

LeCreasha Randall Turns Pain Toward Forgiveness in The Cords That Could Have Bound Me

A Christian testimony of childhood trauma, bitterness, faith, and the difficult path toward freedom.



Wilmington, Delaware Sep 15, 2026 ([IssueWire.com](https://www.issuewire.com)) - For LeCreasha Randall, forgiveness was not an idea she easily accepted—it was a struggle she had to confront. Writing as L.C. Mary'e, Randall recounts that struggle in *The Cords That Could Have Bound Me*, a Christian self-help memoir shaped by childhood abuse, anger, fear, and her eventual decision to surrender those burdens to God. The book follows a deeply personal spiritual journey in which forgiveness becomes not an excuse for what happened, but a means of breaking the hold those experiences continued to have on her.

Randall draws on vivid memories from childhood, including manipulation and abuse within her family, to show how fear and resentment can become deeply rooted. The book moves from those experiences into adulthood and counseling, where Randall begins confronting the emotional consequences of what she endured. At the center of the book is a powerful image of birds bound by a cord—each cord representing a person who had hurt her. Each cord represents the painful memories and scars that are mentally, physically, and emotionally bound by her. When Randall finally releases those cords, she recognizes that she is also releasing her own hatred, false sense of control, and years of bitterness.

The book's spiritual foundation is explicit. Randall draws repeatedly from Scripture and describes her relationship with Jesus Christ as central to her understanding of forgiveness. Her testimony ultimately reaches a point where she writes of forgiving her father, aunt Wenda, and mother, while expressing gratitude for the opportunity to experience renewed relationships with her mother.

"The forgiveness that He gives is real," Randall writes in the book, describing what she believes happens when the Holy Spirit is allowed to work within a person.

Randall's life encompasses military service, public service, education, family, and faith. She earned an Associate of General Studies degree from Cochise College in Arizona, served in the U.S. Army, and retired after an 18-year career with the U.S. Department of Veterans Affairs. Her book draws directly from her personal testimony and presents her continuing spiritual growth through the themes of grace, mercy, forgiveness, and freedom.

The Cords That Could Have Bound Me is now available on [Amazon](#).

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