

# My Chains Are Gone

Personal testimony  
of Brenna Capps

For the passed few years I had been struggling to trust people and love people. There was a situation a couple years ago that caused me to shut down, and cause me to feel like I couldn't trust anyone, even people I thought I knew. I went through a depression where I felt alone and like I had nobody and felt like my friends didn't even care about me. I was having trouble loving people in church and even my friends. I went to church because that's what I was supposed to do, not because I wanted to.

At June camp 2014, god said he was there to save the lost. I saw friends, my sister, and my grandma get saved that camp. I really wanted to be saved also, not because I loved god, but because I saw everyone else getting saved and I guess in my pride I wanted to be saved too. After camp I went home and went back to work and started working a lot that summer. I went back to my ways and started going to church because I had to, not because I wanted to. The devil started lying to me about how my friends didn't love me, that they would replace me, and that they didn't care about me. the devil used that lie to make me feel alone. In my heart I knew it was just the devil trying to separate me from the people at camp but I couldn't stop believing his lies. I thought I was alone and felt like I didn't have anybody. The devil was using this to keep me distracted from church and to make me feel like nobody cared about me.

The next camp, November 2014, I struggled. I didn't want to be there. I didn't think anyone cared about me, and I just wish I was home the whole time I was there. I missed out on the preaching that week. All I remembered from that camp was when Mrs. Amanda gave all the girls in the dorm a sparrow. when she gave it to me she hugged me and told me that god sees me and loves me and it meant a lot to me. But when I got home from camp I still felt like I didn't have anybody. I started to see that I was wrong. But I didn't know how to stop believing all those lies. I asked god a couple times to help me see the truth, and help me to stop believing all these lies.

Before church that Sunday night, on November 16th, me and a friend got in an argument and I knew in my heart I was wrong. I started Crying. At first I was crying because I was hurt by the situation but then I realized that the problem was me. I started crying and asking god to help me be a better friend and to just help me. I begged god to help me and talk to me. I then started to see myself and I saw all my sins and everything I had done and I begged god to help me and talk to me because I knew god was the only one who could help me, and I knew that I needed him. I was hoping he would give my dad a message to preach for me that night. When I got to church we started singing. The first song was shine on us and the second song was power of the cross. During shine on us the line where it said "lord let the light, light of your face shine on us. that we may be saved, that we may have life, to find our way in the darkest night. Let your light shine on us" and I kept stopping and rereading those lines. Then we started singing the power of the and I couldn't even sing because words wouldn't come out of my mouth. It said "this the power of the cross. Christ became sin for us. took the blame, bore the wrath, we stand forgiven at the cross." It was like god was saying he forgives me, like he was singing it to me. During the song I saw all my sins in front of me and god standing there and I saw the cross and in my heart I was begging god to forgive me for all that I had done. My dad started preaching and he said that god only told him to read through the book of 1st john, so he started reading. I was listening very carefully because I knew whatever he was supposed to preach would be for me. And I don't remember all that was in the chapter but multiple times it said your sins are forgiven and talked about how you have to love others like god loved you. 1 John 4:20 said " If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?" And I had been struggling to love people for a while, and it was like god was

showing me that I had to love people and I just asked him to forgive me and help me to love people like I should. Then at the end of the chapter it said "what you ask of god you shall receive" and it was like god was just reassuring me that the message was for me. And I just felt peaceful... Like a burden had been lifted off of me. I can't explain it. Every time the chapter said "your sins are forgiven." Or "he has forgiven all you sins" it's like god had me stuck on those lines. I just kept rereading them. He finished reading the book and told us to go home and think about what it had said. After church I came home and had to cut hair, so I did that and then after I got in bed and just laid there. All the sermons he had been preaching lately started crossing my mind and all the messages came together and they all started to make sense to me. I turned on pandora to the Kari Jobe station and all the songs were talking about me. And I was crying at all of them (which I normally don't do) and it was like god was just showing me how good he was. All the songs were about me. I just kept listening and there were a couple songs that really spoke to me. But one of them was redeemed. The whole song just spoke to me. It says "Seems like all I could see was the struggle. Haunted by ghosts that lived in my past. Bound up in shackles of all my failures. Wondering how long is this gonna last. Then You look at this prisoner and say to me 'son, Stop fighting a fight it's already been won' I am redeemed, You set me free. So I'll shake off these heavy chains. Wipe away every stain, now I'm not who I used to be. I am redeemed. All my life I have been called unworthy. Named by the voice of my shame and regret. But when I hear You whisper, "Child lift up your head" I remember, oh God, You're not done with me yet. I am redeemed, You set me free. So I'll shake off these heavy chains. Wipe away every stain, now I'm not who I used to be. Because I don't have to be the old man inside of me. 'Cause his day is long dead and gone. Because I've got a new name, a new life, I'm not the same. And a hope that will carry me home. I am redeemed."

It was like God took away the chains that were holding me down and he set me free. I broke down in bed and just started crying and thanking God. And I started thanking him for giving me parents who loved God and kept me out of trouble all these years and thanking him for not letting me go my own way into destruction. If not for the grace of God I don't know where I would be.