-op. I would love for my kids to attend!

I wrote this this morning and put it on my blog, will this work? Also, please feel free to include any of the things I sent to you throughout the six weeks. In Him

31. God has been using this verse in my life recently to CHANGE THE WAY I THINK!

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think..."

Romans 12:2 This verse was a memory verse that I was assigned as part of the Freedom Workshop that I attended for the past six weeks. One of the ways God is changing the way I think is through the memorization of Scripture. (Actually this is a major way He is using.) Never before did I truly understand the importance of memorizing the Word of God. Yeah, I knew it was something Christians should do. And, I had at times been able to memorize some Bible verses and rattle them off occasionally.

BUT, as I have submitted and completed the assignments of memorizing the verses each week, I am beginning to see that it is so much more than knowing the words in the right order and where they are located in the Bible.

As I memorize the verses, I think about them. I meditate on them. They have penetrated deep within my heart. (Proverbs 4: 20-22) It does help that we have also been reading the surrounding Scriptures in which these verses are located. I have read them in context. I am understanding their meaning. They are becoming a part of me. They are changing the way I think! (see Romans 12:2) :-)Last night as I was beginning well into a pretty regular interior scene of feeling sorry for myself because I had things to do around the house as part of my duties of wife/mother, the words of Romans 12:2 came to my mind. Yes, I had been attempting a conversation with the Lord about how I was feeling....and it was then that He reminded me that I needed my thinking to be changed.If my thinking is correct, my actions will be correct. And as God changes the way I think, I will be transformed into a new person! The new person that is already inside me. The new man who is no longer listening to nor engaging the sinful nature that is still present within me.

I am so thankful for this evidence that the Lord is changing the way I think about my life and about memorizing His Word.

32. Being Renewed Day by Day Where have I been? Good question. Where *have* I been? I pretty much crashed after a very busy month of good things and many celebrations. Four birthdays, an anniversary and a college graduation. Whew! Field trips, Freedom Workshop, art festivals, you name it, we did it....almost. It was a lot for this little momma to handle. And you know what? I thought I had it all together. I certainly didn't want anyone to know that a little extra activity wore me out. But it did. Too much activity for me along with too much sugar from all those celebration cakes as well as too little exercise, added up to me flirtn' with depression. I admit last week was a hard week for me. I had been really looking forward to just getting back into a normal routine - settling back into school with the kids, getting my laundry done and my house back in order. I didn't count on my weak earthly body and mind showing what they're made of. I honestly thought that now that I have gone to Freedom Workshop and I am learning to - through the power of the Holy Spirit - turn from my sinful nature and listen to God's voice and follow Him.... that I would be free from anxiety and depression. Ha! Well, I think that first of all that is rather prideful, isn't it? Yeah, I go through 6 weeks of the Freedom Workshop and I've got it down! Something that Debbie, the one the Lord uses to lead this workshop, says she still doesn't have down! She still forgets to remember.... and so do I. For a reason only God knows, and I know that He knows what is best, anxiety and depression are part of my weaknesses here on earth. I praise and thank Him that it is not clinical. He is using my weakness in so many ways to glorify Himself through my life as well as to get me to Him, over and over and over. Without my weaknesses, I truly would think that I could do this life all on my own. So I thank Him for my weaknesses.

I was reading in 2 Corinthians 4 and 5 this morning. The Lord is so good. This is what 2 Corinthians 4: 5-7 says: *You see, we don't go around preaching about ourselves. We preach that Jesus Christ is Lord, and we ourselves are your servants for Jesus' sake. For God, who said, "Let there be light in the darkness," has made this light shine in our hearts so we could know the glory of God that is seen in the face of Jesus Christ. We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves.* It is all about Him. My "message" to all I come in contact with is to be Jesus. The light and power inside me is Him. My troubles, trials and dying body all serve to display His life. When I share with others about my sufferings I do not want the focus to be on the sufferings, I pray that Jesus is seen through me and my sufferings. 2 Corinthians 4: 16-18 says: *That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.* I had to confess to the Lord that I focus on my troubles way more than I look forward to what is to come. My desire is that His life shine through my "dying body." As I sat in the quiet this morning and focused on His Word I felt it "penetrate deep within (my) heart." I felt it bringing "life and radiant health" (Proverbs 4: 20-22) to me as He uncovered the meaning of His Word to me. And so begins a new week. I am trusting in the Lord for the strength I need. How about you?

33. First I want to say God Bless you! Just know you are making a difference and someone's life. I have been wanting to take this class for a while and seen the opportunity when I seen what time slots you had and Me of course doing it. This class has opened my eyes to a whole new world. I have always believed there was a God I just never knew he cared this much. Everything that has happened in my life I was always asking WHY? Now I know! God is Amazing. All I know is God is Love and I thank him everyday, I have to. I just thank God for you and I pray for all of us to stay close to our Father and his son Jesus. I'm sorry I won't be able to make this last class, but just know I will be there mentally. I am going to continue to read the Bible and read it relationally. If you ever want to send me some heart work that's fine with me.

34. On Mother's Day my husband and I traveled to the Beach. I do not know why the east coast except that the Lord had a plan, and He soon revealed it to us. After we enjoyed our time on the Beach and started back to our car, we were approached by a woman who noticed my husband's shirt which identified a particular Christian ministry we work with. As she began to speak to us, telling us of the ministry she is involved with Beach alcoholics and her trips up and down the beach evangelizing, she conveyed to us she had no job (but picks up odd jobs), no place to live (but has been given a place for a month) and a host of other life stories, my mind unfortunately became captured by my sinful nature instead of going straight to the Lord in prayer. My sinful nature took control so quickly that I didn't even catch myself or pull away, but instead lingered where I should not have traveled. My sinful nature steered my thoughts to questioning what this individual might want with us or from us and where this conversation was headed. Was she really serious about what she was speaking about when she spoke of her witness and evangelism, was she truly a born again Christian (as if that is my job to determine what is in any person's heart)? She seemed so well dressed, how could she be penniless? She even asked us to pray for her, which I did do (I was going to leave this part out of my message about praying for her because my sinful nature started to tell me once again how really terrible I was for praying with her while succumbing to my sinful nature, but thankfully, by allowing the Lord to control my thoughts now regarding this situation, I know I need to be totally honest). This dear sweet woman returned an absolutely beautiful prayer for my husband and I, but still my thoughts were all over the place regarding her and her situation and not with the Lord. When we parted ways and I began talking with the Lord as I should have been doing all along, He lovingly reminded me that if I had been talking with Him instead of conversing with my sinful nature during our visit with this stranger,

