

Ita's Testimony

I've always been someone with very few words, someone who seldom voice out during group meetings, someone who doesn't like to be in the spotlight, and when asked to be in any leadership role or to take up any main responsibilities, my first response is always 'no'. I used to think that this is normal because it is who I am and these are my personalities.

Earlier this year, I sat down with Minister Esther and did what she called 'The Spiritual Spa'. During that time, I was in the processing of planning for a new session of Happiness Group and I was asked to lead one of the groups. I shared with her that I was feeling under pressure and anxious because I was afraid of failing and worry that I will not be able to do well in leading this Happiness Group. She then asked me to close my eyes, quiet my heart; after that she asked me to invite God to come sit with me and to ask God why I was having these feelings. God brought me back to a time when I was studying in high school in the USA; I remember I shared with one of my mom's church friends that I would like to be an ESL teacher after I graduated from college. The auntie responded with something like this: 'your English is not good enough and you speak with an accent, do you really think you can be an ESL teacher?' At that time I didn't think much about that before but when God brought me back to that situation, I realized I've had the mindset 'I will never succeed' was embedded in my mind for the longest time.

I then asked God what He thinks about me. God told me I was already doing a wonderful job, He reminded me to be more confident because He is the one who created me, God told me that He is the source of my ability therefore I don't need to be afraid and He said to me that He will use me to do great things for His kingdom. Through this 'Spiritual Spa' experience, I realized I was being lied to by Satan, I learned to see myself through God's eyes.

I am still a work in progress. To be honest, the thought about not being able to do well in something or not being able to meet other's expectations still pop up from time to time but these thoughts do not linger for a long time because I know who I am in Christ. I know that God is my strength, and as long as I do my best, God will do the rest.