



New Freedom Testimonials

I came to NF desperate for anything to make my life less painful. I had tried several programs prior: ACA, Al-Anon, AA and none seemed to fill the need I had to connect. I didn't know it then but my heart was aching to reconnect with God but I didn't know how. NF gave me the guidance, love, acceptance I needed to mend my broken heart. The teachings and facilitators opened my eyes to change that needed to happen in my life. I had spent many years in denial, pain, blame shifting and covering abuses that had happened throughout my childhood. Today, I can say I am a much healthier woman emotionally, I'm finally seeing who I am in God's eyes and building my trust in him.

When I first came to New Freedom I was in denial that anything was wrong in my life. As I continued to come and started working through the steps, God showed me that I was wrong and began revealing a lot of pain and scars that I have had since childhood. Although I am still going through the steps, God is continuing to show me my desperate need for him to heal me from a broken life that I cannot fix on my own.

- Open eyes to actual reality
 - Get a good outlook as to who I really am
 - It's okay to question
 - Very safe place to learn how to communicate and get in touch with feelings
 - Prayer support
 - Opportunity to make close friendships
 - Major encouragement
 - God is never out of the picture, he's our first relationship to turn or at least the very next
 - God is the one with the answers
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I became head of household at age 10. Living with a mentally ill mom and no dad I had to be the responsible one. I learned to get validation by being needless. I got validation by not feeling and taking care of everyone else. My idea of God was "God helps those who help themselves". To say I suffered from Savior complex was an understatement. If you were broken it was my job to fix you. It was exhausting. I used control, perfectionism, people and substances to try to fill the hole in my soul. Nothing worked. I learned through New Freedom it was a God shaped hole that only God could fill. I worked through childhood hurts and got resolve on issues I never thought possible. I learned what having some peace in my life means. And most important I learned about God's love and Grace through New Freedom.

It seemed like my life started falling apart. I was hurting so badly and had nowhere to turn. When I came to New Freedom I found out God really did care and loved me more than I could imagine. I found out there are safe, wise people out there who love God and were willing to cry with me and teach me about God's unconditional love, grace and healing. My distorted thoughts and lies I believed are corrected and I am free to grow into the woman God designed me to be.

It's a process called recovery, it's the inevitable end of miseries, a closer walk with God.

Since joining New Freedom I have been able to confront my emotional self and the Lord has helped me unblock the emotional stoppage I have been carrying around for my whole life. To be surrounded by pure and genuine love through God we can be healed. New Freedom is the beginning or regeneration.

I am learning to identify and rectify old/negative behavior and apply God's word (the truth) to bring thoughts/behavior back into proper perspective. I am better equipped as to how to discern the world's lies from what is true, which is causing my soul to heal.

- My problems are not unique
 - It's ok to not have a solution
 - God can handle my crap
 - Only through honesty with self and God can change occur

 - Learned to accept my past hurts and those that hurt me
 - I learned how to heal from codependency
 - I met loving people for the first time in my life that I could trust
 - I experience God's healing in these people and was led back to the Lord as he showed me his love and mercy through these people
 - Awesome ministry, God is in this house
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Just recently born again, I have benefited by learning the Word and hearing how God has helped other people in their lives. New Freedom helps me to recognize shortcomings and keeps me searching myself.

I am truly learning what it means to be free in Christ. Through these 12 steps and Christ's grace I am on my way to emotional healing. This is helping me in my work and personal relationships. I am grateful to the leaders of New Freedom and their commitment to this program. This healing process would be beneficial for any Christian to experience.

Allowed me to open up about the death of my son John back in 1983 and to share this in small group. It has also enabled me to be a better speaker and to come to know the new freedom people as my family.

New Freedom has helped me with the changes that I needed to make in my life in order to work toward being the woman, wife and mother that Jesus created me to be. I am learning to handle my relationships with my husband, relatives, mother and children in a positive way. I'm learning how not to be co dependent by taking responsibility of my own actions and not controlling or responding negative to other people in my life.

I have grown and learned a lot about myself. I have learned to identify problems in my life that I thought were ok and acceptable. I have had opportunities to share my story and help others learn what I have learned. The story will never be completed but I have overcome some serious problems. I continue to chip away at the remaining stuff. It has been fun, hard and challenging and it has all been beneficial.