He would have reminded me that I should give her what money we had and offered to take her to lunch because we learned that she was a mother separated from her children on this Mother's Day. It was not my place to question her or what her motives may or may not have been -- I am called to love as Christ loves me. Boy, did I get this message from the Lord loud and clear! It will always be a reminder to me of how much I miss by engaging in conversations with my sinful nature or the demons or the foxes, and how much I really miss not being in prayer without ceasing with my Lord and Savior. I thank Him for His message to me. I thank Him and praise Him that He loves me even though I blew this one. Intimacy with Him (In-to-me-see) -- we definitely shared one in this situation. Praise the Lord! My daily prayer is that He will continually work with this "want to" as we journey together. He makes me smile, and I know He smiles at me too. I shall miss our Tuesdays, but the message of the cross -- Come to Me -- and the message from Freedom Workshop will continue as a work in me. I have been in a Salt and Light Group for almost a year now. I fought participating in a group for more than three years. After the first week with our group of ladies, I realized how blessed I am to have such loving women to be accountable to and who offer Godly counsel and encouragement to me. It's a great time of worship and praise and revelation and learning and I'm lovin' it. Thank you for letting me share.

35. I was rehearsing the things that I shared when you asked for us to give a short testimony, and I started to engage when the sinful nature told me how stupid I am for not sharing other things that the Lord has been teaching me, as my examples that I shared with you and the group were not very specific. I started to believe that I am useless... In the group I tried my best to be brief and to grow in the area of being quick to listen and slow to speak, but afterward my sinful nature wanted to tell me how horrible I am as I rehearsed what I shared in the group. I could have said things better... It's okay when I ramble to God or don't articulate things perfectly, since He knows my heart and knows what I am trying to say better than I even know it, but I have a hard time expressing to others what I am really feeling, especially in a big group of people. Because I get nervous in big crowds and often say the wrong things, I believed the lie that God cannot use me to bless others in these types of settings; therefore, I should only stick to small groups and not go to anything again that has that big of a group, as I will only make a fool of myself. I'm ashamed to say that I engaged way too long with my old lover. When I finally did turn to Jesus, the lover of my soul, that changed everything! I thought that I was going to talk to Him about the issue that I was talking about with my old sinful nature, but it was amazing that once my focus went onto God and I started to praise Him, the previous issue was a non-issue and didn't matter any longer, because I was at peace with it. If God wants to humble me that is good, as I need to realize that I'm not better than that, and the only thing good in me is Him. I'm not going to beat myself up and give power to the enemy; I'm going to turn to God and trust Him for the victory (and work from the victory). It has helped me to personalize the Scriptures as I repeat them in my head and meditate on them. For instance, last night it was like God saying this to me: "[Insert my name here], come and talk with Me." And my heart responded, "Jesus, my precious Savior, I am coming." I pictured me physically turning away from the enemy and running into the arms of Jesus.

I was still tempted to finish the discussion with my old sinful nature and to tell it how wrong it was, but I had to keep my audience as the Lord. I remembered what you said about just saying, "God" or "Jesus," which helped me immensely. When I didn't know what to say to Him at that point, I just kept thinking of different names to address my Heavenly Father and Jesus like "Daddy" and "My Sweet Savior" that really helped me get to the right frame of mind and to the level of intimacy that I wanted.

The more that I was talking to God, the closer I became to Him. God says in His Word to draw near to God and He will draw near to you, and I could actually feel so close to Him (closer than I've felt in quite a while). It's hard to explain. As this was happening, I pictured climbing onto my Heavenly Father's lap to have a heart-to-heart conversation with my Dad. It really helps me to picture things in my mind. Then I saw myself dancing with Jesus. After talking a lot to Daddy, it was a wonderful feeling to dance with Jesus in my mind and heart without even having to say a word...maybe just "I love you" as I rested in His arms and danced with Him. I even started to hear Him sing my favorite song to me (in my head and heart). Of course, this brought joyful tears to my eyes last night, and again today as I'm typing it. It's overwhelming (in the best sense of the word) to really meditate on how much He loves us. I am so unworthy, but that is the beauty of grace!

Okay, here is a part that I really did not want to share... I struggle with dreams that are sinful. In the morning when I'm still half asleep, I continue the sinful/lustful dreams in my mind. I justify this by telling myself that I can't control my dreams (even though they turn into my sinful thoughts after I wake-up). This morning, however, I had to confess this to the Lord and repent. Even though I've had victory in outwardly staying pure for many years (only by the grace of God), I still struggle with lustful thoughts. God is reminding me once again today that sin starts in *my mind*, and I need to confess and repent before it turns into action. Isn't it funny (not really, but ironic) how often I listen to the enemy reminding me of my past sin so that I beat myself up over it again and again, even though I've been forgiven for that a long time ago after I repented, yet the sin in my mind that I need to confess for today is justified and ignored at times? The enemy sure is clever and deceptive, but I'm not falling for it this time!

