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**“UNSHACKLED!” - Pacific Garden Mission**  
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**Daily Devotional**

*“The Problem Within” – Kathy Baarman*

ANNCR: June 25<sup>th</sup>, “The Problem Within.” A man walks into the doctor’s office complaining of pain all over his body. The doctor asks him to point to specific areas where the pain seems the most severe. The man touches his arm and groans. The doctor immediately performs an examination, but everything appears to be fine. Next, the man touches his leg. This time he howls in pain. The doctor again quickly examines the area, but nothing seems to be the matter. Finally, the doctor takes a closer look. “Sir,” he says, “your finger appears to be broken.” (*Chuckles*) Okay, so this is a rather exaggerated anecdote, but it draws on the idea that we often misdiagnose a problem. Today we’ll hear from a woman who thought she had escaped the source of all her problems...until she realized how wrong she was. She’s here to share with us her true story on this Unshackled Daily Devotional.

KATHY: My parents had to flee Hungary in 1944 when the Russians invaded. I’m Kathy Baarman, and I was only a month old then. Those were terrible times. After the war, we lived under communism. My father loved Christ and wouldn’t join the

Communist party, so he went to prison for three years' hard labor. We suffered deprivation and mockery for going to Sunday school and church.

In 1956 came the revolution. Freedom was in the air until Russian troops swept across the border. My sister escaped to Austria, and the rest of us followed on bicycles. We took nothing. Guards on horseback shot and chased us, but God protected our escape.

We immigrated to the U.S. where a church in Michigan provided a house and food. I learned English, graduated from high school and married. We had three sons. I should have been happy; but I wanted more – things that didn't satisfy. So I went to work as waitress. I began to drink, and then I relied on tranquilizers to fight depression. In desperation I tried to commit suicide when I became pregnant again.

My sister wrote about Jesus and how He would satisfy the longing in my heart. She came to visit, took me to a fellowship meeting where everyone testified about His peace and love. I went home and prayed, asking Jesus to come into my heart and life. What a difference He made! Depression was turned into joy. Today my

husband and I teach and counsel others about the love of Christ Jesus.

ANNCR: The Lord spoke through the prophet in Jeremiah chapter 17, verse 9, saying, *“The heart is deceitful above all things and beyond cure. Who can understand it?”* Friend, while Kathy thought she had outrun her problems by escaping communism, her greater problem was the condition of her heart. And it would follow her wherever she went. You see, we may be able to fix the physical issues that exist around us. But unless we are continually turning to Jesus, asking Him to renew our heart in his likeness, we will never achieve true peace or find the balm that cures. 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](http://unshackled.org).

This episode was written by Kennetha Gaebler and Elizabeth Kupferschmid and narrated by Tim Gregory and Martha Webster.

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