

## **"Engaging with God"**



***"Yes, We Believe—  
You are going to get well!"***

# “Engaging with God” Group

## Outline

Part 1 – A spirit of unforgiveness causes mood struggles. – Many patients wrestle with unforgiveness. It is the **number one issue**.

Part 2 – Walking in the Spirit—When you walk in the Spirit, you no longer struggle with the actions and addictions of the flesh.

Part 3 – Overcoming negative emotions—You can overcome negative thoughts and emotions by immersing your mind in **positive music**.

# “Engaging with God” Group

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## Part 1 - A Spirit of Unforgiveness Causes Mood Struggles

I share the consensus within the Christian mental health establishment that most people have unresolved anger issues and that these are one of the major underlying causes for many mood struggles. So why do Christians have a hard time forgiving others even after God has forgiven them? I think the main reason is that many people don't understand the implications of what is true forgiveness. I share my story of how I finally was able to forgive the Nazis for killing my family in Poland during WWII and how I was forgiven for my theft of four silver trumpets. I encourage others to go through the same process of forgiving others and seeking forgiveness.

Dr. Michael Barry, director of pastoral care at the Cancer Treatment Centers of America in Philadelphia, says, "Unforgiveness is an emotional wound that can affect an individual's physical health...the chronic anxiety caused by holding onto such negative emotions as anger and hatred spurs the human body to create adrenaline and cortisol. These two 'stress hormones' can impair many of the body's systems, including the digestive, reproductive, and immune systems...our bodies are less able to defend themselves from all kinds of diseases, including cancer...unforgiveness is a little bit like trying to drive your car with the parking brake on. It's just really tough trying to move forward with this thing [unforgiveness] that's holding us back..."

# Introduction

I am a peer, not a professional. I have Bipolar Disorder and was first diagnosed in 1993. I take medications every night. I also know how you must be feeling being here in the hospital. My first hospitalization lasted three weeks.

The road to recovery is likened to a three-legged stool. Such a stool does not work unless you have all three legs. These legs are:

- 1.** White leg = Professional medical treatment and medications. The road to recovery begins here.
- 2.** Yellow leg = Counselors, therapists, and support groups to help you deal with your issues and make personal changes.
- 3.** Red leg = God is the third leg. This leg is red because a crimson thread runs through the bible.



## Mike’s World Falls Apart

Please allow me to tell you what led up to my first hospitalization:

- I believed I was rich and bought an expensive home I could not afford.
- My best friend Angela died along with her twin unborn sons.
- I would sleep with my suit on while waiting for my clients.
- I lost my straight-commission job after investing countless hours.
- I left my church very suddenly, including my position as a deacon.
- I pulled my hair out in clumps.



## Mike Forgives the German People

- My mother was born a week before the Nazis invaded Poland. She and her sister were placed with Gentile Polish families. My grandfather was shot in the head in front of my grandmother. The Nazis killed my entire family and took everything.
- Growing up as a Jewish person, I was taught to hate Germans, never to do business with them, and never to buy German products.
- Even after becoming a Christian, I still hated the Nazis for killing my family, who lived in Poland during WWII.
- In 2007, I read Paul J. Meyer’s book “Forgiveness...the Ultimate Miracle.” I loved Paul, and I became a Christian under his ministry. In researching his background, I learned that Paul was German and his family emigrated from Germany. Talk about a “push-pull” effect. God was convicting me.
- Finally, I forgave the Germans. Now, I’m free to drive German cars and to use German products.

## Is There Anyone You Need to Forgive?

I pray that my story of forgiving the Nazis for killing my family is a source of hope and encouragement to you. I’m encouraging you to make the decision today that you will begin the process of forgiveness. Your mental and spiritual health is at stake.

I’ve found it very helpful to write letters to the people who have hurt me. Then I tore up the letters and let it go forever. I encourage you to do the same. **There may be instances when you feel the need to actually send the letter. That’s fine, but DO NOT SEND the letter until you talk to your counselor, pastor, or mentor about it.** They will help you with the letter's contents and when to send it.

Make the decision today that you will begin the process of forgiving.

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## Mood Struggles are a Competitive Advantage.