I can't just stop the bad thoughts -- I need to replace them with good thoughts. Now, I've tried this in the past by replacing the bad thoughts with seeing Jesus on the cross, but it did not work that well. When I turned to the Lord with help on this recently, He made the answer so clear. Why didn't I get this before? Oh, I know, because I was giving God the silent treatment and ignoring His voice and listening to my old sinful nature. Praise God that He broke the power the sinful nature had over me! Now I am free, and I certainly want to STAY FREE! Do you want to hear what I replace those bad thoughts with now? I replace them with the picture of me dancing with Jesus, like last night. The Lord showed me that it's not the sinful, lustful, physical intimacy that I desire (that was the old me trying to fill the hole in my heart with something that didn't fit). Now that I have **Jesus** in my heart, I see that He is all I need. I still long for a deep level of intimacy though. The great news is that I can have that with Jesus! The spiritual intimacy with my Savior is soooooo much better than any short-lived physical connection (that isn't real intimacy anyway outside of marriage). Well, the enemy, not giving up easily, tries to trick me into thinking that it is okay to have those sinful thoughts if I imagine my wedding night, because after all, in this context we are married and it is okay then. The Voice of Truth, however, is telling me that I am not married now and that I need to remain pure for Him in my thoughts, words, and actions.

God also reminded me to be content where I am -- if I were married, I would need to be content in marriage, thanking God for the blessings of marriage, as I put God first and my husband second -- but because I am single, I need to be thankful for the blessings of that, as the Bible says in 1 Cor. 7:33-35: *33 But a married man has to think about his earthly responsibilities and how to please his wife. 34 His interests are divided. In the same way, a woman who is no longer married or has never been married can be devoted to the Lord and holy in body and in spirit. But a married woman has to think about her earthly responsibilities and how to please her husband. 35 I am saying this for your benefit, not to place restrictions on you. I want you to do whatever will help you serve the Lord best, with as few distractions as possible.* There are many distractions, but I want to be like Mary and choose what is best by making it a priority to spend quality time with Jesus above all else. It is a privilege to serve God and to be called His friend! Every moment I have a choice, and I need to choose to pick up my cross, deny myself, and follow Jesus. Thank you, Debbie, for sharing with us the powerful "how-to" walk in freedom message that the Lord gave to you! I want to continue to grow in this and to not listen to any other voice but His!

36. I feel so blessed to have been able to attend 2 of your workshops. I need the repetition in order for these concepts to become real in my life. I have the CD's and I need to listen to them repeatedly too. My biggest way of protecting myself from pain is to numb out and not allow myself to be aware of what I am feeling. The one emotion that I do allow myself to feel is anger. I have such a strong habit (addiction?) of listening to all of the negative voices regarding people's weaknesses and shortcomings, especially my husband's, and responding to them in anger which I usually keep inside of me- but its still there! Because of the numbing out, its really hard for me to really "come and talk to God" about what I'm feeling. I don't understand why I can have the conversations with myself and with others complaining and playing the victim or martyr but when I try to have these conversations with God, the words don't come, the feelings don't come. I am aware of my own sins of giving into a bitter, negative spirit and I can confess that and ask forgiveness but when I try to put my negative feelings into words before the Lord, all that comes to me is that I'm angry. I can even forgive my husband for whatever it is that is setting me off like you did for so long with your friend that was always stinging you with her words but I still have a problem "dumping" my feelings to God. I keep praying about this and waiting as the Holy Spirit continues to draw me and remind me of the verses that I have learned through the Workshop and my Salt and Light group. I'm thankful for my Salt and Light group where I can be honest and not feel condemnation. It is very helpful to me just to continue meditating on the verses from the workshop. They speak so much truth to my heart to stave off the lies that my sinful nature seems to be constantly putting in my mind. I am especially thankful for Romans 12:2 and the promise that as I continue to not follow the "behaviors and customs" from my past and fill my mind with God's truth, He IS "making me into a new person by changing the way I think." I love the New Living Bible. It really speaks to my heart in a wonderful simplicity. Please pray for

the Lord to deliver me from this responding in numbness and please don't use my name. Thank you and God bless you in all ways.

37. I am so glad that our salt and light group decided to do the freedom work shop a second time. We all wanted more knowledge and understanding of this freedom we had come to know. I have been blessed all over again! I know that I have everything I need in Christ to have "life and peace" and that no matter how many times I fall short...I can keep getting up and running to my Father who rides across the heavens to help me, across the skies in majestic splendor (Deut. 33:26). I know I'm going to make it because I'm no longer trying to do things in my own strength (most the time anyway), but I'm trusting Christ to give me the victory (1John 5:4) and I'm asking HIM to transform me into a new person by changing the way I think (Romans 12:2) and HE is!!!!!! This has been huge for me. When I did the freedom workshop last October, I was a slave to my emotions, if I felt a certain way than it must be so. There has been a change. I can still get caught up in thinking about "how I feel", but more and more I am saying to myself "it's not about what I feel, but WHO I know and what HE says." I'm RUNNING to HIM (Psalm 27:8)...I'm hearing HIS voice... I'm asking HIM to show me when I'm listening to any other voice but HIS. I am claiming my possessions and standing strong in the confidence of who I am in Christ who is my Lord and Savior. I pray that He would cleanse this temple of anything He desires and that I would desire the same. Thank you for your love and compassion for people like me that need to hear the message of the cross again. You have been an inspiration to me and I will always be grateful to you for sharing with such honesty. I'm going to miss you!

38. Xi'an, China Women's Retreat March 17-19, 2006

These 16 countries were represented: England, Nepal, Ireland, South Africa, Korea, Germany, Canada, Australia, Brazil, Scotland, Costa Rica, Malaysia, India, Vietnam, U.S.A., Holland

