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“UNSHACKLED!” - Pacific Garden Mission
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Daily Devotional

“Replacement Needed” – Christina Alexandra

ANNCR: January 9th, “Replacement Needed.” Did you ever hold onto a vehicle way longer than you should’ve? Maybe you had to take it into the shop every other month for repairs. Not to mention the windows no longer rolled down, and the seats were worn down to the springs. But this beat-up buggy brought you a familiar comfort. So you kept patching it up...even though the best thing’d be to replace it. We can actually get attached to a lot of things that need replaced – our thinking being one of them. We might feel linked to our old, ineffective mindset, as though it defines us. And it can feel difficult to break free. Well, today, we’ll meet Christina, a woman who knows this all too well. When she was only 4, she attempted suicide for the first time. But she’s here now to share with us her true story on this Unshackled Daily Devotional.

CHRISTINA: I was fourteen the next time I tried suicide with sleeping pills. Dad had left us when I was a baby, and nothing I ever did seemed to please Mom. In college my illness began taking over my life.

I heard voices and thought people were conspiring against me.

Mom took me to the psychiatric hospital where I was diagnosed as schizophrenic. The voices had told me I was the second Christ. My family finally took me to the state hospital, where I hanged myself with the belt from my robe. The next five years were a succession of drugs, therapy and unsuccessful attempts to re-enter life.

After seeing countless doctors, I found a psychiatrist who encouraged me to resume my interest in art and music, to find a job and to seek God. He was a Christian. While listening to the radio one day, I heard a preacher quote Bible verses that spoke of God's love and salvation and about being born again. I called and the preacher led me in a prayer of salvation. God's peace flooded my soul, and I began going to church every week. And as Biblical principles supplanted my warped thinking, Jesus set me free of fear and gave my life purpose and joy. I'm Christina Alexandra and I know He'll do the same for you.

ANNCR: The apostle Paul says in Ephesians chapter 4, verses 22 through 24, *“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”* Friend,

maybe you haven't endured the things Christina did, but each of us owns a warped and sinful mindset. And it needs to be replaced. We can't keep patching it, airbrushing it, and acting like it's fine. We need to surrender it to God, so He can help us develop a new mindset that reflects Him. That's when we'll finally experience His freedom. Will you receive this truth today?

CREDITS: Unshackled Daily Devotionals are produced by Pacific Garden Mission along with our Unshackled Audio Dramas. To find even more true stories of God's saving, transforming power, visit our website, unshackled.org.

This episode was written by Kennetha Gaebler and Elizabeth Kupferschmid and narrated by Tim Gregory and Nancy Sellers.

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