

Catrina Kennedy

“Meeting Jesus has changed my life. Old friends have even come up to me asking “What’s happened?” because they think I look so much more alive!”



Before I became a Christian my life was a bit of a mess. I’d fallen out with some very close friends, my marriage was on the verge of breaking down and things weren’t good with my family. All of these issues were starting to affect my mental health.

A friend of mine invited my husband and I to attend Trent Vineyard. We came a handful of times, but when my husband had to work a couple of weekends I was in two minds as to whether to continue. I asked our children if they wanted to go and they said yes, so we went along.

After I’d taken the children to their Trent Kids groups, I sat down on my own and to my surprise found myself getting interested in what was being said from the front. I always thought churches were a bit of a drag and boring, but the message from the Bible was actually relevant to real life!

A few months later, the same friend asked Andrew and I if we’d like to do the Alpha course. We decided to go along thinking it was the perfect opportunity for me to ask the questions I had. As I did Alpha each week, I started feeling better. It wasn’t that I was just learning about faith, but also about myself and what I could achieve with God’s help.

At work one day, I noticed a lady was struggling to choose an outfit, so I offered to help. We got chatting and before I walked away the lady placed her hand on my right shoulder and said “God is looking for you”. The timing of her words made it feel like God was speaking right to me.

Other people around me were talking about how God was very real to them and I began to want to experience Him more and more in my own life. Then, at one of the last sessions of Alpha, I had an amazing experience where I felt the Holy Spirit. While someone prayed with me, I closed my eyes and all I could see were the words “I love you” in shining light. It felt like I was the only one in the room and that God had wrapped his arms around me and lifted me up to Himself. It was exactly what I needed and gave me such comfort. Whenever I’m going through tough times, if I close my eyes I can still see those words.

Meeting Jesus has changed my life. Old friends have even come up to me asking “What’s happened?” because they think I look so much more alive! I used to struggle to keep my temper and had a short fuse, but now have a new self-control and inner peace through the Holy Spirit. It’s like I’m a new person in Jesus. I’ve regained contact with friends and my marriage has been restored. None of this would have been possible without God.

