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"America's Cheerful Charity"

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INTRODUCTION

Depression rates are soaring in America. Two of the leading prescribed drugs in our nation are anti-depressant drugs and sleeping pills. Statistics have proven one out of five Americans (this includes confessing Christians) suffer from mental illness. Over 80 billion dollars is lost annually in wages due to the affects depression has on workers unable to function from day to day.

Mind battles rage against everyone; and for many who are sincere followers of Jesus Christ, they cannot win, because of lack of understanding. This book has been written to encourage and enlighten its readers how to biblically gain and maintain good mental health.

Get yourself a cup of coffee or tea, find yourself a comfortable spot in your favorite chair and follow me!

Humanism

“The Bully of Faith”



Humanism is the attempt of humanity to resolve our problems apart from God, our Creator. Humanism is manifest by seeking a formula, method or logical remedy before we will seek God and trust his instructions that are oftentimes, illogical. Multitudes have turned to other human beings when suffering from emotional hurt and trauma. Nonetheless, many lose in the battle despite years of psychotherapy and drugs. Why? Ungodly counsel and psychotic drugs exalt human logic and creation instead of God. God did not want Adam to eat from the tree of the

knowledge of good and evil in the beginning of creation, and he does not want anyone that is born again of the second Adam, Jesus Christ, to continue eating from it now. "But the tree of the knowledge of good and evil, thou shalt not eat of it; for in the day that you eat thereof you shall surely die." Genesis 2:17. Why was this tree forbidden? Because the tree of life had only one fruit – Jesus Christ was that tree – life. The tree of the knowledge of good and evil produced more than one choice fruit from it, this was perversion. A tree is known by the fruit (singular) that it bears, not fruits; one tree, one fruit. The tree of knowledge of good and evil produced **reasoning** after Adam and Eve ate from it. That fruit is called – humanism. This fruit yielded immediate 'spiritual death' because it left God out of the mind of Adam and Eve who immediately became "self" conscience of their nakedness and 'reasoned' how to cover themselves without seeking God's assistance after their disobedience. The human psyche is the soul of man. It is your mind, it is your life created by God. Psychotic drugs are man-made from God's creation, the earth, and ungodly counsel leaves God out.

Adam and Eve 'manufactured' a remedy to cover their nakedness; it was fig leaves they

sewed together. But God would cover their 'fig leaves' with animal skins, why? It was humanism, and those leaves would not have protected them from the intense heat and cold nights, simply put, their manufactured fig leaves would not be enough. Today in our modern church world, instead of using 'fig leaves' as Adam did, multitudes are using psychotic drugs to remedy the unending war in their minds instead of relying on the Word of God to "clothe" them in the war of the mind and give them understanding of the journey of Christ, who triumphed over the world, sin, death and the grave without psychotic drugs, nor a therapist or life coach.

As followers of Jesus Christ, no mortal should be trusted with your mind, which is your soul, especially when you are wounded, why? Mortals did not manufacture it! God did! If we are dying spiritually, we must seek the 'tree of life' to be revived again. God created man. He is holding the manual for repairs, all else are unauthorized dealers and repairmen.

Humanism steals God's glory! When you are partaking of it, you will find yourself always glorifying mortals instead of God. You have no "God said" for your life. For many, they do not believe that God speaks. It is all about

what mortals 'speak' to them. They are out of touch with 'spiritual' matters. They believe what they are taught without investigation, even when it does not work for them or makes any logical sense. For instance, why would anyone take a prescribed drug for a headache that has side effects that can cause you to have a heart attack?

If you are a partaker of humanism, you will discover that you hardly ever glorify God in your life, instead, you will find yourself celebrating formulas, remedies, strategies and magic potions to your own detriment. Anxiety and depression will plague your life. Humanism has a 'choke hold' on your mind.

In this life, humanism is like a bully on a school yard. It will not cease tempting you to believe its theories and formulas over God's Word and his longing to give us wisdom if we will seek him for it. It is easier most times to believe human logic and what we can readily use to apply to our situations for relief because the masses



indulge, spending massive amounts of money and time finding no relief, yet becoming more confused with a dark cloud of fear shrouding their very existence. This instigates loss of all hope. It is here that a person can find themselves discontented with every facet of their lives, for some, death becomes 'seemingly' their only way of escape from the dark abyss of hopelessness that takes over their minds because of the 'fig leaves' of human logic.



After Adam sinned against God and sewed the fig leaves together, God asked Adam, "*Who told you, you were naked?*" Genesis 3:7. In other words, why did you and Eve sew these figs leaves together in the first place? God is asking those of us that confess Jesus Christ as our 'personal Savior' from our sins, who are being held captive by psychotic drugs and diagnoses by the wisdom of mortal men,

“Who told you your mind has chemical imbalances and you are doomed to a lifetime of psychotic drugs because your mind will not work properly without them? “Who told you, your children have A.D.D.? Who told you this? WHO TOLD YOU THIS?” **Mortals!** But, the Scriptures give us clear instructions on how to take care of our minds and enjoy a reasonably good quality of ‘mental health.’ Here is a very powerful Scripture in particular that personally, for me, changed my life. After meditating on it for many weeks, it became crystal clear that WE CHOOSE what we meditate on. Whether good or bad, it will affect you spiritually. It’s OUR CHOICE.

Philippians 4:8 King James Version (KJV)

⁸Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Remember: death and life are in the power of the tongue. You will eat the fruit of what you choose to receive as diagnoses of your psychological well-being. You will reap a harvest from it. It will master you. **“Now the**

Spirit speak expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils, 1 Timothy 4:1” If your life is ‘miserable’ and unfulfilling, have you departed from the faith? Do you completely ‘heed’ to humanism?

Your soul is your mind, your mind is your life. Your life is governed by what you think. Your thought patterns will manifest your behaviors. If you believe any false thoughts of the enemy concerning your soul, you will be doomed for life. You will walk under a curse of false information giving heed to seducing spirits that want to pull you away from God, subjecting you to unauthorized drug dealers and psyche repairmen he has not sanctioned to tamper with your soul.

My Friend, listen very closely, “Who ultimately benefits from your chronic mental illness when you seek man for a remedy? Man does? Who gets the glory for any temporary emotional relief when you are high off anti-depressant drugs? Man does! Who gets the glory when you “feel” better for a day after spending hundreds of dollars for an hour counseling session rehearsing your pain without any exhortation from God’s Word or prayer for his wisdom and restoration of your mind? Man

does!

Billions and billions of dollars in revenue is generated from the use of anti-depressant drug use annually in the pharmaceutical industry. Billions of dollars are exchanged for therapists who have been paid to listen to the woes of multitudes God is patiently waiting to cast those cares upon him instead, charging absolutely nothing!

Countless psychotherapists, who have very good intentions, are attempting to 'heal' the soul with their 'fig leaves.' I have personally met many in my 52-year journey who are deeply wounded themselves psychologically. Some of them were severely depressed to the point of suicidal thoughts the same as their patients. Some were addicted to psychotic drugs they were readily offering to remedy their patient's mental oppression as a supplement to their counseling sessions shrouded with rehearsal of pain. When we constantly *rehearse*, we carry a *hearse*—spiritually, it brings death!

The mind was not created for rehearsal of our pain. It was created for man to express God's will and purpose in our lives. It was created to express the mind of God. This is the evidence

we see when Adam named all the animals as if he was a trained professional holding a PhD in Zoology, however, as we know, there was no such thing as an ivy league college or university for Adam to seek knowledge on how to name the animals. Adam's spirit (awareness of God), his soul (mind, will and emotions), and his body were in complete harmony with God. So much so, God did not recall, not one of the animals Adam named, not because Adam was so smart, but rather, Adam was connected to God, able to discern his perfect will and execute it completely without humanism being a factor whatsoever. We are still calling the lion - the lion, and the bear - the bear, because Adam correctly named the animals according to God's perfect will. Sad, but true, if God asked most of us to do anything, we automatically check to see if there is some sort of online class or workshop instead of 'waiting' on God to complete what he started, with an instruction.

Rehearsal of inappropriate "good things" will also destroy our soul. If a person has been in a relationship with a chronic physical abuser and cheater, and they continue to abuse you and cheat on you without any remorse, but you insist on "remembering" your thoughts

towards your abuser of the 'good times' you once had in the midst of your visits to the psych ward over this individual, you will continue to die spiritually until you disconnect that "hearse," and ask God to restore your soul from "rehearsing" this person in your mind that is harming you emotionally and spiritually.

God has created all souls to worship him and seek him, especially in the times of trouble, "And call upon me in the day of trouble; I will deliver you, and you shall glorify me." Psalm 50:15. Where and how does God deliver us? In our minds! Humanism says clearly, "God we can do this without you! We are smart, educated, and wealthy! We pay our consultants and scientists millions to give us what we 'think' will work for us to remedy our problems without you. We don't have time to seek your wisdom or search your manual for life to find how to remedy what you created. *We Got This!!* Bug off God! Everyone is doing it, it seems logical to me....." Humanism is shrouded in intellectual pride and encourages the partaker to always seek others and their own remedies.

Having someone to talk to is helpful and needful for all of us at some point and times in our lives, "Where no counsel is, the people fall;

but in the multitudes of counselors there is safety." Proverbs 11:14. However, for followers of Christ, our counsel must be from the Holy Scriptures that gives us instructions for life from God. To do otherwise will bring a curse on your life. God made man, he knows how to fix our mind if we dare to change, take responsibility for our actions and take him at His Holy Word – The Bible! It is shocking how many people are regular 'church' goers and boast of their denominations, yet, they have never read the Bible for themselves. They go along with whatever their preacher or tradition dictates thinking that it is 'normal' for them to be depressed and hopeless.

Have you ever wondered after all of these decades and the billions of dollars allocated to research, there has yet to be found a "cure" for mental illness, why? **Because God has it!** He has always had it, and he will show himself strong in whomsoever will only believe and trust him, taking him at his Word completely - NO ROCKET SCIENCE NECESSARY! No money and time wasted whatsoever. No physical side effects to be afraid of, such as stroke, heart attack and hallucinations! No drowsiness! God told us this clearly and plainly, "*Blessed is the man that walks not in the counsel of the ungodly.*" Psalm

1:1. The opposite of a blessing is a curse. We are not talking about material “blessings,” we are talking about real blessings of the soul; peace, joy, hope, faith, patience, etc.

There are countless famous and very wealthy people who have committed suicide after submitting themselves to the “best” psychotherapists on the planet, only to find themselves still unable to escape the curse of doom, gloom, trouble, confusion, and vexation. Why? God is the manufacturer of the soul. No matter how hard we try to fix our soul, God will not share his glory. God created the mind to focus on him; he wants our minds set on him. “Thou will keep him in perfect peace, whose mind is stayed on thee. Trust ye in the Lord forever” Isaiah 26:3-4. Humanism is shrouded in pride. That is why death must follow anyone that becomes a partaker of its fruit concerning your mind. Your mind is your life and your life cannot exist without your mind. God wants complete love from your life, *he wants your mind!* Doesn't matter if you are a billionaire or you earn \$10 a week, a sound mind cannot be brought from either, it is bestowed by complete surrender to the manufacturer's instructions on how to care for your soul. Everything manufactured by man comes with instructions. The human soul (psyche, mind or heart all mean the same)

was created by God with instructions.

