wholeness
MINISTRY

Path to Wholeness

ABOUT THE WHOLENESS MINISTRY SEMINAR

Wholeness Ministry is part of the Family Life Ministries arm at Grace Assembly of God. We have been conducting the Wholeness Seminar twice a year for the past three years. This Seminar encourages every Christian to walk intimately with Christ with a deeper understanding of forgiveness and spiritual powers at work by identifying areas of bondage, spiritual strongholds, ungodly beliefs, negative generational patterns, soul and spirit hurts, and demonic oppression. We would also like to debunk the myth that only the problematic or those with issues have to attend the Seminar. In fact, all of us need to clear our spiritual trash and clean up our lives on a regular basis, just like our New Year spring cleaning.

The Bible tells us, *"My people die for a lack of knowledge" (Hosea 4:6)*. When we acquire the knowledge of things that affect us negatively, we must also learn how to appropriate the power of the Cross. Only then do we position ourselves to remove those negative effects and begin to live fully in the freedom that God intends for us. Some of us might be having negative feelings such as guilt, shame, anger, bitterness, and pain. Then, allow God to touch you and heal you. Some of us may not be having major issues but we desire to have greater freedom and intimacy with our Father God, then come and learn how you can be close to God.

The Seminar comprises teachings, testimonies, and prayer. After the Seminar, one-on-one ministry time will be arranged with the Ministry Givers.

MINISTRY GIVERS

Pastor Benjamin, Sister Tricia, and their team of volunteer Ministry Givers love to see God's people being set free to fulfil their destiny.

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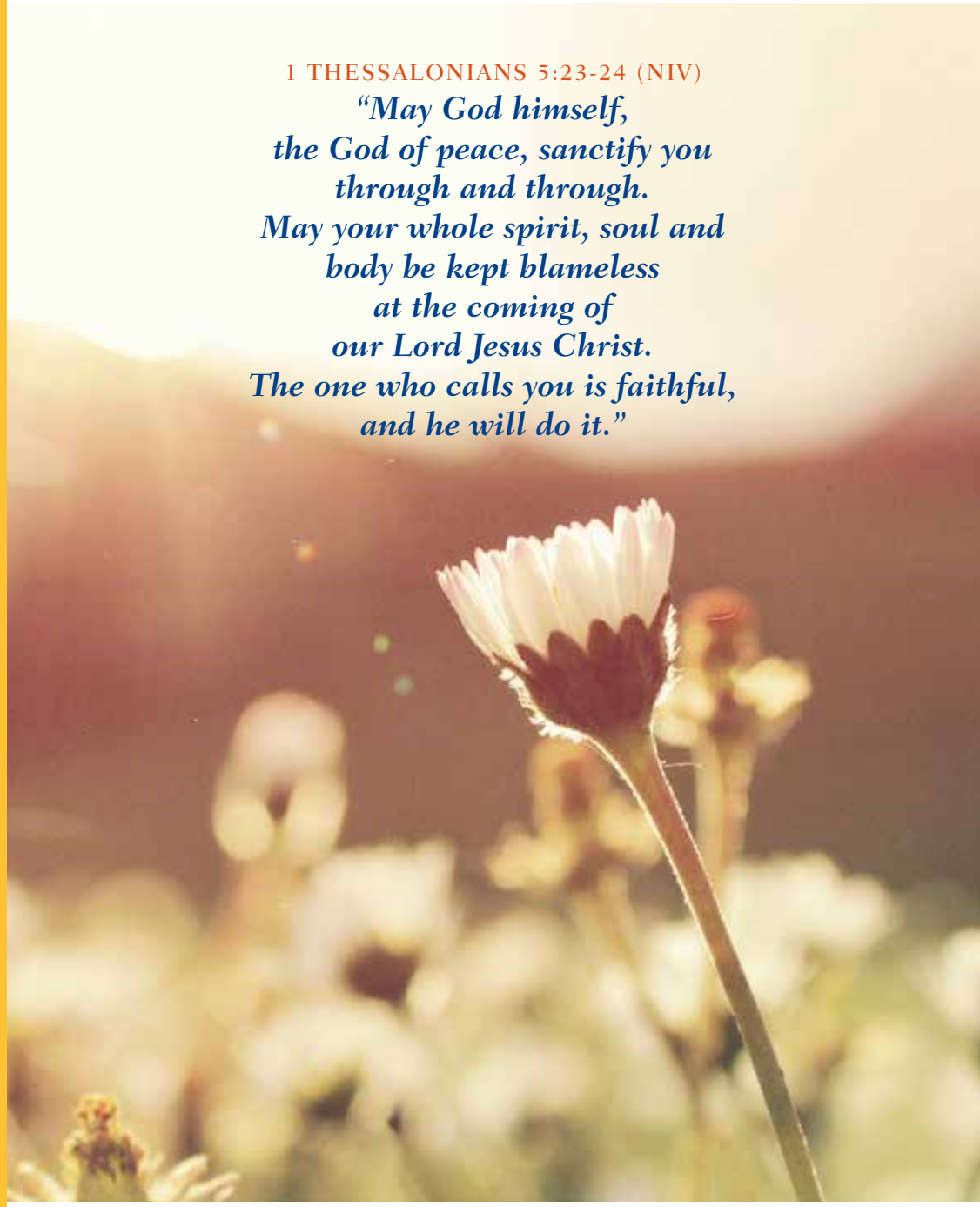


1 THESSALONIANS 5:23-24 (NIV)

"May God himself,
the God of peace, sanctify you
through and through.
May your whole spirit, soul and
body be kept blameless
at the coming of
our Lord Jesus Christ.
The one who calls you is faithful,
and he will do it."

DEALING WITH...

1. LEARNING TO FORGIVE

Sometimes, the one key to your freedom in mind and thought is forgiveness. Forgiveness is a decision of the will, not the emotion. Sometimes complete forgiveness is cycle of healing and forgiving. If you can forgive that neighbor, that colleague, your sister, the brother in law or anyone in your life, you are actually positioning yourself to receive more healing. Forgiveness does not mean that the offense against you was okay. It means that you choose to let God judge your offender rather than you standing in the position of judgement.

God requires us to forgive even when we have been badly hurt or slightly hurt. Frequently, the deeper the hurt the harder it is to forgive. When you set you will to forgive when you really don't want to, you will experience the grace of God. This is truly the starting point of your inner healing process.

"And whenever you stand praying, if you have anything against anyone, forgive him, so that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses." – Mark 11:25-26

"Forgiveness does not mean that the offense against you was okay. It means that you choose to let God judge your offender rather than you standing in the position of judgement."

2. NEGATIVE FAMILY PATTERNS

Have you ever been in a situation where you have been told you are just like your father or mother and that your grandparents had the same problem? Or are you suffering from persistent depression, anxiety, hypochondria? Do you notice that your family members are suffering from the same kind of illnesses such as cancer or heart attack?

