

MY TESTIMONY

This is a brief synopsis of my full testimony, which will be released in book form in the near future. What follows is a glimpse into my story of brokenness, redemption, and transformation through Jesus Christ, and the journey that led me from bondage into true and lasting freedom.

WHO I AM

Before anything else, before titles, achievements, or the life people see on the outside, I am a redeemed daughter of the Most High, chosen, redeemed, and called to be a voice for the Gospel.

My life's mission is to shine His light in the darkness, to bring hope to the hurting, and to lead every lost soul I encounter into the loving arms of Jesus. My desire is to bring a glimpse of heaven here on earth, not to live with selfish ambition just hoping to get there someday. That means walking in love, living in obedience, and allowing His Spirit to flow through my music, my ministry, and every divine appointment He places in my path.

My story is not one of perfection, but of rescue. It is a story of brokenness met by grace, of chains met by freedom, and of a life that was once led by pain, striving, and confusion, now being transformed by truth, surrender, and the love of Jesus Christ.

The greatest truth about my life is not what I do, but who I belong to. The centerpiece of my life is my Lord and Savior, Jesus Christ. I owe Him everything. It is only by His grace and mercy that I am alive today. Every part of my story, especially its darkest chapters, has been redeemed by His hand.

The scripture that anchors my life is Isaiah 61:1, a calling to bring hope to the brokenhearted and freedom to those who feel bound.

I have come to understand that there is a difference between being a captive and being a prisoner. Some of us are bound by the very things we once used to cope, while others are locked in places of trauma, silence, and pain we never chose.

For much of my life, I was both.

I was bound by the patterns I turned to in order to survive, and I was also imprisoned by the wounds I carried and the silence I lived in.

But Jesus met me in both places. He did not just address what was visible, He went to the root. He saw the brokenness, the coping, the pain, and He began to bring true and lasting freedom into every part of my life.

That freedom did not just change my life, it gave me my purpose.

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WHERE I CAME FROM

I was born and raised in Ireland, growing up Catholic with an awareness of faith, structure, and reverence, but without a true understanding of a personal relationship with God. I knew of Him, but I did not truly know Him.

From a young age, I carried more than a child should have to carry. I experienced sexual abuse that left deep wounds beneath the surface, shaping how I saw myself and the world around me. I felt unsafe, unseen, and unworthy. I lost my sense of voice, my value, and my identity, and I began to see myself through the lens of shame rather than truth.

What made it even more confusing was that some of this harm came from someone who was seen serving and trusted within the church. The very place that was meant to represent safety, truth, and God became a place of contradiction for me.

That hypocrisy deeply distorted my understanding of both God and people. Instead of drawing me closer to Him, it caused me to question everything and ultimately led me to turn away.

I learned how to survive. I learned how to adapt. I learned how to wear masks.

On the outside, I appeared strong, capable, and confident. On the inside, I battled fear, insecurity, anxiety, and a constant sense that I was not enough.

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WHAT I WALKED THROUGH

As I grew older, those wounds did not disappear. They began to shape my choices, my patterns, and my identity.

As those wounds began to surface, they affected how I saw myself and how I related to others. As a child, I struggled deeply with my mental health. I experienced anxiety, emotional pain, and moments where I turned that pain inward through self-harm. At the same time, I was also navigating the confusion of being both bullied and, at times, becoming a bully myself.

I was hurting, and I did not know how to process or express it in a healthy way. The pain I carried internally began to show up externally, both in how I treated myself and how I interacted with others.

I continued to struggle deeply with mental health, including anxiety, depression, suicidal ideation and seasons of overwhelming darkness. I lived in survival mode for years, trying to manage pain I did not yet understand how to heal.

I searched for identity in relationships, success, appearance, and performance. I became driven by perfectionism, control, and the need to be accepted. I compared myself constantly and carried hidden battles with insecurity, jealousy, and self-worth.

Addiction showed up in many forms. Not always in ways that were obvious to others, but in patterns that kept me striving, escaping, and searching for something that would finally satisfy. Whether through substances, achievement, or people, I was trying to fill something that only God could.

One of the areas I placed my identity in most was my music career. What began as a gift became something I unknowingly elevated above God. It became an idol.

Doors began to open in ways I had always hoped for. I was signed to a major label and had the opportunity to tour around the world. From the outside, it looked like everything was falling into place.

But internally, I was still empty.

No level of success, recognition, or achievement could fill what was missing. Instead of bringing fulfillment, it often amplified the pressure, the striving, and the disconnect I was already feeling.

During that time, I also began experiencing significant health struggles, including intense anxiety and panic attacks. My body was responding to what my soul was carrying. What looked like success externally was masking what was happening internally.

I was chasing something I thought would give me identity and peace, but it only revealed how much I was searching for something deeper.