Name	How did God Speak to you?	Prayer Requests:
	<p>Saturday: That little voice that is the "old man" is not me! I am the new man! I have a choice to engage in it or to turn to God. I cannot choose the right way on my own, it must be through the Holy Spirit. I have always wondered how I was to go about praying without ceasing and letting God transform my mind. I feel like I have a much clearer understanding of how to go about that and a deep desire to see this come to fruition in my life. I know it won't be easy, but I know it is time to choose life now! Sunday: I have two young Christian girls I am discipling and I am so excited to go back and teach them about all I have learned. Thanks so much! You've been a great blessing in my life this weekend!!</p>	<p>This is my last semester in China before going on a one year sabbatical. I have been in China almost 6 years and dread this change. I need prayer that I will balance ministry here and still have hope for what's to come. I want to leave well which means I will need to engage and not shut my heart off to the pain of saying good-bye. Pray that God will be preparing an awesome time for me at home.</p>
Thuy	<p>Saturday: Wow, oh where do I start? Maybe perhaps that transition/chaos is such a key to our lives that it so much characterizes our lives to keep us from getting too comfortable and content with where we are spiritually. That the Father allows these times to get our attention, to keep us running to Him. To keep our eyes focused on Him! To look to the tester. Phil 2 where Paul puts no confidence in the flesh...mmm. Freedom from law and sin and old nature is great but it is definitely not the familiar. But He is faithful and will empower us to be what He wants us to be for His name's sake. I want to invest my life in God.</p> <p>Sunday: I can do all things through Christ who strengthens me! I have wanted to read through His Word and memorize it, but have always felt that it was just too overwhelming! Now, I feel like it is very "do-able". For me it is by His strength and might. I have an accountability partner via email, but I feel like having</p>	<p>Our family has been in a long transition and have some more time yet to go. We are temporarily relocated for the next few months. We don't know where we will be after this and that is ok for me and for my husband. However, our girls are asking about "home". We don't really know how to help their little hearts understand.</p>

	involvement in a group would work better for this.	
None written	Today God has told me that he works intimacy deeper than I imagined. Completely giving Him all the garbage I need to get rid of. Instead of letting it pile up inside me to purge it out and live in Him. Often when I have the 'old man' thoughts I would always feel very convicted and that I was a failure to God. I knew it wasn't completely true, but still it would get to me. Today, I felt Him telling me this wasn't true...just my old self, that I have power over because of Jesus.	
Jennette Howard	Saturday: How to paraphrase scripture individually and as a group. And then writing the opposite of scripture. To do this in my quiet times. Sunday: Reading through the Word and stopping and talking to God as I go. (Reading Relationally)	To spend more time with the Lord. Step into the call and work He is calling me to do (stepping it up a notch). Being more grounded in the truth so I may intercede for others and see those I work with come to know Him.
Lucy Cowie	Saturday: Enduring tests and trials strengthens you making you more confident. Your faith is refining you. Focus on Him when tests and trials come. Pray for the person that is persecuting you. Sunday: To dwell in His word; to ask for His guidance and to listen to His voice through His Words.	For clarity in what God S plans are for me and my family. That we would walk in His paths always. In time of testing, I would look to Him and away from the "tempter".
Tineke	Saturday: Ps. 36:5-11 The unfailing love of God and that He can be trusted. He confirmed this during our worship time and God also showed me that I am still often trying to do things in my own strength. During the talks he clearly showed me: I HAVE set you free. Sunday: That the desire in my heart is to please Him.	That I listen to and trust God's voice and resist in His power to listen to the lies. For a deeper relationship with my heavenly Father. And that He uses me like He wants.
Natalie	Saturday: He has showed me that too often I speak to my sinful nature and it feels good at the time but then afterwards I don't feel any better, but that I don't have to live like that any more because He has given me the Holy Spirit who will give me strength if I only go to God and ask Him for help...He is more than willing because He loves me and created me. And He longs for me to spend time with Him. I also realized that if I really understood God and how much He loves me, that I wouldn't be so defensive all the time trying to prove that I am right or be concerned with getting people to like me. And that I need only to Please Him. So I NEED to start only listening to His Words. Sunday: That we may be saved but to be a true follower and discipler we need to be reading God's word and interacting with Him. Ask Him questions and be patient in waiting for the answers. I have been wanting to know the right way to go about leading a bibl study for people who don't know anything and its good to know I only need a Bible and which books to do in order.	Psalms 103 is a passage that I really need to believe in my life. I often think God can't forgive me again for this or that, or even just forgive me in general. I am tired of carrying baggage around; I want to be set free from everything in my past. I need to learn to take my thoughts captive and I need prayer for my mind. I need to stop being lustful and learn how to master it when it is sin that is crouching at my door. I want to believe that God really is my defender and protector. I find myself fearful and afraid of life in general from little things like being attacked by dogs to what God s going to do with my life.
	Saturday: It has been a blessed day. Specifically though, I know we have to tell our Lord everything but today the Lord has really specifically spoken to me on this. I am confident that I am going to put it into practice.	Please do pray for me to have a closer relationship with God, to make Him my focus and center. Also for my boldness and confidence to speak to others regarding His