Here is one of those instructions: more often than not, refusal to forgive is the root cause of mental torment. It is the sniper of the soul that will kill you spiritually unaware if you do not understand the Bedrock of Christianity, is forgiveness. Forgiveness is not for the other person; it is for you! Jesus said it best in Chapter 18 in the Book of Matthew, forgive or you will be turned over to the "tormentors." He then warns us that God will not forgive us if we refuse to forgive... "Mark 11:24-25 When you stand praying, forgive, if you have aught against any; that your Father also which is in heaven may forgive you your trespasses. But if you do not forgive, neither will your Father which is in heaven forgive your trespasses."

My Friend, there is no drug on the planet that can heal, modify, restore, renew or redo a stubborn and rebellious mind full of hatred and seething anger. No, not one! Pride is the motivator of unforgiveness, and *God resists the proud, James 4:6.*

Unforgiveness is sin.

Suppressed anger, bitterness and hatred will take residence in the chamber of the soul when we refuse to have faith in God to restore

our souls when we are wounded. Thoughts of retaliation, vengeance and holding grudges are all manifestations of pride. It is dangerous and must be rooted out if you struggle with chronic mental illness. You cannot speak good words to yourself and expect to win in the war of the mind while cursing your enemies, violating the instructions of God, "Love your enemies, bless them that curse you, do good to them that hate you, and pray for them that despitefully use you and persecute you, that you may be the children of your Father which is in Heaven; for he makes his sun to rise on the evil and on the good, and sends rain on the just and on the unjust." Matthew 5:44-45. This is a very sobering challenge for us all. But to do otherwise we will find ourselves on an EGO TRIP to nowhere fast! Why? The EGO Trip, **E**dges **G**od **O**ut! It is all about you and your feelings. You are playing God instead of humbling yourself to God for healing and restoration. It is here that unforgiveness comes to silence the voice of God, tempting us to become "victims" to those who have offended us.

What is interesting to note about unforgiveness is this, the person you are trying to punish, has gone on with their lives. Oftentimes, the person does not have a clue

they have offended you because many people refuse to speak their true thoughts when they are wounded. Fear binds the heart as they entertain 'twisted' thoughts that somehow it makes them 'look' weak to express their true "feelings." On the contrary, you are courageous when you communicate. Communication is the seed to understanding. To do otherwise is weakness of character and against the Word of God, "Moreover if your brother shall trespass against you, go and tell him his fault between you and him alone." Matthew 18:15

The silent treatment is another manifestation of pride. You attempt to punish the person by avoiding them and silencing them off, refusing to communicate that you are offended. This My Friend is a form of witchcraft. You are attempting to harm that person psychologically to control them and punish them, when you have not given them an opportunity to modify their behavior or take any responsibility, as you expect them to read your mind. This is weakness and spiritual immaturity. It is ungodly. If you study the Scriptures, you will find God communicates very clearly what he wants and what he expects. Because we are made in his image, we should do the very same to maintain

spiritual robust and peace with God and our fellowman. "So God created man in his own image." Genesis 1:27

The silent treatment is a cruel "mind game." You will lose every time. You place yourself at high risk of manifesting violence and being incarcerated in jail for committing felonious assault against those you are relentlessly attempting to place under your control by withdrawing your love, kindness, compassion and forgiveness. My Friend, not even God does this! If he was anything like this, we would all be dead!

Every time you silence off your loved ones that you live with in particular, instead of communicating what you want and need, you are breaking fellowship with them. This is no way to live in the same house with a spouse or your children. This is torment. To bring about change, "you" must change! You are responsible for controlling your own heart/soul/mind, and if you have small children, you are responsible to speak good words to their mind/soul until they are reasonable enough to take responsibility for their own minds. When we carry on and on about the past, suppressing our 'true' thoughts

when it is important to release them, we become swallowed up by them! Captives within our own minds positioned for spiritual ruin.

There is no drug on the planet that can stop you from choosing your thoughts! None! Let no one deceive you. You are in control and responsible for your own mental health. We will each give an account to God for what we did with our soul/mind/heart the moment our physical earth suit; the body, is released from it. No therapist, pharmacist, scientist or life coach will stand with us before God. Therefore we must battle for our victory daily to win the war that constantly rages, and by God's grace and his Word, we can win, but we must remember, we spend the most time with ourselves than any other human being on the planet. We are responsible for maintaining the landscape of our mind with discipline and understanding. Jesus told us to "possess our own souls with patience." Luke 21:19. This word, possess means to have power over, to dominate.

How do we take back control over our mind and life situations that have harmed our minds – Words! Words will liberate or incarcerate our

souls. Words are powerful! “Death and life are in the power of the tongue, and they that love it shall eat the fruit thereof.” Proverbs 18:21. In other words, what you speak to yourself in the deep, hidden chambers of your heart, you will eat from it; death or life, we choose! If you speak nothing good, you reap no harvest of good thoughts, feelings or behavior. It is here the Word of God must have preeminence in a true follower of Jesus to dilute the negative voice of self-abasement in your mind.

“The Word of God is quick and powerful, dividing the soul and spirit.” Hebrews 4:12. In other words, the word God has the power to separate your thoughts apart from his and bring correction, comfort, and clarity. If we lack wisdom about anything concerning our pain, problems and purpose, we are to ask God ourselves, “If any man lacks wisdom, let him ask of God, that give to all men liberally, and not withholding; and it shall be given him.” James 1:5. To do otherwise reveals to God we do not need him, nor do we trust that he will speak to us and care for us as we journey through life's obstacles and pain. Pride comes in many ‘hues,’ this is why Adam and Even fell.

Remember, mental illness is anything that disturbs your mind and causes you discomfort in your emotions. God has authorized Jesus not only to be a sin bearer, but a heavy load sharer for us during those times. Whatever we are facing, he went through much worse, “Beloved think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you, but rejoice, inasmuch as you are a partaker of Christ’s sufferings.” 1Peter 3:12-13. Jesus never sought man to assist him with his mental health. “If any man serve me, let him follow me.” John 12:25 Follow Jesus where? Back to God where we will find rest for our souls; our lives, our minds and our psyches. Keep in mind, your life is your mind, and your mind is your life.

To seek another human being or substance to relieve our mind from pain will complicate your life and in many cases cost you lots of money, time and instigate loss of hope in God, provoking fear that you will die if you do not continue to submit to the bully of faith—humanism; mortal, manufactured remedies and ungodly counsel.

Proverbs 12:25 “Heaviness in the heart of man makes it stoop; but a good word makes it glad.” “Death and life are in the power of the tongue, and they that love it shall eat the fruit thereof” Proverbs 18:21. If these scriptures are true, how is it possible for a follower of Christ to believe they have a ‘physical’ chemical imbalance that is causing their depression and mental illnesses?



Chemical imbalance deals with the ‘physical’ body. What you and I choose to think about is “spiritual.” You cannot ‘see’ your soul. We cannot see our thoughts, but we can “feel” the effects of what we choose to rehearse in our mind. We can also witness the manifestation of disorganized and untamed thoughts by the behavior and conversation of others who can be very difficult to get along with as they are constantly unpredictable from moment to moment, like a ‘loose’ cannon ball. You never know when they are going to ‘fly off’ the handle and cuss you out or physically strike someone. Do you know people like this? Absolutely unpredictable moment to moment, day to day?

Given the above two Scriptures, the question

is this: "Is God a liar?" Would he tell us what makes the heart glad and it doesn't? The answer is absolutely NOT! Would God tell us death and life was in the power of the tongue and what we choose to speak we will partake of its fruit if it wasn't true? If God has created us, he knows exactly what we need when something is wrong with us. The question is do you believe him? Do we take him at his word or not? My Friend, this is the most important question you must ask yourself at this very moment. Because there are countless humanistic and scientific theories that have yet to deliver the multitudes of their troubled minds, why? You cannot treat a "spiritual" problem with a "physical" remedy. Manufactured drugs and scientific theories are contrary to God's word which commands us "To be not conformed to this world: but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect will of God." Romans 12:2.

Adam and Eve had a spiritual awakening within their psyche that made them aware of their nakedness. Their 'logical' remedy only covered the outside, but their shame was a spiritual problem on the inside. All the fig

leaves in the Garden of Eden would have never covered what was happening on the “inside” of Adam and Eve’s psyche. The same for us today who are facing a myriad of emotional battles within our minds, psychotic drugs are *fig leaves*: Man-made to remedy what was “created” by God, the human soul. He is the manufacturer; he knows how to fix it! Do you believe this or not? If you do, then stay with me here and read on.

Remember, God placed animal skins on Adam and Eve to cover them instead of their “manufactured” aprons of fig leaves, those animal skins were a ‘type’ of Christ, the Lamb of God who would be slain to ‘cover’ the sins of the world. He was covering them, and he is still seeking to cover us now, if we will only believe and strip off the fig leaves we have manufactured in our lives and come to God naked and unashamed with our pain and sin.

The meaning of a curse is; doom, gloom, to be damned, confounded, troubled, vexed, to be plagued. If this is what you are “feeling” inside of your mind; you may be rich, affluent, beautiful, and athletic, a preacher, pastor or founder of a Fortune 500 Company, but you cannot shake these dark thoughts and feelings — God has been waiting for you. It’s

time to put the bully of faith, humanism down for the count concerning your mind. The Great Manufacturer will now take over from here. God has this Word from his manual for you today:

“Blessed is the man that walks not in the counsel of the ungodly, nor stands in the way of sinners, nor sits in the seat of the scornful. But his delight is in the law of the Lord; and in his law does he meditate day and night. And he shall be like a tree planted by the rivers of water, that brings forth his fruit in his season; his leaf also shall not wither; and whatsoever he does shall prosper.” Psalm 1:1-3

Let me lead you in prayer to help you, and let me encourage you with this thought My Friend, God loves you and if he has allowed you to read this book to find out you are off course, don't become angry or defiant, thank Him! Today is your day for deliverance!

Let Us Pray:

God, I come in The Name of Jesus Christ, asking for you to cleanse me and break every curse off of my life. Forgive me for trusting anyone but you to help me live a blessed life

with joy, peace and purpose. Please give me the strength to walk daily with you from this day forward. I repent from all of my sins and desires that are against your character and the sacrifice of Jesus Christ for my sins. I love you God and I need you today! Give me a love and understanding for your Holy Scriptures that will challenge and change me into the person you want me to be in this lifetime. I surrender all to you today. Thank You God for saving me. Amen!

Anti-Depressant Drugs



Countless confessing Christians are taking anti-depressant drugs, unaware that it is a sin. Yes, it is! Hold tight! I am going to explain it! Those who are taking mood-altering drugs are no better off spiritually or mentally than those who do not believe in Jesus Christ. When the soul (psyche) is harmed, it must experience a greater power to bring it into subjection, that power is God via the Holy Spirit. He is our 'comforter.' John 14:16. "...And I will pray the Father, and he shall give you another **Comforter**, that he may abide with you for ever." These are the words of Jesus, speaking to his disciples, his followers.

Are you a follower of Christ or just a 'churchgoer'?

Any 'power' bringing the soul under subjection and altering your state of mind is absolutely forbidden by God. Let me state this fact like this, taking anti-depressant drugs is no different than consuming illegal street drugs like marijuana and crack cocaine. There is no difference at all except they are legalized and placed under the distribution of physicians. Physicians are human beings. Many of whom take psychotic drugs also to remedy their own mental illnesses. They are limited in understanding many things that plague the human experience because those answers are to come from God ONLY! Why? He is the manufacturer of the human psyche and our bodies. Got problems with your mind, GOD! We must pick up his manual for life, the Bible, and find what our manufacturer has to say about our issues.

