

## Restored by Love Testimonials

" Restored by Love has helped me in so many ways. It has been a safe place for me to express my feelings without cutting. Speak Don't Bleed online ministry has been a safe haven for me and other girls. It's helped me learn to lean on God and not the blade when times get rough."

-Mandy

"RBL is how I met Amber, who has come to have a huge spiritual impact on my life. Through time with her, I have begun to find freedom from my past, healing for my heart and safety for the first time.

God has used her to show me a Christ-like love I've never known before." -Chandra

"RBL is a place where I feel safe. There are a lot of girls there who understand how I feel and are there for me when I just need someone to talk to or someone to pray for me. When one person hurts, we all hurt together. When someone celebrates a triumph, we all rejoice."

-Liz



Stephanie Lampman is the Founder of Restored by Love Ministries and resides in Winston Salem, NC. God led her

to start what originally was Speak Don't Bleed in June 2008. Currently, Steph is pursuing a biblical counseling degree. She has overcome a 10 year battle of self injury and has seen God's amazing grace and restoration displayed in her life. Steph's desire is to see girls replace Satan's lies with God's truth in their daily lives. She desires to show them that they too can find freedom, hope and healing through God and His love for them. --Romans 8:35-39

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## Restored by Love Ministries



He heals the broken hearted  
and binds up their wounds.

Psalm 147:3 (NASB)

## What is Restored by Love Ministries?

Restored by Love Ministries is a biblically-centered mentoring ministry for teen girls ages 12-20 years old who struggle with self injury, addiction, and the heartache of abuse. However, we welcome all girls who are in need of support including those struggling with teen pregnancy and eating disorders.

## Our Purpose

We exist to motivate, educate, and empower young women, and their families by offering biblically centered mentoring and support services.



## Mission Statement:

We aim to lead teen girls to an understanding of the freedom and hope that is found in Christ alone, and to support and encourage teen girls to stand firm on the promises of God, by teaching them to speak His truth over their lives.

## Who are we?

The mentors of Restored by Love Ministries are young women who have seen God's amazing grace displayed in their own lives and have a burning passion to see teenage girls in today's society declare God's truth over their lives and live in the freedom that only Jesus Christ can give. We have the aching desire to see girls break free from strongholds through finding their worth, uniqueness and value in a God who loves them.

## Our Ministries:

\*Speak Don't Bleed: Giving Teen Girls a Voice is our online support ministry.

\*We are available to speak with parents, teens, and youth leaders about self injury and answer any questions you may have.

\*We provide biblical resources to teen girls to help them to grow in freedom.

\*Biblical mentoring and discipleship are also available.