	<p>I have got to have a closer walk with God. He has touched my heart and softened it. Now I have a clear concept of how I should have conversation with Him instead of myself. I am no longer a slave of sin because I died on the cross with Christ and the old things have passed and I am new and victorious in Him. Sunday: The Lord has spoken to me asking me for a more personal relationship with Him. Just don't run thru the Words in the Bible but soak into it and have a response to the words He speaks as I am reading. God has encouraged me to learn and memorize scriptures so that I could use them more often in my life talking to others</p>	<p>words. Please pray for the gifts of the Spirit, the fruit of the spirit in me. My family and friends are non-believers, so for them to receive the Lord as well. Please pray for my studies and my conduct with other people. I hope to stay strong in Him always.</p>
	<p>Saturday: That I need to be meditating on Gods word more. How to deal with negative and sinful thoughts by taking them back to God. How to meditate on scripture...go through it and underline it and dwell on it. Sunday: How to meditate using scripture. Encouraged to read the whole Bible and the necessity to read it. Without being in the word of God there is no power. Pray using Scripture. Encourage new believers to read scripture in the same way.</p>	<p>Self-acceptance. Distinguishing the voice of God. Not living under false guilt. Letting confusion stop me from fully living in God and keeping barriers up with others.</p>
	<p>Saturday: He has reminded me that I have a choice. He has shown me that many of the conversations I have with myself are of the old nature. He is showing me He is waiting for me to dump, pour my heart out on Him and turn to Him rather than listen to the inner "old" voice. He is reminding me to believe His words. Sunday: When I was young I memorized scripture but over the years I have lapsed. This morning I have been challenged to start again with God's help and not to use the excuse any more that I am too old!</p>	<p>The determination and ability to learn and remember His Word. To be more diligent and no more excuses in trying to learn and practice the little Chinese I know. And discernment to know those of my students whom God is calling and lead them to us or us to them.</p>
	<p>Saturday: As you shared that we are not perfect, but Praise the Lord, He is perfect! As in Philip. 3:13-14, I am not yet there so I am pressing toward to win everything that He has for me. God spoke to me more about encouragement, confidence, and security in Him. Also His unconditional love, grace and power of transformation. He can do anything!! Sunday: New insights of His Words. Many good and different ways of the use of His words. The Truth and power of His Words.</p>	<p>Ask for more intimacy, communion with Him so that I will know Him more. Ask for more memorization, understanding and application of His words in daily life. May He transform me daily so that I may see more like Jesus. May what I hear, will produce more fruits. Also I will appreciate the prayer for next step and place after this June as I am finishing my studies by June. Pray for more hunger to His words.</p>
	<p>Saturday: I am so encouraged by your words Debbie. Whatever God has spoken through you, I am so thankful to you and our Lord. Especially I am encouraged by your message that "Don't make conversation within yourself. Whatever is the matter keep straight or pour your feelings in front of our Lord! Thank you for encouraging me to be a broken people. Sunday: I am encouraged by this Lord is calling us to drink pure milk and of His word and if we continue in His word, we will know the truth and it will set us free. It really encouraged me to be obedient and truthful child of His.</p>	<p>Discipline life in God. Hunger for God. To make me a broken person. For my study. For my family. For quiet time with God. To be active in Him. For our "Salt & Light" group and for our fellowship.</p>

	<p>Saturday: Whatever Debbie shared in the Spirit, God has spoken to me through her that or I would say counseled me once again that He loves me; this has given me an better understanding of the scriptures. Reminded and guided and encouraged and filled to seek Him and acknowledge His path in Truth; that He desires the truth in my innermost being. That He is a calming and loving father; trusting him and loving Him! Yeah!</p> <p>Sunday: Bible Study. He answered the question that was in my mind for some time...yeah! Stick to God's Words.</p>	<p>Thank You! Please pray for me that God would give me a heart full of praise and worship towards Him for Him. Discipline life in Him. Temple Maintenance. That I would spend more time with Him with scriptures and would always approach Him no matter what. More hunger and thirst for Him! That I would tell Gospel to my unbeliever friends as He guides me. Forever in my life, always acknowledging Him and His ways. Amen.</p>
	<p>Saturday: The main thing God has spoken to me about today is to have a conversation with Him instead of thinking other thoughts. I liked the phrase we are not working for the Victory, but from the Victory! Sunday: Our job is to bring people to God. God has been exciting me about using what I have learned this weekend about getting in the Word and using it with Chinese people and possible at home in England!</p>	<p>Please pray for me as I set out on my journey having conversations with God instead of entertaining other thoughts. I also want to continue experiencing God's love, like I am at the moment and particularly to know Him as my Father. I want a breakthrough in this area.</p>
	<p>Saturday: Nothing happens without God's permission. In thinking about a tragedy that occurred in my family in 1989, it is hard to believe God allowed that. I have heard that before, but I found more comfort in understanding that the heart of God was grieved along with mine. So my challenge now, which I accept, is to face squarely that everything He does is good and right and true.</p> <p>Sunday: Continue On!</p>	<p>My adult children and their spouses: Rose and John, Christopher and Abigail, Luther and Amy...that they all will remain or return according to their individual spiritual needs.</p>
	<p>Saturday: I feel like God has given me a breakthrough in understanding what to do with the muck that clogged my freedom...dumping it on Him, then being invited to join Jesus in intercession over that muck is soooooo freeing! Sunday: Very encouraged to memorize scripture.</p>	<p>Ordering time to be able to juggle home schooling, "life" here, learning Chinese, etc. and my mind "feels wasted" but I want to learn scripture...</p>
	<p>Saturday: God is my defender. Trust Him and let Him have control. God reveals so that I might intercede not criticize. The old man has not power unless I give it to him, but I will be tested. Turn to God in frustration. Let God transform me in renewing my mind. Let trouble be an opportunity for Joy. God's message is strong enough to save my soul. Religion=don't be corrupted by the world. Jesus said and did the things the Father led Him to do. I gladly bow the knee. Sunday: Good strategy for outreach (ie. Testimony in Russia) Reminded to read relationally through the Word of God. Wow! Is God speaking to me</p>	<p>That I would gladly bow the knee to the will of Jesus Christ. That God would help me not just to read the Word, but to read it relationally</p>
	<p>Saturday: I have a better understanding of my position in Christ Jesus. I can be honest with God regarding my feelings and emotions! He says it is o.k.! I don't have to engage when the evil one speaks to my mind. Sunday: I learned that others have similar struggles in life, but if you are faithful to read and pray through scriptures that God speaks life to us!</p>	<p>Pray for supernatural favor in learning Chinese language. I would become more disciplined to read and learn God's Word.</p>

