

Title: "IA testimony From Women's Recovery Program"

December 24, 2021

Greetings all,

Thought it would be fun to share another testimony for Christmas.

And a Christmas Immanuel blessing: May you especially experience the wonderful, living, tangible, interactive, friendship presence of Jesus on His birthday.

Dr. Lehman/Karl

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Testimony from Carey U. (names changed, shared with permission):

I work in a women's recovery program where I can now facilitate Immanuel sessions with the women. These women have struggled with drug and alcohol addictions due to extreme trauma since childhood. During my drive over to the residential treatment program I pray for God to use me and for Jesus to be present.

Today I worked with Rita who has been an alcoholic for a long time. She has been clean for about 6 months and struggles with anxiety. We did some deep breathing and muscle relaxing, while I explained how the longer exhale stimulates the parasympathetic system. After the prayer, she had a memory from the past pop into her head of watching her daughter sing onstage with her closest friends in a school performance. All the family was there feeling the same pride and love for her daughter. There was so much support and love in the room, she was feeling the love around her as if it was a substance. I asked her how it made her body feel, she said "my chest area feels so full I want to cry!" Rita thanked God for the family and all the love between them.

When I asked her where Jesus was she said "He is standing in the back of the room watching us." I asked her, "How does He seem to you?" She said "He is peaceful and protective of us." When she asked him what does He want her to know, He said, "This is how it will be in your family again." She thanked Him and listened. She felt so much peace. I thought this might be a good time to wrap things up, but as we were talking about her anxiety levels that she has been so accustomed to, and comparing to how peaceful she feels now, I told her that when she is ready we can go back to a past traumatic memory as long as Jesus is with us. She said, "I just remembered something." We had more time so I went with it.

She was 8 years old in her living room at home, the police were dragging her drunk dad out the door and she was panicking and being held back by her siblings. Since she couldn't calm down, her mom injected her with a heavy sedative drug which felt horrible. I asked her what was her little girl self feeling? She said, "They are taking him away to a cold lonely place where I can't take care of him!"

I thought, wow, at such a young age having the heavy burden of parenting the adults and yet feeling so powerless and out of control. Rita's little 8 year old self didn't have the capacity to handle this.

I asked her where is Jesus? "He is over there," pointing to the right side of the room. I ask what he is saying to her. She says, "He is saying, 'you don't have to carry this. It's not yours.' And He's got so much compassion." She looks so shocked. As if she just realized the truth of that. That it wasn't her fault, that Jesus was not blaming her. He is not expecting her to fix the situation. He is looking at her with so much love!

Her shocked look told me that this was the message that Jesus was trying to get through. We both were pretty amazed and so we thanked God and from this seat of closeness to Jesus we prayed for her and her grown kids -- prayers full of hope and faith that the cycle of addiction will stop in their family. Our prayers felt very powerful.