'Nothing good can come out of your family', 'You are a lousy child', 'Both your father and grandfather are born losers, you will also never succeed', 'It runs in your family'. These are thoughts and words that are likely to be a result of generational patterns, which you are affected for no fault of yours. This pattern is demonstrated for us in Daniel 9, Ezra 9, Nehemiah 2 and 9. We see it expressed in 1 Peter 1:18 and in 1 John 1:9. God requires us to acknowledge our sin of entering into our ancestor's sin, release them, receive His forgiveness and appropriate Christ's freedom into our lives.

"You were redeemed from the empty way of life handed down to you from your ancestors, but with the precious blood of Christ." 1 Peter 1:18-19.

3. UNGODLY BELIEFS

"For as he thinks in his heart, so he is …" Proverbs 23:7

Ungodly beliefs are lies that we have believed. We form these beliefs from life's circumstances, particularly the hurtful ones. We decide what the world is like and how to survive in it and invent our box of tools which are beliefs.

Ungodly beliefs are like weeds that rapidly grow and take over our land. They suck out our nutrients, steal our light and choke out the abundant life that Jesus promises. They quietly work behind the scenes, undermining and eating away at our faith, relationships, health, and opinion of ourselves and peace of mind.

These ungodly beliefs are basically our opinions formed by us and therefore not in line with God's Word. 'I am not good enough', 'My situation will never change', 'I'm such a foolish person', 'I won't make it in life' or 'I'm such a failure' are some examples of ungodly beliefs. Your ungodly belief system is not in agreement with

"Ungodly beliefs are like weeds that rapidly grow and take over our land. They suck out our nutrients, steal our light and choke out the abundant life that Jesus promises."

God's Word. We can convert our ungodly beliefs into Godly beliefs through a process of confession, repentance, and renewing our minds.

"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." Romans 12:2

4. WOUNDED HEART

Hurts, like open wounds, might be right at the surface of a person's life. Or they may be buried so deep that the person has forgotten them. Wherever they are, they affect each one of us every day. As we wait upon the Lord with listening prayer, Jesus comes to heal the hurts of our soul and spirit. He reveals to us what he wants to Heal, and then He gives us revelations as He heals us.

"The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor. He has sent Me to proclaim release to the captives, and recovery of sight to the blind, to set free those who are oppressed." Luke 4:18

5. DEMONIC OPPRESSION

When Jesus saw people being tormented by demons, He commanded the demons to leave. Freeing people from demons was a normal part of Jesus' life and ministry. When Jesus died on the Cross, he defeated Satan and his demons for all time. He gave this victory to the church. He wants us to extend his victory to everyone. He wants you to enforce this victory in your life.

"For this purpose the Son of God was manifested, that He might destroy the works of the devil." 1 John 3:8

Jesus said, "Believers shall cast out demons". You don't have to be a super Christian to cast out demons. You just have to be a believer! He has given you the authority of His name.

11 Testimonies from our past ministry receivers. Names have been removed to protect identities.

TESTIMONY 1

About 20 years ago, there was a situation in my family which led to a strained relationship between my mother and me. That caused me to harbour resentment towards her which over the years resulted in unforgiveness in my heart.

As I grew as a Christian since then, I tried to exercise forgiveness towards her without any tangible result. I minimized interaction between my mother and my family to periodic visits and kept things at arm length where possible. Many times in either phone conversation or direct contact with my mother, either my voice would slowly rise or my behaviour towards her would exhibit the resentment.

10 years ago, I was posted to Hong Kong together with my family, and due to the distance, it was an out of sight, out of mind situation. The need to confront the past was conveniently avoided. After being in Hong Kong for 7 years, I felt that my season in Hong Kong was over and our family relocated back to Singapore in June 2014. I would once again need to confront my wounded soul/spirit and my unforgiveness state. The situation with my mother was really status-quo like back before I left for Hong Kong when I returned.

A year later after I was back that my mother was diagnosed with dementia in July 2015. There was a sudden realization that life is short and holding onto the unpleasant past do not serve any good. I was suddenly able to hold a long conversation with my mother without raising my voice – but was able to speak gently to my mother (to my own pleasant surprise). I thought I was healed.

In February 2016, I signed up for the Wholeness seminar to "support" my wife who just joined ministry. During the course of the seminar, God revealed key past incidences in my childhood life which I recorded in the questionnaire that was given out. That proved to be useful during the ministry times where it was identified by the ministers that I had an issue of abandonment in my life which I was not aware of. My father passed away when I was 6 years old and my widowed mother had her hands full raising 4 kids. In the ministry room, the Lord

"The Holy Spirit revealed to me that He had started his healing work on me since the day I was saved. That brought tears to my soul."

brought to remembrance an incident where an aged pet dog of ours was left by my mom at the edge of the forest – the scene of the dog chasing our car as I looked back through the rear window screen was vivid in my mind. It was at that moment that the Lord revealed to me His great love for me. Ever since I was saved, I had many times experienced God pouring out His love for me in a tangible way – which I never quite know why (I thought it was for ministry). The Holy Spirit revealed to me that He had started his healing work on me since the day I was saved. That brought tears to my soul.

After the ministry, I could bring myself to love my mother in a more meaningful way by being able to express my 'love language' of physical touch during the time I visited my mother at her home.

On June 2016, the Lord brought my mother home to be with Him – a year after suffering from dementia and less than 4 months after God restore my soul.

