

Chris' story (Chris Tuffin interviewed by Karen Carr)

Karen: A little while back you started running, didn't you, and you started to get an injury in your calf, which was stopping you from running. Could you tell us about that?

Chris: I started running seriously in January and was going about every 3rd day. I had a problem with my right calf muscle and kept having to stop for a couple of weeks, wait for it to heal and then I'd go out and for a couple of weeks it would be alright but then would recur.

Karen: You were really meeting God when you were running, weren't you?

Chris: I was, yes. Since about April I was running with headphones and playing worship music, and I was hearing from God – it became more than a run. I came to church quite a few weeks ago now, and young Tim from Innovation prayed for me and it seemed to get a bit better; but then I went out for a run and pulled it again.

Karen: So what did you do?

Chris: I woke up early one Sunday, and was so frustrated because I hadn't been for a run for a couple of weeks, and I thought, 'I've had enough of this'. I prayed in my kitchen and it was instantly healed.

Karen: So you went out running that Sunday.

Chris: Yes I went out that day early and ran past St Peter's church, which is where I went to my first AA meeting. For those of you who don't know, I used to be an alcoholic; God healed me from that about 10 years ago. I have run past this church lots of times but this particular morning, I stopped outside it and put my hands on the railings and God gave me a picture of me walking up the path for my first AA meeting. I looked a bit of a mess. God said, 'Look at where you were, look at where you are now, and look at what I've done for you.' And then he said, 'I want you to forgive yourself'. I'd had loads of prayer and I was sure that I had forgiven myself, but clearly I hadn't, because God didn't even ask me – he didn't say 'Have you forgiven yourself?' He just said, 'I want you to forgive yourself'. So I shouted out, 'I forgive myself!' and burst into tears. This was the week before Simon preached on forgiveness and it was quite a powerful moment.

Karen: That is absolutely awesome. So, do you feel different since that point?

Chris: I've been feeling different for a number of months. I've been going through some stuff and God's working on me at the moment.

Karen: What feels different for you?

Chris: Grasping that it is all about Jesus – learning that at a really deep level.

Karen: So, you've been healed, you went out running, you encountered God in a way you hadn't before.

Chris: Yes, I've been out for about 20 runs and not had a single problem. That same week, on the Tuesday I'd driven to work. It was a 2 hour drive and though I'd been fine in the morning, when I got out of the car I had a really sharp pain behind my kneecap. I thought, 'What now?' It eased off during the day. Two days later I wanted to go running but it was still niggling so I asked Jane to pray. She said that as she prayed for it she felt clicking and grinding – and it has been perfect ever since.

Karen: Awesome – and you've been running ever since and meeting God on your runs?

Chris: Yes – definitely!