I went to the public library and researched all I could about the illness. In the process, I discovered many famous people who had bipolar, depression, and other mood-related issues. This gave me hope! Since I am a musician, I was so encouraged when I discovered that many classical composers (including George Frederic Handel, the composer of the famous classical masterpiece The Messiah) suffered from mood struggles, too. It took some time, but I finally concluded that if Handel and others like him had mood struggles, then mood struggles don't always have to be a disability or a liability. In many cases, they are a competitive advantage—a gift to the world.

**Here are some of the people who have publically admitted they have struggled with depression. You'll recognize many of them.**

**Buzz Aldrin**, an American astronaut, was the second man to set foot on the moon

**Woody Allen**, American film director

**Drew Carey**, American comedian and actor

**Jim Carrey**, Canadian actor and comedian

**Johnny Carson**, American television presenter

**Dick Cavett**, American talk show host

**Melanie Chisholm**, English pop singer-songwriter

**Courteney Cox**, American actress

**Agatha Christie**, English crime writer

**Winston Churchill**, British Prime Minister

**Calvin Coolidge**, 30th President of the United States

**Sheryl Crow**, American singer-songwriter

**Rodney Dangerfield**, American comedian and actor

**Edgar Degas**, French painter

**John Denver**, American musician

**Diana, Princess of Wales**

**Charles Dickens**, British writer

**Fyodor Dostoyevsky**, Russian writer

**Kirsten Dunst**, American actress

**Thomas Eagleton**, American senator

**T. S. Eliot**, American poet

**James Ellroy**, American crime writer

**Eminem**, American Rapper

**William Faulkner**, American author

**Harrison Ford**, American actor

John Frusciante, American musician

**Craig Ferguson**, Scottish-American talk show host

**Lupe Fiasco**, American rapper

Romain Gary, Novelist and diplomat

**Paul Gauguin**, French painter

**Paul Getty**, British philanthropist

**Spalding Gray**, American actor and writer

[Zack Greinke, American MLB pitcher

Eddie Griffin, American NBA Player

**Ken Griffey Jr.**, American MLB player

Jon Hamm, American actor

**Elizabeth Hartman**, American actress

**Anne Hathaway**, American actress

**Ernest Hemingway**, American writer

**Margaux Hemingway**, American actress

Sir Julian Huxley, British biologist, author

Jack Irons, Drummer for the bands Eleven, Pearl Jam, and Red Hot Chili Peppers

**Janet Jackson**, American singer

**Henry James**, British writer

**William James**, philosopher and psychologist

Richard Jeni, American stand-up comedian and actor

**Billy Joel**, American musician

Daniel Johnston, American musician

**Angelina Jolie**, American actress

**Ashley Judd**, American actor

Susanna Kaysen, American writer

Kool Keith, American hip hop artist

**Alicia Keys**, American singer-songwriter

**Beyoncé Knowles**, American singer-songwriter

**Joey Kramer**, American musician (Aerosmith)

Alan Ladd, American actor

Amy Lee, American singer of Evanescence

**John Lennon**, British musician

**David Letterman**, Comedian and television presenter

**Abraham Lincoln**, 16th President

**Martin Luther**, German priest and theologian

Paul Merton, English comedian

**Gustav Mahler**, Austrian composer

Heather Matarazzo, American actress

**Henri Matisse**, French painter

Vladimir Mayakovsky, Russian writer and poet

Brian May, British guitarist

Herman Melville, American writer

**Michelangelo**, Italian painter and sculptor

**Wolfgang Amadeus Mozart**, Austrian composer

**Isaac Newton**, British physicist

Friedrich Nietzsche, German philosopher

**Robert Oppenheimer**, physicist ('father of the atomic bomb')

Patton Oswalt, American comedian and actor

**Marie Osmond**, American musician

**Gwyneth Paltrow**, American actress

Henri Paul, chauffeur (driver during the car crash that killed Diana, Princess of Wales)

