

The testimony of my personal faith in Jesus Christ is best explained through the framework of Acts 17:28 "In Him, (I) live and move and have (my) being." (NIV)

### **In Him I live.**

May 1995. I had wanted to die at the point when God introduced Himself to me. Until then, I had been drug addicted, depressed and suicidal, and caught up in the cycle of one dead-end relationship after another. I had finally hit my breaking point with the last relationship. Having attempted suicide twice before then, I had meant to succeed for the third time. However, the last relationship was with a backslid Christian, brother to a missionary and son of a conference speaker who moved in the power of the Holy Spirit. Needless to say, God had other plans for me. While I had figured that there was something wrong with me if even this person would not stay with me, this person had still honored the God of his childhood, despite his own feelings of conviction for not doing what he was about to tell me, by sharing with me the Good News, prefacing it with the statement that God was watching me and would hold me accountable to everything I had yet to hear from him. The fact that God was my audience had been enough to shock me and put the fear of the Lord into me because at that point I had realized that my life of sin and loneliness was not a surprise to God. After he had told me what to pray without praying with me, I had attempted to call on God for myself the next day, with his reminder to do so. Two months after that, the first Sunday in July 1995, I had attended my first church on my own, which was also his old Assemblies of God church that was down the street from my apartment, with instructions from him on what to do to make it official when I got there. I sat up front like he told me, and I went up front for the altar call all by myself because this was what he told me to make sure I did when I got there, and the reason for sitting up front. I continued on without further instruction and found fellowship. He later re-committed himself to God at the end of my first year walking with God. Today, I know that it is because of God that I am alive and that the sole purpose for my life is to worship Him with my whole life, with all my heart, soul, mind and strength.

### **In Him I move.**

As a child, I was infected with a strain of strep virus that cripples the joints. I had gone to my childhood doctor for swollen and painful knees. The doctor had told me I was lucky because I could have become crippled, but instead I would be able to be treated and only be left with arthritis in my knee joints. The older I became, the more pain I endured just standing still, sitting for long periods of time, or walking for long distances. As a young adult in college who worked retail, I had to invest money into very supportive walking shoes and knee braces in order to ease the shock away from my knees. After a while, living with arthritic knee joints became a way of life, so much so, that I did not realize it was not how God had designed my body to function. I was resolved to never wear pretty shoes with heels. As a new believer, I was unaware of God's ability and desire to heal. But He did it anyway. As I was faithful to attend my new church, my new fellowship groups, and fully participate in the active worship services, jumping up and down with the others despite my pain, I discovered that one day I had no pain. Because I did not let my pain stop me from worshiping God, He healed me by surprise. Today, I am so much more involved in worship, having been led to dance before the Lord in dance and fitness ministries because He alone is worthy. It is because of His grace, mercy, and compassion

that I have been healed so that I may continue to worship Him in movement, in dance and in fitness.

**In Him I have my being.**

Before becoming a believer, I used to worry myself to the point of not eating. That tendency, in combination with drug addiction and depression, caused my external body to become anorexic and my internal self to lack confidence. After becoming a believer, I have experienced peace and a desire to maintain a healthy body. I have discovered the healing and restorative properties of keeping a kosher diet through my Messianic Believer Jewish husband, furthered by group leadership in the First Place 4 Health nutrition and fitness ministry, and furthered even more with ACE Fitness certification and Zumba Fitness® instructor licensure. My appearance has gone from looking like I'm wasting away to looking whole again because of God's peace or shalom, that wholeness, integrity, comfort, success, contentment, health and well-being, safety and tranquility, that peace that passes all understanding (Php 4:7), that has restored me to the person He has created for me to be from the very beginning.

- I know now that I am fearfully and wonderfully made and that all my days were written by God (Ps 137:14-16).
- I know now that I exist for a reason because in Jesus I am chosen (1 Pe 2:9), accepted in the beloved, adopted (Eph 1:5), an heir ((Ro 8:17), alive with Christ (Eph 2:5, Col 2:13), and free (Jn 8:32-36).
- I know now that I am the righteousness of God in Christ Jesus (2 Co 5:21).
- I know now that in Him, I live and move and have my being (Ac 17:28) so that I may worship God as He deserves, to give Him the glory that is due His name (1 Chr 16:28-29), with all my heart, all my soul, all my strength (Dt 6:5, Mt 22:37), so that God may receive even more worship because of His testimony in my life.