

我已感覺到絕望，擔子很重，無法承擔，恐怕自己也會精神崩潰，甚至做出不理智的事情。

結果，經過兩年多的輔導過程，每次得到輔導員悉心的引導，讓我們學習平靜的討論和解決問題，加上丈夫也願意表態合作，終於令我們的夫妻關係得以改善，雙方亦有更多瞭解，更好的溝通，互相尊重。而最重要的，就是輔導員邀請了一位教會的牧師來跟我們講解福音，我們因此也認識和信靠了耶穌，並全家一齊參加教會，在那裏得到更多屬靈上的教導和成長。

感謝神的恩典和祂話語的光，引導我們這國家從黑暗中獲得光明潔亮，讓我們能夠學習寬恕，彼此接納，互相支持及鼓勵。據我看來，離婚不是上算的選擇，它可能導致更多的困擾和問題。但願正在婚姻中亮起紅燈的夫婦，能堅持和珍惜你們的家庭，去尋求扶助，相信會像我和我丈夫一樣，找到更好和有福的出路。

## 我從前不覺得自己**有病**！

(一位年青病患的康復之路)

我曾經受過高等教育，讀書也算成功，畢業後工作順利，覺得生活很滿足。但七年前，不知何故，我被老闆開除，導致我陷入情緒低谷，對朋友和自己都失去信心。之後有六年之久，我不願與外界接觸，終日躲在家裡，對人盡失信心，並且常常覺得有人想陷害和監視我，但我卻不認為自己有甚麼病，所以一直都沒有求醫求助。

可幸我有一對年老的父母，他們對我仍然關心照顧，他們都是基督徒，所以常常替我禱告。我的母親更不斷四處尋找可以醫治及幫助我的渠道。結果在去年年初，我的母親在無意中看到一個電視節目，正在介紹恩泉的輔導工作，她心裏想：「找到了！恩泉應該可以幫助我的孩子。」

起初我不願意見輔導，只有我的父母去和他們談及我的問題，並且學習如何在家中開解引導我。後來輔導員打電話來，對我表示關懷，甚至作家庭探訪來與我傾談，給我提供幫助。結果，我從起初對他有所懷疑，漸漸對他產生了信任，我亦願意到恩泉接受輔導，再而明白到我的思想和情緒困擾，是可以透過藥物得以治癒，並能透過職業輔導，可以一步一步的康復，過著正常和獨立的生活。

今日，我從不願意見人，變得願意踏出家門去見人；從不承認自己**有病**，變得願意按醫生的診斷去服藥治療；從對自己失去信心，變得可以重拾信心，並且對前途感到有新的希望。我要感謝我的父母，因為他們的不離不棄，並得到恩泉輔導的熱心幫助，使我從病中得到醫治和康復。

After two years of counseling, my husband and I have learned to discuss and solve the problems calmly. He was willing to cooperate and our relationship got improved. We have better understanding, communication, and respect for each other now. Most importantly, our counselor invited a pastor from a church to share the Gospel with us and ever since then my family started to go to church, know God, rely on Him and grow spiritually.

I praise God for His grace and the light of His words which led my family out from the dark to the light and let us learn about forgiveness, acceptance, supportive, and encouragement. In my opinion, divorce is not a smart choice since it could produce more frustration and problems. For those who are not satisfying in your marriage, I hope you can cherish and hold on tight to your family. Go seek for help and you will find a better and more blessed way out, just like me and my husband.

## I have never thought of having illness!

(A healing path of a young adult)

I had a successful career after graduated from college. I was very satisfied with my life. 7 years ago, my boss fired me for no reason which caused me to fall into depression and loss my faith towards my friends and even myself. For 6 years long, I wouldn't want to interact with the world, so I just stayed home all day long. I could trust no one and I always thought someone was watching me and was going to hurt me. However, I didn't think something was wrong with me; therefore I didn't seek for any help.

I was thankful that my parents still cared for me so much. They were Christians and they prayed for me every day. My mother even helped me to search for all the treatments that could heal me. At the beginning of last year, my mother coincidentally saw a TV show which was introducing the counseling work of Living Grace. She thought, "I found it! Living Grace could help my child."

At the first place, I was unwilling to see the counselor; it was just my parents who went to see him, to discuss about my problems and to learn how to cheer me up. After a while, the counselor called me and showed his care; he even made home visit to chat with me and provide help. As a result, I trusted him gradually and I agreed to receive counseling in Living Grace. I understood that my mind and emotional disturbance could be healed and I could live a normal and independent life through medication and occupational counseling.

Today, I had changed from not willing to see anybody to willing to step out of my house to meet people; from not admitting I have illness to willing to take medicine; from lack of confidence to redevelop my faith and having hope for the future. I wanted to thank my parents because of their perseverance. I also wanted to thank the counselor in Living Grace since I got better and recovered from my illness.