

Jesus Gives Strength to Cope

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My story is about how Jesus makes the difference in even the most terrible situations. The first for me was when I was only four years old and **I saw my dad tragically killed** when he fell from the ladder on which he was standing to clean the windows.

My mum used to take me and my sisters to church every week. It wasn't until I was 12 when I really understood why Jesus came and **decided that I wanted to follow Jesus**. I didn't feel any different at the time, but I knew that I had become a Christian.

In addition to losing my dad at such a young age, **I was sexually abused as a teenager**. Yet through all this I definitely knew that God was with me and he has healed me of that pain.

Then as an adult, **I nearly lost my wife** when she haemorrhaged shortly after our daughter was born. I remember walking the corridor holding my baby girl in my arms, praying. The nursing staff were amazed at how calm I was. Then a few years later she was **struck down with ME** so badly that she had to give up work. *(You can read Rachel's Story "From Fatigue to Health")*

Despite everything I have been through, I can honestly say that **Jesus has given me the strength to cope** and to live each day **completely free from hurt and pain**.