I recall purchasing a decorative wall art kit. I spent hours and days attempting to put it on my walls to no avail. I became frustrated and overwhelmed with this product before I finally decided to withdraw the instructions from the trash and read them. To my surprise, I had completely left out the most important step,

which was to simply apply water, squeezed on the wall by a sponge to allow the adhesive to bond to the wall. I am by nature crafty and presumed I knew how to apply this simple wall art without reading the instructions whatsoever. I had wasted my time and nearly destroyed the wall art because of the way I attempted to apply it on my own.

Follow me very closely here....everything manufactured comes with instructions. *Everything!* We have been given instructions for life by God just the same. The Bible has much to say about the mind and how to recover mental health. As followers of Jesus Christ, we are forbidden from manipulating our reality or state of mind. Your mind is your soul, your soul is your life. Anti-depressant drugs are soul-altering drugs. Your mood is affected by your thinking, anti-depressants place you in a stupor, your soul is under the influence of a foreign substance that does not belong in the body, placing your physical body at risk for stroke, heart attack or some other debilitating ailment as many psychotic drugs have very dangerous side effects. Do you believe psychotic drugs have been approved and written in his manual (the bible) for your life? Mind altering drugs force you into an altered

state of mind. **Not even God does this!** Why would we choose to allow another mortal to do this to our soul? Why would we trust anyone to actually “control” our souls? *Our eternal souls?*

Would you allow a “foreigner” to come into your 10 million dollar home, hold you hostage (control you) for a couple of hours and then leave and come back the next day to do the same over and over again? Especially when he tells you up front, I might destroy your plumbing, cut your electric wiring, smash your marble floors, spray paint your walls and kick out your windows! Would you allow this type of person in your mansion? ABSOLUTELY NOT!!!

My Friend, if you are taking psychotic drugs, this is exactly what you're doing. Your physical body and soul is worth a whole lot more than a \$10 million dollar mansion! We are talking about eternity here. We are talking about your life existence on this earth! Psychotic drugs are “fig leaves!” Today, we need covered by the Lamb of God, Jesus Christ! Fig leaves just will not do! The statistics prove it. According to the American Suicide Prevention Association, over 120 people commit suicide every single day in America; this would include ‘churchgoers.’

After psychotic drugs wear off, you are left with the same thoughts that tormented you, before you took the drugs, and thus the cycle continues. You remain troubled, vexed and tormented until you take your next dose. This is bondage. Why? Because, the Holy Scriptures clearly teaches, WE CHOOSE what we think about and meditate on. The choice is ours to make, just as it was for Adam and Eve whether they would seek God and tell him the truth, or create their own remedy. Unfortunately, they chose the latter and humanity has suffered since. Now, it is the daunting responsibility of 'spiritual leaders,' preachers, those who 'claim' they have a connection with God, to listen and give understanding to those in their influence how we are to 'biblically' deal with mental hurt. "Follow me very closely here...." God has delegated authority to ministers to assist the Body of Christ with understanding in all areas of righteousness that will protect us, *"He gave some, apostles; and some, prophets; and some, evangelists; and some pastors and teachers; for the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ, till we all come into the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fullness of Christ."*

Ephesians 4:10-13.

What hope does a person have if 'spiritual' leaders are not *spiritual* themselves, however, they promote themselves as authorized spokesmen for God? What hope does one have if a minister for Jesus Christ has fallen away from their own personal communion with God and they do not believe Jesus or the Holy Scriptures have the power to renew, restore and transform the mind of the troubled person? What real hope does one have if their pastors are referring them to eat from the same 'forbidden fruit' they are privately eating themselves—psychotic drugs and worldly counsel? What hope do countless confessing Christians have, if our teachers refuse to teach about the eternal dangers of taking psychotic drugs?

It's like a person on a long journey who has run out of gasoline and they need to stop for more oil. The gasoline station looks like it has everything they could possibly need to carry on their journey, only to find out they do not have any oil. They do not have any food or water! From the outside they look well stocked, but they really have nothing to offer other than the run of the mill chewing gum

and chips. They have no food or anything to quench thirst and worse than that, they have no oil whatsoever. They send you on your way hoping you might find food, drink and maybe oil somewhere else as if this is normal. It is not normal or ethical to have an "OPEN FOR BUSINESS" sign in the window, but you do not have any product for a customer to consume. It is false advertisement.

When a 'self-proclaiming' minister of Jesus Christ is not equipped spiritually to minister to the hurting and spiritually poor, we should go on a sabbatical or simply take the sign down from our churches and go back to whatever we were doing before we took the responsibility to shepherd souls for Christ. We put at risk the person in need of oil walking away and being totally "beat down" by humanism. As a servant for Christ we must remain close to God to maintain a sufficient "spiritual supply" of oil (the Holy Spirit), food (Jesus the Bread of Life) and water (The Word of God) in and out of season for the edification of the Body of Christ. This is why hatred and self-murder is becoming an epidemic in our culture. You cannot solve a thinking problem with a drug or ungodly counsel. You solve a thinking problem by changing the way you think and submitting to the manufacturer of the human psyche, God.

Without turning from sin against God and submitting to Him, there is no other way out. Let no one deceive you, God has not authorized any other dealers to deal with our minds, no street drugs, prescribed drugs, sex, money, houses, cars, land, success....none of these will do. No one but God! It is the responsibility of spiritual leaders in churches to have a 'bona fide' relationship with God, and to teach the truth about sin. Taking psychotic drugs is sin. Now, let me explain this to you.

Wrong Pharmacy

In the Greek, the word witchcraft and sorcery has the same meaning which is rendered pharmakēia. In the English language we get the word pharmacy or pharmaceutical, which means in its original Greek meaning; magic, medication, a spell giving potion, a druggist (pharmacist), poisoner, a magician, a sorcerer (ref. from The New Strong's Exhaustive Concordance of The Bible). The book of Galatians, chapter 5, tells us that no person that practices witchcraft or sorcery shall enter the Kingdom of God. Listen to what Jesus also tells us in the Book of Revelation 21:7, He that overcomes all things shall inherit all things; and I shall be his God; and he shall be my son. But the fearful and unbelieving, and the abominable, and murderers, and

whoremongers, and sorcerers, and idolaters, and all liars shall have their part in the lake which burns with fire and brimstone; which is the second death.

The wisdom of man in our culture has many things to say about mental illness and ways to help those that struggle with its affects. However, the above scriptures are clear. Taking prescribed drugs is not the way to go if you plan on going to heaven. I understand many people who may read this book are taking psychotic, mood altering drugs. Do not "feel" condemned about it, but be warned about it! This book has been written to help you understand how to break free from chronic depression God's way. Remember, he is the creator of the human psyche, and it is not his desire for us to seek and extol creation and ignore his inspired thoughts, *"All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God (or woman) may be thoroughly equipped for every good work."* 2 Timothy 3:16-17. The Holy Scriptures are your answer. It is our manual for life, this why it is vitally important to be very careful who you decide to follow that claims to speak on God's behalf. You will only grow

to the level of maturity as your teachers if you do not spend time in Holy Scriptures for yourself.

If your car is sick, would you continue to take it to an unauthorized mechanic who keeps taking your money promising to fix your car, but it keeps getting worse, having more problems than it did before you took it in for repairs? Anti-depressant drugs have dangerous side effects that put you at high risk for many other physical conditions that could become life threatening, but the Word of God is free, and it does tell us what to do to be free from spiritual oppression, and it has absolutely no side effects whatsoever!

Heaviness of heart and chronic depression is remedied by the renewing of the mind. The mind is powerful, yet it is weak just the same. It does not take much to disturb its pattern of thought, but the Holy Scriptures are a gift from God to sincere followers of Jesus Christ to assist us in the battlefield of the mind as we engage in daily combat.

Your 'will' must become engaged to do the necessary warfare to assist being delivered from depression just the same as a person who

is experiencing 'heaviness' with their physical body. If you weigh 400 pounds and you are tired of being "heavy," you must engage 'your will' to cease eating fatty foods and overindulging in eating fatty foods. The same is true with heaviness of heart; you must engage your will to cease pondering thoughts that are making you angry, defeated, sad, lustful etc. You must commit yourself to doing the necessary work to get better. You must commit yourself to seeking Jesus who is the lover of your soul to empower you by his spirit....Jesus said, *"I am come that they might have life, and that they may have it more abundantly.* In its context, the word 'life' that Jesus is talking about, in the Greek is *zōē*, which means breath, spirit life, and eternal life that deals with the heart and the soul of man. This word in its correct meaning has absolutely nothing to do with our material life, but rather our spiritual life. What Jesus was saying was simply this, *"I have come to give you more of me! I have come to breathe life into your soul and to give you that life, more abundantly!* My Friend, Jesus did not come to give us more money, houses, cars and land! *Zōē* life is for the soul of man. Jesus is talking about real life here! Spirit life!

Now listen very closely to this. Have you

noticed when you are depressed and full of anxiety, the Lord doesn't just show up? Why would God allow us to go through tragedies and the many things we experience in life and not show up when "we" go on our solo trips to despair? Are you ready for this? Because it is in those times God wants to know, do we *really* love him! Is our worship authentic, or are we just like the multitudes that followed Jesus to be fed and reap miracles, but did not really love him. Good times reveal part of our character; tough times reveal all of it. Character is your true self under pressure. What you really value and extol is going to be revealed every time.

Abraham was asked by God to murder his only son promised to him by God well over two decades before his wife Sarah finally gave birth to this promised child. "And Abraham stretched forth his hand and took the knife to slay his son. And the angel of the Lord called unto him out of heaven, and said, Abraham, Abraham; and he said, here am I. and he said, lay not your hand upon the boy, neither do anything to harm him; for now I know that you love God, seeing you would not withheld your only son from me" Genesis 22:10-12. What manner of testing was this? This was not logical whatsoever! But God! He is a mystery in most

matters, why? He is God! But this he seeks from his creation, love, respect and complete trust. He found that in Abraham and was able to establish the plan of salvation.

There are tragedies and pain we will experience, but we must understand how important it is for us to pass those tests! God has trusted us with our pain. We cannot focus on the pain, but the plan of escape! The soul must be liberated to allow God's sovereignty to have its way in our lives, even if we do not like it, our sincere love for God will sustain us every time. We must trust Him completely. Tragedies are inevitable, they come without notice or appointment –they just show up! They wreak havoc on the soul. But we must remember who created the soul? “And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became a living soul.” Genesis 2:7. Surrender is a must to endure trauma of the soul. There is no other way to pass the tests of trauma in this life.

Jesus was the chief cornerstone rejected by men who endured every test. He must become the one we look to for help or we will be crushed! “Whosoever shall fall upon that stone shall be broken; but on whomsoever it shall fall, it will grind them to powder.” Luke

20:18. Falling at the mercy of God breaks pride, self-sufficiency and arrogance. It produces life, but when God's judgment "falls" it will destroy your pride, self-sufficiency and arrogance for eternity, you will be lost forever, you are done! Tragedy harms the psyche; Jesus has been there and done it all.

