

"He said to me, 'My grace is sufficient for you, for power is made perfect in weakness.' I will boast most gladly of my weaknesses, in order that the power of Christ may dwell with me." -2 Corinth. 12:9



"A Story of Grace"

by a friend of CrossCounsel

Mine is a story of grace. The Lord has truly been good to me, and I have felt called to share part of my story of His grace, both for His glory and in hopes of encouraging others on their own journey. The Lord still has a LOT of work left to do on me, but what He has already accomplished leaves me in grateful awe. It also leaves me full of gratitude for CrossCounsel and their ministry.

I'm a 28-year-old Catholic woman who has frequented CrossCounsel for a little over a year. I've asked to remain anonymous for my family's sake. I first came to Cross Counsel with much hesitation. One too many doctors had told me that they could do little or nothing for me. Despite my obvious and fairly serious and at times debilitating symptoms no one could diagnose a source.

Frustrated and losing hope I begged God for some guidance. I had a friend who went to CrossCounsel and I felt the Spirit nudging me to look further into it, so I did a little research. It seemed much too simple to really work and being the shy, reserved gal I was it seemed way outside my comfort zone. Still, the Holy Spirit wouldn't stop pestering me, and when the nudge turned to shove I found myself making an appointment with Steve. I didn't have high hopes, but ended up being blown away. My first three sessions were amazing! I couldn't believe the deep peace and healing that resulted from re-visiting with Christ what I thought were some of my more traumatic childhood memories.

Then it started... I began to be flooded with memories I had repressed. Apparently, my mind had been guarding them with a great deal of energy (to the detriment of my health), and now with some newly found trust in God my mind felt it was safe to let go of what it held so tightly. To my complete shock and horror I discovered that I had been physically and sexually abused throughout my early childhood by my father. I had been able to completely repress the abuse and many things associated with it. In order to keep things that way and to cope with the pain, my mind had divided and it soon became clear that I had DID (Dissociative Identity Disorder).

It has been a long and difficult journey, but well worth it. Facing the painful truth about my past and the painful lies I took away from it that have so impacted my life, and in ways I never suspected, has been very trying but also rewarding. The journey, which is by no means completed, has at times been slow and frustrating with periods of regression and back tracking. But by the Lord's patience and abundant grace I've experienced amazing truth, received deep healing, and live in more peace and freedom than I've ever known, and grown immensely in my trust and love for God. I have discovered that I have an abyss of pain, and yes, an abyss of anger and bitterness too, but both are being emptied out. I've experienced the Crucified Christ suffering in me, have heard Jesus insist "Not one speck of this is your fault!", have had immeasurable fear simply disappear, have had God the Father hold me in His lap and offer me His love in exchange for my own father's lack (just to mention a few).

God's truth and healing have had unexpected results in my daily life, some I am probably even unaware of. I've found that I can speak with more ease and louder, for the first time in my life I can scream (an important life skill 😊), I can initiate physical contact naturally and without effort, I have less anxiety, and a whole slue of

situations that used to trigger me now cease to bother me at all. My health has slowly but surely improved. I have more energy than I've had in years, all of my ailments have improved, even an allergy has nearly vanished. The depression that I've suffered from for as long as I can remember is not nearly as intense and is even absent for long stretches.

The close connection between the mind renewal process and my health has been made particularly apparent when during really rough places when I've stopped trusting the Lord and started re-repressing and denying the memories my health has deteriorated. But further truth and healing has always brought with it better health. The DID has, and continues, to pose a particular challenge. It has been wild discovering the different parts of my mind that I never knew existed. Almost as wild as when, finding themselves out of a job, they unexpectedly integrate. I find myself more whole in mind and body and with a sure hope that continued healing from lie-based thinking will bring even more physiological and physical healing.

At times God's healing touch has been so intense that if I were to have unexpectedly happened upon my abuser I may have been tempted to thank him, since even though he did such evils to me, God has brought a much greater good out of them. He has given me the greatest of gifts, none other than Himself, and in a way that I would not have been open to receive had I not experienced what I did. Christ desires to enter through our wounds. The more we have, the more opportunity we have to welcome Him. This encounter does not remove our wounds (the Resurrection was no plastic surgery), but they can become glorified.



Let me be a voice of hope (coming from someone who had neither a voice nor hope) and an encouragement to open your own wounds to the perspective of Jesus. Even if you haven't experienced great trauma, none of us gets through life free from lies. If you're not living the abundant life and joy Christ promised us, I encourage you to make those choices to let God give you the truth, peace, and freedom He desires for you. And please join me in thanking Him for all He has accomplished in me, and further thanking Him for His generous instruments at CrossCounsel, and additionally thanking Him ahead of time for His completing what He has begun in me. My prayers will be with you all.

*"In the shadow of your wings I shout for joy. My soul clings fast to you;
your right hand upholds me." - Psalm 63:8-9*