

## **Angela Robertson**

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I was first introduced to Love Lifted Me Recovery Ministry in March of 2005 by my friend Amelia Olmos. I was struggling through my first of two physical breakdowns between 2005 and 2006, when Amelia started dropping by my house and explaining to me about this group. At first, I was skeptical about attending a "12 step" group, because I was not suffering from an alcohol or drug addiction. But Amelia explained that this was a recovery group for not only those with addictions, but also those suffering from compulsive behaviors (which I had), anger, fear, anxiety, and those who needed healing and forgiveness. I was still skeptical, but I went with her one Monday night. I have attended the group regularly ever since.

Love Lifted Me Recovery group blesses every attendee with the Lord's precious word. In doing so, His word takes root in your heart and begins to change you from the inside out. Tom and Dottie combine God's word with practical application to what we deal with every day: frustration, anger, guilt, pain ..SIN! Their materials, as well as the free Serenity Bible, provide the tools for living God's way in this dead and fallen world. Praise God for His word!

Back to my story: In 2005 I had my first physical breakdown. I had to leave work for about 6 weeks to rest my body and my soul. I had been "running" the race of life for some time. I believe it started after college and never really stopped until my body couldn't take it any more. I believe it was God trying to get my attention that this wasn't the way I was supposed to live any more. You see, I was a "people pleaser". I would break my neck in order to make others happy. If I could make them happy and give them what they want (to my detriment, I might add), then I was happy and I felt accepted. I didn't ever want anyone to think poorly of me or think negatively of me. In my mind, if I continued to "please" through work, giving money, doing things for people, then I would keep everyone happy with me. It worked for a while until I physically couldn't do it any more. Along with this damaging behavior, I also had a wounded heart that needed some real healing. I carried the burden of my hurt and pain with me for most of my life and it was slowly KILLING me. In fact, it was most likely the driver for my compulsive behavior. My second and much more debilitating physical and emotional breakdown occurred in January, 2006. I had to quit my job and just rest. I knew this time that God was forcing me to let Him work in me. The only way was to finally break me down so that He could then begin to build me up again.

At this time, I was beginning my second trip through the 12 step program. To my amazement, the things I learned at the meetings the previous year had much greater meaning for me the second time around. I realized that it wasn't about completing the program one time and "all will be healed". The learning process continues through life until we finally see our Lord's face.

By the GRACE OF GOD I was brought in contact with Tom and Dottie and their blessed and wonderful ministry. I thank God for their good work and their faithfulness. It is because of their service to the Lord that I have been able to receive FREEDOM from my compulsive behaviors, FREEDOM from my anxieties, FREEDOM from my fear and doubt, and HEALING from the hurt and pain of my past life that I lived WITHOUT MY LORD AND SAVIOR JESUS CHRIST! By attending these meetings, I have experienced Acceptance, Grace and Love. I praise God for this precious gift.

### **Update: What God Has Shown Me This Year - 2007**

God has shown me how much He loves me and that He actually *does* want to heal me inside and out.

God has shown me that my role is just to trust in Him and His faithfulness.

God has shown me that I have so often tried to figure out what He wants me to do with my life. Yet, all I have to do is be diligent and to wait for Him.

The Holy Spirit has shown me my own sinful thoughts and feelings and He removes my burden of anger and resentment once I confess it and give it over to Him.

God is teaching me that I *can* have healthy reciprocal relationships with my sisters in Christ.

God is teaching me that the past is the past and that I am no longer bound by it nor am I the same person I was. The future is in His hands and I have but to dive into it with fearless abandon.

God is teaching me to trust other people, and He is showing me that people are not *always* what I believe or expect them to be.

God is teaching me how to have proper boundaries with people, friends and family so that I will not take on a burden that does not belong to me.

God has shown me how to stand up for myself when I need to, and to speak up or reach out when I need help or guidance.

God has shown me that life isn't all about tribulation, work and service.... Life also includes fun, adventure, building and maintaining relationships and finding out what brings me joy.

Most importantly, God has shown me who I am in Christ. He has shown me that I am special, unique, and made for a special purpose in His kingdom. It is God who made me the person that I am, and I want to use the gifts He has blessed me with to glorify Him and Him alone.