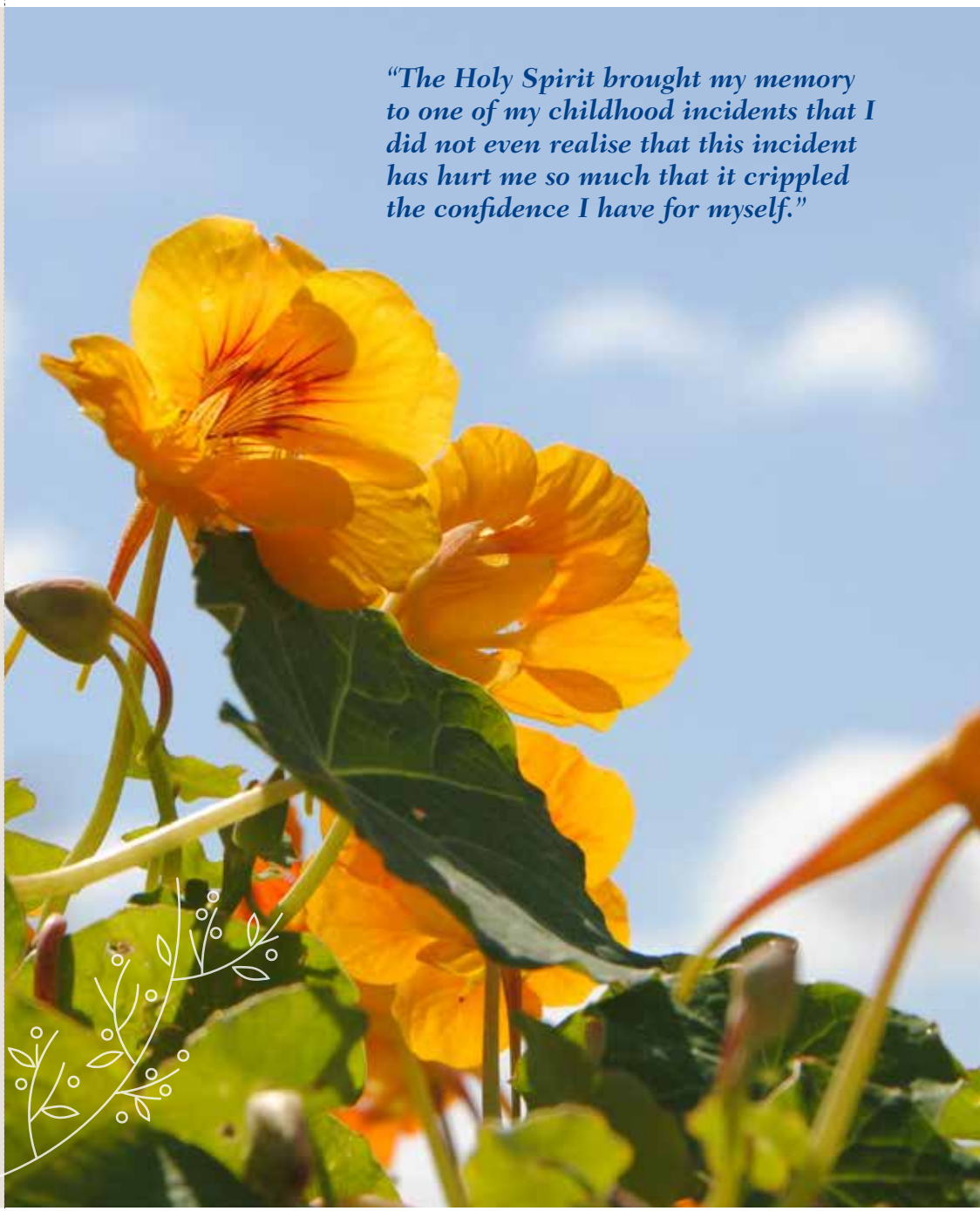
As Psalms 23 said, our good Lord had brought me to the place where He refreshes, restores and leads me to the righteous path where I on my own strength was unable to. I can henceforth live on without any regrets of not reconciling with my mother.

Glory be to God.

TESTIMONY 2

Through the ministry, I learnt that how negative family patterns were placed on me without even realising it myself. The Holy Spirit revealed about my grandfather's laziness in his work attitude, my father's passivity, mother's constant fear and anxiety resulted in me being unmotivated and losing confidence about myself. I used to believe in the lies of the devil that I am made this way. I used to feel helpless about it since there is nothing I can do. Now I know the truth is God has never made me to be passive and lazy. He gives me many promises and blessings that I did not even know that they are there for me. I just have to claim them.

Through the ministry, I also learnt that my hurtful life experiences and circumstances have caused me to form ungodly beliefs to protect myself from hurt and pain without realising that those beliefs can hinder my relationship with God. In the past, I tend to use past experiences as a guide for my future decisions, thinking that if it happened in the past and hurt me, the same will happen for all similar situations in future. However, the Holy Spirit revealed that the truth is, God



"The Holy Spirit brought my memory to one of my childhood incidents that I did not even realise that this incident has hurt me so much that it crippled the confidence I have for myself."

has a plan for everything I do. If God is in the plan, then I do not need to fear the outcome because I know God is for me and not against me.

The Holy Spirit brought my memory to one of my childhood incidents that I did not even realise that this incident has hurt me so much that it crippled the confidence I have for myself.

In those incidents, I was less than 10 years old. My aunties unintentionally measured and compared my ability to do well in a task with my cousins. I failed the task and consistently, I was compared and received failure remarks. The Holy Spirit revealed to me that in that hurtful circumstance, Jesus was there. I saw Him holding my hand and walk through the whole process with me. Jesus gave me the comfort and confidence to do the task well. The devil lied that I am not up to people's expectations but Jesus reveals the truth that through Him, I can accomplish many things. I do not need to be anxious. The love from Him cast out all fears.

I have boldly taken a step of faith to change the way I used to communicate with my wife, which many times lead to miscommunication, quarrel and anger with one another. With those changes, we ended up able to get an issue resolved without resorting to cold war and anger.

"I can now make decisions based on the fact that I know God's hand is in everything I do. It gives me peace to know that He is interested in every part of my life."

In the past, I always avoided taking the initiative to build any friendly relationship with people. The fear of shame and inferiority always gripped me. Now, the Holy Spirit always prompt me to look at things through God's lenses and not rely on my own judgement.

I used to have difficulty entering into deep worship during church service. Worship was only singing to the music. Now, worship is singing to the Lord. During worship, I can see flashback of events happened during the week and receive God's words of encouragement. For me, worship has become a way of communicating with God.

I can now make decisions based on the fact that I know God's hand is in everything I do. It gives me peace to know that He is interested in every part of my life. I no longer feel fearful of making mistakes, fearful of people's expectations on me or anxious about my abilities. I can depend on the Holy Spirit's guidance and hear His voice. God's blessings are for me to receive and my whole being is built upon Him and not upon my past experiences. The love of Jesus is for me to experience. I can truly experience what it means to be free in Christ.

TESTIMONY 3

I used to be fearful, intimidated by circumstance and people, and experienced battles in mind on my identity in Christ and the lies of the enemy. I struggled to believe that God loves me and accepts me just as I am. I felt unwanted, at my lowest point, distant from God and thought that enemy had won.

I have been wanting to stop making the same mistakes, strive to be the good, wise wife and mum. But I could not, felt discouraged and hopeless.

When I heard about the Wholeness Ministry, I told God I wanted to be restored to wholeness, living out the joyful, bold, free life which Jesus has given me.

During the ministry, Holy Spirit brought me back to memory when I was in Primary 6, where my grandma was hitting me with a cloth pole hanger. I was crying why my mum and dad were not there to defend me and stop grandma. I felt abandoned.

"I was set free from hurts, ungodly beliefs, and bondage of fear during the ministry. I have seen how God has helped me to be bold, fearless, and to walk in my given identity."

When we invited Jesus to that memory, He was there. Standing at the gate in brightness. He held me close to His heart with His right hand, with His left hand He was commanding the enemies to get out of my life, to get behind Him. He told me His love for me is agape me and I am His.

I was set free from hurts, ungodly beliefs, and bondage of fear during the ministry. I have seen how God has helped me to be bold, fearless, and to walk in my given identity. I'm also hearing the Holy Spirit better. I have been used by God recently to help heal broken relationship in my family.

I desire to continue to live free in Christ, shine as His stars, reflecting His light as I hold firmly to the word of life.

TESTIMONY 4

On August 2015 I felt that I was unable to draw near to God. There was a hindrance in my walk with Him. Most of the time I was feeling angry and frustrated within

me. Feeling very unhappy and disappointed, yet unable to get a breakthrough. Previously, I was very active and hyped up for God, but God seemed distant to me then.

