

JIE Testimonies Transcripts

LIKE, SUBSCRIBE AND FOLLOW US:

 **YouTube** <https://www.youtube.com/@JIETestimonies>

 **facebook** <https://www.facebook.com/profile.php?id=61563739223790>

 **Instagram** <https://www.instagram.com/jietestimonies>

 **TikTok** <https://tiktok.com/@jietestimonies>

Hi, my name is Trishella Childress , and this is my story.

I was raised by my father and mother. My dad was extremely abusive—verbally, physically, sexually, and mentally. The abuse I endured included being punched, kicked, and belittled. He controlled every aspect of our lives, down to the point where we weren't even allowed to call our grandparents "Grandma" and "Grandpa"; we had to use their first names. Drugs were also a part of our lives because my dad was an addict and a drug dealer.

I was exposed to this lifestyle at a young age, but I didn't start using drugs myself until high school. I remember my first encounter with a strong drug happened when I was invited to a multi-room party.

My dad's abuse was relentless. He would beat us and then tell us he loved us afterward, creating a twisted cycle of control and pain. Before whipping me, he would send me to the bathroom to urinate, but out of sheer fear, I would urinate on myself anyway, which would result in even more punishment. It wasn't until later in life that I learned this reaction was a physical manifestation of terror.

The abuse only stopped when my parents divorced, which happened when I was in fifth or sixth grade. I celebrated their separation because my dad's absence meant safety for me. However, even after the divorce, when my dad visited, the abuse continued.

I used drugs off and on throughout high school and beyond. My brother was a drug dealer, so drugs were easy to access. But 19 years ago, I decided to stop. One night, I was partying with friends and my spouse, and they asked me to call the dealer to get more drugs. I went into my kids' room to make the call, but something in my spirit told me, I'm done. I lied and said the dealer didn't answer, and the next morning, I woke up determined to change. I was exhausted and ready to stop.

Not long after, I started attending First Assembly Church. My oldest brother had been arrested for drugs, and one of the agents who busted him invited us to the church. On my first visit, I gave my life to God during the altar call. I remember vividly the lady who led me through the sinner's prayer. From that day forward, I began to serve God wholeheartedly.

Today, my husband and I serve as ministry directors for couples, greeters, and Celebrate Recovery. A few years ago, I started attending Celebrate Recovery at my church. Although I

was long past my addiction, I learned that Celebrate Recovery isn't just for addictions—it's for Hurts, Habits, and Hangups. I joined because I was still carrying childhood trauma and unforgiveness.

During the program's 12-step study, particularly the daily inventory step in Book Two, I confronted my past and the people who had hurt me. I worked through identifying who had hurt me, how they hurt me, my role in those situations, and their role. I learned to make amends. Through this process, I was finally able to forgive my parents. I realized that holding onto unforgiveness was only causing me harm. Letting go of that burden lifted a weight off my shoulders, helping me heal from the trauma of my childhood.

Forgiving my parents not only freed me but also helped me become a better mother to my kids. Celebrate Recovery taught me how to lead my children in forgiveness, just as I had learned to forgive my parents. It has transformed me into the mom I always wanted to be. Currently, I'm working toward becoming a certified pastor with the Assemblies of God. I've completed my last certification class and am now pursuing ordination. I'm also in my final two semesters of earning my Bachelor's degree. My ultimate goal is to help others through Celebrate Recovery and pastoral ministry, guiding them to overcome their Hurts, Habits, and Hangups. I want to help others find the freedom I've experienced.

Remember, there's always hope for you. Whatever hurts or trauma you've experienced, it's not your fault, and you can overcome it. You are not alone. Reach out to someone and start your journey toward healing.

My name is Trishella, and Jesus is enough.

Closing Message

Hi there! Thank you so much for taking the time to watch this testimony about how Jesus is enough. I am so proud of everyone who has shared what God has done for them. We all have a story, and no story is too big or too small.

Whether this is your first time hearing about Jesus or you've known Him for a long time, know that you are here at this moment for a reason. Jesus loves you so much. He sees you, He wants a relationship with you, and He wants to walk through life with you. Being a Christian isn't easy, but I promise it is worth it.

The Bible tells us that we will face troubles in this world, but we can take heart because Jesus has overcome the world. He died just for you. All you have to do is confess with your mouth and believe in your heart that Jesus died on the cross, rose on the third day, and now sits at the right hand of God. When we take our last breath here on earth, we will open our eyes in eternity with Him. How amazing is that?

If you'd like to invite Jesus into your life, please pray with me:

Heavenly Father, thank You so much for loving me. You sent Your Son, Jesus, to die on the cross for my sins. Please forgive me for the wrong things I've done. Wash my heart and mind and make them clean. Show me how to listen to and follow You every day of my life. I surrender my life to You, Jesus. I believe in my heart and confess with my mouth that You are my Lord and Savior. Jesus, teach me Your ways and reveal the plans You have for me. Thank You for saving me. Amen.

We rejoice with you today! Please get connected with a local church or Bible study and surround yourself with people who will encourage and support you. If this video has touched your heart, help spread the message of Jesus by liking, following, and sharing.

If you'd like to share your story with us, please reach out at www.myashley.org. Thank you so much for watching today. All glory to God, and remember—your story matters, and you are never alone. God bless you!