

### ***Love is a choice Testimonies:***

*"Love Is a Choice Workbook" provides a ten-stage plan to help you find healing from the pain that created your codependency and then guides you through the plan using interactive questions, self-tests, exercises, and journaling. This workbook helps you to step back and examine your life and then effectively deal with your codependency at your own pace. It can be used independently, or with "Love Is a Choice," to help you break the cycle of codependency and be free to make new choices-free to choose love."*

*"I have been working my way through this workbook on co-dependency. I always thought I could pick the co-dependent people out in a room, but, hey, guess what? I am co-dependent too!*

*I completed the journey through this book. It was very helpful. I identified areas of pain, and ways to recover and move on in a healthy way. One paragraph of note (out of many):*

*We carry an assortment of negative distorted messages about ourselves, other people and the world at large. These messages play over and over in our heads, controlling our lives and our perceptions. You can know that - worth as a person is not based on what I do - I can face myself and accept the fact that there are both strengths and limitations in my abilities - other people can know my faults and still accept me- I have many likeable qualities - I am a person of worth - my opinions are important - and the BELIEVE IT!!!*

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*For more than 50 years I have experienced emotions of rejection, poor self-esteem and pain. Physical and sexual molestations have only strengthened these emotions. I just remembered the hurt and completely forgotten that there were good things in my life. My family and children have carried the consequences of my pain and feeling of rejection. When I came to the point of suicide, like my father and brother, I cried out for help to God. By coincidence someone phoned me to invite me to Love is a choice course.*

*During the week I had several revelations that changed my life. Father made me remember good times, smells and pictures from my life as a child. He confirmed to me in visions that I was well loved and chosen by him for a special purpose. What's particularly important to me, is the tools that we were taught to see negative thoughts and behavioral from a different perspective, with trough Truth and Light.*

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*Love is my choice.*

*.... love your neighbour as you love yourself for this is equal to the Lord's commandment asking us to love Him completely.*

*I have always neglected my own vineyard, never loved myself and because I was afraid, buried my talent in the ground. I found Father God to be unapproachable. From the time of my coming to faith in 1975, I have felt uncomfortable about "quiet" times with the Lord. They have been almost non-existent all these years. I could not sit at the feet of Jesus as Mary did. I was always on the go like Martha. If I felt threatened in any way, I could just drop my tray and run away. How, if I was sitting on the floor, could I suddenly get up and run to safety?*

*During the "Life is a Choice" retreat, a scripture came to mind. "The kingdom of God is within". The teaching revealed to me that the Lord's kingdom in me, had been crushed by codependancy, strongholds of pain and denial and other issues in my life.*

*I was desperate to be free to come to the Father; to spend time with Him, quietly sitting unafraid at His feet. But it was expedient for me to face my greatest fear and pain. I needed to return to the womb where I had experienced extreme trauma, pain and fear. A prophetic word (1998) had revealed that I had wanted to die in the womb. Trusting that Jesus was now my place of safety, together we could look at that fearful painful experience again where my twin, for reasons not known to me, was spontaneously aborted. Abba Father God is in sovereign control of all things, even in the horrific experience of that spontaneous abortion. This knowledge of God's sovereignty, and with Jesus together at my side, enabled me to safely look at the pain and trauma in the womb. I was angry and had hated myself because I was powerless to help my twin in any way. In that extreme trauma, I had shut myself down cutting myself off from God my Father, His love and nurturance. I have always kept love at a distance. When I revisited the trauma, I saw that Jesus rescued my twin and gifted her back to the Father for He is the resurrection and the life.*

*Rather than death, I chose life. I chose to live. On this weekend of 10 August 2013, I chose to love myself unconditionally, for love is a choice. The kingdom of God within me has been unpacked and revealed.....it is myself. Yippee!!! Hello Me.*

*With freedom and in safety I can now say,*

*"Hello Abba Father God!! It's Me."*

*"Hello Me. It's lovely to see you my girl. I've been seeing you for such a long time. Ingrid! Why don't you come up here? I have some ice cream for you"*

