

He is My Reward

I have learned so much in this class called, "The Healing Journey." When I started the class in September 2008, my husband had just died on August 6th, so I was ready and willing to learn and heal the hurts. So I especially got a lot out of week 26, "The Place of Grieving."

My husband's death also brought up issues with my mother and her death back in 1972. I was just 18 at the time with no help at all from anyone around me. I then chose to go down a dangerous and destructive road. I got stuck in denial and would not face that my mother really did die and was not coming back. I became my own power source, my own protector and my own provider.

I've experienced it all; false beliefs, denial, shame, guilt, blame, anger, resentment, pain, unforgiveness, bitterness, a lot of hatred, murder in my heart, drugs, drinking, abusive men, 3 marriages and a relationship where we had a child, but he would not marry me. And in my search for love, I moved all over the country dragging 4 little girls with me.

In these 29 weeks, I think I have grown and changed a lot. I was able to open up my heart and mind and really look at all the junk and face my problems head on. No more denial for me. I continue to struggle with really being honest with myself and keep moving down Trust Trail and not stopping. If I do jump onto Pride Pathway, I know how to get off right away and get back on Trust Trail. I love the way Cyndy Sherwood has given us the tools, written down in black and white, so we can continue using them on our journey.

I saw myself as being lost and unloved as an orphan and then a widow, which may be a fact, but the truth is I am not alone and He is my Father, mother and husband. I do see God differently and feel closer to Him as my Father. And I will continue getting closer and more intimate with Jesus and the Holy Spirit and I know that they care for me and if I am feeling something, it is not stupid and I am worth it all. I am beautifully and wonderfully made. I am learning to see myself like God sees me and I will keep reading what the Word says about me.

I believe I have received a lot of freedom in the way of forgiveness for myself and others, learning how to grieve in a healthy way and finally the hardest one of all for me, acceptance for **MY** life and how I've lived it these past 55 years.

I just heard a Scripture in Luke 24:5 that says: "*Why do you look for the living among the dead? He is not here; He is risen!*" Without realizing it, I have been searching for Jesus Christ all my life, but I have been searching for Him in all the things that are dead and destructive.

It means a lot to me that we are ending our class on this Easter/Resurrection week. So I choose to let my old life die and rise again to a new life. I am letting go of the old and starting a new life really, truly in Him. I choose to be full of joy, if for nothing else, for the simple truth that **He is my reward.**

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