

From Darkness to Hope: How Lola Sheen Was Saved from Tragedy

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After sharing her testimony of becoming radically transformed by the love of Christ, Lola Sheen has started her very own podcast to encourage others in their walk with God.

The new podcast, "HeavenlyBonded," comes right after Sheen posted photos from her recent baptism, which took place earlier this month.

Growing up in an environment saturated with media attention due to being the daughter of celebrities, Lola felt isolated from an early age. By age 10, depression had taken root in her heart. She longed for connection but found only loneliness. As she entered adolescence, she sought solace in new-age practices, turning to crystals for protection and love.

"I would buy crystals because I thought that this certain rock would bring me love. I thought that this rock would bring me wisdom, safety, but genuinely I was buying these rocks because I thought that it was my only option," Sheen says of her journey into the New Age.

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In high school, she experimented with partying, vaping and drinking, all in an attempt to fill the emptiness within. Yet, none of it satisfied. Instead, she spiraled further into addiction, panic attacks and deep despair.

"I just remember my entire world switched like literally everything was just dark, it was like I had this panic attack and everything just went so downhill," she says. "The next day I woke up so depressed it was like I was just hit with the biggest wave of depression," Sheen says. "I didn't know how to get out and I was so lost. I did not leave my room for three months."

Sheen contemplated ending her life. But just when darkness seemed to have won, a simple yet profound encounter changed everything.

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"I texted my friend Harlow," says Sheen. "She sent me a paragraph saying all the reasons why I need to be alive, and every reason why she loves me and cares about me."

After receiving this message, Sheen strengthened herself enough to make it through another day. Sheen found her way back to crystals at this time, but they did not help the turmoil and the dissociation she was feeling. After experiencing heartbreak and partying to cope with the pain, Sheen was alive but still struggling until one night she had a supernatural encounter with Christ.

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"I was laying in my bed and I felt Jesus come in my room," says Sheen. "I felt Him all in my room, and I felt Him hold my hand and say, 'Try this again with me...' It felt like He told me, 'I'm here to rescue you. I'm here to save you tonight. You're going to be OK'."

After this supernatural meeting with Jesus, Sheen surrendered her life to Christ the next morning.

“He met me where I was when no one would. He chose me when I did not feel worthy to be chosen.”

Lola Sheen’s life is proof that no matter how deep the darkness, the light of Jesus is greater. The same freedom she found is available to all who call on His name.

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