*"Oh Abba, that's a wonderful surprise. Okay! Here I come."*

*"Shalom Shalom! Hello Ingrid"*

*"Shalom. Hello Abba Father God. Thank you Yahsua for bringing me safely to Our Father. Father, what's your favourite flavour of ice cream?"*

*"Oh, I don't have a favourite. ALL ice cream is delicious. I have a big new world of ice cream waiting for you. I have flavours you've never tasted before like Sunset Gold and Iceberg Lump and Silver Shimmer Lake and Mountain Dandelion Dew"*

*"WOW!! Tremendous! My eye has not seen, my tongue not yet tasted those flavours".*

*"Shall we go ice cream tasting?"*

*"Yes let's!"*

*"Come up here onto my lap".*

*"Okay.....oh how lovely to be here".*

*"Where shall we begin?"*

*"aahmmm....."*

*Blessings in the Lord Jesus*

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*I came to the Love is a choice weekend with high expectations of finding the answers for the path ahead and I have not been disappointed. My Lord has so gently brought me face to face with my issues and so tenderly unveiled Himself as I chose to press through the emotions of fear and shame etc. and determined to allow myself to be exposed where I have been believing lies and ducking the very hard choices facing me. I received a hundredfold reward for my pressing forward in much fear*

*again, and again and letting my needs be heard and believing what I had to say was worth being heard.*

*Jacques short, but so pertinent devotions were a a special highlight for me. The Lord revealed "my hiding place" since birth as being the womb and I was able to give that place over to Him and to be prepared to answer His calling forth from there, with all of my heart and know that He has my life hidden in the cleft of the rock and He covers me there with His hand. I will not go into the prophetic call on my life here suffice it to say that Hosea 6 1-3 once again became very pertinent to me and a sense of the third day being upon me right now.*

*My rebellion became very evident to me as never before in having not been able to accept His will for my life and therefore being my own worst enemy.*

*I am leaving here with a very sobered but quiet spirit and verse 10 of Psalm 46 ringing in my ears. Let be and be still and know, recognise, and understand that I am God, I will be exalted among the nations! I will be exalted in the earth!*

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*Being and doing worldly things for 35 years I could never understand why. Why do I punish myself and why can't I except who am I.*

*After spending intense time at Beulah with Jacques and Hanneke they taught me how to truly know and hear the Father, Son and Holy Spirit.*

*One day the spirit revealed to me that I was in a motorcar accident with my parents and siblings.*

*On the way to hospital I stood in front of my mother the whole way looking into her bashed bruised smashed face. Blood everywhere.*

*At that moment the enemy came to steal the blood of Jesus. God revealed to me that I never believed that blood can wash me clean as snow, because my blood was associated with death.*

*The following Poem I wrote describing how I felt and how God came to cleanse me how He can and removed the effect of the lie. I had to go to meet that little girl again....*

*Hi Little One  
Don't be afraid  
You've been so strong  
Listen to my song*

*Come take my hand  
Tell me your pain*

*I've always been there  
I've seen your struggle  
I've seen your care*

*Take my hand  
Let's not compare*

*Your long black hair  
Your big green eyes  
Your beauty  
Your smile  
That makes all things while*

*You not alone  
You've done so well  
Being brave  
Looking in front of you seeing the grave*

*It's safe now  
You don't have to pretend  
You don't have to punish*

*God's here to amend*

*Forgiveness and mercy  
From now on will show  
His blood has washed you  
Clean as snow*

*Your smile  
Your laughter  
Is forever after*

*Step out of your effect  
What the enemy has set  
For God has a plan  
It's not in vain*

*Your gifts  
Your calling  
The meaning of your name  
Righteous I proclaim*

*Your free  
Independent  
Compassionate and pure*

*Put on your crown  
My daughter come near*

*From today on  
Righteous we stand  
Together forever  
I've taken your hand*

*Ashes for beauty  
Shame for love  
Today I choose to fly like a dove*