My first ministry was on 17 Aug 2016. During the ministry, we dealt with the issue by shutting the 4 spiritual doors. Honestly, after my first session of ministry, I was a bit disappointed, as I did not sense any immediate breakthrough. I was still unable to feel and hear God. The minister assured me that it was common for some not to sense anything in the first session as many Christians are not used to sensing God.

Following the first session, I was assigned some homework relating to ungodly beliefs. Due to my upbringing and family background I had such ungodly beliefs: I must always fend for myself. Never trust others. People always have ulterior motives when they are nice to me. They are out to see me fail than to see me being successful, and in all things I had to depend on myself. Nobody owes me a living, and I owe nobody a living. As a result, I suffered from parochialism. That is to say I have a narrow or petty attitude or outlook of interests, opinions or information.

"Wow, here God is assuring me that despite my spiritual dryness, He has never left me nor forsaken me."

While doing my homework, God gave me 2 verses from the Bible. Romans 8:31 and Deuteronomy 31:8. Notice the chapter number and verse number of both the verses are interchanged?

Romans 8:31 says: *"…If God is for us, who can be against us?"*

Deuteronomy 31:8 says: *"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."*

Wow, here God is assuring me that despite my spiritual dryness, He has never left me nor forsaken me. And if He is for me, who can be against me. I need not be afraid and discouraged.

During my second ministry on 7 Oct 2016, we continued with the Soul Spirit Hurts segment. The Holy Spirit brought me back to when I was 7 years old in my primary school days. I remembered that afternoon I was walking to school with my grandma. When we walked past a coffee shop, I slipped and fell over the slippery pavement, because of the careless disposal of oil by the hawkers.

I dislocated my left hip. During those days, going to the hospital was not a common thing to do, especially coming from a poor family. It was a painful experience and I walked with a limp. So, my parents got a Chinese "sinseh", an old lady, to try and push back the hip bone into the joint. It took few sessions of painful treatment. It was so traumatic that my brain just shut off the incident from my memory. It was during the second ministry session that the Holy Spirit brought up this long-forgotten memory for healing.

At this juncture, the minister asked if I wished to invite Jesus into the situation. I nodded and with my eyes closed, I was told to sense God. To my amazement, I did not see the old lady "sinseh" but I saw Jesus in a pure white robe with a hood over His head, personally administering my treatment. Hallelujah! It was Jesus who had treated and healed me! Glory to God!

After this ministry, I became more confident in my faith. I know God is always there for me and is always ready to heal me if there is a need. I will continue to practise and apply the tools I have learnt from this ministry in order to completely walk out from this spiritual dryness.

I feel that every Christian should go through this ministry. Especially in this fallen world, Christians are not exempted from hurts and the negative family patterns. Every Christian has baggage and garbage from the past or even now. This ministry will help free them from this baggage, and to live their future without being a captive of their pasts.

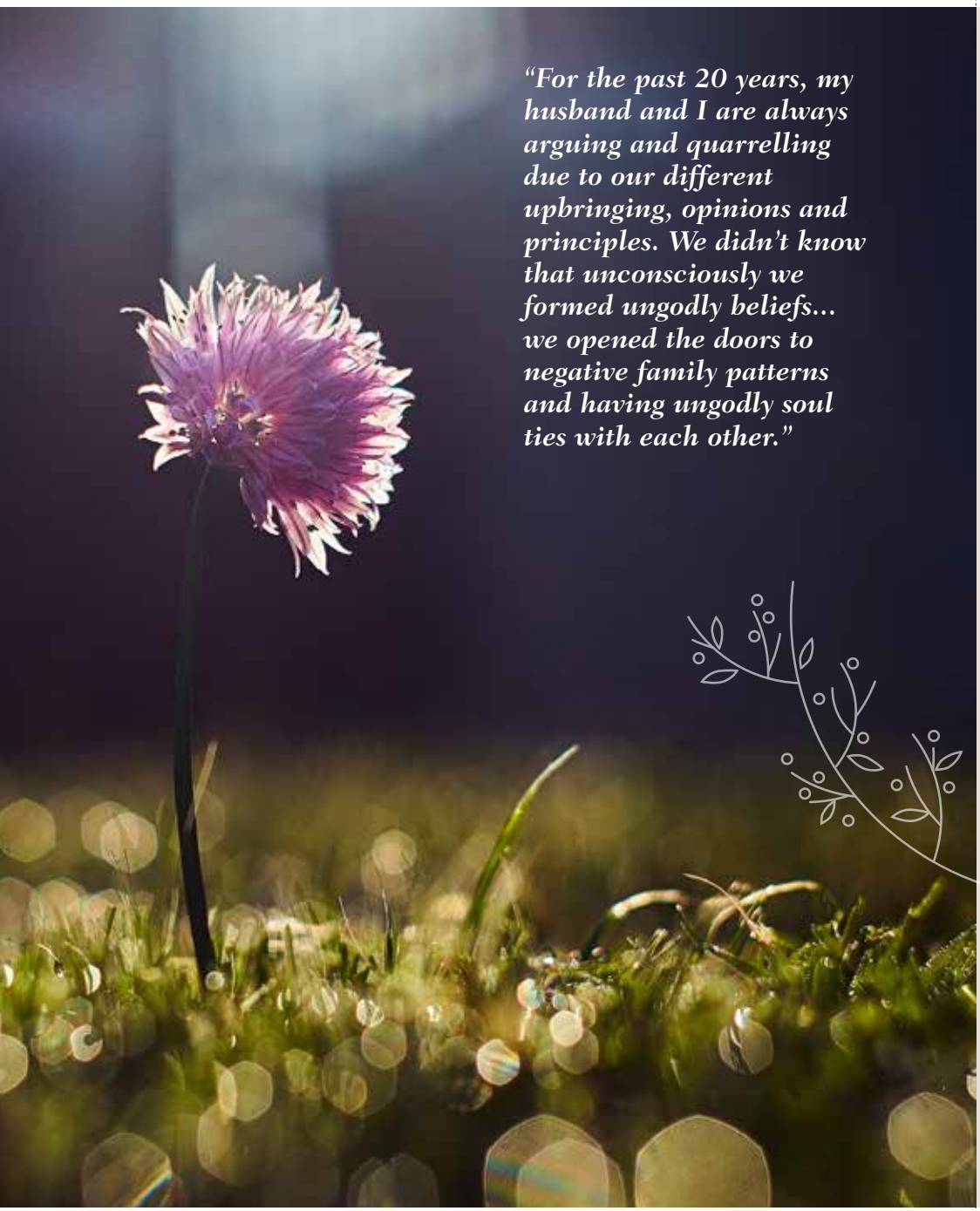
There is nothing to lose, but much more to gain!

TESTIMONY 5

When I signed up for the Wholeness Seminar, I wasn't expecting much for myself initially but more for my husband because I thought that he needed deliverance and a breakthrough in his life, and not so for me. But I was wrong. The seminar has taught us that our lives' problems can be attributed to the 4 key areas.

