



# "Repentance - God began to reveal to me exactly what had hurt me so much"

## Youth Impact:

Suzie came to the ranch in Kralova Lehota, where she decided to spend one year. Her motivation was a deep call from God and a desire to get to know the mission organization better.

In addition, she suffered from complex post-traumatic disorder and other psychological problems that affected her greatly. Despite the faith she had had since childhood and her being born again, her problems persisted until her time at the ranch. There she began an intense process of repentance and therapeutic growth, which gradually reduced the intensity of her psychological problems. Suzie decided to stay at the ranch, which had grown close to her heart, and plans to continue her spiritual growth and service to God. She would like to share her experiences with people who are struggling with similar issues, encouraging them to seek help and trust in God's healing.

How does she answer the question of what has helped her the most from counseling?  
 "What helped me the most was repentance. God began to reveal to me intensely exactly what had hurt me so much, which moments in my life had hit me so hard. In counseling afterwards, we called them "key memories." My disorder was complex, which basically means that there were many "smaller" wounds or traumas behind it. These wounds - some long forgotten, some repressed, some I didn't even want to acknowledge - I gradually brought to the Lord God as He pointed them out to me. Most of the time, I realized then for the first time - and told Him right away - how much they affected me, hurt me. In many cases, I saw that I had believed a lie. Behind each such confessed, treated trauma, a piece of my fear "went away," and I found myself feeling lighter and lighter."



## Slovakia

Grant Awarded \$35,100

## Project Title:

Professional psychotherapy for youth after trauma

## Project Overview:

During covid, many young people were experiencing severe trauma, psychological and spiritual problems (the trauma of the suicide of a loved one, trauma from being adopted, a young man on the margins who has trouble finding work and struggles with debts). We want to offer them professional psychological help and lead them to Jesus.

## Figures:

The school of counseling started with 100 full-time students and graduated 76. The school still continues. There are approximately 30 counseling sessions per week, carried out by three counselors plus 2 assistants. During this period, 10 long-term clients came through our center to serve as volunteers at the zoo and other YFC ministries. They received weekly in-person counseling and group sessions, in addition to which our counselors were available at other times as needed. Furthermore, 5 weekend counseling retreats were held, attended by a total of 360 participants.



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