

Submitted by S.M.

When I was in second form my father died, that made me feel very depressed and unhappy. As a result of how I was feeling, I would cut into my arms (nothing too drastic). My mother did not know what to do and we had a lot of bills to pay along with other matters to deal with. Regardless of how I was feeling, I wore a brave face and ensured that I was there to help others, especially when they were overcome with grief. Often times when I attended school I would sit alone and just stare into blank space. I was unsure of how I was feeling, but I knew for a fact that I was not okay. I was experiencing mixed emotions, this minute I would be crying then the next I'm bursting with laughter.

One of my teachers took me under her wings and guided me through all my hard times. She taught me about the goodness of God and that He was there anytime I needed Him. She even brought me to church. I started to open up to God, I expressed how I was feeling and he listened! Sometimes I felt as if his hands were on my shoulders giving me a reassuring grip. God sent my teacher to help me and He saved me from death many times. God has continuously been there for me even now during this pandemic.

This testimony is one out of the many testimonies I have but all I can say is God is good. If you allow him he can make your life so much better and worthwhile. The struggles you face can either break you or make you. It is up to you to decide. I encourage you to run to God, he did it for me so I know he will do the same for you. Just trust God and be sincere when talking to him.