Ryan Phillippe, American actor

**T. Boone Pickens, Jr.**, American oil tycoon

Sylvia Plath, American writer

**Edgar Allan Poe**, American poet and writer (speculated)

Natalie Portman, American actress

Bill Pulsipher, American baseball player

Jackson Pollock, American painter

**Charley Pride**, American country music singer.

**Sergei Rachmaninoff**, Russian composer and pianist

Charlotte Rampling, English actress

Trent Reznor, American musician

Anne Rice, American writer

**John D. Rockefeller**, American industrialist

Mark Rothko, American painter

**J. K. Rowling**, British writer

**Robert Schumann**, German composer

Jean Seberg, American actress

Brian Sewell, English art critic

Anne Sexton, American poet

**Brooke Shields**, American actress

**Sarah Silverman**, American comedian

Elliott Smith, American musician

Brittany Snow, American actress

Andrew Solomon, American author

**Britney Spears**, American pop singer

Layne Staley, American musician  
**Rod Steiger**, American actor  
Gwen Stefani, American pop singer  
William Styron, writer  
T.I., American Rapper  
Amy Tan, American writer  
Catherine Tate, English comedienne  
and actress

**James Taylor**, American singer-  
songwriter  
Corey Taylor, American singer  
**Pyotr Ilyich Tchaikovsky**, Russian  
composer  
**Leo Tolstoy**, Russian writer  
**Mark Twain**, American writer  
Jeff Tweedy, American musician  
Ned Vizzini - American writer  
Kurt Vonnegut - American author  
David Foster Wallace, American  
writer  
**Mike Wallace**, American journalist  
on *60 Minutes*

Denise Welch, Actress and television  
presenter  
Billy West, American voice artist  
Delonte West, American basketball  
player  
**Pete Wentz**, American musician.  
Walt Whitman, American poet  
**Tennessee Williams**, American  
playwright  
William Carlos Williams, American  
poet  
**Brian Wilson**, American musician  
(Beach Boys)  
**Owen Wilson**, American comedian  
and actor  
**Oprah Winfrey**, American talk show  
host  
**Reese Witherspoon**, American  
actress and producer  
Hugo Wolf, Austrian composer  
**Virginia Woolf**, British novelist  
Elizabeth Wurtzel, American writer  
**Amy Winehouse**, English singer

**Here are some of the people who have publically admitted they have  
struggled with bipolar. You'll recognize many of them.**

**Buzz Aldrin**, astronaut  
**Adam Ant**, musician  
Emilie Autumn, musician  
Andy Behrman, author  
Max Bemis, front man of the band  
Say Anything  
**Maurice Benard**, actor

**Ned Beatty**, actor  
Ludwig Boltzmann, physicist and  
mathematician  
Napoleon Bonaparte, leader  
Adrian Borland, a British musician  
**Russell Brand**, comedian and actor  
Jeremy Brett, actor

**Tim Burton**, writer  
**Jim Carey**, actor  
**Drew Carey**, actor  
**Dick Cavett**, television journalist  
**Winston Churchill**, leader  
**Rosemary Clooney**, singer and actress  
Vincent Crane, keyboard player of Atomic Rooster  
**Hans Christian Andersen**, writer  
**Agatha Christie**, writer  
Ray Davies, musician  
Disco D, record producer and composer  
DMX, rapper,  
**Mike Doughty**, musician  
**Robert Downey**, actor  
Charmaine Dragan, journalist and newsreader  
**Richard Dreyfus**, actor  
**Patty Duke**, actress  
**Carrie Fisher**, actress and writer  
Larry Flynt, entrepreneurs  
**Connie Francis**, singer  
Stephen Fry, actor and comedian  
Justin Furstenfeld, Lead singer of the band "Blue October"  
Alan Garner, novelist  
**Mel Gibson**, actor and director  
Matthew Good, Canadian musician  
**Philip Graham**, publisher and businessman.

