

## From Fatigue to Health

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If you asked me to dance today - I would do that for you! If you asked me to walk, climb, jump, run, hop, skip, swim or cycle - I would do it with joy - but there was a time when I couldn't do any exercise however easy without horrible muscle pain swamping my body and joints; I would know that the next few days would be full of chronic tiredness and a deep fear of yet another day in bed. This was back in 1992, at this time I had two young children and was living in London. I came down with a persistent cough and cold followed by a rash that covered my whole body. I was very tired and I just couldn't get over the illness. Weeks went by with little improvement; stairs were too hard to climb, walking was very difficult without a stick and natural light hurt my eyes and my left hand side from by head downwards would be numb periodically for several seconds. This was a very frightening experience. All of these symptoms were accompanied by nausea. Many trips to the hospital followed, scans etc. In the end I was diagnosed with ME (now known as Chronic Fatigue Syndrome).



My whole family was affected. I felt like I was in a dark tunnel and that the end was nowhere in sight. Would I ever get better?

At the time, we were part of a church in East London. God was with me. Many people prayed for and with me on several occasions. I can remember clearly the Bible verses that God showed me at the time; these verses spoke into my life like fresh rain falling on me. I kept these words in my heart. God was with me through this very difficult time and He was watching over me and my family. Gradually, as the months passed, I became stronger.

We moved to King's Lynn in 1994 and joined King's Lynn Christian Fellowship (The King's Centre Church). Finding a great church family who accepted us, prayed for me and helped me was wonderful. Again, God was with me. Gradually, the symptoms lifted and the fatigue lessened for longer periods of time. I was learning to trust in the Lord with all my heart. His words in my life were healing me; his love was surrounding me. Step by step I was being healed. Then came the day when I remember dancing and jumping at church. It was a great day! I realised that God cared for me; through his son Jesus, I was receiving my healing. Jesus knows all about anguish and pain; he knows what it is like to live in this world as he came and walked amongst very sick people, touched them and healed them. Well, that is exactly what happened to me- Jesus touched me. **'My Story'** isn't just about that time *'back in time'* but it is about today; today Jesus still touches me and holds me close to him so that his care for me is real and totally amazing!