

Gospel Process Testimonies

Linda Ingham

The *Gospel Process: Embrace, Die, Bury, Rise!* As Smith Wigglesworth once said, “God has a million ways of undertaking for those who go to Him for help.”

When Jesus went back to Heaven, He and His Dad (God) never intended mankind to be alone. So, They gave believers, not only the Holy Spirit, but they left all of mankind with some Good News. The Good News is that Jesus Christ bore and buried ALL of mankind’s sin with its painful junk. Because He did this, there is a way for people to join His cleansing and healing ministry through their in-Christ position and authority and to daily live clean and free. This Good News is called the Gospel!

The *Gospel Process*, which is based completely on the Gospel, is a quick, deep and powerful pathway to discover and uproot core pain, so that one can become delivered and healed. And one can learn to do it on herself in order to stay out of pain. I have done it on myself! It works! This is one of those million ways that God helps as Smith Wigglesworth said. Unique on its own, powerful in its principles and easy to learn, it is God’s gift to people!

For years, I have sat in my *Glory Chair* and watched the Gospel do its deep and powerful work in a few minutes! I testify to the value of this *Process* because it not only brings people OUT of pain and sin but it provides a way for people to STAY OUT of pain and sin. That is why everyone needs this teaching, which is written down in the *Awakened to Life Within, Getting Out and Staying Out of Pain, God’s Way* manual. You can purchase it. You can participate in a training! I hope to see you there!

Enjoy reading these testimonies...I attest to each one!

Eileen DeLaney

I attended the first *Gospel Process* training in 2014. During that training Linda took me through the *Process* to show people how to do it. In embracing a common pain, I went to the memory of getting pregnant at 16 years old. Most of the memory was blocked but within a few minutes I had the full memory and I was completely healed. My life immediately changed from that time forward because that blocked memory deterred my healing. All kinds of therapy and counseling did not help.

Since then I have dealt with how I shut down when my mom died in 2006. I could not grieve her death. My niece had made a CD of my mom talking and I could not even listen to that CD. After one session, however, the freedom to hear the CD came and I even experienced joy in once again hearing her voice.

I have had sessions about all the abuse that occurred in my marriage, including the long-term effects of that abuse onto my children.

Most exciting is that, since that training, I have taken many ladies, who attend my church's Celebrate Recovery, through the *Gospel Process*.

Getting my healing is a journey, but now I know that there is a quick way out. Many times I do the *Gospel Process* on myself! Now I know that I can experience the joy and peace of the Lord. I know that there is freedom. There is restitution of myself because there is a lining up of myself with no more separation. Through the *Gospel Process*, I am truly one with Christ and my relationship with Him has opened up like never before!

Julie Mc Creary

Rejection has been a large part of my journey. After being left again by another husband, I felt lower than I ever had. The weight that I was carrying around was unbearable. I knew in my head that God loved me but I didn't feel anything towards Him or anyone. My friend, Miriam, invited me to the Ladies' Day Splash at Life Awakening and I heard about the *Gospel Process* for the first time. I met with Linda twice and she walked me through the *Process*. I felt so light and free after each session.

But, because I was still dealing with the circumstances of my husband leaving, I did not understand that it was my responsibility to hold onto that freedom by keeping the pain out. As soon as I would get rid of the *junk*, I would almost immediately invite it right back in, because I chose to nurse the pain and hurt back to life. Once I finally understood my part in the *Process*, God and I spent a day together. He told me the specific things that needed to be cleaned out and, by myself, I walked through the *Gospel Process: Embrace, Die, Bury, Rise*, repeatedly until all the bad was out and I was clean and free. From that day forward, the weight that I had carried around my whole life has been gone. I now have a lightness and freedom about me that I have never known before. My feelings for God are intense and I feel so much love and gratitude towards Him and all He has done to save me. I truly feel my story is not finished yet and my journey has just begun. I have truly been Awakened to New Life!

I am telling people about the *Gospel Process*, including its tremendous value! I have even taken some ladies through it and I want to do more of that!

Judith Whitt

I grew up in a strict conservative home in a traumatic situation in Montezuma, Georgia. At the age of 15 I left home in search of something secure, something stable and someone to love me. Through a series of events, God led me to live, for a season, with Benji and Kathy Smoker and their four daughters in Lancaster County, Pennsylvania. I was a confused teenager, who was actually a traumatized, little girl screaming to be heard and healed. I had big dreams that were smothered by fear. I had a torn apart and shattered

family. My heart was in a million pieces with no hope. I felt as if there was nothing in me that had the strength to pick myself up and keep pressing on.

Shortly after I moved in with the Smokers, I was introduced to Life Awakening and started to have weekly prayer ministry sessions. I learned about and experienced the *Gospel Process: Embrace, Die, Bury, Rise!* It comes with excruciating pain at times, but let me tell you that there is absolutely nothing more freeing and more healing than those four simple steps! My spirit has been awakened! I am experiencing new life, the life that comes after rising with Christ! The pain, fear, guilt, emptiness and confusion are gone. I now know that I am royalty, a daughter of The Most High King! My heart has been made whole, and I am fiercely in love with the One Who gives new life! The Gospel is very powerful.

I am now living in Nicaragua where God has called me to start a kid's ministry in a very remote village. Between the bedbugs, lice and endless amount of rice and beans, it gets a little difficult at times, but I wouldn't trade it for the world! My heart is so full! I am doing what I am most passionate about and living out my dreams! The *Gospel Process* forever changed me!

Rebecca Foster

I experienced so much abuse as a child that the space does not permit me to share the details. So, after Eileen was trained to take ladies through the *Gospel Process*, I went to her, regularly, for sessions. (Read Eileen's testimony!)