Automobile collision specialists are able to restore metal, paint and parts that have been horrifically wrecked and mangled. The damage can be mindboggling and the damage seems impossible to restore, but the collision specialist get it done! God is the ultimate Collision Specialist of the soul! He knows every "word" that is needed to breathe life back into us when we are harmed psychologically, restoring our hope, faith and love for life. The human psyche is like an automobile engine, it is the epicenter and life of the vehicle. The vehicle cannot run without the engine. The engine is the 'life' of the vehicle.

Allowing God the opportunity to prove himself strong in our hearts and minds brings God glory and hope to others. In times of 'spiritual collision' God wants to give us Zōē. And that more abundantly! Glory to God forevermore!

Remember, whom you love, you will

constantly think about. Whom you trust for your “repairs” in times of trouble, you will seek them out. If it is not the lover of your soul, we will perish. We will lose hope in the battlefield of the mind. “Cursed is the man that puts his trust in man.” Jeremiah 17:5. This word ‘cursed’ in its Hebrew meaning is; doom, gloom, to be damned, confounded, troubled, vexed, to be plagued. Now, listen to what Jesus told us in Luke 14:26, If any man come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also he cannot be my disciple.” This word hate in its Greek meaning means to ‘love less.’ Jesus has made a very serious and profound statement we must understand. No one should come before him. No one! We must love them less because Jesus does require complete submission to Him. When tragedy and death comes in our life, it will separate us from Jesus if we do not love them less than Him. Salvation is free, but walking with Jesus is very expensive!

In times of tragedy, broken relationships, death of loved ones, our true love will be revealed. We will bless God or blame God. We will turn to mortal men, self or to God. We have “free will,” we choose.

When our “check engine” light comes on in

our automobiles, we are told to 'immediately' have it checked out. If you are afraid to entertain the thought, "What would you do if the person you love the most were taken from you?" You must check your heart immediately, why? All persons are given to us as a gift from God, especially our children. We must have a "Collision Plan" in place within our hearts, just in case something happens to them. To do otherwise leaves us susceptible to a "Write Off" if we lose them. There are those who have completely checked out of life because of the death of those they loved the most. They are angry with God refusing to celebrate the time they had with their gifts (loved ones), instead they worship their death rather than their gift of life. This My Friend is idolatry. It is sin. We must understand those we love are in fact 'gifts' from God, otherwise when they die, we are 'written off' in this life. We barely exist.

In our human nature, we want to live forever and we want those we love to live forever, but unfortunately it just does not work like that. Life is for the living. We must courageously stare the reality of tragedy and death in its face and dare to live beyond our emotional traumas that are common to every person on the planet. We cannot worship our gifts

(people we love the most), or we will surely die. Jesus has provided life eternally for us. There is no deductible required for restoration of our souls, just complete humility and trust. Idolatry is very subtle. Life is preparation for death. Death yields life again, this is why we must enjoy life daily, for each day is the day that the Lord has made and given to us as a 'present.' Time is a commodity! Be careful how you are spending yours, get into the "PRESENT" and dare to live! Be ready for your eternal appointment. "It is appointed unto men once to die, but after this the judgment." Hebrews 9:27. Those who have gone on before us, we must release their souls back to the manufacturer.

Taking psychotic drugs to dull emotional pain is no different from cutting down branches from a tree that produces bad fruit. If you do not kill the root of the problem, you will continue to see production of the fruit over, and over again. Why? You must expose and kill the root! Stinking thinking kills the heart! It causes it to rot away. Change your mind, you change your life! A changed life is the result of a changed mind.

Listen to what Jesus said, *"If a man abide not in me, he is cast forth as a branch, and*

withers.” *John 15:6* Jesus is saying the same thing God spoke through Jeremiah. A withered branch has no life. It has no hydration, though it exists, it is easily snapped and broken. This is the same for a person who refuses to seek the wisdom of God and to obey him, instead turning to humanism, philosophies, formulas, theories, technologies, and pleasures that do not work. We become like the woman with the issue of blood (*Luke 8:43-44*) who wasted all of her time, money and hope with physicians who could not heal her UNTIL she reached out past man and touched the hem of Jesus’ garment! Only then was she healed from her chronic condition. *Whoa!* That is great news right here My Friend! Only Jesus can fix a troubled, parched and withered soul.

ONLY JESUS!! Let no one trick you. It’s Jesus!

“I am the vine, you are the branches: he that abides in me, and I in him, the same brings forth much fruit: for without me you can do nothing.” *John 15:5*

Because the human psyche should not be tampered with by anyone, but God, we are destined to lose in the war of the mind without him every time... *“Who has delivered us from the power of darkness, and has translated us into the kingdom of his dear Son: In whom we*

have redemption through his blood, even the forgiveness of sins: who is the image of the invisible God, the firstborn of every creature: for by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or powers: all things were created by him, and for him: and he is before all things, and by him all things consist, and he is the head of the body, the church: who is the beginning, the firstborn from the dead; that in all things he might have the preeminence. For it pleased the Father that in him should all fullness dwell; and, having made peace through the blood of the cross, by him to reconcile all things unto himself...."

Colossians 1:13-20

In other words, all power has been invested in Jesus from God. Need power to overcome? Need power to bring your thoughts into subjection? Jesus! Everything that you need to know about Jesus is in the Holy Scriptures for your edification. If you are not a follower of Jesus, I offer you an invitation to be born again by the Spirit of God through repentance from your sin by asking God for forgiveness and asking Jesus, by faith, to come into your heart (psyche), and give you rest. If you are backslidden, or maybe you are not sure if you

have ever been born again by the Spirit of God, I invite you to do the same. Your day of salvation is here! God loves you My Friend! He created your soul—he can fix it!!

“Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you, unless of course, you fail the test?” 2Corinthians 13:5. Notice what Paul told the church of Corinth. He told them to examine themselves. Friend, no one can examine your life like you can. No one! You know how you are living and the things that you are doing. However, in order for us to deal with the serious issue of mental illness, we want to make sure we are in the faith. God wants to help you. He wants to set you free to serve Him, but you have to know, that you know, you are a real follower of Jesus Christ. The Holy Spirit is available to assist you. If you are not or you are not sure...let us pray together:

Dear God, please forgive me of my sins. I believe Jesus is your only begotten Son who died and rose from the dead for my sins. Forgive me. Cleanse me. Come into my heart and teach me how to live for you. Fill me with your Spirit. I need you and want you in my life. In Jesus Name, Amen!

No one on the planet is sanctioned, authorized, or certified to forgive sin, restore a wounded spirit, or a broken heart but Jesus Christ. Jesus is a conqueror, a survivor of constant emotional trauma. He is a righteous judge of all things. Let me explain it this way. All court judges are attorneys. They have all passed the BAR exam, every last one of them. Passing the BAR exam does not come easy. It takes great discipline to prepare and successfully pass this rigorous testing, this is exactly why we esteem law practitioners so highly, they went through something to become authorized to practice law. So did Jesus! This is why we are to esteem him as Savior and Lord. He should be highly exalted above anyone else in your life. He triumphed over sin, death, hell and the grave! He passed the Eternal BAR!

That BAR examine can also be likened to what Jesus experienced in the Garden of Gethsemane, *“And being in agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.”* Luke 22:44. My Friend, do you understand that Jesus was in emotional pain beyond anything we could ever imagine? Do you really understand how much he suffered? His emotional pain caused him to sweat drops

of blood! This is severe agony.

He did nothing to harm anyone. He spoke the truth, healed the sick, cast out demons, called the dead back to life only to find himself preparing for a horrific, tormenting death that would separate him from Our Heavenly Father to stop you and I from going to hell and being separated from our Creator forever!!!! My God, My God, Let us stop right here for a moment and give God Praise! What a Mighty Savior we serve to the Glory of God!!!!

How did Jesus make it? “Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. Hebrews 12:2 The joy set before Jesus was you and me! His mind, his thoughts and feelings were SET on us! You and I were the reward!

Jesus was never treated for mental illness nor did he ever take any psychotic drugs for the enormous amount of emotional pain he suffered for our sins, neither did his disciples. Jesus is a Champion over the Soul, the MVP in the game of life, a highly decorated veteran of warfare in the psyche. He fought, he won and he is now seeking recruits who will follow his lead and trust in his word to navigate us through the

countless 'booby traps' and snares of our mind.

Mental illness is common to every person whether we want to admit it or not. It simply means something is on our mind causing discomfort, emotionally and spiritually. If it is not dealt with properly, it can lead to chronic mental illness or spiritual death. The Word of God/Bible refers to it as 'heaviness' as found in the book of *Proverbs 12:25* "*Heaviness in the heart of man makes it stoop; but a good word makes it glad.*" This will continue to be our foundational Scripture as we endeavor to receive understanding and empowerment over the battlefield of the mind, and also from henceforth, I will use the Biblical word

'heaviness' interchangeably with the word 'depression,' which means the same thing.

The before mentioned scripture is one of several vital to understanding mental illness or heaviness of the heart. It tells us clearly a "good word" makes the heart/mind/soul, (they all mean the same) glad. If this is true, what is necessary for overcoming mental illness or heaviness of the heart? WORDS! What are thoughts? Words! Now follow me very closely.....when a person is treated for severe depression/mental illness or heaviness of heart, they will always disclose they are constantly battling "feelings" of despair, sadness, regret, self-hatred and in extreme cases, thoughts of

self-murder. Where do feelings come from? They come from what we are thinking, our thoughts. When we are thinking, we are pondering words and imagery. If our constant meditation is over-indulgence in negativity, we run the risk of becoming overwhelmed and spiritually defeated every time.

Let me prove this point to you. If you suffer from chronic heaviness of heart, consider the last time you felt overwhelmed with heaviness, what were you thinking about? *Be honest!* It was not thoughts of anything good. In fact, when was the last time you said anything 'good' about yourself or God for that matter?

Let me ask you this question, how much time do you spend thinking about yourself in a day's time most of the time?

Now before we go any further, let me be very clear. What I'm teaching in this book is for followers of Jesus Christ. I am guaranteeing you will never be the same if you continue to listen carefully and put into action what I'm giving you from God's heart and His Holy Scriptures. If you do not believe the Bible was written by men inspired by God, this book will not help you because my authority is from the Holy Scriptures for our edification. Notice I said "our" edification. As a teacher of the Word of God, we must be partakers of what we give to you. It is **only** by God's grace we are able to serve you.

No one is exempt from pain, sufferings and trials, no one! But as followers of Jesus Christ, he has promised to give us "his" peace... *Now watch out!* I'm going to quote one of the most powerful scriptures in the Bible – Listen to what Jesus said as he prepared to die for our sins.... *"Behold, the hour has come that you will be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me. These things I have spoken unto you, that in me you might have peace. In the world you shall have tribulation; but be of good cheer; I have overcome the world."* John 16:33 Whoa! My Friend, My Friend! Simply stated, Jesus is the way out of chronic depression! He overcame it all!!!

Without Jesus, we do not have a chance to overcome the onslaught of emotional traumas we experience in this present world unless we stay close to the one who has been there, done it all and overcame constant emotional warfare—the world, sin, death, hell and the grave! Jesus is the only one that has done this! He is The Prince of Peace (Isaiah 61:6), the governor, the ruler, and the owner of peace, The Eternal CEO specializing in soul control! It's Jesus!

