

## **MY Freedom STORY**

*Nicole Coleman*

These last few years I have decided to dig deeper with God and find the peace He has been trying to offer me. I chose to go through Keys To Freedom and Soul Care with some of the special women here at Heights church. This decision and commitment has changed my life forever.

Growing up, I had not surrendered to God's will and I was burdened with constant fear and anxiety. If I hadn't come to Heights at 15 and found Jesus, my life would be significantly different. It has taken some time and work but I have accepted God's gift of freedom; something I have to continuously work at and each time it comes more naturally.

Today, I have accepted that I can't depend on my own understanding and that God has my best intentions. I have leaned into the truth of who God is and the relationship He wants with me; a real living, breathing relationship that I have access to at all times.

Restoration ministries taught me the difference between what God is telling me and what the enemy wants me to hear. I have stopped allowing the enemy to guide my thoughts and now I can focus on the truth of who God wants me to be. This has been a huge transformation for my peace and confidence.

A large part of this transformation was learning to lean on the Holy Spirit. I have learned what it looks and feels like to invite the Holy Spirit into my space and I have heard His voice. I can't allow the enemy to speak and when I find myself doubting, I remember to declare the truth and reject the lie.

Now, people can see the difference in me, they can see the freedom. I feel God's strength as I break generational patterns and overcome thought processes that had me living in fear. My life has completely changed and would be totally different if I had not come to Heights Church. Jesus always finds a way and my Heights family has been a huge part of my transformation.