



I was born into a loving family, but my parents were not Christian until my mother found her path to Jesus. As a child, I remember coming to Trent Vineyard a few times with her. Growing up, I faced numerous challenges, particularly at school, and there were times when I struggled with violent outbursts. I knew this couldn't continue, so I began to suppress my feelings which ultimately led to intense anxiety. It got so overwhelming that I found it difficult to leave my own home. After school, I went to college but after just a month I left in a very dark place and unsure of where my life was headed.

Fortunately, I found a job at a small marketing company which brought some stability into my life. I began seeking answers to the meaning of life through podcasts, YouTube videos, and books. I've always been a systematic thinker and discovering C.S. Lewis, the Christian author known for the Narnia stories, was a pivotal moment for me. His book "The Screwtape Letters" opened my eyes to the spiritual realm. I also started listening to the Bible, and found myself wanting to go deeper and deeper. To continue my spiritual journey, I returned to Trent Vineyard. At the beginning I really didn't get the times of worship and singing, so I'd just come for the talk, which always

spoke to me, and then leave. In an effort to build a circle of friends and continue my journey, I joined a small group. This is where I found a supportive community that helped me overcome my reservations about worship and prayer. Gradually over time, I came to realise the answers to my search for meaning were found in Jesus Christ. So I decided to follow Jesus and got baptised which was a significant milestone for me.

Since then my life has been transformed. I came to Trent Vineyard burdened by depression and loneliness, but have discovered healthy ways to cope with these challenges. I haven't just found friendships but a family within the church (including a fiancée!). The anxiety which used to weigh me down has nearly vanished. I'm now involved in serving others: volunteering on the kids' team, helping serve refreshments, and welcoming new people, all without the burden of anxiety. When I think back over my journey, I am filled with such gratitude for how Jesus has changed my life. I've been blessed in ways I once thought were impossible, all because of God's amazing grace. I eagerly anticipate what the future holds, knowing that His plan is always better than I can even imagine.

Changing Lives