

# Sarah's Story

My name is Sarah and this is my story.

Revelation (a book in the Bible) says in Chapter 12 and verse 11:

‘And they overcame and conquered evil, because of of Jesus and because of their story’.



I was suicidal, tormented by the voices in my head. Extremely paranoid and thinking I was going to die all the time, as I thought people wanted to kill me. I'd hide away in my flat or binge on alcohol always having mini seizures, terrified thinking hell was going to take me. Doctors labelled me with a personality disorder and told me I'd never have a normal life, or never work full time and always be this way!

Alongside having extreme anxiety and ADHD, I was borderline crazy, jumping out of moving cars, walking in the rain-with no shoes, passing out in bushes, having extreme manic episodes, where I would throw my furniture out and try to cut myself, also, taking many overdoses and believing my life had no meaning.

I was completely lost with no self-worth left, I suffered emotionally, carrying so much anger and pain. I had my daughter taken off me, i didnt have any drive to be a mother and didnt even want to fight.

This was my life until 2015 where I had an encounter of Jesus - It was a cold night and I remember being in my room under the covers crying. My curtains were shut and the room was very dark, and I felt like my life had no meaning, i just wanted it to be over. I got onto my knees and cried out to God asking him to kill me, because I just wanted to die.

Little did I know my life was about to take a drastic turn (for the better). I cried myself to sleep and had a dream- I was in a prison, but after a while I was able to escape. Someone started to chase me, I ran faster and faster coming to a cliff edge, I turned and it was me. I was running after myself!

I jumped off the cliff and into deep water and began to swim... faster and faster coming up to this huge ship where Jesus was waiting for me. He pulled me out from the water and sat me down, I never saw his face but as he touched my hand I saw a fire, it was amazing, it was beautiful. My body began to fill with his love, he called me by name and said this "Sarah, I love you, keep going no matter what" after this, he put me onto a smaller boat and then I woke up..Something was different, something changed in me.

Jesus became real to me, in my heart and things started to make sense. Meeting Jesus, transformed my life and with that, after some time I finally went into a Christian Rehab, Teen Challenge. I threw my last can of alcohol down the sink and finally stopped smoking and decided there is no going back. This was it for me, I made a decision and after so many other attempts at rehabs, it became the best choice I've ever made in my life.

After 4 months of being in Teen Challenge, I was finally able to turn the light off at night while sleeping and I found peace as the mental health issues that I had carried for so many years were broken off my life. I finally started to live!

I started to know what love is and found love has a name.....Jesus!

it was a long process and a journey of forgiveness, not only to the people who had abused and hurt me, but I had to learn to forgive myself!

I had so much self-hatred and was the most offended person you would ever meet. I slowly learned to love myself and become who I had been created to be, by taking all the masks off, that I'd put on over the years to protect myself.

I graduated the Teen Challenge training programme, then I went to the leadership School and graduated that too! I experienced a lot of inward healing as I was still broken in different areas of my life. The voices had finally stopped and I was completely free.

I moved out and helped out at the Teen Challenge charity shop and went to church learning how to live back into the community, where God taught me about principles, overcoming life's troubles and serving other people. I discovered who I was during this time (the best version of me). Then I went to Revive bible college, where God has just shown me his heart and faithfulness to me.

God has provided for me and I've been all around the UK sharing about God's goodness! I've seen people encountering Jesus and being set free. I had the opportunity to go to a prayer school in Albania, there I had a another encounter with Jesus, which changed my perspective and heart towards people - it caused me to love more, as I heard God say "Listen to the rhythm of my heart" I got help from some amazing people who taught me a lot, not only about myself but the Bible and God. This changed my thinking, and knocked down so many so many lies that had been built up over the years.

Slowly and surely they came tumbling down, as I started to believe God and receive more of the grace.

This is amazing! I'm Alcohol-free, medication-free, drug-free all thanks to God.

Having restoration with my family and seeing my daughter, watching her grow up is a dream come true. I have gained so much strength now and continue learning and experiencing freedom every day. Society had written me off, but Jesus picked me up gave me strength.

I'm really grateful and happy where I am now, and being able to start writing a book about my own life. I am also in training to be a support worker, helping women to become independent within the community and giving them purpose and hope for the future.

In the Bible (Psalm 2 vs 7), It says

" You have become my child; today I have become your father."

This is what I was missing.

All along, I didn't even realise, that I had a good Father (God) who loved and cared for me, until I had a lightbulb moment, I've finally found my belonging.