For the past 20 years, my husband and I are always arguing and quarrelling due to our different upbringing, opinions and principles. We didn't know that unconsciously we formed ungodly beliefs of each other and we always thought that "I am right and the other party is wrong." As a result, we opened the doors to negative family patterns and having ungodly soul ties with each other.

In our conflicts, we insulted and hurt each other so much so that we hardened our hearts towards each other and we hardly communicate. Thank God for



"For the past 20 years, my husband and I are always arguing and quarrelling due to our different upbringing, opinions and principles. We didn't know that unconsciously we formed ungodly beliefs... we opened the doors to negative family patterns and having ungodly soul ties with each other."

Wholeness Ministry, we identified each of our own generational patterns and ungodly beliefs.

God has changed both of us by praying for each other (in the past, my husband had never wanted to pray together with me), confessing our sins to each other, and forgiving one another. We are now more united mentally, socially, emotionally & spiritually. We respect each other's opinions and principles and will work out any differences by talking and coming to a compromise.

As we are more fervent and consistent in our prayer together as a couple, we draw closer to God and as we see God answering our prayers, we began to depend and trust in Him more and more. Our faith in Him has also increased greatly.

We experienced God's divine help and intervention in our youngest son's life on 27th Dec. 2016. He has been a very rebellious boy, and has backslidden from God. Meanwhile, we have always been praying to God to change him and bring him back into His fold. A situation arose when he was driving back home in the morning and somehow he lost control of the car and crashed into a traffic light post. The front bonnet of the car was completely wrecked but God, who is full of love, mercy and compassion preserved my son's life that even the paramedics were utterly surprised when they came and found not a single bruise on him. Because of his trauma of the accident, it didn't dawn on him until it was God's divine help and protection that he was not hurt at all until a few days later.

" we draw closer to God and as we see God answering our prayers, we began to depend and trust in Him more and more. Our faith in Him has also increased greatly."

I remembered it was a Sunday morning when he woke up at around 3am, trembling and crying in fear and going down on his knees to ask for God's forgiveness. We are happy that he received this revelation and hope this will be a reminder to him to come back to the Lord.

Faith increases as we learn of God's promises and how He honours His promises. We give all the honour and glory to God. Though we still have differences and at times our opinions may differ, we always turn to God to seek His godly counsel and direction, and we will always refer to the principles we have learnt to receive healing and freedom.

TESTIMONY 6

Since young, for whatever reasons, my grandma did not take a liking to me. She criticized everything about me – the way I looked and the way I walked. Nothing I did please her and she is always comparing me to others. She used to comment that I am a lazy person. Whenever I do housework to gain acceptance, she will say "I'm glad that you are doing housework BUT you could do it better". And she will tell my relatives her negative comments about me and this would be their perception of me too. I tried many times to gain my grandma's approval, but without success. Finally at the age of nineteen, I decided to give up and live only for myself.

"I would remind myself of who I am in Christ and meditate on God's Word; little by little like peeling an onion, I was healed"

My heart became very hardened. In order to protect myself from these vibes, anger and withdrawal from others became a part and parcel of my life, my defence mechanism. There was no one whom I could identify with or relate to. I felt like a black sheep in the family. All I know was 'I am not likeable', I was rejected. Friends, movies, shopping became my world. I had no close relationship with my family. To me, home is just a place to stay.

When I was in my late 30s, God found me through an ex-colleague whom I have not met for more than 10 years. During that time, a missionary whom I did not know personally, told me 'you are so hardened and God wants to break you'. I was very cynical and did not believe that He could, but He did.

Little did I know that over the years, I had built an invisible wall inside of me. My grandma's lack of acceptance and criticism had a lasting impact on me, right into my adult life. At the 2001 Grace Retreat inner healing workshop and also through counselling, brick after brick came tumbling down. During that period, the Holy Spirit taught me to depend and rely on God's Word to change my thought pattern. Whenever a wrong thought came in, I would remind myself of who I am in Christ and meditate on God's Word; little by little like peeling an onion, I was healed – 'the rejection, the feeling of not being loved, inferiority complex'. Slowly and surely, I was set free! I have never felt so light before. It was as though a heavy burden was lifted off. I thank God for His Healing Hands and for loving me just as I am. To this day, it is God's love for me that sustains and keeps me going.

"I dreamt that my homeland was destroyed by a tsunami. Darkness fell over the earth and the crops around my house withered and died. In my desperation, I called on the name of Jesus. Light re-entered the land and the crops sprout to life again. At that point of time, I did not fully understand the significance of the dream."

By God's grace, I no longer looked to people for approval but to the Holy One who accepts and loves me for who I am. I am still a 'work in progress', and there are times when I stumble and fall, but I know that I have Him who will never leave nor forsake me; and His Word will continue to keep me on the right path.

TESTIMONY 7

In 2007, my husband's brother passed away due to an illness. He was 42 at that time and it made me really sad. In 2009, I dreamt that my homeland was destroyed by a tsunami. Darkness fell over the earth and the crops around my house withered and died. In my desperation, I called on the name of Jesus. Light re-entered the land and the crops sprout to life again. At that point of time, I did not fully understand the significance of the dream.

In 2010, my marriage turned sour. After his father passed away a month later, our relationship turned for the worst. In 2011, my father was diagnosed with cancer and I was devastated. In 2012, my husband filed for divorce. In the end, I lost my marriage, my house and the care and custody of my 3 children. In 2013, I fell into depression and was hospitalized at the Institute of Mental Health for treatment. I lost interest in living and was suicidal.

I was constantly drawn to pick up books or watch YouTube videos on Death. I felt heavily-oppressed in my spirit. I also felt spiritually weak and lethargic even though I was attending church. Eventually, I dropped out of cell group and the Usher Ministry.

In 2014, my ex-husband's stepfather passed away. We were close to him and were sad to lose 3 family members in 7 years. That year, my former Pastor, who was my mentor in the past, re-established contact with me. I was glad to be in touch with him, one whom I highly respected. He was a professional psychologist cum counsellor by then. We met often and he ministered to me like he did in the past. In 2015, he suddenly passed away due to cardiac arrest and I was once again broken hearted.

Death of loved ones and divorce drove me to depression. I was at the end of my road. I cried out to Christ to rescue me. In 2016, the breakthroughs came.

I was on my way to meet an old friend for dinner at Star Vista and I saw an art piece hanging in the middle of a furniture shop, with these lines: *"Be still and know that I am God. I will restore you."* I paused for a second, thinking that it was so odd.

"Be still and know that I am God. I will restore you."

That evening, I had a good time catching up with my friend. However, I became terribly upset when I reached home, after recalling my lost relationship with him in the past. It happened 25 years ago and I was still hurting. The Holy Spirit knew beforehand that I would have an emotional breakdown and reminded me of the verse I saw at the shop that night: *"Be still and know that I am God. I will restore you."* That brought a lot of comfort to know God cares.