What we have here in the before mentioned text, is a lifetime warranty from God through Jesus Christ, how to repair a damaged psyche, mind, heart or soul — **Go back to the**

manufacture!

We purchase countless products made by the hands of men with manufacturer lifetime warranties—God is making himself clear, Jesus is not only a sin bearer, He is a restorer of the soul, a LIFETIME GAURANTEED! If man can stand behind their products, how much more can God do the same?

“Come unto me, all of you who are **heavy** laden, and I will give you rest, take my yoke upon you, and learn of me; for I am meek and lowly in heart; and you will find rest for your souls.” Matthew 11:28-29. This is powerful! It is sobering and begs the question, is Jesus making false claims of providing rest for our souls? Is this false advertising by God that through Jesus Christ we can overcome weariness of our souls when we are overwhelmed psychologically?

When life ‘happens’ and it will, whomever you yield your thoughts (heart) to, they will lord over you, whether it is your spouse, a friend or a psychologist. “Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time; casting all you care upon him; for he cares for you.” 1Peter 5:14. When you do not believe God cares about you, you will always seek other remedies for your pain, “casting your cares” here, there and

everywhere, with no resolve. Why? Because the human psyche was created by God, not man.

Whether your mental pain is coming from a mentally abusive co-worker, fear of dying, fear you will not ever get over a physical illness or trauma, fear you will not lose weight after you have made up your mind time and time again to lose it, or fear you cannot break an addiction.... whatever the gateway to your mental illness, God wants to help you! He wants us to totally depend on Him for restoration and consolation of our heart. Instead,



many will blame God instead of blessing God. Throwing a temper tantrum with God during our time of pain and suffering is very dangerous. Why? Because God allowed his very own son to suffer pain in every way imaginable for us. He sacrificed Jesus, who never sinned providing a way for us to spend eternity with God forever.

We are all sinners who have offended a holy God time and time again. We suffer, and now we want to turn our hearts from God? For what reason? This earth is not our home. Tragedy, pain and suffering are inevitable. People we love will die, betray us, abandon us, lie on us, manipulate and deceive us, BUT GOD! This is a very cruel world. We are not on a vacation, we are in a war for our souls daily, and we are responsible for its condition. If we love anyone or anything more than God, we will be swallowed up in the fight every time! *“He that loves his life, shall lose it, and he that hates his life in this world shall keep it unto life eternal, if any man serve me, let him follow me.”* John 12:25

Countless lives are plagued with tragedy, addictions, sickness and disease and they refuse to ask God for help. They will tell you they are angry with God, blaming him for all of their troubles, not realizing nothing they are going through is new under the sun, nothing! We easily ‘forget’ despite our pain, God continues to provide for us seed, time and harvest. We are eating from his natural harvests, drinking his water, breathing his oxygen. Not once has the sun moved from its position burning up the earth. Pride has many shades. It will cause one to seek relief everywhere but with God. This is why God will not show up to our pity parties. He

has given us his very best example of how to suffer and pass the tests of life, even unto death. That example was Jesus.

Now, let's move on and discuss how to build our faith to overcome mental battles and win!

Where Does Faith Really Come From?



“Without faith, it is impossible to please God”
Hebrews 11:6.

Faith is a very powerful force. We must understand where it comes from in warring in the battlefield of the mind as renewal of the mind is a constant endeavor. It is the difference between life in your spirit and death in your soul. Depression of the heart brings death because

our conscience (awareness) of God and his Majesty is snuffed out. Depression steals life from any person who is held captive and refuses to do the necessary spiritual disciplines to resist any theory or remedy that is contrary to the Holy Scriptures God has freely given to us for understanding. Depression steals FAITH and HOPE!

Faith and hope are twins! Where faith is, hope is! No faith, no hope! *“Now FAITH is the substance of things hoped for, the evidence of things not seen.” Hebrews 11:1* Where does faith in God come from? It comes from “hearing” God’s Word and his voice. *“So then faith comes by hearing, and hearing by the word of God.” Roman 10:17.* Here lies the oftentimes fatal difference between optimism and real faith in God. Follow me very closely here...positive thinking is for ‘*your will*’ to be done, faith in God and his word is for ‘*his will*’ to be done. Faith is not positive thinking within itself; it is pondering what God has said for the benefit of others and your eternal salvation. On the contrary, secular positive thinking gurus make lots of money teaching you how to stay positive, to glorify yourself to accumulate more materialism, contacts, contracts, acquisitions, branding strategies and seductive techniques to engage your employees; oftentimes to psychologically manipulate them to perform better to make you

even more money. They are secular motivators of the 'here' and 'now.' Get all, be all and pay us to tell you how to do it.

Sad, but true, many motivational speakers admit to being mentally ill privately, taking psychotic drugs and addicted to illegal street drugs and alcohol, why? Because they are enemies of God, often unaware they are promoting lust for materialism, power, and control. These are in direct opposition with the Holy Scriptures' instructions.... *"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him."* 1John2:15 *For all that is in the world, the lust of the flesh, lust of the eyes, and the pride of life, is not of the Father, but is of the world."* 1John 2:16. *"And the world passes away, and the lust thereof: but he that does the will of God abides forever!"* John 2:17

You cannot build faith in God, *without* God. No more than you can possess hope without faith. They all work together. God is the creator of all things. Therefore, when we toil to gain and maintain without him, we labor in vain, putting at risk our chances of going insane. Why? God is all about restoration of broken lives. Where he is, the mind will think the same as God, *"For God so loved the world that he gave his only Begotten Son, that whosoever shall believe on*

him should not perish, but have eternal life.” John 3:16 Faith directed at any other vision, plan, cause or movement other than how you can assist God in his eternal mission, to seek and rescue lost souls from hell fire, is not from God. Worldly, positive thinking will fail you and your mind/life will be filled with darkness, restlessness and confusion when there is refusal to seek God for ‘his will’ for your life to serve him, not yourself, nor for yourself.

If we are mentally and spiritually under siege, God! If our faith is weaning, God! Faith and hope are dispensed by God through his Holy Scriptures. There is no time to be lazy and slothful when we are in a crisis. If we are honest with ourselves, we know it is easier to believe a lie and do nothing to take responsibility for what we are feeling and dealing with from day to day, than to roll up our sleeves and do the necessary ‘spiritual’ warfare to guard our hearts from intrusive thoughts and harmful emotions that we encounter every day that we live. Laziness is in part the very reason we suffer, *“The way of the slothful man is as a hedge of thorns.”* Proverbs 15:19 In other words, there is no comfort for you or anyone that comes near you because “thorns” hurt anyone that touches them, and the same for a lazy person. There is no rest. The very thing they are addicted to, resting, is the same that they become, restless, spiritually dying daily, *“The desire of the slothful*

kills him; for his hands refuse to labor.” Proverbs 21:25. Lazy people are prime candidates for ‘mental illness’ and lies to keep them bound in their slothful mindsets. These are they that will readily conform to the theory of chemical imbalance, which has never been proven. It is the mainstay of humanism! How do we know this is true? God, the manufacturer of the human soul, has told us what remedies a heavy heart from the Holy Scriptures (his manual for life) that the remedy is —WORDS! Good Words!

“Death: and life are in the power of the tongue.” Proverbs 18:21. The tongue must be trained and tamed from speaking negativity.

If you are suffering from chronic depression, you must open up your mouth and begin to speak life! You **MUST** be willing to do the work! This is your soul. You must become willing to let go of people and things that are making you sick spiritually. They are toxic for you and must be “starved” in your life! What you feed lives, what you starve dies! You must know for yourself you are eating from the wrong tree! You are dying spiritually just as God said we would then, it still applies now. Remember the question God asked Adam, “Who told you, you were naked?” Genesis 3:11

If you are taking psychotic drugs, and believe you have a “chemical imbalance,” Who told

you that you have a chemical imbalance? Who told you this? Man did! Did you ask God what was wrong with you? Have you searched the Scriptures to seek God's wisdom? Do you refuse to do your part and expect other people and things to provide your relief?

The human spirit becomes weak when we refuse to fight the war in the mind by faith in the Word of God, speaking good words and obeying the Word of God. God told Joshua, the successor of Moses, this similar secret of meditating and speaking 'good words' to find success in our spiritual life. He told him this...

"This book of the law shall not depart out of your mouth; but you shall meditate therein day and night, that you may observe to do according to all that is written therein; for then you shall make your way prosperous, and then you shall have good success." Joshua 1:8

My Friend, let us pause for a moment and please, allow me to testify right here!!!! These things that I am writing to you.... I HAVE LIVED IT!!! I have personally applied every principle I am sharing with you in this book from the Holy Scriptures. I have gone through some emotional pains I would NEVER wish on my enemies!!! I am talking about some GUT WRENCHING PAIN!!!!!! There were times the emotional pains were so deep, all I could ask God was, "are you trying to kill me!!!" The pain was so intense, but

God!!!!!! I began to do exactly what I am writing to edify you in this book! JOY became my portion in the midst of my pains and sorrows. JOY and hope kept me anchored My Friend!!!! I had doctors constantly trying to give me 'anti-depressant' drugs when I would go simply for a physical check up! They associated everything with needing some type of psych drug!!! God help us all!!! But, God was with me! He gave me peace and my faith never weaned. I never stopped believing that something good was going to happen for my life. The Holy Spirit gave me comfort! My mind was strong and my faith was growing stronger and stronger every day as I chose to surrender to the fact I had no control over my life. I had to trust God with my sorrows or I would have gone crazy trying to figure it all out. I let go and let God be God, it was here that I began to gain traction in my understanding of pain, sorrows and sufferings. I was becoming a better person in Christ!!! I was 'free falling' and it felt right! I learned to do my best and trust God to do the rest.

I refused to keep asking questions that brought no peace to my heart. I learned to cease trying to be 'god' over my life and let God, be God!!! My Friend, I kept a song of praise in my heart at all times. I do to this day. I love to sing to God and marvel at all of His handy works, most notably, fresh flowers. Now, I said all that to say this.....I am not giving you a bunch of THEORY, I

have practiced what I am submitting to you My Friend! God is REAL!!!! Jesus Christ is Alive! Where is your faith????? Who will you continue to believe?????

Remember, a heavy heart needs a 'good word.' You must determine daily to take care of your mind like you take care of your hair, nails and teeth! Speak good things to yourself! But also, we are now adding, you must obey the Word of God. Now this is getting interesting, because as a follower of Jesus Christ, we have all fallen and come short of the Glory of God, but, we must get back up! There is a vast difference between falling in sin and rolling in it! *"A just man falls seven times, and rises up again."* Proverbs 24:16. Okay! Let me take my time right here.

Feelings of worthlessness are not of God. If you have fallen into sin, get up! Stop the pity party! Use the Blood of Jesus by faith! Cleanse yourself! You are not the only one that has fallen since you came to



know Jesus Christ!
We have all sinned
and fallen short
of the Glory of God. DO NOT make your sin an idol! Worship God, not your sin! You are not without hope for forgiveness! NO, NO, NO! Jesus paid it all! Doesn't matter what you have done, it was paid for! Get out of your head and let the Holy Spirit bare witness in your heart that you are forgiven!!! You were not 'built' to carry 'guilt!'

