



# Captive|Freed.

*Name withheld. The writer has served the Lord gratefully at every level of the LWML — local, zone, district, and national.*

## **ON THE OUTSIDE**

A perfectly normal childhood,  
Christian parents, church  
and Sunday School,  
A warm family life.

## **IN MY MIND**

I never measured up.  
Too shy, too sickly, too  
something or other.  
I kept to myself.

## **OUT OF HIGH SCHOOL**

On my own,  
at my LCMS college,  
My second chance.  
I came alive.  
Outgoing, social,  
starting to date, but ...

## **DUMPED BY MY BOYFRIEND**

No explanation.  
My self-esteem, in the dumpster  
again.  
Can't shake it, feeling inadequate  
all over again.

## **GRADUATED!**

A professional church worker.  
An approval-seeker,  
a people-pleaser.  
Taking on more and more  
until ... becoming physically and  
emotionally stressed out.  
"I must perform so people  
will like me."  
Multiple meltdowns,  
very unhappy.

I married for the wrong reasons,  
Only compounding my problems.  
My distorted view of life  
did not include reliance  
on My heavenly Father who loved me.

Instead ... he was there ...  
a married man, providing me  
with everything I was lacking:  
love, acceptance,  
encouragement, admiration.  
An exciting, fulfilling, time.  
Nobody guessed.  
It went on for years ...

One day I dropped to  
my knees,  
I could not continue to  
live a lie,  
I did not want to live such a  
sinful life.  
Full of shame and regret,  
I confessed my sin:

## **"LORD, HELP ME!"**

His Spirit heard my cry for help,  
the Lord turned my life around.  
I terminated the affair.

"Jesus, take me captive.  
Free me from the twisted,  
distorted view of my life,  
fed by Satan's lies.  
Take my every thought captive  
so I rely wholeheartedly  
only on You."

## **I AM FORGIVEN!**

Jesus took my sins  
to the cross with Him.  
God no longer remembers  
my sin.  
Praise Him!

## **YEARS HAVE PASSED**

The transformation has  
not been easy,  
Guilt and shame rear their  
heads whenever  
I begin that self-talk again.

## **HIS BLESSINGS ABUNDANT**

Through the study of His  
Word and the work of the  
Holy Spirit in my life,  
I live a life forgiven.  
I live for Him!  
What peace!

## **ONCE CAPTIVE, NOW I'M FREED**

With His help  
have come insights:  
Recalling the traps of my  
wrong-thinking,  
wrong-doing,  
I share with other women  
who may be  
in the same mindset  
as I was.

And it's possible you know me.