In sessions, God took me back to words that were spoken into me and all the junk that I took in and held onto. From the abuse, the sin of pride had a strong hold on me. I had learned to take care of myself, because no one else did, and I did not trust God or any human being on this earth.

One Sunday morning, before church, God showed me that there was a destructive spirit trying to kill me, physically. When I started to speak even the name of Jesus that spirit started to come out by screaming and screaming and screaming. Through the *Gospel Process*, however, it came out and it was amazing!

Experiencing the *Gospel Process* helped me to separate myself from my abusers and separate all the pain I took in during abusive situations. I cannot express how amazing the freedom was when the pride and other junk came up and out!

Because of the *Gospel Process*, I am soooooooooooooo much closer to the Lord and I have freedom in so many areas of my life! I hear Him and feel His presence even more. I have a hunger for the Lord like I never had and I have more clarity in my thinking. I love the closeness that I have with God. My identity is now completely in Christ and not in what others think about me.

Sharon Hershey

In 2016, I took a course for spouses of sexually addicted men. My husband was messed up due to being sexually abused as a child. Throughout the years I knew it takes two for a dysfunctional marriage but in my heart I blamed him. One evening, during the course, I was given a personal challenge. The next days I was angry and the word, *vow*, kept coming to mind. I immediately knew the vow I had made, but could not understand because I thought I had already dealt with the vow I made as a teenager that I would *never date my husband*. I decided to talk to Linda. Her first question was, “Did you ever deal with the judgment behind the vow?” The judgment behind the vow is what empowers the vow. I not only *did date him* but I also married him; therefore, throughout our marriage, I was in conflict. We, then, dismantled the judgment and vow by embracing the pain, dying to it, burying it, then rising without it.

Several changes I have experienced through applying the *Gospel Process* are: 1) I no longer view our nearly 50 years of marriage as wasted years. 2) Now we flow as a team. 3) My heart has changed. I am more spontaneous and overall, the conflict is gone.

It was very humbling for me to realize that the judgment/vow I made before we started dating was a key in the path of our dysfunctional marriage. But I thank and praise God for the freedom received through the *Gospel Process* of embracing the pain of the judgment/vow, dying to that pain, burying it, then rising without the pain. HALLELUJAH!

Jen Cammauf

The manual, *Awakened to Life Within, Getting Out and Staying Out of Pain, God's Way*, is a must read for everyone! Actually, it is not just “a read” but a “read it,” “learn it,” and “apply it.” EVERY new person coming into your flock (whether young or old, non-Christian, newbie, or old and seasoned Christian) needs to understand how to live in Kingdom life. Pastors and teachers, consider shifting your teaching with this understanding of taking authority and ruling over the “junk!” People need this teaching. Think of it as Life's Instruction Manual because the teaching is very biblically complete and written in such a way that it is easy to comprehend and apply! Start a book study with your friends, use it as a discipleship/relationship tool, complete the *Application Guide*, take the training, go through some sessions, read, learn and help others become all that God created them to be. Apply the *Gospel Process* and LIVE FREE!

And, by the way, the *Gospel Process* sessions do bring freedom and healing!

Helen Sauer

I came to Life Awakening as a very broken lady! I was severely abused physically, emotionally, mentally and sexually from childhood into my teenage years. I was tormented with fear, anxiety, depression, and shame. I had a tremendous fear of being alone and being in the dark. I was paranoid and could not even go outside at night. Like other people, I took the turmoil and torment with me everywhere I went, every single day of my life. It was like I *wore turmoil and torment as a coat*. Alcohol became my fix. I then married and, like other ladies, I picked abusive men. I developed the debilitating disease of rheumatoid arthritis and could not work as a nurse, which I was trained to be. I even wanted to take my life. I went to licensed therapists, weekly, for years and years but nothing changed. (I think I paid for the college educations of the children of all the therapists I went to.)

But today, I am free from all of that. I am married and live in West Virginia. I have a full-time nursing job and take care of all the horses on our horse farm, even in the nighttime and even when my husband is not home as he is a trucker. I no longer have rheumatoid arthritis, only minor joint pain on a rainy day! I work ten hours a day with my hands and feet!

I had a mere fifteen *Gospel Process* sessions and got rid of so much sin and junk. I always came ready to go into the pain and, boy, did I LOVE standing on my authority in Christ and sending all that junk to its burial plot! I often did it shaking all over my body, but it went! Because of the Gospel of Jesus Christ, I am FREE from the destruction of the dark realm!

Janet Winski

Having struggled with depression, I have worked through a plethora of life issues over many years, in recovery. I learned to biblically examine myself, offer amends and forgiveness in order to heal from the hurts against me and resolve the harm I had done to others. However, I have found that when I begin to feel *stuck* in a pattern or when there is an area of my life that I can only describe as destructive, I know that it is a matter of applying the *Gospel Process*. These are the moments when I most identify with Paul in Romans 7, “Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.” Yes, it is the sin that lives in me but it doesn’t have to end there.

When a sin pattern emerges in my life, often, I am unable to “figure it out,” uncertain of where or when it entered my life. It is in these seasons when I realize that something is trying to overtake the controls of my daily decision-making and behaviors. I lose momentum and focus. My energy is zapped from continuously trying to work against my flesh. BUT through the *Gospel Process* the Holy Spirit identifies and exposes the ugly roots and all of the evil that accompanies it. I literally embrace it, die to it, bury it once

and for all and then experience freedom as the Spirit in me rises up with Jesus! In the following weeks and months, as I journey through my days, I realize that I am no longer walking against my flesh but that the sin and junk that traveled with it, is no longer living in me! The *Gospel Process* restores my peace and energy. It truly produces the victory over sin that God intended through His Son, Jesus! Its value is inexpressible!