	<p>Saturday: To stop pretending to be a good person. I have awful thoughts, which I need to not dwell on ...they only lead to guilt. That I would bring all to the Lord, bringing joy, leading to prayer, leading to fruit. To take captive my thoughts and bring them again and again before the throne of Grace. For nothing is impossible with God!</p>	<p>For more honesty, both with God and others and for wisdom to know how & who (out of my 240 students) to share deeper things with. For better communication in my marriage.</p>
	<p>Saturday: He reminded me afresh and anew that I don't have to live in the condemnation of the old nature. The Power of the sinful man has been broken and I have freedom in Christ. I don't have to live in discouragement and defeat in my personal and ministry. PTL! I was reminded again that I am precious to Him and I have been purchased with a very high price...I am His beloved! Sunday: I have been longing to be in an accountability group, to maybe start and facilitate one...so encouraged by the testimonies!</p>	<p>Not become discouraged in the "task!" To walk in His Spirit in all that I do. Follow thru with starting a small group.</p>
	<p>Saturday: Exodus 14:14 "The Lord will fight for you while you remain silent. God has spoken clearly through this to me today...He want every thought, word, action to be offered up to Him and left there and for me to rest quietly in Him knowing that He will work according to His plan. God has said so much today as He has been central. Jesus has been glorified and the Word proclaimed. The Word about dumping to God, pouring your heart out, is so meaningful and I pray that my prayer life will be greatly enriched and that intimacy with the Father will increase. Also from the Gospels, when Jesus cleared the temple... as we are dumping all to Him He is clearing our temple...this is so meaningful. Sunday: The principle and value of reading God's Word relationally is going to make such a difference. Through this He is going to bring Me, I believe, so much deeper into the Word. It is so exciting!</p>	<p>Prayer for an even greater love for His Word. To instantly a hide His Word in m heart that I might not sin against Him. To be empowered to share what I have learned this weekend with others. To listen to Him carefully as He speaks and to obey immediately. For clear direction in the future</p>
	<p>Saturday: My old self has been paralyzed and my sin wiped out. I am now one in Jesus, my Savior. However, I still have my old sinful nature, which is warring constantly with the Holy Spirit for my attention. I pray that God will make me aware of when my old self is talking, and that I would hear it but not engage. I pray that I would turn conversations with myself into conversations with God. I want to dump all those feelings onto Him and then pray in love with His will for me and others. I'm particularly aware of how I engage with my old self in being slow to admit fault and defensive to criticism. Sunday: I need to really commit to my quiet times and not just "get through" the next bit of the Bible but pray through scripture ask God to give me verses He wants me to memorize.</p>	<p>Discipline in having regular quiet times. Awareness of when I am having conversations with myself, and instead converse with him and tell him how I am thinking and feeling. Greater faith that God really will answer prayers!</p>
	<p>Saturday: God has let me see that I am choosing to be a victim and that I am believing lies. I, apart from His strength, can't and don't need to leave a holy life because I have all the holiness of His power at work in me. I just need to line my will up with His and the result will be holiness. Therefore I can lead a victorious life.</p>	<p>That I won't be like the men in James who look in the mirror and forget what He looks like. I want to be a hearer and doer of his word.</p>

	<p>However I am lazy and I need to work at capturing my thought but I want to be changed, renewed, washed and to walk in joy and victory instead of defeat and half life. I need to work on the transforming of my mind!! Sunday: I need to be consistent in reading the Word to let it wash me. I have not understood the concept of reading relationally and I am excited to begin. I have also been challenged about scripture memorization and my attitude towards it. Debbie, Thank you so much, hope you have been as blessed as we have. Thank you for being His messenger and servant.</p>	
	<p>Saturday: God has really revealed the simple, but profound Truth that I am a new creation and I have seen it in a new light today. I always have struggled with understanding my worth and how God sees me because I really didn't understand the Old nature and the power we have over the old nature. I really want to take captive every thought. Already God is showing me how I think and the conversation I have with myself, instead of with Him. I really feel like I can nail to the cross how much I worry about what others think and constantly putting others down in my head. I would never say bad things to their face, but in my head I always do it and I hate it but I now know that the voice is the old man and it is not me unless I engage, then I must own it and repent. My goal is to hear, but choose not to engage. Sunday: I have been a Christian for a while and I have always wanted to be more consistent with reading the Bible and memorizing verses. I really enjoyed the tips today. I think that there is a group of us who will want to start this type of group.</p>	<p>I would like clear direction and peace for next year. I will either be in a different city in China or go back to the states that will guide my ministry next year. Also that God will bless the rest of the semester and will open many opportunities to share about Him with my students.</p>
	<p>Saturday: Broken people recognize their need of others.</p>	<p>To see God, to know His voice for each day. To know these things which I should do and those to which I should say no.</p>
	<p>Sunday: Start using "Salt & Light"</p>	<p>To sleep through the night. I deal with sleep deprivation. I wake-up every 1 to 2 hours through the night so I don't get REM sleep.</p>
	<p>Saturday: Turn away from mental chatter, which is ungodly, and turn towards Him instead, find His heart. Especially at night. I can't vanquish the foe, only He can. Two techniques to use: rewriting scripture in your own words, and writing out the opposite. Sunday: "We're better together". And another technique: Praying through scripture</p>	<p>Fostering Edwin from mid-June. For wisdom and love. Moving House in the summer, maybe July-for a place big enough for the fellowship to meet. For my sister Joanne and her husband James to really walk with the Lord and build a strong marriage. For me to take my thoughts captive at night and be able to sleep peacefully no matter how busy life gets</p>
	<p>Saturday: I have been doing baggage maintenance and need to dump this pattern. I have the tools and I just need to use them. To stop listening and engaging. The Word pictures you used were particularly helpful to me-a visual learner. Sunday: Encouragement to me – I can't fail unless I turn away from Him and even then He forgives. I can press the restart button.</p>	<p>Decisions to me make about our work I China or other places, same agency or change agency? Family needs at home US. Teaching schedule and planning divine appointments. Peace about changing schools and cities</p>