Macy Gray, musician and actor  
Terry Hall, lead singer of The Specials.  
**Linda Hamilton**, actress. Star of the *Terminator* movies  
**Mariette Hartley**, American actress  
Ernest Hemingway, writer  
**Jimi Hendrix**, musician  
Kristin Hersh, musician  
Abbie Hoffman, political activist  
Marya Hornbacher, writer.  
**Jack Irons**, drummer, formerly of Red Hot Chili Peppers and Pearl Jam  
**Kay Redfield Jamison**, clinical psychologist and Professor of Psychiatry at the Johns Hopkins University School of Medicine  
Daniel Johnston, musician  
Chris Kanyon, wrestler  
Kerry Katona, television presenter, writer  
**Patrick J. Kennedy**, politician  
Otto Klemperer, conductor  
**Margot Kidder**, actress  
Vivien Leigh, actress  
Jenifer Lewis, American actress  
Abraham Lincoln, leader  
**Jack London**, American author  
Demi Lovato, American actress, singer, Disney star  
**Marilyn Monroe**, actor  
**Kristy McNichol**, actress



**Burgess Meredith**, actor  
Eric Millegan, actor  
Kate Millett, author  
Spike Milligan, comedian  
Ben Moody, musician  
**Wolfgang Amadeus Mozart**,  
musician  
**John A. Mulheren**, American  
financier, stock and option trader  
and philanthropist  
Edvard Munch, artist  
Robert Munsch, author  
**Isaac Newton** (other)  
**Florence Nightingale**, nurse and  
health campaigner  
**Sinéad O'Connor**, musician  
Phil Ochs, musician  
Bill Oddie, naturalist, comedian and  
television presenter  
**Ozzy Osbourne**, lead singer of Black  
Sabbath  
**Cheri Oteri**, actress  
Craig Owens, singer for American  
band Chiodos  
Nicola Pagett, actor  
Jaco Pastorius, jazz musician  
**Jane Pauley**, TV presenter and  
journalist  
**Edgar Allan Poe**, poet and writer  
Jackson Pollock, American artist  
Odean Pope, jazz musician  
**Heinz Prechter**, entrepreneur

Emil Post, mathematician  
**Charley Pride**, country music artist  
**Rene Rivkin**, entrepreneur  
**Barret Robbins**, former NFL Pro  
Bowler  
**Axl Rose**, lead singer and front man  
best known for Guns N' Roses  
Richard Rossi, filmmaker, musician,  
and maverick minister  
**Robert Schumann**, composer  
Nina Simone, American singer  
Tony Slattery, actor and comedian  
**Sidney Sheldon**, producer, writer  
Peter Steele, front man, Type O  
Negative  
David Strickland, Actor  
Elliot-Said, singer  
Gordon Sumner (Sting), musician  
**Liz Taylor**, actor  
Steven Thomas, an American  
entrepreneur  
Gene Tierney, actress  
**Mark Twain**, writer  
**Margaret Trudeau**, ex-wife of  
former Canadian Prime Minister  
Pierre Elliot Trudeau  
**Ted Turner**, entrepreneur  
**Jean-Claude Van Damme**, actor  
**Vincent Van Gogh**, an artist  
**Ralph Waldo Emerson**, writer  
**Pete Wentz**, musician. Fall Out Boy<sup>1</sup>  
Delonte West, basketball player

Mark Whitacre, business executive

**Robin Williams**, actor

**Amy Winehouse**, musician

**Ludwig Van Beethoven**, musician

Virginia Woolf, writer

**Catherine Zeta-Jones**, Actress

Here are some of the people who have publically admitted they struggle with alcohol and addiction issues. You'll recognize many of them.

David Bowie  
Drew Barrymore  
Chevy Chase  
Jamie Lee Curtis  
Robert Downey, Jr.  
Kirsten Dunst  
Anthony Hopkins  
Samuel Jackson  
Elton John  
Angelina Jolie  
Heather Locklear  
Matthew Perry  
Keith Richards  
Winona Ryder  
James Taylor  
Steven Tyler  
Keith Urban  
Robin Williams  
Oprah Winfrey

Remember, YOU are NOT alone. Others have had similar struggles, recovered, and went on to live productive lives.

**YOU CAN TOO! 😊**

## Rediscovering Your Favorite Things

I started the Good Mood Foundation with the motivation to help people with mood struggles learn how to live life in a good mood. The following is a very familiar song entitled "My Favorite Things" from The Sound of Music. The song's message reveals ONE of the best kept secrets for living life in a good mood...