Jesus is a Good Shepherd waiting to restore your soul! Get back to walking on the straight and narrow path that does lead to eternal life—The Highway of Holiness! Pick up your cross and come on! Listen to John, our forefather in the faith, *“My little children, these things write I unto you that you sin not, and if any sin, we have an advocate with the Father, Jesus Christ the righteous, and he is the propitiation for our sins, and not for ours only, but also for the sins of the whole world.”* 1 John 2:1-2 Alright now my Friend, this is great news!!! You have an advocate! Repent from your sin and be reconciled back to God! Faith, faith, Faith! We are the righteousness of God through our Lord and Savior Jesus Christ, by faith! Sin was defeated! Turn from it and keep looking at Jesus, there is no defeat in the Cross, none!

As much faith as you put into the chair you are likely sitting on to keep you from falling, the same must be placed into the finished work of The Cross of Jesus Christ and his shed blood to cleanse you. You are a champion my Friend because of the death, burial and resurrection of Jesus Christ. This is a fact, not a feeling! *“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”* Romans 8:1. When you sin and refuse to walk in faith to use the shed blood of Jesus Christ to turn from your sin and be cleansed, but instead you walk in the flesh, your carnal mind, that is enmity against the Spirit of Christ, Romans 8:6-7, you will lose every time! Feelings and faith are NOT friends! Walk by Faith, not by what you feel, especially as it relates to overcoming sin.

Here is the secret to overcoming sin by faith, no matter what it is, look to Jesus, **NOT** your sin! Sin brings death, don't look at it!!! A person can beat “crack” when they look back at the Cross! The victory is in The Cross! Not your feelings and certainly not your sin? Stop looking at it and look to the author and finisher of your faith to break the chain of bondage in our life. ‘Commit your works to the Lord, and your thoughts shall be established.’ Proverbs 16:3. Simply stated, you must learn to forgive yourself when you make mistakes and commit all that you do to God. To

thymself be true and allow the cleansing power of The Blood of Jesus to cleanse your conscience daily, BY FAITH! "Having our hearts sprinkled from an evil conscience." Hebrews 10:22.

Contact people who will pray with you and exhort you. *Call Em' Up!* Seek them out, but know also, some people God will put in your life will also tell you the truth about yourself that will 'hurt' your feelings, but none the less, God has placed them in your life. They will provoke you to righteousness if you have fallen into a sinful lifestyle that can also cause the grieving of the Holy Spirit. If this is the case, you will feel conviction, that is a similar feeling to heaviness, but the difference is that conviction comes to correct you, not to destroy you spiritually such as heaviness that is due to wrong thinking patterns.

Listen very carefully, there is another very important puzzle to faith and hope we must understand. If you have faith, you should have works to correspond what you believe. Let me explain it this way, if God has called you into ministry and you "know" this, you must continue by faith to prepare yourself for service to his people. How do you do this by faith? You seek God daily for understanding of the Scriptures. You continue to seek learning his voice and directions. You purposely seek his direction to minister to the lost and the Body of Christ. You

protect your time and affections from worldly lusts. This would mean at times a minister for Christ, may have to quit a lucrative career to fulfill his or her calling, by faith!

Elisha the prophet of God, was a wealthy herdsman, until the prophet, Elijah showed up on his property and placed his mantle on Elisha, calling Elisha to come and follow him as his successor, 1Kings 19:16-21. Elisha, by faith, completely destroyed all of his oxen, which was his livelihood and by faith began following Elijah.

To be a servant of God requires great sacrifice and oftentimes humiliation. Why? How can you teach faith, if you have never really had to use your own? God's desire is that no man perish. The comforts of worldly accomplishments, job careers and the security of a paycheck every week can derail you from your divine calling in Christ Jesus. You will know that your "feet" have been caught in a snare pulling you from your calling because you will cease to do the work of your ministry with excitement and vigor, and in extreme cases, your ministry will simply fall to the wayside. You no longer work your faith; you just simply go through the motions.

Whatever it is that you believe God has told you, you must put "feet" with your faith to see it come to pass. All dreams and visions from God will benefit others. You are a vehicle only. "*Faith*

without works is dead.” James 2:20. Keep walking by faith and refuse to believe what you see! Looks can deceive you.

Now, we have to examine another area that can and will steal your faith. And that is addiction. Let's move on and see how we can destroy sin habits God's way!

Breaking Addictions



As we understand how to build our faith, and where it comes from, we must use it to knock out addictions that harm our psyche and walk with God. If you or someone you know is addicted to anything that is harming them physically and threatens their livelihood, I need you to listen very closely.

When a person is recruited into any branch of the military armed forces, they are tested for

substance abuse. The same is for us that walk with God. You cannot expect to win the war in the mind if you are high off any foreign substances inhaled, injected or swallowed into the body. They will affect you psychologically, your state of being, rationale and alertness. You put at risk your confession of faith in front of others and you can die from substance abuse.

Confessional prayer is your answer! It is like an ex-lax. It is necessary to begin winning the war in the mind, by cleansing your soul. *“He that covers his sins shall not prosper.”* Prov. 28:13. Confessing our sin by faith to God is vital! We cannot call it an “issue,” this is one of the new words we like to call sin, but it is not an ‘issue’ for God at all, why? Jesus already paid the debt! Sin is no longer an “issue” for sincere followers of Christ. It is called sin!

Okay my Friend, hold on, this is very important for us all to understand, when you keep calling sin any other name than what it really is, you can deceive yourself into reasoning that somehow God understands you have an “issue” with lusting after a person who is not your spouse or feeding your soul with pornographic images of sexual perversion, or maybe you have an ‘issue’ with constantly indulging in substances that alter your mind i.e. crack cocaine, alcohol, marijuana and the like. Here is the key to

deliverance; you must agree with God and call your addiction (sin) exactly what it is! Nowhere in the Bible will you find Jesus referring to sin as an 'issue.' Issues are in our newspapers, lots of them. Let's leave them there and bring our sin to The Cross where we will find rest for our souls.

You will begin to feel the liberation of the Holy Spirit when you begin to call out sin for what it is in your life. It is humbling when you do. But after a short time, you will feel so refreshed and clean in your walk with God. You will come to know that he is a loving God, always seeking our love and respect of his commandments that empower us to shun evil, pride and sin.

After the fall of man through the disobedience of Adam in the Garden of Eden, man lost dominion over the earth and is now controlled by it. Addiction to the tobacco plant is destroying the lungs of cigarette smokers, addiction to the 'hops plant' is destroying the liver of countless beer drinkers who have become alcoholics, addiction to the pig and cow is destroying countless hearts filled with cholesterol and fat who are dying in the prime of their lives. These things God told Adam to dominate, Genesis 1:28, and until his disobedience, he did. But now as we have it, we must control our mind/soul to master any influences from the outside coming inward to

harm us emotionally. The heart must be guarded with all diligence, especially from fear!

How to Break Fear Off of Your Life

Fear manifests as anxiety attacks. It is an indicator you want control over your life instead of walking by faith as you ought to as a child of God. You are trying to handle God's business—that is why you cannot sleep. You want control, You want to know everything; how it's going to happen, will it happen, who will be involved, when will they do it, how will they do it.....my Friend, you can potentially go insane doing this to your mind. GO TO SLEEP! *“Take therefore no thought for the tomorrow; for tomorrow shall take thoughts for itself.” Matthew 6:34* In other words, enjoy this day and do what you can, stay out of tomorrow being fearful and fretful, tomorrow has its own troubles. In fact, consider this, what if you do not live until tomorrow and you have wasted this new day God has given to you worshipping at the altar fear.

Our lives are before the Lord, there are some questions that will never be answered nor understood in the least on this side of eternity. But we have been given insight into the minds of great patriarchs of faith who did love God with their whole heart, mind, soul and strength and triumphed over their losses and sufferings.

It behooves each one of us that love God and Jesus Christ to understand and prepare for sufferings to overcome nagging thoughts of fear of them. We must consider the words of a man who did lose absolutely everything and became horrifically ill. That man's name was Job. His story is told for us in the Holy Scriptures to build our faith and help us to cease trying to control our lives. This is what he said after his 10 children were killed and he lost all of his cattle and livestock, and, his body was infested with boils..... *"Though he slay me, yet will I trust in him; but I will maintain mine own ways before him."* Job 13:15. My Friend these are some very powerful thoughts!

Job understood where all that he had came from—God! And we must understand the very same. Nothing that you have is yours, whether you think it is or not. Everything in this earth is the Lord's, *"THE EARTH is the Lord's, and the fullness thereof; and world, and they that dwell therein."* Psalm 24:1. Job was not interested in holding on to his wealth; he was interested in holding on to God!

Listen to this powerful statement of this incredible man of faith and absolute love for God, *"Naked came I out of my mother's womb, and naked shall I return thither; the Lord gave, and the Lord has taken away; blessed be the*

name of the Lord. In all this Job sinned not, nor charged God foolishly.” Not only did Job humbly except the fact that all he had came from God, he never once in his suffering “foolishly” blamed God for his troubles. To do so will open a floodgate of mental torment, and so it is for countless people who do not understand the fact of life....

GOD IS IN CONTROL!!!!!!

This world and all that it has to offer in your earthly life, is like The Titanic, it is going down! You either jump off, or you will sink with it. Fear will swallow you up! It will submerge your mind into a dark, tormenting abyss until you exit the earth putting all of its captives at risk for being cast into the lake of fire forever. *“But the fearful, and the unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burns with fire and brimstone; which is the second death.” Revelation 21:8*

What we really love the most will manifest in the area of what we fear most. Fear cannot have dominion of your mind when it is understood, this earth is not our home and the people in our lives are but a gift. Be it, our children, spouse or whomever. Job, a champion over tragedy, clearly understood this and endured his time of

great suffering of evil that God himself brought upon Job, yes, it was God that allowed Job to lose his 10 children, all of his wealth and his physical health, *“Then came there unto him all his brethren, and all his sisters, and all they that had been in his acquaintance before, and did eat bread with him in his house; and they bemoaned him, **and comforted him over all the evil that the Lord had brought upon him.**”* Job 42:11. My Friend, these are some very perplexing facts! But they are also very comforting in this fact. God is in control! The same as he was while overseeing the testing of Jobs faith and love for Him, he is watching our response to evil just the same!

It behooves us to be a good steward of the relationships we have been blessed to have in our lives, but we must be ready at all times to release them when the manufacturer recalls them back to himself. We must be ready if we happen to lose all material possessions, that we can get them back again. Remember, the earth is the Lord's and everything in it. Yes, we miss those we love who have been recalled by way of death, but we must continue to be good stewards of our lives and our minds. To do otherwise is a manifestation of idolatry of creation. We will die spiritually if it is so.

Grieving is normal and part of the human

experience, but with God, we can conquer its grip. All are born to die. All that is alive will die. These are the facts; to meditate on any other falsity will destroy your mind. Live good, enjoy God and those he has placed in your life. Fear nothing; enjoy everything good and precious in your life. Refuse to be held by the grip of materialism. Like a boa constrictor snake, it will suck the life right out of your heart. *“For we brought nothing into this world, and it is certain we can carry nothing out, and having food and raiment let us be therewith content, 1Timothy 6:7-8.* Live today as if it really was your last day on the earth! Paul, the apostle of Christ said it best, *“absent from the body is to be present with the lord, 2Corinthians 5:8”* What a very sobering mindset this apostle of faith had in our Lord and Savior Jesus Christ.