During the Sunday service the following day, the pastor spoke about trusting God and during the Grace retreat in June, God began to restore me. The Holy Spirit convicted, corrected and renewed my attitude towards certain people. I apologised to those whom I had offended in the past and mend my ways. At the same time, I felt led to attend the Wholeness Seminar so that God can do a deeper work in me. One night in July, in the midst of my nightmare, I heard myself shouting: "Get out of this place! You don't belong here!" In my dream, I was commanding the disturbing images to flee in Jesus's name. When I realized it was a spiritual warfare, I knew I had to attend the seminar all the more.

2 weeks later, I attended the Seminar and received ministry time. We spent time praying and listening to the Holy Spirit; He brought me back to the place where I hurt most and performed spiritual 'surgery' where needed. The process involved prayer, confession and proclamation of God's truth and revelation. There was pain, agony and lots of tears. But it was worth it - no pain, no gain.

One area where I hurt most was the hurt over the harsh physical punishment I received when I was a child. When my father was angry, he would cane me or make me carry a basin of water over my head. My arms would ache badly. It was a very frightening experience for me. I had seen him overturn the table and the food splattered all over the floor. When my mother was angry, she would cane me with hangers or with my father's belt. I had to crawl under the bed to escape the caning. I recalled my mother caning me with my father's belt and I was coiling under the bed. It was a painful and traumatic moment. At that instant, I invited Jesus to come and take away my hurt. I saw Jesus bending over and asked me to come out. He patted me on my shoulder and said: "Don't be afraid, I am with you." I felt healing and comfort coming through. This is exactly what the Bible says about Jesus: *"He heals the broken-hearted and binds up their wounds."*

In one of the sessions, I cried so hard that I was thoroughly exhausted and had to rest at home the following day. Jesus was there to help me face all my hurts, as I recalled them one by one. I knew in my spirit that the healing was authentic and lasting.

My obsession on the topic of death was gone. I no longer felt drawn to pick up books or watch you-tube videos on Death. I no longer felt 'heavy' and oppressed in my spirit.

During the session, Jesus took away my shame and guilt. Love, joy, peace, hope, confidence, security and self-control entered my heart. I no longer feel 'chained'. I feel a new 'freedom' to move forward and pursue a future in my job and in my life. My mind became clear and I seemed to have more energy. I was able to focus on my job better, embrace more activities, become less fearful and solve my problems well.

"He broke my chains and set me free from my bondage, turned my sorrow into joy, took my burden and gave me rest. I felt alive once again."

One day, my ex mother-in-law gave us a pot of Chinese tea but no one helped themselves to it. As the fridge was full, I could not store it. So I poured some into a cup and offered it to my ex-husband who was watching television. I said to him: "Help to finish this tea... I am sorry for all the wrongs I did to you." I was taken aback by what I had just said. From his look, I sensed an immediate breakthrough and forgiveness between us. It was a magical moment! Something supernatural had happened and I was in awe!

God has healed me at a deeper level where counselling, psychiatric treatment, self-help books and self-talk could not reach me. I sought professional counselling between 2010 and 2013. I did everything I could to help myself but in vain.

My advice to those who are unsure if you should need to step out to receive this ministry: Do not waste any more time and energy struggling on your own. With God's help, you can move forward in your life and you can help others as well.

Things have turned around in mysterious yet amazing ways in my recent encounters with God. I literally felt like Jesus came to where I was and walked me out of darkness into light. The yolk of slavery was broken by the power of God. He broke my chains and set me free from my bondage, turned my sorrow into joy, took my burden and gave me rest. I felt alive once again.

What I experienced spiritually happens concurrently in real life. The transformation is authentic and lasting. My ability to focus on my job, share insightful views during meetings, problem solve effectively, hunger for new knowledge and skill acquisition, have higher tolerance level towards others are evident in my life of the transformation God has done in my life. My life is never the same again.

TESTIMONY 8

Together with my husband, I attended the Wholeness ministry seminar last August.

It was a very good experience. Before this, I was not aware of the existence of the 4 sources of our wounding, i.e Negative family patterns, ungodly beliefs, Soul/spirit hurts and Demonic Oppression.

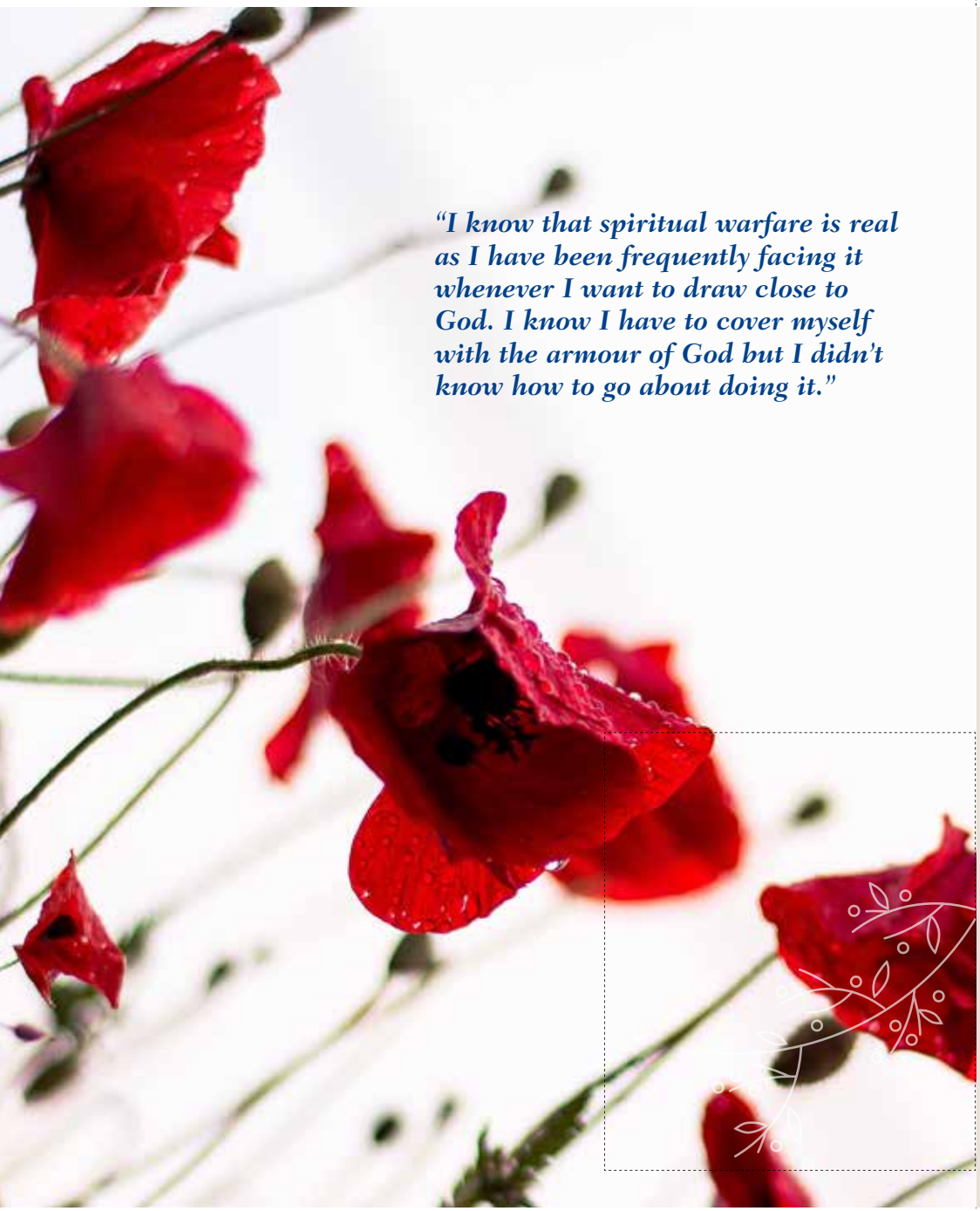
We have always thought that with faith and prayer, and meeting the requirements of a godly Christian life, healing will take place. Little did I know that each one of us has to intentionally seek freedom from these past negative patterns and hurts, even though we do not seem to remember these things.

