

PLANS FOR YOU!



Have you ever completely & utterly hated yourself & believed with your entire being that death was the only possible way you could change your life?

After my last, failed suicide attempt, my 1st memory was the sound of a nurse's voice. "God Almighty MUST have an amazing plan for your life." I never saw her face, but I will always hear her words. Today, I wholeheartedly believe the words of that nurse...God Almighty MUST have a pretty cool plan for my life. In September of 2011, I injected antifreeze into my body and yes, I am actually alive to tell you about it.

My name is Kimberly, I am 42 years old, and because of God's grace I have been drug free since February 2nd 2012. That also happens to be the day I began serving time on a 20 year prison sentence. This is what I call one of God's greatest blessings. My entire adolescent & adult life has been spent in jails, prisons, psychiatric hospitals, crisis units, rehabs, and a series of other institutions. I tend to think that I kept going back to those places simply because they kept letting me out. When I had to sit for a longer period of time, things started to change.

I was introduced to drugs at quite an early age and I became a slave to it. My lifestyle was sickening. I was a thief, a liar, a junkie, a fighter, abused yet abusive too. I was angry, hateful, and selfish to the core. My life was beyond shameful. What started out

to be fun actually became the very thing to almost destroy me.

I knew what a healthy lifestyle looked like. I grew up watching my parents love the Lord, Jesus Christ as well as each other. My dad worked...a lot. He was a great provider, and is the most honest man I've ever known. There were 5 of us and my mom kept us all very alive. She was the first one up each morning and the last one in bed each night. I have very few memories of her outside of our kitchen. I don't know a more devoted woman than my mom.

So why did I become so enslaved by this drug? Why did my entire being starve for it every second of every day? Why couldn't I get out or in bed without it? Why couldn't I perform simple daily tasks without it? Why did I disregard my own beliefs & values? Why did I become the very thing I hated most? I was hurting the people I love so dearly & literally using drugs against my very own will. I had no idea I could ever actually live without the use and dependence of drugs.

After my release from the hospital and yet another psychiatric unit, my next memory is a particular day when I had more drugs around me than I could keep track of and I was completely alone. I MEAN COMPLETELY ALONE. I was so alone at that moment, it was crippling. I was in the fetal position on my living room floor, gravely seeking something different...God. It's odd how I didn't know Him at all, but I knew at that moment that I desperately needed Him. I was so empty, so hollow, so broken, shattered, and defeated. There was no amount of drug, no amount of money, no man, sex, education, or tangible thing that could remotely ease the emotional anguish & pure hatred I had for myself and everyone around me. So what did I do? I screamed

out to God so hard, so loud and so violently to PLEASE JUST TAKE THIS AWAY!!!. I gave up, I quit, I surrendered. I immediately felt a teeny tiny bit of...hope...yeah...hope. Hope: something I had never experienced before that point. I could breathe, I could focus, I could hear & see, I could even relax...a little.

I would like to say my life was instantly changed & it was forever rainbows and butterflies. But the truth is that my life turned into complete shambles. I began studying the Word of God. I mean I **wanted** to trust Him, but I had to get to know Him first. I didn't retain or comprehend 1/4 of what I read & I was still using drugs. I was living a double lifestyle, & earned myself a 20 year prison sentence. I served 6 years & 7 months of that in multiple jails and prisons. It was during my incarceration that I actually found freedom. I met a woman at Caldwell County jail in Princeton, KY, who introduced me to Celebrate Recovery, and showed me God's love at a very dark time in my life. Her husband would frequently send me his thoughts and ideas about the Word of God and it challenged me not only to use my brain but to use my heart as well. I made up my mind and my heart to work the steps of CR honestly & thoroughly. I dedicated every second to getting to know my sweet Lord & true Savior. I wanted to know Him & I made the decision to JUST TRUST HIM. (I found out God really is exactly who He says He is; faithful and trustworthy.) It wasn't forced. There were no strings attached. I didn't have to perform a bunch of ritual orders. No criteria I had to meet. I just gave my entire self to Him & nothing yet, has ever been more personal, more powerful, or more meaningful.

I was released from prison May 21st 2018 & shortly there after I was accepted into a faith

based treatment facility for women with life controlling issues. See, my drug use was merely a symptom of a much deeper issue. I had a lifestyle problem, a sin problem. As I discover more each day about the amazing plan the nurse said God has for my life, I am shown that it is simply Him. HE is my plan, and HE...is simply love. Because of Him I am able to live, really live, without the use or desire of drugs. HOW FREEING IS THAT?!? I am able to love the unlovable, including myself. I am able to forgive myself and others. I am not different because of Him...I am completely brand new. If you think that death is the only way out of a defeating lifestyle, if you think there's no possible way you can have any kind of peace whatsoever, if you think God doesn't care for you, I encourage you to reach out to Him. Scream at Him if you need to. Whatever you have to do to truly find out for yourself who He really is and who you are to Him. There is no greater love than the love of the Lord, and ANYONE can experience it. The choice is yours, I beg you...to just give up. Sobriety is a real thing & Change is possible!!!

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans for good and not evil, plans to prosper you and give you hope.

