

For years I struggled with crippling fear. I don't mean just anxiety. I constantly felt fear. But in addition, I would get sharp, intense fear attacks where I was frozen in panic. I felt as if everything was hopeless and my future was desolate. It was as if fear had its icy fingers around my throat. But I didn't feel that I needed to leave the place where I was (as in a panic attack). I would cry uncontrollably. Instead of seeking help from the One who created me, I sought relief from worldly things that became addictions which in turn fueled the fear and depression. At the urging of family, I sought help from mental health professionals. They diagnosed me with major depressions but did not have a diagnosis for the fear attacks. I believe that the depression was a result of the relentless fear. I was placed on depression medication which helped some with the uncontrollable crying but did not help with the fear attacks. My life was miserable, and I truly wanted to die.

I had heard of deliverance ministry but was afraid of it because I didn't know much about it. But in February of 2015 after having lost everything, I was desperate. I felt that all my fears had materialized. I knew that if God did not intervene and rescue me, my future was in deep peril. So I sought deliverance ministry from Wilmington Healing Center. I came home elated with joy. I had hope for the future for the first time in years. I had confidence that God will always take care of me. In the process, I renewed my commitment to God, forgave others, turned my back on sin in my life, and continually pursue a daily relationship with Jesus. God has redeemed me and has rebuilt my life. Three years later, I still have the same confidence that God will take care of me. During the past three years, I would occasionally feel fear trying to creep up on me. But I bind it in the name of Jesus and it leaves. I have not needed to bind fear in a long time because it leaves me alone. I no longer have the crying spells. I am no longer on depression

medication and do not have depression. I could have never gotten to this point alone.

There is no doubt in my mind that God is real and His Word is true. My freedom from fear and depression is nothing less than a miracle that only God could do. God works through people. Thank God for people who understand the importance of deliverance and are willing to be used by Him in setting captives free!

“In him and through faith in him (Jesus) we may approach God with freedom and confidence.” Ephesians 3:12

“I will walk about in freedom, for I have sought out your precepts.”  
Psalm 119:45

Melissa B.

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