

## 受助者見證：

### 在絕境中我遇見上主（蒙福的弟兄）

作為一個男人，能夠在事業有成，並有妻兒子女，可算是十分幸福了。由於我的人生一直相當順利，因此，從未想到要去信靠神。兩年前，由於我和太太之間，有極嚴重的衝突，我好像被丟進了人生的絕境，差點兒要放棄生存了。但在救主奇妙的安排下，我竟然從死裏逃生，並且遇見了主耶穌，認罪悔改。

我和太太結婚已近30年，雖然不算得很恩愛，但總算相安無事，幾個孩子都已長大成人，獨立生活了。但在我毫無警覺時，我和太太之間出現了很大的衝突，是我很難容忍的，我們幾乎要立即分居或離婚了。在我六神無主之際，我忽然想到要去教會，找牧師來評個公道。很偶然地，我帶著太太去見一位牧師，在幾次的傾談中，牧師給我們評道理，又向我們講福音。很奇妙的，我的心被打開了，我接受了耶穌做我的救主。在牧師的轉介下，我和太太一同來到恩泉接受輔導。起初，我太太很抗拒，不想參與輔導，但在輔導員的悉心幫助下，我們願意學習饒恕，改進溝通，化解衝突，修補關係。輔導員也在信仰上給我幫助，借屬靈書籍給我閱讀，助我在靈命上長進。如今，我和太太的關係正逐步改進。我更祈禱，願望太太也能信主得救。回顧過去，我真是因禍得福。在此，感謝牧師和恩泉給我的教導，更願有夫妻相處問題的家庭，能像我們一樣獲得幫助。

### 我很累，但我仍然要活下去！ (Ben 弟兄)

我是一位年近40歲的主內弟兄，我雖然信主已經7年，但自從青少年時期至今，我不斷地受到抑鬱和燥狂的情緒波動病症困擾，我真的感到很疲累！感謝神，縱使我有時會想到放棄自己，今天，我仍然要堅持活下去，我不願放棄。對我認識不深的人，包括我教會的導師和朋友，都不容易看出我有的精神問題。我其實確有許多正常之處，我不只能夠在大學畢業後，於多間電腦公司任工程師多年，後來，更完成了碩士課程。但是，過去多年，由於我有週期性的情緒波動，有時抑鬱，有時燥狂，以致我不能專注工作，產生許多人際衝突，並做出一些荒唐而危險的行為，甚至多次被關進醫院。在無可奈何之際，在家人的鼓勵下，我只好承認和面對自己有的病，接受定期的藥物治療和輔導。

如今，我仍未有穩定的工作和收入，也要倚靠家人的照顧，心中有很大的失落和自卑感。幸好有恩泉輔導員的扶持，聆聽和諒解我的困惑，助我面對茫茫的前路。我雖然不明白神為何讓我得到這種既可怕，但又難以告人的病，但我仍要感謝神，因祂給我生存的勇氣和指望。

## 2009 CLIENT TESTIMONIES:

### I was blessed in Special Way! (A Brother in the Lord)

I never went to a church. I thought I never will. But God did lead me to a church, and I was saved by His grace, and I later received counseling from Living Grace.

As an ordinary man, I thought I had all the blessings of life – a good career, a wife, children, and good health. But, two years ago, in all a sudden, I got into a major conflict with my wife, which led to my emotional breakdown. When I was so distressed, I thought about going to a church, to ask help from a pastor. So I took my wife to see a pastor, and he was so nice to listen to our problems, and helped us to believe in the healing power of Jesus. Although I did not know enough, but my heart was opened, and I received Jesus to be my personal savior. Yet my wife was not ready to believe. However, that was the turnaround moment of our marriage.

My wife and I were also referred to Living Grace for marital counseling. With the help of our counselor, we learned to take personal responsibility, to exercise forgiveness, and be better at communication and care for each other. The counselor also helped me to find answers for many questions I still have about the existence of God, and the reasons for suffering. Although there is still a long way to go in my spiritual growth, I have overcome this major crisis in life, and I am still learning how to better improve relationship with my wife. I also keep praying about her salvation.

I was blessed in a very special way, something I never expected!

### I am tired, yet I am not giving up! (Brother Ben)

I am a brother in the Lord. I have received Christ for almost 10 years. But since my teen age, I was constantly disturbed by the mood disorders of manic and depression. I don't know why this happen to me, but I know I am tired, I am very tired!

For the people that do not know me enough, even for many of my church friends, they cannot tell that I have such an illness. Like many regular guys, I graduated with a computer science degree, and I had worked in some hi-tech companies as engineer. But in the past 10 years, due to the illness, I had suffered unusual and disturbing mood swings, making me unable to concentrate on my job, and showed some crazy behaviors that caused a lot of relationship conflicts. Eventually, I could not hold on to my job anymore. Due to lack of income, I could only moved back to stay with my elderly parents. Because of all these craziness, I finally accepted the fact that I have an illness. It was painful. It was a lonely journey. I had even thought about giving up on myself.

During my course of medication treatment, I still need counseling to help me to deal with many emotional and relationship issues. Thank God that I got help from Living Grace. I receive not only regular counseling care, but also spiritual care. Although the mental illness I have is something very difficult to talk about, and it is hard to get people to understand and accept me, I am determined not to give up this fight. Yes, I am tired. But the hope in the Lord, and the help from Living Grace, give me strength to move on. I am not going to give up!