### "My Favorite Things"

Raindrops on roses and whiskers on kittens;  
Bright copper kettles and warm woolen mittens;  
Brown paper packages tied up with strings;  
These are a few of my favorite things.

Cream-colored ponies and crisp apple strudels;  
Doorbells and sleigh bells and schnitzel with noodles;  
Wild geese that fly with the moon on their wings;  
These are a few of my favorite things.

Girls in white dresses with blue satin sashes;  
Snowflakes that stay on my nose and eyelashes;  
Silver-white winters that melt into springs;  
These are a few of my favorite things.

When the dog bites,  
When the bee stings,  
When I'm feeling sad,  
I simply remember my favorite things,  
And then I don't feel so bad.

## My Favorite Things

Write down your favorite GOOD and HEALTHY things. And when you get out of the hospital, do your favorite GOOD and HEALTHY things.

## God Came Down to Rescue YOU!

I'm an Israeli. I'm Jewish and was born in Haifa. I also discovered the Jewish Messiah, Jesus Christ, when I was about twenty years old. Therefore, you can call me a: "Messianic Believer," "Hebrew Christian," or "Completed Jew." By the way, I'm still Jewish. So, what drew me to Christianity? One of the best ways to explain Christianity is to remember that man attempts to get to God in every other religion. Man tries to get to God through "good works." However, Christianity is the ONLY religion where—God came DOWN to man. Man was sick, broken, dying, and in need of a rescuer (a savior).

To illustrate this very important point, please watch this video. There are two dogs in the video. The first dog represents "man" and how he is sick, broken, and dying. The second dog in the video represents God and how He came DOWN to be a rescuer, a Savior. At first, The video appears sad (please don't be sad when you see the first dog) because there is a HAPPY outcome. By the way, D-O-G spelled backwards is...



## Mike’s Messianic Testimony

I was born in Haifa, Israel, and moved to New York City at the age of three, when my family immigrated to the United States. I grew up in a reformed Jewish home, observing the Jewish Feasts occasionally but not faithfully.

Through my encounter with mentors from Waco, Texas (Paul J. Meyer and Gary O’Malley) I began to read the Bible and attend church services. I came to understand that the Bible consisted of the Old Testament—a word picture book prophesying and foreshadowing a Jewish Messiah. I also came to understand that during Old Testament times, God’s people would come to the tabernacle area with a spotless, pure sacrifice onto which the sins of the individual making the sacrifice would be symbolically placed.

The people met with a priest because individuals could not atone for sins and have fellowship with God directly. These sacrifices were repeatedly made to atone for sin, and restore the one making the sacrifice into right fellowship with God—until the next sin. It was never-ending. I read how God longed for all people to humble themselves and confess their sin, and come back to Him through the required and appropriate sacrifices. God, throughout the Old Testament, was planning to introduce a better and final sacrifice. The Jews knew this person of promise as “Messiah.” Whoever eventually came claiming to be the foreshadowed Messiah would have to be right one-hundred percent in regard to all Old Testament prophecy. I was fascinated with the prophetic descriptions of where the Messiah would be born, live, how and why He would have to die.

So, after reading the Bible and New Testament all day, every day, for about three weeks, I made a monumental decision to embrace the New Testament’s teaching concerning the Gospel—Jesus Christ died as a substitute for my sin and rose from the dead on the third day. My eyes were finally opened—Jesus Christ was the fulfillment of all of the Old Testament prophecies and all things Jewish. I concluded that Jesus Christ was who He said He was— “God—the Messiah.”

## People in the Bible Had Mood Struggles, too

When I was first diagnosed with bipolar, I became very angry, 'Why me, God?' I was bitter at God. But then I discovered that God loves people with mood struggles. How do I know this to be true? Because God took the time to record the stories of MANY people in the Bible who also had mood struggles. These are REAL people, NOT fictional characters. I was fascinated with these people in the Bible and studied each one to learn the reason for their mood struggles. I am encouraging you to do the same. Get a Bible and read the stories of the following people in the Bible for yourself. I'm very confident you will be the better for it.