I know that spiritual warfare is real as I have been frequently facing it whenever I want to draw close to God. I know I have to cover myself with the armour of God but I didn't know how to go about doing it.

So, Wholeness ministry has been instrumental in bringing this knowledge to me. With the Holy Spirit's help, he has empowered me to walk in God's purpose and freedom in my faith journey.

During the ministry time, as I prayed in faith, I began to gain confidence in finding healing for my issues. Just to share, during my Soul Spirit Hurt session, the Holy Spirit revealed an incident that was hurtful to me. This went back to when I was a teenager. There was a big quarrel between an older brother and me. Suddenly, he threw a wooden stool at me. We were not on speaking terms but eventually, we reconciled more than 20 years later. However, I still face apprehension whenever I meet him during family gatherings. I still have the fear of stirring up his anger again. At times, I felt jealous when he treated our other siblings better. I had long forgotten about that incident which had caused me physical hurt. I have also forgiven him. Only Jesus knows how deep the hurts were

"as I prayed in faith, I began to gain confidence in finding healing for my issues."



"I know that spiritual warfare is real as I have been frequently facing it whenever I want to draw close to God. I know I have to cover myself with the armour of God but I didn't know how to go about doing it."

inside me. As I prayed, I invited Jesus to come into that memory. When the stool was thrown at me, I saw a bright light flashed in front of me just before the stool reached my chest. Though I still have the scar on my chest, I remembered that there was no serious injury internally.

Jesus led me to see how He had prevented a serious injury and it was amazing to know that He was there and He protected me, assured me that He was there with me when I faced this dangerous situation. Therefore, I am assured of His presence and love, and I am convinced that every time I am hurt, Jesus is always there for me.

TESTIMONY 9

Before I attended the Whole Ministry, I was constantly feeling down and depressed and often wish my life would end soon. I was unable to feel happy on happy or special occasions for reasons I could not comprehend.

After attending the Wholeness Ministry, my future does not seem so bleak and hopeless and I am mentally stronger to face challenges now. My chains of depression have been broken, I no longer have the sinking feeling of dread. I am able to live my life normally, taking one thing at a time, facing any challenge squarely without feeling hopeless and meaningless all the time. I was also reminded and thus comforted of God's love for me during the ministry.

"I am able to live my life normally, taking one thing at a time, facing any challenge squarely without feeling hopeless and meaningless all the time."

I strongly recommend anyone who wishes to live a more abundant life to attend this ministry, as many a time we are kept from doing so for reasons that we don't even know until we attend this Seminar and ministry and our eyes are opened. We are set free from negative family patterns, strongholds passed down from our forefathers. Through this ministry, God helped me to identify, bind and cast out all that is withholding me from living a victorious life. I was surprised that incidents that I do not put to heart were hindering my life until the Holy Spirit prompted my Ministry Facilitators to bring those incidents to my mind that I was able to recover the legal grounds from the enemy. I can now live as a victorious Christian.

TESTIMONY 10

I had feelings of oppression and I felt hard pressed on every side. Nightmares and bad dreams were not uncommon. I was very hurt and badly broken in my heart.

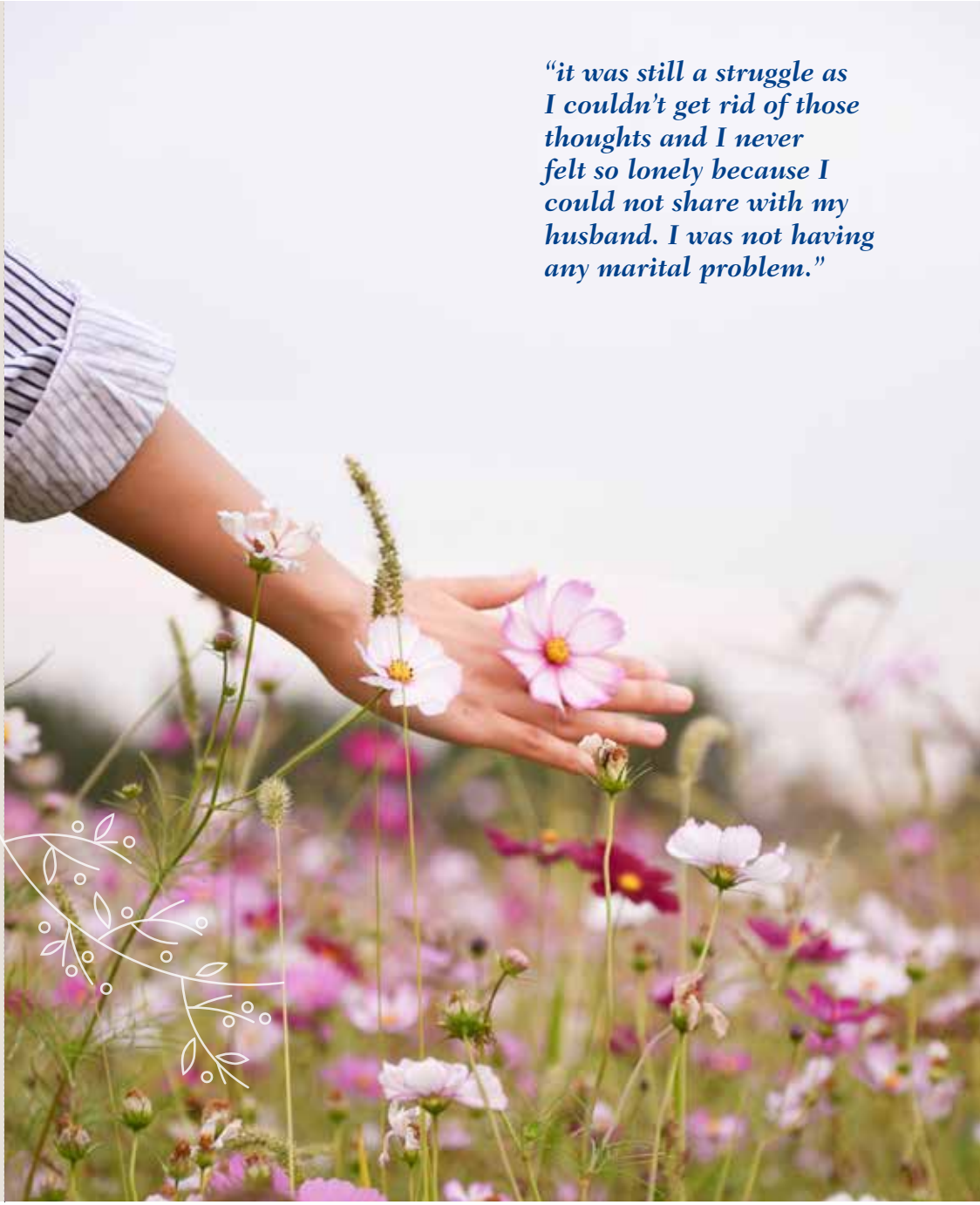
My first ministry session dealt with occult involvement, abandonment, rejection and neglect. During the first session, I couldn't hear or see the things the Lord had done for me. It was through my ministry givers who saw, heard and sensed what Jesus had done for me; as I went through the ministry steps for breaking negative family patterns and closed my eyes to receive God's blessings, one of my ministry givers heard literally the breaking of chains and I felt lighter after the first session.