Remember, courage cannot exist without fear. Without fear, there can be no room for courage to deny its power to control you. Job could not be moved by his sufferings or fear of death because he did not love this world, he loved God. This is the key to overcoming fear, love God with all you heart, mind, soul and strength! *“There is no fear in love; but perfect love casts out fear; because fear has torment. He that fears is not made perfect in love. We love him, because he first loved us. 1John18-19.”* In other words, our love for God gives us the power to

overcome this world, evil, fear of losing anything or anyone in it....*"For whatsoever is born of God overcomes the world; and this is the victory that overcomes the world, even our faith. 1 John 5:4"*

Job's wife attempted to discourage him from his love and trust for God after he lost everything and his body was afflicted with boils from the crown of his head to the bottom of his feet. Her words were sharp arrows, no doubt, *"Do you still retain your integrity? Curse God, and die," Job 2:9* But listen to these very sobering words of this devout Man of Faith who sincerely loved God, *"You speak as one of the foolish women speaks. What? Shall we receive good at the hand of God, and shall we not receive evil? In all this, Job did not sin with his lips, Job 2:10.*

My Friend, in other words, Job understood that God gave him everything he held dear to his heart, and it was God who allowed evil to test him concerning all that he gave to him. We cannot break the grip of fear until we confront the fact that God is in complete control of our lives whether we understand it, want to accept it or not. The Lord gives, the Lord can take it all away, when we really love him, it will not matter one way or the other. We will trust Him. We will trust him completely. May our God strengthen our hearts to receive these facts.

Let us pray to overcome fear and the love of this present world together:

Heavenly Father, strengthen my heart daily to believe and trust your Holy Scriptures. I want to have faith as our patriarchs of faith did. Create in me a clean heart and give me the right mind to serve you with gladness. Give me the right mind to give to the poor and rid my life from excessive living. Deliver me from fear of death, destruction and suffering. If Jesus suffered, I can make it through my fears and suffering too. God I love you and I need you. Please reveal your presence in my life. Thank you for removing lies and deception from my life in the Name of Jesus Christ, Amen!

Okay, let's move on and deal with a very common and destructive mindset that will destroy you and your faith as we are soon to bring the book to a close. And that is.....secrets!

Secrets

I was molested by three different perpetrators between the ages of 8 and 14. I never told anyone what these people did to me until I was in my early 30's. These people had gotten away with it....But did they? No they did not! It's called conscience. God has placed it inside of all humanity. It will speak without permission. It is oftentimes totally unruly, provoking multitudes to turn to psychotic drugs, street drugs and alcohol to escape its voice. Their 'secrets' will not leave them alone. In my case,

All the people that molested me, I have completely forgiven them for taking advantage of me. I hope they find rest for their souls. The 'secret' of what they did to me is between them and God. Sad, but true, countless people cannot forgive themselves for such crimes I endured by the grace of God as a young child. They begin to develop an unhealthy image of themselves. This guilt image will drive them away from God, ignoring the truth of their spiritual condition.

Self-hatred and a false belief God hates you for sins you committed that others do not know about, can drive a person to insanity, extreme violence and perversion. Not because their sin is so perverted and vile in the sight of God, but

rather because they refuse to believe and have faith in Jesus Christ for cleansing of their sin. Their sin becomes their idol “they” think is more powerful than Jesus. IT IS NOT!

Multitudes of people really believe God does hate them. My Friend, if you are one of them reading this book, please hear me! God hates sin, not sinners!! That is why he “gave” us his only begotten Son, Jesus Christ, who suffered a horrific death to remove the stain of sin, guilt and shame from your conscience. It’s yours for the asking! Jesus specializes in the sin business!! He is like a CEO recruiting globally. He is hiring and accepting ALL applicants that apply to his kingdom, giving a starting bonus to everyone; Forgiveness for everything you have done, everything! And then He leaves that bonus available, daily for you to receive, Hallelujah! To God Be the Glory Forevermore!!! Forgiveness is available. Forgiveness is FREE! It is for you and it is for me!!!! God has appointed the best CEO ever!!

“If any man thirst, let him come unto me, and drink...John 7:38 Jesus said “any” man, that means rapists, child molesters, prostitutes and murderers. Does not matter what you have done, Jesus patiently waits to forgive and restore your mind back to peace and harmony with God.

I recall a minister of music who had a secret. He

was molested by his older brother for many years from age 7-13 years of age. This gentleman was married, but he was constantly cheating on his wife. Their marriage was in complete shambles. He shared that he found it very difficult to move on with his life because his brother raped him for those many years and he did not want to believe he was a homosexual. Therefore, he was a womanizer, constantly trying to prove to himself, that he was not homosexual. His brother was active in ministry as a pastor. He never acknowledged what he did to his brother nor asked him to forgive him for what he did to him.

Eventually the minister of music, confronted his brother. It was not an easy confrontation, but it set his soul free from that gnawing shame, hurt and anger.

Secrets will catch up with you. You can only go so far. Secrets are always tied to sin. Whether you committed the sin or it was committed against you. Sin is always present, that is why it is a secret. When the children of Israel began to dispossess the Promised Land, they first conquered Jericho, a fortified city with walls (Story told in Joshua 2:1-24), but when they came to Ai, a much smaller city, they could not conquer it because there was sin in their camp, perpetrated by Achan, who brought

cursed items into his tent from the city of Jericho after they conquered and defeat this city. Achan's name means 'trouble.' Achan had a secret! My friend, the first thing we should check when we are "troubled" in the soul/mind/psyche, is to make sure we have not willfully brought trouble in our own lives. Do you have any 'secrets' in your life that you are "trying" to hide from God? If so they will keep your 'soul tied." Let's move on and talk about it!

Breaking Soul Ties

A soul tie is the binding of your psyche; mind, will and emotions to a person, place or thing that takes your focus and love for God, to your own detriment. You can also be soul tied to success, power, seeking accolades from human beings, anything that keeps your mind occupied with "self," vainglory for yourself, pleasure for yourself or controlling another human being can potentially destroy you psychologically the same as secrets.

Soul ties are not easily broken, but they can be destroyed by Jesus! If you break something, it can be glued back together, but if it is destroyed, it is over! When we come to our senses and cry out for help and speak good

words of deliverance and use the Word of God, that person has to be uprooted or you will not be able to conquer small things that you could have prior to that person coming into your mind/life/heart/soul/psyche.

If you are emotionally tied to your sins of the past, the first thing you must do is repent, that does not mean cry and tell God your sorry. Repent means to turn and go the other way. There is absolutely NOTHING under the sun that the Blood of Jesus cannot cleanse! Nothing!!!! The second thing you will need to do is ask for forgiveness of those you have harmed if you can locate them and they are still alive. Why? There are countless people who have been scarred by sexual predators that they still see on a regular basis that harmed them in their youth as I was, and they refuse to acknowledge what they did. I have met men and women who were molested by their brothers and sisters in their youth. They are now in their 40's and 50's still haunted, and for some, they are very angry because their perpetrators refuse to acknowledge what they did to them just like the two brothers I just mentioned.

In my journey with Christ, the times I have sinned against God, he chastised me greatly. I can tell you this; I do not want to ever do those things again! My disobedience blocked the spirit of joy

from flowing in my life. Once my 'soul was tied' to a person I should not have had in my life, I found myself losing the presence of God; peace, joy and contentment. Ministry to others was no longer my priority. I was consumed by this relationship. I no longer had anything to give. My ministry for Christ as a teacher, exhorter and giver dried up. I became soul tied to another human being! I was in serious trouble attempting to save them from their sin and ended up drowning with them.

Loving someone to the point of emotional insanity is idolatry. When you cannot focus, all you think about is another human being; where are they, what are they doing, who are they with, you have become obsessed, your psyche/soul needs deliverance. You are 'soul tied.' You are tormented in this state of mind. It brings spiritual death.

Overindulgence into another human being is sin. It is idolatry, this includes our children! Our children must be stewarded with special care while seeking God's wisdom, especially if they are in rebellion against God. We must remember, they have chosen the way they have taken, if it is hard, it has been their own choice,

"But the way of the transgressor is hard, Proverbs 13:15" Keep your mind on God and give them to him!

If you have become preoccupied with another human being, allowing them to have dominion over your psyche, I want you to ponder this thought: they would not die for you! This is the very reason they have to go! They are living inside your house (your mind) rent free, and they are destroying you! They are nothing but “trouble” that is why you become overwhelmed with constant self-reflection as you attempt to apply your ‘fig leaves’ to fix them up...My Friend it does not work!!! No one but God can change that person’s heart for eternity. Prayer is the key and a willingness to break free.

I can assure you of this, there is nearly 7 Billion people on the earth, the person that is driving you crazy is not worth your soul, it is too much power to give to anyone BUT God! Find your “Achan” and kill it! That is what God commanded of Joshua. Kill Achan and go back out and take out Ai! My Friend, your flesh is a bully! Your thoughts that are not under the control of the Holy Spirit will drive you to heaviness/depression, fear and addictions. Remember, if you are overweight physically, you are not going to lose weight overnight! If you suffer from chronic mental illness, you are not going to conquer the countless negative thoughts that have put you under siege spiritually overnight either! It takes strategy, truth and a will to overcome! You can win and you

will! Now follow me very closely here.....

God says this, *“Cursed be the man that trusts in man, and makes flesh his arm, and whose heart departs from the Lord. For he shall be like the heath in the desert, and shall not see when good comes, but shall inhabit the parched places in the wilderness, in a salt land and not inhabited,* Jeremiah 17:5. A desert does not produce anything. Though it exists, it has no life whatsoever. Clinical depression will steal your life. Your true self is in bondage to darkness, confusion, sadness, doom and gloom whether you are rich, poor, married, single, male or female. It leaves you barren and unfruitful with no joy, hope, love, faith, energy and enthusiasm for your life. Though you live, you have no life. You seek pleasure and fun because you have no joy. You become a manipulator because you do not trust; you become overtaken with fear because you do not know of God's love. You stay in abusive relationships because you do not know your value.

This word ‘cursed’ in its Hebrew meaning is; doom, gloom, to be damned, confounded, troubled, vexed, to be plagued. Why is God telling us this will happen to us if we trust one another for our sustenance and instructions for life? Because people change like the weather, they are unpredictable, but God does not

change! He says, *"I am the Lord, I change not...Malachi 3:6.* He is a masterful designer of the human psyche/soul, *"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul, Genesis 2:7.*

The Holy Scriptures are an instructional manual written under the inspiration of God's spirit to assist us. If we apply its wealth of instructions, they will bring about renovation and transformation of our minds. We will have the wisdom and strength to displace any person or thing that dominates our spirit (conscience), where the Holy Spirit lives in us after we are born again, *"Know ye not that your body is the temple of the Holy Ghost which is in you, which you have of God, and you a not your own, 1Corinthians 6:19* Once the Holy Spirit finds a dwelling place in a sincere, repentant soul, he immediately begins to move the furniture on the inside to bring the body and soul back to its original position before the fall of man by Adam, who was governed by his spirit. Our spirit is God conscience; the soul is self-conscience; and the body is world conscience.

Adam's spirit would communicate to his mind (soul) that controlled his body. After Adam and Eve disobeyed God, *"And the eyes of them both were opened, and they knew they were naked, Genesis 3:7.* Adam and Eve's soul had

become aware of their nakedness, they became 'self-consciousness' of themselves.

