
Confess And Be Blessed



The light frames Khalilah Bruzal's face in the brief second that it takes for her to scoop her eight-month-old kitten into her arms. The white and brown tabby had been traipsing along the window sill, which had resulted in a clatter as a vase dropped to the floor. Khalilah gently scolds Ginger as she lowers her to the ground. Ginger is a stray kitten that had been found in her Scarborough apartment. Khalilah laughs when she thinks back to how the cat came in her life. "How is there a lost cat two floors down from my apartment?" She says. "Ginger is in my life for a reason."

Her acceptance of the cat in her life is a clear example of her acknowledgement of God's role in her life even now. Founder of My Life Is A Testimony, Khalilah, now in her early 30s, uses her ministry to reach people of all ages. And her testimony is one that speaks of a troubling past.

Khalilah grew up in an unstable environment and never truly knew what it was like to feel at home. There were times in her life that consisted of foster care and occasional intervention from the Children's Aid Society (CAS). In high school, her life consisted of partying, smoking and excessive drinking of alcohol. But in her final year, she would

drop out, despite her honour roll status and the fact that she needed only six more credits to graduate. Khalilah would soon find herself deeply involved in a street gang that would have her stealing and using drugs as part of the new routine. At the age of 18, she was date-raped, which resulted in an unwanted pregnancy. Just a couple of years later, she would become pregnant again, this time as a result of a common-law relationship. Both pregnancies would lead to abortions, one of which was due to complications. Both abortions affected Khalilah's consciousness and sent her spiralling further along on the path to depression. She had already been dealing with numerous emotional abuses and had earlier been diagnosed with Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD). Aborting both unborn children had contributed to what had already been an unhealthy mentality and outlook on life. It came to the lowest point when she would try to take her own life. "It was an internal conflict with me," Khalilah says. "I didn't know how to deal with it."

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with God, one that lifted her spirits and caused her to believe in what He could do for her life. It was the appeal of the Seventh-day Adventist faith that allowed Khalilah to believe that she could enter into a relationship with Christ. “I can cry with Him, I can walk with Him.” She says. “I can feel like I’m putting my head on His lap and He’s comforting me.”



In October 2001, Khalilah was baptized in Willowdale SDA Church. (She had been attending services at Toronto Heritage for some time.) But it was at Kanisa SDA Church that she would gain a deep sense of belonging. “A lot of people at Kanisa are people that have also gone through things.” She says. “For the first time, I am able to be real.” It was at Kanisa where Khalilah started thinking about starting My Life is A Testimony in 2004. But it would be another five years before she would officially start it. Through her ministry, she freely shares her experiences with others and what she has learned from them. She hopes her testimony will allow youth to be more open about their struggles and direct them to Jesus. “We need to start talking to the youth that God is real. She says. “Somebody needs to go out there and talk about ‘If you have been in the world, there’s a God who saved you.’”

Through My Life Is A Testimony, Khalilah has held over 20 presentations and workshops from

But God was calling out to Khalilah. Introduced to the Seventh-day Adventist faith through an ex-boyfriend, her interest in this new-found faith was piqued. The first time, she stepped foot in a church, it was Toronto Perth Seventh-day Adventist (SDA) Church. In the year of 1999, she would watch a new millennium seminar televised in Nova Scotia. While watching it, her brain became heavy with questions that were all directed towards the preacher, and which she soon found were being answered one by one. She felt as she had entered a conversation

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the past year. She speaks at churches, schools and throughout the community on topics such as peer pressure, relationships, self-esteem, education, as well as overcoming abuse and depression. No matter where her ministry takes her, her strong love for people is evident. She has real conversations, is not afraid to speak openly, and her extroverted and bubbly personality allow people to feel comfortable and at ease with her.



Jeffrey Sinclair is one of Khalilah's closest friends and has known her for five years. They both attend Kanisa SDA church. Sinclair says that Khalilah's caring spirit is demonstrated in everything she does, whether it's cooking a meal or calling a friend "just to check in." "Khalilah is always

trying to bring people together. She has a heart for people." He says.

Ann Roberts, who Khalilah refers to as her spiritual mother, says that she has seen Khalilah evolve in Christ.

"She is alive and doing what God wants her to do." She says. "God has taken care of her."

Now Khalilah has come to the point where she is content with where God has taken her in life. "He's brought me here, He's brought me peace in terms of I see things differently." Khalilah says. And she has never looked back. "I wake up in the morning and I went from a place where I couldn't look myself into the mirror to a place where I can tell myself

that I am beautiful and that I am special and that everything is okay with me."



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