The Lord continued His healing session for me at home when I went through the steps on my own. The Lord revealed more doors to me to close under occult involvement, which I did. I remember as I confessed and renounced the sins and curses of occult involvement, I saw chains breaking. But one chain was very stubborn. It had a hook-like screw which was stuck to the area slightly above my stomach and refused to come off. I kept praying for Jesus to remove it. As I prayed, the screw loosened little by little until the whole thing came off. I remember some of my fats/flesh (whitish in colour) came off with it. I felt a great sense of relief. The screw that came off was still alive though and wanted to be re-attached to me. I prayed and Jesus kept the chain away from me.

Then, I had a very victorious dream. I saw many, many spirits coming out of my mum's and my room. I was afraid at first but the spirits were lined up in a very orderly fashion waiting to get out of the window where the light was. I was standing by the window and was pushing the spirits out of the window. Then, I was at the living area where the spirits were coming out of our rooms. I saw two spirits being afraid of me and fled into my mum's room. I was curious. I didn't see Jesus but I believe Jesus was behind me. Then the whole house was cleared of all the spirits. I sensed the victory of God.

"Little did I realise that Jesus took my badly hurt and wounded heart and exchanged it for His Divine healing. The next day, work was as usual but I realised something. My heart didn't hurt."

During this period when I was going through the healing ministry, I was going through a hard



"it was still a struggle as I couldn't get rid of those thoughts and I never felt so lonely because I could not share with my husband. I was not having any marital problem."

time at work as well. I felt so helpless that I cried out to the Lord. "Lord, my heart is so badly hurt and wounded that I cannot be effective for you. Can you please do something to my heart?" Little did I realise that Jesus took my badly hurt and wounded heart and exchanged it for His Divine healing. The next day, work was as usual but I realised something. My heart didn't hurt. I asked the Lord, "Lord, did you do something to my heart? Why isn't it painful anymore?" The night I went home, I asked the Lord if He did something to my heart again or was it due to some positive thinking. I was very happy as the Lord had healed my heart and it doesn't hurt like before. I felt a guard around my heart, like a shield protecting and guarding my heart. So, I told the Lord that I wanted to test this heart further to make sure that He really healed my heart and that it can withstand the pressures at my workplace. My heart worked very well for the following two weeks and continues to be so even up to now. God healed my heart! He made sure that my heart is strong enough to withstand the pressures of this world yet tender enough to hear from Him.

TESTIMONY 11

Two and a half years ago, I decided to commit my life to do God's work. However, I found out that at every new spiritual level, there are obstacles. By the end of that year, I started to have impure thoughts. I prayed 2 Corinthians 10:5b every day, asking the Lord to *"take captive every thought to make it obedient to Christ"*. After several months, it was still a struggle as I couldn't get rid of those thoughts and I never felt so lonely because I could not share with my husband. I was not having any marital problem. In fact, I have the most wonderful husband and 3 most beautiful children.

4 months later, I had an accident which tore my ACL and had a knee surgery. On the day of hospital discharge, I returned home and was about to hobble onto my bed with 2 crutches when the wooden ceiling beam above my bed collapsed and shattered my bedside table. It was the eve of Good Friday. I knew my head could have been smashed if not for the prompting of the Holy Spirit to sit at my closet area for a little while more before walking to my bed. When I saw the wooden beam, Isaiah 53:5a touched me. *"He was pierced for our transgressions, he was crushed for our iniquities"*. I may not have transgressed, but I have iniquities that are hidden. Everything in the darkness is in the devil's domain.

"For God did not call us to be impure, but to live a holy life. Therefore anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit."

When the Wholeness Ministry Seminar was announced, I signed up without hesitation. The first area taught was negative family patterns. Being a firm believer of personal responsibility, I could not understand how the iniquities of the fathers can be passed down from generation to generations. As I went through my family tree with my very sensitive Ministry Giver, it dawned on me that both my maternal and paternal grandfathers had 2 wives. I learned that they could have opened the doors for these demons. I renounced the sins and curses of my ancestors and break these powers from my life.

In the process of the ministry sessions, I also discovered my ungodly belief that "I don't need to be a holy-holy Christian". But God's call for us to be holy is affirmed in 1 Thessalonians 4:7-8, *"For God did not call us to be impure, but to live a holy life. Therefore anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit."*

The Lord brought me to a memory some 29 years ago when I was feeling suicidal at Grand Canyon and the Lord said He will bring my family back. I was there with my family 5 years ago.

"God opposes the proud but shows favor to the humble." Submit yourselves, then, to God. Resist the devil, and he will flee from you. James 4:6b-7

From the above verse, before I can resist the devil, I have to deal with submission and pride. In another memory, the Lord showed me a scene when I was may be 5 years old, protecting my mom's sewing machine with my sister in a locked room to prevent the debt-collectors from taking away all our furniture. The Lord was at the window saying He would provide. To escape poverty, I worked hard and would consider myself a self-made woman. But "God opposes the proud"! The sin of pride is so insidious that it's often not obvious. Pride is trusting in my own strength, righteousness and wisdom. Besides pride and submission, we also had to pray against the spirit of control as in the Spirit of Jezebel.

In my last session, I was dealing with so much grief over my beloved late sister.

What happens when the ministry sessions are finished? I'll continue to walk those Ministry steps on my own with the help of the Holy Spirit, continue to close those doors that the Lord wants me to close and confessing the Words of God. When I put my trust in God, I put on His righteousness (not mine) and depend on the Holy Spirit to guide me daily. I may not be what I want to be yet, but I'm definitely not where I was before!

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