Their spirit/awareness of God was lost, it was now all about them. This is why we must be 'born again' or "regenerated" of the Spirit of God and the mind/soul must be transformed by renewing to the logic of God—His Word to restore the fellowship in 'our spirit' that Adam lost in the Garden.

Since the fall of the human race through the sin of Adam and Eve, we are dominated by our soul and body, physical or carnal nature. The soul must be brought under subjection of our spirit to dominate sin, emotional pain, or whatever you and I will face in this physical body.

God created the heavens, the earth and everything in it with words. Genesis, Chapter 1. Jesus also gave us insight to the power of words, *"It is written, man shall not live by bread alone, but by every word that proceeds out of the mouth of God"*, Matthew 4:4. In other words, humanity cannot 'live' without God's words. Words that come from God produce life. No words, no life. Humanism, logic and formulas will lead you to a dead end street. Why? It is not from the tree of life, Jesus. Oftentimes the Spirit of God will lead us to do things that simply are too simple for us to believe. Speaking good words to make your heart glad is too simple for

the wise. But if you are consumed with mental illness, you are taking psychotic drugs and you have yet to get better; it is proof that God is telling you the truth of the matter. Your decision to seek the wisdom of men is not working for you. You are eating from the wrong tree!

No matter how crazy or far fetch of an instruction I give to my youngest son, he will do it. It is the most precious thing. He completely trusts me. God wants us to learn his voice (thoughts) and to trust him to give us direction, correction and deliverance when we are engaging the battlefield of the mind. He is looking for the humility like a child in us. "Verily I say unto you, whosoever shall not receive the kingdom of God as a little child shall in no wise enter therein, Luke 18:17.

The Word of God is full of wisdom and jewels to adorn our hearts with deliverance and hope. Our foundational scripture is one of them. Every facet of life demands words. Love relationships suffer for lack of words, wars are started because of words, laws, rules and policies are written with words, formal education is acquired by the study of words in text books, your house payments are established by words written in piles of paper work, when your car needs repairs you pick up the manual to seek understanding from words; when the mind is in trouble, it must be restored by words! Good words inspired from

God that move your heart towards eternal things. Because God created us, when we attempt to break addictions or restore our mental health because we are just tired of being miserable, we're fearful of losing family, materials possessions and/or our lofty careers rather than losing our relationship with God for eternity, we will not have the wherewithal to tame the unruly disposition of the soul.

The soul (the mind or psyche) is where sin begins, NOT your body! The body obeys either your renewed spirit/God or your soul/self. Depending on what you have exposed your soul to, you can be possessed by demon spirits, that will take over your will forcing you to yield your body. We will discuss this more later.

If you are addicted to a person, sexual perversion, food, drugs or whatever it is and you want to be delivered from that soul tie, you have to 'pull it down' first in your mind. The body will follow your thoughts, it may resist for a short time, but give it time, it will bow down! If you suffer chronic depression you have to demand your soul to, *Bless the Lord, Oh' my soul!* Do you know that song? It comes from the Psalms (songs) of David, he wrote them to combat the heaviness of heart he experienced while running from King Saul, who was trying to constantly kill him. David was incessantly speaking "good words" to

battle depression from consuming his mind.

Why did God place 150 Psalms (songs) mostly written by David, who was anointed as a king in the Bible for us to glean from his psyche? Because David was regarded as a “*man after God’s own heart, Acts 13:22*”, God allowed David to suffer. He was a courageous warrior and a fearless king, but he suffered mind battles the same as you and I. What was David’s secret to overcoming and maintaining his relationship with God? He was a worshipper. David was a man of many honest words that we meditate on to this day, because his honesty and worship to God pleased God. David’s words transcended his fears and exalted God. He was a mighty man of battle.

From henceforth, I want you to do this, when you are “feeling” overwhelmed in your battles, speak out loud and command your mind to “*Bless the Lord, Oh’ my soul, and all that is within me, bless His Holy Name*”! Come on and say it again, *Bless the Lord, Oh’ my Soul (mind) and all that is within me, Bless his Holy Name!* Wow! That felt great for me! I have to take a small break to enjoy this moment! My soul is full of joy and vigor to the Glory of God! You got to sing it with everything that is in you this time, “*Bless the Lord, Oh’ my soul, and all that is within me, bless His Holy Name*”! I guarantee you, your life is about to change forever! God does not lie! Nor has he

inspired men to compile the Holy Scriptures without purpose for every word that has been written. *“Bless the Lord, Oh’ my soul, and all that is within me, bless His Holy Name”!*

Reading and meditating on the Psalms will comfort you and give you understanding that you are not alone in your sufferings and attempt to be free from all unhealthy and ungodly things and people in your life. David was a man after God’s own heart, but he had to do the warfare that we have to do just the same to conquer our thoughts and bring them into subjection to the Spirit of God. There were no psychologists and pharmacists for David to solicit mental drugs to alter his soul. God has placed the songs of David in the Holy Scriptures for a reason. Remember this also, David was a warrior! His worship to God was pure, he feared no one! The only reason he ran from Saul was to avoid killing him because God had anointed Saul, 1Chron. 16:22, David knew he was anointed to replace Saul, and he could have killed him, but instead he trusted God to handle Saul.

Speaking good words to yourself concerning your source of heaviness takes tenacity and focus. You cannot be lazy and expect to win in the battlefield of the mind. You have to do the combat, sometimes, morning, noon and night! Especially if you have been attacked in your mind and your physical body is filled with pain too– it’s time for war! You cannot rely on another

human being waiting for a 45 minute talk session, once a week or twice a month to talk about your pain or you risk going insane! *This is your life!!!* If you were stabbed in your natural heart, would you plan on waiting two weeks before going to the hospital for treatment? No! You would not wait and neither would I! The time to fight is now! When your heart/mind is under attack by fiery darts of accusation, lies, scandal, guilt, regret, betrayal, fear and the like, My Friend, this is a psychological emergency! There is no time to wait on another person who is very likely experiencing attack just like you are, yet, you are going to wait for them to pencil you in on their schedule and calendar to evaluate your attacks and then give you some drugs to cope? No, this is not the will of God for you My Friend, it is time for WAR!!!!!! *“For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds,”* something has got a hold on “your” mind. You are suffering; you have the power to break that stronghold off your mind! **Speak to it!** Shatter its grip! Do it, do it, DO IT!! This is not the time for you to start watching television, taking a trip to your favorite Department Store, or getting your nails done, eating pizza all day! It’s time to whip out your sword; The Word of God, some praise and worship to God and go to cutting’ up some stuff!!! It’s time to speak some good words of faith over your life and situation! NO TIME FOR

LAZINESS AND WOE IS ME! An enemy has entered your heart! You are not a victim! YOU ARE A WARRIOR! Time to go to war!

Would you rest knowing you have a rat in your house? Would you casually sit there and do nothing? Your psychological health is more valuable than your home built by the hands of men!! Mental pain lets us know something has entered our hearts that must be exterminated. IMMEDIATELY! It has to go right now! If you have an intrusive thought that tells you to kill yourself or someone else, you must IMMEDIATELY KILL IT!! Why? Because God's Word clearly tells us that murder is sin, Galatians 5. The Word of God is like a mouse trap, it will catch every 'wild, unclean, perverted and deadly' thought that intrudes our hearts running around like a dirty rat! *The Word of God is quick and powerful, dividing the soul and spirit, Hebrews 4;12.* In other words, The Holy Scriptures will take down every lie the enemy of your soul will tell you to harm yourself, others and your relationship with God. Never underestimate its power My Friend. Never!

Becoming a victim in your heart can potentially provoke you to end up taking on a spirit of bitterness and feelings of entitlement that breeds discontentment and seeks revenge and retaliation. This is pride and you are for sure

“tied” in your soul! Pride comes in many hues. God hates pride, *Proverbs 6:16*. Self-exaltation brings spiritual desolation because God resists the proud, *James 4:6*. When there is no obedience to the Word of God’s instruction for life, you are on your own. You are telling God he does not know what he is doing, nor can he help you when you refuse to seek out and destroy thoughts and feelings that are harming you, and clearly oppose the Word of God. Soul ties manifest from unforgiveness. You sit and sulk over who has offended you, not realizing how many people you have offended and harmed; now you want to kill someone for what they have done to you? Stand down Soldier! Stand down!

Draw nigh to God and he will draw nigh to you. Cleanse your hands, you sinners; and purify your hearts, ye double minded...James 4:8 As long as you keep fighting the person or the situation and sulking over it, you draw nigh to the situation and the person instead of God to find rest for your soul. You refuse to move on; therefore you will not be prepared for your next battle. The result is emotional overload, we call it stress. You are tied up by your own choice to fester.

Stress is lack of rest. It will take hold of you when you refuse to do the necessary combat for “your” mental health to find rest. You will become stuck like a duck, wallowing in the

swamp waters of yester years, positioning yourself for addiction and a complete emotional breakdown. *God Forbid My Friend!* Without war, there is no peace! Peace is the result of war in the mind every time. This is your life; this is your mental health.

Being a good steward of your mind/mental health is more important than anything else God has given you to steward in this life. If your mind is sound and healthy, you can think yourself out of any situation and be restored. If you lose your money, you can get some more, lose your house or car, you can buy another, lose your mind you can lose your entire life! And worse than that, you can lose your soul for eternity.

Jesus ask the question, "*What does it profit a man if he gains the entire world and lose his own soul, Matthew 16;26.* Lost souls in eternity were lost here in the earth first. In other words, there are countless people/souls that were very rich, powerful and famous whose souls were lost in eternity after their death before they exited their earth suit, the physical body. Many of whom were plagued by illegal drug addictions and psychotic drugs to cope with the loss of their ability to control their own souls they refused to submit to God and believe in Jesus Christ for the forgiveness of their sins.

The mind really is a terrible thing to waste, on who did, why they did, and fear that you will not overcome— you have to speak good words of faith. “God will deliver me! I will make it through this! I am putting the past behind me, I AM NOT A VICTIM!!!!!!!!!!!! Here is another example of how you practice possessing your soul in times of mental battles and regaining your mental health by speaking good words:

“I am healed, I am free and I am delivered from the hands of my enemies!” God loves me, I am forgiven and I will forgive my enemies. I am moving on, I am living strong! I am a conqueror in the Name of Jesus Christ who is greater in me than my enemies. My life is not over, I will survive, I will be restored, I will overcome this pain! God you are my strong tower, in whom or what shall I be afraid! This mountain of pain and trauma will be leveled! My heart will smile again! Jesus set me free from this soul tie! I want to be free! Thank you God, Amen!

Speak from your own heart words that are good for you and your situation. But whatever you do, **SPEAK GOOD WORDS!**

When you motivate yourself, you self-medicate yourself spiritually. Motivation is like water, nothing that is alive can survive without it. When a fish is out of water, it will flop around for a season before it dies from lack of water. Why? Because its survival depends on its natural

habitat, the water.

When wounded in our psyche, refusal to turn to God is like a fish refusing to get back into the water when it is available for him to just jump back in to find restoration. *"In the beginning was the Word, and the Word was with God, and the Word was God, the same was in the beginning with God, John 1:1-2."* Who is the Word? Jesus! Get back into Jesus, the LIVE CHRIST! He is Alive! I AM A WITNESS!!! Glory to God FOREVER!!!!

"And the Word was made flesh, and dwelt among us, and we beheld his glory, the glory as of the only begotten of the Father, full of grace and truth, John 1:14"

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