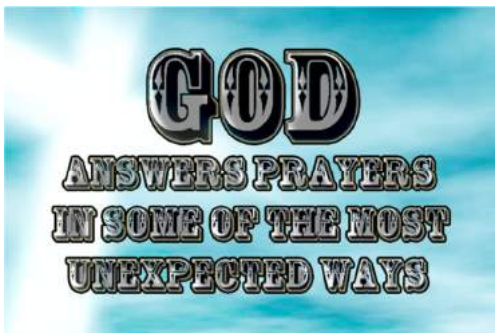


Dear Lord,

Thank you for not giving up on me. Since 8 years ago, from my first episode of psychosis till now, though the process of healing may seem long in the eyes of man but You have eternity in mind. After the 2nd episode of my illness, I've realised that I cannot rush your process of healing, that I need to wait for your timing. Thank you for giving me the sign of the butterfly. After which, you blessed me with the gift of Joash, a new life.



As much as Joash, from a baby, needed me to love and care for his daily needs, I've come to realise that through this act of loving and caring, You are also doing Your work of healing. I used to look at psychosis with fear and avoidance but Lord you have turned something bad into good for your purposes

and intentions. Thank You for this revelation that with each psychosis episode, just like the transformation of a butterfly, You are doing a deep work of transformation in my life. You have unearthed the hidden sins of my pride, my desires and my will. Now I can begin to look at psychosis as a teacher. Your healing process is more than just healing the illness but also healing the inner being.

Through psychosis, You have taught me to slow down, to take things a day at a time, to be thankful for the many days that You have gifted me with a sound mind. To be grateful for the time I have with my loved ones. To be more dependent on You as You show me what I need to do when each psychosis episode comes, so that I can overcome it with Your power. To remind me that I have the mind of Christ.

Though sometimes I do feel lonely in this journey that I have to take, but it is this loneliness that draws me to solitude with You. Only You can understand and reveal to me what Your will is for me.

I do not know what the future holds for me, my family, my friends and the world. But I can rest in Knowing that You hold the future in Your hands, You know the hearts and thoughts of your people and You love the world with Your outstretched hands.

My prayer, Lord, is that in sharing this, people will know how much You love and care for them, that especially in trials, You will never leave them or forsake them. That You are doing a deep work in their hearts and their life that is sometimes hidden. That You are a God of revelation, who reveals Himself to His people. That You have eternity in mind in the work that You are doing in our lives and those around us. That we do not need to fear, because You are near.

In Jesus Name we pray,

Amen.

Saw Peh Ern