In my search for healing and truth, I explored spiritual paths outside of Christ, including New Age practices and forms of witchcraft. I genuinely believed I was seeking light, protection, and understanding, but instead I opened doors that led to confusion, deception, and deeper bondage.

What I thought would bring healing began to distort my identity, my thinking, and my sense of peace. Rather than finding freedom, I found myself more entangled, weighed down, and disconnected from truth. It left me feeling spiritually and emotionally defiled, carrying a heaviness I did not fully understand at the time.

Looking back, I can see how the enemy used my vulnerability and desire for healing to lead me further away from God. What was presented as light only deepened the darkness I was already trying to escape.

There were also deeply painful relationship experiences that left lasting emotional and psychological impact. I had become accustomed to patterns of abuse and narcissism without fully recognizing how damaging they were.

One relationship in particular, in 2020, brought me to a place of complete brokenness and fear. It became deeply destructive, and at one point, I came dangerously close to losing my life. Everything I thought I understood about trust, safety, and identity was shaken. I was left feeling completely undone, stripped of strength, and overwhelmed by fear.

At times, I felt trapped in my own mind and circumstances, carrying shame, confusion, and a deep sense of hopelessness. Yet even in those moments, God was still pursuing me.

But it was in that very place, at what felt like the lowest point of my life, that something began to shift. What the enemy intended for harm became the very place where I realized I could not keep living the way I had been. The striving, the searching, the trying to hold everything together, it had all run its course.

I had reached the end of myself, and for the first time, I became open to something different.

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THE TURNING POINT

At that point, after reaching the end of myself, everything I had built my life on could no longer sustain me. The striving, the searching, the self-reliance, none of it could carry me any further.

At that moment, I stopped trying to fix everything and finally surrendered.

On December 10, 2020, I gave my life fully to Jesus Christ.

Not partially. Not out of routine. Not out of fear. But fully.

It was not about religion or performance. It was a real and personal encounter with Him. In that surrender, I experienced a peace I had never known before, a stillness in the middle of chaos, and the unmistakable sense that I was no longer alone.

Romans 10:9 says, *“If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.”*

“Luke 9:23 says, *“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.”*

That moment was not just emotional, it was a decision. A laying down of my old life and a step into something entirely new.

That moment marked the beginning of a completely new life.

What followed was not just change. It was transformation. But it was not an overnight transformation. It became a long journey of healing, surrender, and renewal, piece by piece.

I was radically saved in a moment, but God transformed me over time, gently restoring what had been broken and leading me step by step into freedom.

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WHAT GOD DID

God began to do a deep and ongoing work in my life, not all at once, but in layers. There were decades of trauma, pain, and darkness to unravel, and He met me patiently in every part of it.

He restored my identity. He renewed my mind. He began healing wounds I had carried for years and breaking patterns that once felt impossible to escape.

He showed me that true freedom is not found in striving, but in surrender.

I began to understand that healing is not about covering pain, but allowing God into it. That freedom is not about control, but about trust. That truth has the power to replace every lie I once believed about myself.

As I continued walking with Him, my life began to change in tangible ways.

God called me into a life of purity in 2021, not as restriction, but as protection and freedom. What I once believed I needed, I began to see clearly through His truth. My desires, my choices, and my identity started to realign with Him.

On October 16, 2022, I stepped into sobriety. What had once been a coping mechanism was no longer something I needed to rely on. God became my source of comfort, strength, and peace.

2 Corinthians 5:17 says, *“If anyone is in Christ, the new creation has come: The old has gone, the new is here.”*

This transformation was not instant perfection, but it was real. It was consistent. It was evidence of God actively working in my life.

Over time, I began to see not just behavioral change, but deep internal transformation. The way I thought, the way I responded, and the way I saw myself began to shift.

I also came to understand the reality of spiritual battles, and more importantly, the authority and freedom that come through Jesus. What once felt overwhelming began to lose its hold as I walked in truth, obedience, and relationship with Him.

Forgiveness became a defining part of my journey. Forgiving others. Forgiving myself. Letting go of pain that once defined me. That process was not easy, but it was necessary, and it led to real freedom.

God also began restoring my relationship with my body, my mind, and my identity. Areas once marked by shame, striving, and self-rejection began to be renewed with truth, acceptance, and peace.

In July 2025, I experienced a profound deliverance that brought a deeper level of freedom in my life. Strongholds that had once felt deeply rooted began to break, and I experienced healing not only spiritually, but physically as well. What had once been ongoing battles in my body and mind began to break in a way I can only describe as supernatural.

2 Corinthians 3:17 says, *“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”*

This was not the beginning of my journey, but a deep confirmation of it. God does not only save, He restores, heals, and makes whole. He did not just save me, He set me free.