1. **Job's** mood struggles were **related to significant losses**. It's not uncommon for people who lose everything to have a mental breakdown.
2. **Elijah's** mood struggles were **related to success**. Success does not guarantee mental health.
3. **King David's** mood struggles were **related to adultery and murder**. It may feel good initially, but when it comes to keeping an illicit relationship going, people are capable of almost anything, even murder.
4. **Jonah's** mood struggles were **related to disobedience**. People who hear God but don't obey him are often the most angry and miserable.
5. **Moses'** mood struggles were **related to negative influences**. A person can only stand so much negativity before they collapse mentally and emotionally.

1. **Abimelech** had mood struggles that were **related to a head injury**. Concussions, accidents, and head trauma can cause mood struggles. Therefore, get immediate medical help for ANY head trauma, even if you think it’s “minor.” Better to be safe than sorry.
2. **Ahithophel** had mood struggles that were **related to his advice being rejected**. Rejection is a part of life. Learn to deal with rejection in a positive way.
3. **King Saul** had mood struggles that were **related to jealousy**. The “green-eyed” monster of jealousy causes you to envy those who have something you don’t have. Therefore, make a list of the things you have and be thankful for that! Even a person living on minimum wage in the United States is a KING compared to 90% of the world’s population.
4. **Zimri** had mood struggles that were **related to covering up his sin**. EVERYONE sins! That is why Jesus Christ came down to earth—to “save” us and forgive our sins. Therefore, accept His free gift of grace, forgiveness, and eternal life.
5. **Judas** had mood struggles that were **related to ill-gotten gain**. Money and things don’t satisfy, so why should money or things that are stolen be any different? As a matter of fact, money and things that are stolen bring shame, guilt, and remorse. Therefore, work, earn an honest paycheck, and buy what you need with that.

More people in the Bible had mood struggles. Do a Google search. Then get your Bible and study that person, too.



## People in the Bible with Mood Struggles

1. Job – Job 1:13-22. We read about his significant losses.
2. Elijah – 1 Kings 18:22-39. We read about his successes.
3. King David – 2 Samuel 11:2-27. We read of his sexual immorality.
4. Jonah – In the book of Jonah, we read about his disobedience.
5. Moses – Numbers 11:1-17. We read about his negative influences.
6. Abimelech – Judges 9:50-53. We read of his head injury.
7. Ahithophel – 2 Samuel 16:23, 17:23. We read of his rejection.
8. King Saul – 1 Samuel 18. Here we read about his envy and jealousy.
9. Zimri – 1 Kings 16:15. Here we read about Zimri covering up his sin.
10. Judas – Luke 22, Matthew 25:3-5. We read about his ill-gotten gains.

Depression, suicidal thoughts and suicide are an aspect of mental illness. Five of these people committed suicide and the other five did not. Those who committed suicide DID NOT know God in a personal way. NO person who knew God in a personal way committed suicide in the Bible. This is IMPORTANT. God is essentially saying to His people: "Suicide is not my plan for any of my children. YES, those who know ME in a personal way and killed themselves ARE in Heaven. They just arrived a little early."

## NFL Loses Lawsuit

The NFL has reached a tentative \$765 million settlement over concussion-related brain injuries among its 18,000 retired players, agreeing to compensate victims, pay for medical exams and underwrite research. A federal judge announced the agreement Thursday after months of court-ordered mediation. It came just days before the start of the 2013 season.

More than 4,500 former athletes -- some suffering from dementia, depression or Alzheimer's that they blamed on blows to the head -- had sued the league, accusing it of concealing the dangers of concussions and rushing injured players back onto the field while glorifying and profiting from the kind of bone-jarring hits that make for spectacular highlight-reel footage. The NFL has long denied any wrongdoing and insisted that safety has always been a top priority. But the NFL said Thursday that Commissioner Roger Goodell told pro football's lawyers to "do the right thing for the game and the men who played it."

The plaintiffs included Hall of Famer Tony Dorsett, Super Bowl-winning quarterback Jim McMahon, and the family of Pro Bowl linebacker Junior Seau, who committed suicide last year. Under the settlement, individual awards would be capped at \$5 million for men with Alzheimer's disease, \$4 million for those diagnosed after their deaths with a brain condition called chronic traumatic encephalopathy, and \$3 million for players with dementia, said lead plaintiffs' lawyer Christopher Seeger. Any of the approximately 18,000 former NFL players would be eligible.

