

## **Biblical Counseling Testimony**

Hi David

How are you? Hope all is well with you and Eryn

I have been thinking about writing you a BIG thank you for weeks now. Where to start?... I will tell you my life is good and I am good for what feels like the 1<sup>st</sup> time in my life. When I started working with you last year I remember you asked to rate my 'life satisfaction' from 1-10. I think it was a 1... Today I can say I'm *consistently* about an 8 and it's not due to my 'outer life (though that has improved as well) but rather my inner life and by God miraculously changing my heart and renewing my mind.

Consistent being a key word.... Before working with you my life had been filled with MANY lows and a few highs now and then but I was queasy from riding that roller coaster after 40+ years. I had just completed 3 months of intensive outpatient treatment in the 'mental health sector' which still lacked what I needed to heal. I needed Jesus and had searched all over in people, places, things and especially false religions and cults.

It feels like I had a surgical procedure that changed the lenses in my eyes and the wiring in my brain and heart. My focus went from ME and seeking self-fulfillment which is what the world and 'self-help' tells us to do to walking with Jesus which is when we receive genuine blessings. It doesn't make sense intellectually and I am quite a thinker.

Somehow you lead me to the Truth, light and freedom from bondage. Today I am still single, currently have a broken foot, live alone in a 2 story which would have thrown me into a deep depression in the past since being on crutches requires me crawling, grunting and a lot of sweat just getting myself ready for work. With a renewed mind and heart I am filled with gratitude that it's my left foot so I can drive, is a bone so will heal faster and pray God uses this for His glory.

I have a job I enjoy without the chronic stress I had always been under. I used your decision making worksheet to discern the 4 job offers I had. The others 'seemed' good on paper but I felt god leading me to this one which didn't seem logically the best fit. You taught me to trust and make all decisions based on His rule book (Bible) not the worlds...It works and while I don't intellectually know why I feel immensely blessed. I could go on and on but will close by shouting "Thank you David!!!!!"

May you be deeply blessed as you have blessed me.

Pamela

July 9, 2015