

INTRODUCTION

AN AMAZING ADVENTURE WITH GOD

IN THE SUMMER OF 1996, my husband, Ken, and I saw our world come crashing down around us as I was overtaken by severe depression and an inability to cope with the pressures of life and ministry. Together, we sought professional help from a psychiatrist and a psychologist, and I was eventually diagnosed with bipolar disorder. Though treated with numerous antidepressant medications, I continued to experience rapid high and low emotional cycles, along with alarming psychotic episodes. Ken and I continually sought God's healing for the unexplained pain lodged in my heart.

"To live again" became the cry of my heart. As I battled with mental illness, God surprised me and gave me so much more than my life back. He miraculously restored my mind and brought healing to my

GOD CAN YOU LOVE ME

wounded and broken heart. I pray that sharing my journey back from severe mental illness will offer a message of hope for the hurting and the desperate. And to the many friends and family members who walk alongside of those suffering, be assured and filled with hope that God still performs miracles today.

Have you ever felt frustrated or overwhelmed? Have you ever lost the will to go on? Reading about my journey will inspire and encourage you to move forward, one day at a time. God has given me a passion to help others experience the miraculous transforming power of Christ.

Over the past decade, I have been focused on developing teachings and curriculums for small groups, helping individuals journey through their inner struggles of brokenness and shattered dreams into a thriving relationship with Christ. It is a process and a lifelong journey in God, but when you sense His healing hand and restorative power in your heart, you will find that the journey is an amazing adventure with God.

Only You

*There's a fog all around
There's a dew on the ground
There's a coldness in the air
Filled with anguish and despair*

*I have nowhere to run
I have nowhere to hide
I have no one left to see
my desperation inside*

*I need the Light of the world
I need the dawn of a new day*

An Amazing Adventure With God

*I need the opening of a door
I need the path of a new way*

*It's all in You
It's all up to You*

*Take me on a journey to find myself
To find who I was meant to be
To find who You designed me to be*

*Take me on a journey;
To the core of my being
To the depths of my soul
To the innermost places of my heart*

*Only You know what will be found and discovered
Only You know what will be overturned and made new
Only You know, Only You*

*Only You can open the recesses of my soul
Only You can navigate the path
Only You can excavate the soil of my heart
Only You can, Only You*

*Take me on a journey
Take me to find You
Take me on a journey
To find Only You.*

—Chrystal Hansen, 2005