As I continued walking with Him, I also began to recognize how God speaks, leads, and moves in everyday moments. What once felt like coincidence, I now understand as divine appointments. Through people, conversations, timing, and even the smallest details, I began to see His hand guiding me, confirming His presence, and reminding me that I was never alone. These moments strengthened my faith and deepened my trust in Him in ways I could not have manufactured on my own.

He did not just save me, He set me free, completely and powerfully.

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WHAT I CARRY NOW

Today, I no longer live from the place I once did.

I am not defined by trauma, addiction, or the mistakes I made along the way. I am defined by who God says I am.

What once felt like shame has become part of my testimony. What once felt like pain has become part of my purpose.

I now carry deep compassion for those who feel unseen, for those who are struggling silently, and for those who believe they are too far gone.

Because I know what it feels like to be there.

God has turned my mess into a message.

And now I live in the freedom I once thought was impossible.

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MY CALLING AND MESSAGE

A voice for the voiceless

I believe I have been called to bring hope to the brokenhearted and to be a voice for those who feel unheard, unseen, or silenced, carrying truth into places where shame, pain, and confusion have taken root.

I carry the heart of an evangelist, with a deep passion for seeing lives transformed through the power of Jesus Christ. My life is a testimony that He still saves, heals, restores, and sets captives free.

Through my story, my voice, and my platform, my desire is to help people encounter God in a real and personal way. Not religion, but relationship. Not performance, but transformation.

As I continue to grow in my relationship with God, I am also learning to recognize and steward the spiritual gifts He has placed within me. I experience an ongoing sensitivity to His voice and leading, including moments of discernment and words of knowledge that bring clarity, confirmation, and direction, both in my own life and at times for others.

These are not things I pursue for significance, but gifts I seek to steward with humility, prayer, and obedience, always pointing back to Him.

Alongside this, music is also a central part of how I carry this message. What was once a place of identity and striving has become a vessel for ministry. Through songwriting and performance, I aim to create spaces where people can encounter God, feel seen in their pain, and experience hope in a tangible way.

I am actively involved in outreach and recovery-focused ministry, partnering with organizations and communities that support those navigating addiction, trauma, and mental health challenges, as well as pro-life initiatives. My heart is not just to speak, but to serve, to meet people in real places with real needs, and to walk with them toward lasting freedom.

Much of what I carry comes from walking through deep places, including trauma, addiction, identity struggles, spiritual confusion, and ultimately deliverance and restoration. Because of that, I have a deep compassion for those who feel unseen, bound, or too far gone.

I speak into areas such as trauma and healing, identity and self-worth, mental health, addiction, spiritual warfare, deliverance, and what it truly means to live in freedom in Christ. I am passionate about helping people understand the renewal of the mind, the importance of surrender, and how to walk daily in truth and obedience.

John 8:36 says, *“So if the Son sets you free, you will be free indeed.”* That is not just a verse to me, it is my lived experience.

I also carry a burden to break the stigma around the things many people are afraid to talk about, including mental health struggles, addiction, and spiritual oppression, and to bring light, truth, and biblical understanding into those areas.

My message is rooted in truth, but carried with compassion. I meet people where they are, while pointing them toward the freedom that is possible in Christ.

This is not about perfection. It is about surrender. It is about allowing God to meet us in our brokenness and lead us into true wholeness.

I am living proof that freedom in Christ is not just possible, it is available.

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WHAT YOU CAN EXPECT

When I share my story, people can expect honesty, depth, and hope.

I do not speak from theory. I speak from lived experience, from places I have walked through and been brought out of.

My desire is that people would not just be inspired, but transformed. That they would encounter truth in a way that shifts something deep within them.

I create space for people to feel seen, understood, and safe to be honest about where they are, while also calling them higher into freedom, identity, and purpose.

My heart is not just to share a story, but to help people recognize their own. To break through shame, silence, and isolation, and to remind them that they are not alone and not beyond redemption.

Whether through speaking, music, or ministry, I carry a message of healing, freedom, and restoration. I believe God meets people right where they are, but He does not leave them there.

You can expect authenticity, vulnerability, and truth, but also authority. Not authority in myself, but in what God has done and continues to do.

My prayer is that chains would be broken, minds would be renewed, hearts would be healed, and that people would walk away not just encouraged, but changed.

I also speak into what it looks like to not only encounter freedom, but to walk in it daily and sustain it through truth, discipline, and relationship with God.

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THE INVITATION

If there is one thing I want people to take from my story, it is this.

No matter where you have been, no matter what you have walked through, and no matter how far you feel from freedom, you are not beyond redemption.

Healing is possible. Freedom is real. And there is a God who sees you, knows you, and is still pursuing you.

Psalm 34:18 says, *“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”*

My life is living proof that no one is too far gone.

This is not just my story.

It is an invitation.

And the same freedom that changed my life is available to you too, right where you are.