	<p>I was discouraged when I arrived Friday night about many things but today I have hope and expecting that God will reveal His plan in my life There are sisters that I can ask for accountability and prayer. I am not alone!</p>	
	<p>Saturday: I must stop listening to the Old Man/It and start dumping my concerns/ talking to God more. I must resist the devil's thoughts that he tries to get me to believe & turn to Jesus. Sunday: If output exceeds input – output becomes my downfall.</p>	<p>Healing for feet/leg/to walk soon. Decision to return to China for a 3rd year. Finances – Someone/friend to rent (continue)/ care for our home. Don future job when we return to Australia We have made the decision to return to China for a 3rd year. Feeling that I don't want to return. It's so hard being away from my mum.</p>
	<p>Is there a group I can join on a Mon/Thurs night? (Of Fri/Sat) I'd like to come learn & facilitate for my own for people. It's OK – I'll go to Lynn's. Saturday: To stop "talking to the old man" & talk to Him. To bring all the things on the left hand of the sheet & stop the foxes! Live on the right hand side. To look at uncomfortable/ difficult/ hurtful situations as gifts from Him. To come to Him & say how I feel in it & pray about it/ for the person involved in the situation. Not to defend myself but let Him (& look for the lesson) To remember: the sinful nature is paralyzed & doesn't control me & dwelling in the "old man" doesn't help!! (Boy, it was a busy day, huh!!) Sunday: Learn God's word... have been doing but not regularly & I know where it comes from (I reg. Forget) so I can speak God's word into people's hearts!</p>	<p>He had started to teach me about my unhealthy thought patterns. I want to continue to let him transform me by renewing my mind! That my heart will be content with Him as my All in All! & that I would be more interested in supporting others that being "supported" (cause I'm letting Hi do that). His will be done in the setting up of the Lighthouse Centre – our training/children's library dream. Thank you both of you!! What a joy it's been!!</p>
	<p>Saturday: I learned the importance of "dumping" on Jesus: "Ok, this is how I feel..." I have been so encouraged to memorize scripture again & the importance of always working at relationship & not working @ baggage maintenance. "Trust Me," says the Lord & "I will fight for you." I have more peace (after dumping) Knowing that He will!! Jesus remained silent & didn't defend Himself – I need to imitate Jesus! I want to talk more to God & not to myself! I (want to) let God (I choose to) transform me by changing the way I think as I meditate more & more on His word. Sunday: I was encouraged by what different people shared but had already decided I want to be part of a Salt & Light group. I actually (if the Lord wants) would like to see one started w/ some Chinese friends?</p>	
	<p>Saturday: It's all about God's power – I can't turn in my own power. I can't remove my evil thoughts or signs of pride in my life, but through God's grace He has made the way for me to come to him, to pour it out to Him and allow Him to work in my life. Sunday: Excited about putting into practice what I have learned this weekend – that there are specific things practical things that I can do to continue in His word and to share with others in encouragement. Thank you for your willingness to share!!</p>	<p>Please pray that I would be open to God revealing to me more of myself that needs to be surrendered to Him – that I can place it all in His hands and just learn to rest in Him. That I could continue in the things that God has been teaching me this weekend.</p>

	<p>Saturday: For me to realize that the Lord wanted to (has made) me to be a house of prayer. That I can turn my thoughts to be prayer unceasing. God gave us insight to help us to intercede and not for us to criticize or judge. We are free (not a victim) by the power of the cross.</p> <p>Sunday: How great God's word is for transforming people and loving them.</p>	<p>To be able to completely trust the Lord that He is my right arm (strength). And to be humble under God's mighty hand. For me to go deeper in abiding in God's love.</p>
	<p>Saturday: He has shown me how quickly I need to take every thought captive to Jesus. I use to think I could complain to God but that I needed to wait and calm down from my intense anger. What a waste. I want to be "wow"ed by God's speed at delivering me from my negative thoughts and unite me closer to Him to be an interceding woman of God. Sunday: I especially appreciated the activity about reading through the scriptures interactively. God wants me to do that more.</p>	<p>My kids (twin 6 yr. old boys) go to Chinese school, which means they get a nap at noon and so they are not in bed until 10 am. My youngest is 3 and still at home. Once the twins are in bed I often have things to get done. My kids get up at 7. I don't use an alarm clock and often get up at 6:45 and only have 15 min with the Lord. If I go to the bathroom in the middle of the night I often spend 15 more minutes with Him. I need more time to enjoy God's presence. I'd also love uninterrupted unhurried time. I know this is a season of life but I need Jesus so much in this season. Please ask for this. I have been convicted about how prideful I have been with my team leadership. I've condescendingly prayed that God would change and convict them. I'm the one who needs to change.</p>
	<p>Saturday: The Lord is my light and my salvation, whom shall I fear? The Lord is the stronghold of my life., of whom shall I be afraid? When evil men advance against me to devour my flesh and when they will attack me, they will stumble and fall. When I have any problem I have to tell God the way I'm feeling about the problem and then to ask Him for help. Sunday: To stay free from sins. If I will through the power of the Holy Spirit I will turn from the old nature. I will be the child of God.</p>	<p>I need to hear what God wants me to do. I need God to help me so that I can forgive and forget anything bad done with my neighbors. To be an active Christian. Lord to bless my family (husband and 2 children) Lord to touch all foreigner Christian Students at XIAN Jiaotong University and let them know that without Him nothing can be done.</p>
	<p>Saturday: To know Him more deeply. Be still and hear His voice – not others. Importance of accountability in memorizing scripture. Increase conviction in mentoring/discipling. I am not a slave to sin and to claim that. Sunday: How powerful His word is! That I don't need to have all the answers to help someone else. Increased joy and perseverance in memorizing scripture.</p>	<p>How to share my (His) vision for next year to my supporters. That the financial support for the next year or years would come in. That I would be able to allow Him to control my life instead of trying to control it myself – to help end/stop the perfectionism in my life. Thank you, ladies!!</p>
		<p>Sorry, I'm not good at English. Thank you God and Susie, my roommate, for giving this a chance. This is my prayer request. I feel very thank you for praying for me. 1 I have three meetings every week (leader's, bible study, & player) Pray for Chinese family we are short of leaders. We pray more leader rival. 2 I'll start teaching Korean in Shida with 2 Korean friends for God's glory pray for many students to know God through this class. 3 I hardly have QT personal time for me because of me. So I am busy everyday but I feel empty. Please pray for me. 4 please pray for my financial problem</p>

	<p>Saturday: I long to put to death my self, and today I've seen how far I have to go. But, I've also seen that every thought, attitude of the heart and sin from the old man is NOT ME! Jesus died for me, and my sinful nature is also washed away and I am a new creation, and I need to hold on to that when I feel I can't really change patterns of thought. I CAN, BY THE POWER OF THE HOLY SIRIT and the grace of my God who loves me. Ask God to show me quickly when I'm having conversations with myself or my thoughts are going down the wrong track in any way and for INSTANT OBEDIENCE in taking it captive. Do not follow it or it leads to death. Lord Jesus, You died to give me life. Sunday: Great encouragement. Keep reviewing what He is teaching me. To pour from a full cup (In my picture on Friday night my cup was not full enough for the road ahead!) A clear reminder of the FOUNDATIONS of discipling people.</p>	<p>Victory over what I've come to believe is a besetting sin, but which I now think is not besetting. I just don't have to engage with it. I'm a bit scared about the next test; please pray for victory! Recognize and stopping conversations with my self. Pouring from a full cup in ministry to folks here.</p>
	<p>Saturday: He has told me to invest time in memorizing His word, to stop being lazy and inconsistent about reading His word, to spend time in dialogue with Him instead of ignoring Him.</p>	<p>Future plan of action in my life (in China).</p>
	<p>Saturday: The Lord has made clearer some itches I've had some time: the self conversations & how to pray without ceasing. I've realized I'm quite critical about people's appearance. I've heard myself make unspoken critical comments today. I've rehearsed conversations sometimes aloud (I live alone). I've talked to the Lord about the conversations/situation, sometimes prayed for them, always for myself. I need to have the Lord turn up my hearing aid and transform my attitudes and responses. Sunday: I've never used the bible enough. Thank you Lord (and Debbie) for opening the door on how to do it relationally and to accomplish it systematically. MV work too.</p>	<p>1 Consistency and constancy in really learning from the Word not just reading it. Knowing Him better and trusting Him seeing His perspective on issues. 2 heavy working load – Eng writing 3 decision about whether, where, how to do some language study next semester.</p>
<p>)</p>	<p>Saturday: I am reminded that I am the temple of God and God desires a temple that is clean and holy. He wants me to throw out the things that defile His temple (ie my body) and to be consciously protecting them to make them holy and acceptable. Nothing escapes God's attention, and nothing happens without His knowledge. In spite of know the fact that God allows trails and temptations in my life I was so close to give in to the desires of my heart not God's. I am happy that I was able to nail it to the cross with this help. Sunday: I am challenged by the message and the testimonies of some of the sisters! It challenges me to be on my toes and be ready and willing to learn the word and speak to the author of the Bible personally.</p> <p>Saturday: My Dear sister.....I cannot tell you what the retreat did for me. When I read the topic, I thought, well I</p>	<p>1 I love the Lord with all my heart, but I am not working hard enough on myself to be equipped with the Holy Spirit in order for Him to use me. Please continue to pray for me that my hearts desire would be the things that will only glorify Him and nothing else!! 2 Please pray for me so that I would be able to keep up with what the Lord is teaching me and that my heart would be burning to know the word of God in a personally.</p>

already know about that, but it will be nice to go, fellowship with the other ladies and I know that God will have something to say to me. Was I ever surprised. I found that in reality I knew nothing about the topic. Mary suggested I bring my roommate Hannah. I never had thought about asking her. She spends most of her time with the Chinese and Korean church and she cannot speak much English. when I knew the topic, I thought, Oh, Hannah needs this. I prayed she would be able to understand enough. I thought this because of some of our past conversations. However Saturday morning, the 2 edged sword came right into my heart. I forgot all about Hannah. God was plowing down my row. I had a lot of conversations with myself. Sometimes I thought something was wrong with me. I was really having trouble with language study and I thought that if I had been in today's elementary school, I would probably be labeled as attention deficit. I am sorry I don't even know how to spell it. When I started language study last fall, it was the first time I had ever wondered if something was really wrong with my brain. I never had any difficulty like this in college. But Saturday, I discovered it was my heart, not my physical brain. I would have been embarrassed for anyone to know how many conversations I had with myself. I thought that was a rare thing. When you were talking, I could hardly believe it. Then you said, you also rehearsed conversations with yourself that you were to have with other people. I said, "Oh my God, I do that too". My heart was just split in two and for the first time I saw Jesus in the whole situation. A couple weeks ago, I had a situation that helped prepare me for this teaching. I had previously thought that we should not complain to God, but every day I complained in front of God, because He hears everything. I thought I would be in trouble like the Israelites who complained in the wilderness. Anyway, about 2 weeks ago I went to get my Metro card. First I got off at the wrong Bus stop. Then I had two more unpleasant experiences, but finally got my card. I had my first argument in Chinese. I said, I didn't know I knew enough Chinese to have a fight, but I did. When I was going home, I said, I can't believe all these things happened. I was overwhelmed with what I thought was unreasonable. Then I pulled my mobile phone from my pocket to call my friend and tell her the things that just happened. When I did, God spoke to me and said, "You can tell me." To my surprise, and contrary to my past beliefs, I did just that. In just a few minutes my burden was gone. I felt no need to call my friend. My heart was filled with joy. I could not believe it. In the past I did so much baggage maintenance. I tried to get rid of all bad thought so I could pray. That was only self righteousness. I was trying to get myself good before I came to God. When you were sharing Saturday, I knew it really worked because of what happened with my

experience with my Metro card. Had that not happened I probably would not have been about to fully accept this message. But I had just learned it can work. All day Saturday, conviction was heavily on me, but I also felt love from God like a blanket around me. Sunday morning, as I sat listening, something just happened. A weight went off me. I felt so light, so free. I did not get to come to Saturday night's meeting because I had to go meet a Bible delivery team from Hong Kong. On the bus going home Sunday, I can't tell you how I felt, so free, so happy, so loved. I found that God had also put His arms around Hannah. Our fellowship has been so special this week. My tutor came Monday. Although I did not say anything to her, she told me: You are so different today. You are happy like a little baby. I then told her God did wonderful things for me this weekend. This has not been a perfect week. One day I felt really bad. As I made an attempt to crawl back to Father, He just came to me and scooped me up in His arms. Thank you for coming, sharing, and praying for, and loving us. Again, although this week was not perfect, I believe it as the best week of my life. Your sister, Susie