## Jesus Christ Experienced Mood Struggles

The Bible IS about the story of Jesus Christ. From Genesis to Revelation—the Bible—is ALL about Him. But did you know that Jesus experienced mood struggles, too? That’s right! I’m so glad that He did. Why? Because He KNOWS how I feel—He went through the same. God allowed Jesus to experience the entire gamut of mood struggles. Let me prove it to you directly out of scripture...

**Isaiah 53** <sup>2</sup> He (Jesus) grew up before him like a tender shoot, and like a root out of dry ground. He had no beauty or majesty to attract us to him, nothing in his appearance that we should desire him. <sup>3</sup> He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in he took up our pain and bore our suffering low esteem. <sup>4</sup> Surely, yet we considered him punished by God, stricken by him, and afflicted. <sup>5</sup> But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. <sup>6</sup> We all, like sheep, have gone astray, each of us has turned to our own way; and the LORD has laid on him the iniquity of us all. <sup>7</sup> He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth...For he bore the sin of many, and made intercession for the transgressors.

- **Jesus was misunderstood and rejected by his family and community - his own family thought he was crazy and they did not believe in him. (Mark 3:21)**
- **His closest friends let him down (Matthew 26:40)**
- **He was betrayed by one of his closest friends (Judas), he was abused and, mocked and tortured (Luke 22:63), and eventually turned over to execution by his own people. It is safe to say that at the end of Jesus's life, when he hung there on the cross, it looked to him as if everything that he had worked for had come to an unfruitful end.**
- **On the cross, he cried out, "My God, my God, why have you forsaken me?" because from all earthly appearances, his life was a failure and his message was not received.**

So, I believe although Jesus's life was very difficult, God sustained him through his rejection, suffering, and pain. Furthermore, I believe that because of what Jesus endured on this earth he is able to help us all out today if we are going through tough times and depression. Jesus understands, and he can help us through it.

*"I'm so thankful to have discovered that Jesus truly understands my mood struggles and that he knows how I feel. He went through the same...Here is my favorite Bible verse that speaks to the hope that I have in Jesus Christ."*

*"For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need" (Hebrews 4:14-16).*

At the top of the Mount of Transfiguration, only two men appeared with Jesus—Moses and Elijah. Both suffered from mood struggles. This tells me that God loves people who have mood struggles.

**God LOVES people with Mood Struggles**

**God loves YOU! 😊**

## The Meaning Behind the Word— “Spirit”

The Bible doesn't use the terminology “mood.” You won't see the word mood in the Bible, which leads most people to believe that God doesn't have much to say about my moods and mood struggles. On the contrary! God has plenty to say about the topic. Instead of the word “mood” the Bible uses the word “spirit.” Yet, from a Biblical perspective the term mood and spirit are actually interchangeable. The most common use of the word “spirit” in scripture refers to a person's mood, pervading disposition, or frame of mind. Therefore, the term mood or spirit means the same thing. Now that you know this, you will read the Word of God in a whole NEW way.

### Here is a partial list of positive spirits listed in the Bible.

Self-Controlled spirit, Resourceful spirit, Pure heart spirit, Steadfast spirit, Teachable spirit, Zealot spirit, Enthusiastic spirit, Willing spirit, Fervent spirit, Glorified spirit, spirit of Life, spirit of Holiness, spirit of Wisdom, spirit of Counsel, spirit of Knowledge, spirit of Might, spirit of the Fear of the Lord, spirit of Truth, spirit of Grace, spirit of Mercy, spirit of Understanding, Gentle spirit, spirit of Supplication, spirit of Prayer, Unified spirit, Rejoicing spirit, Christ-like spirit, Refreshing spirit, Prayerful spirit, Watchful spirit, Non-Condemning spirit, Broken spirit.

### Here is a partial list of negative spirits listed in the Bible.

Jealous spirit, Suspicious spirit, Beat Down spirit, Despondent spirit, Discouraging spirit, Angry spirit, Negative spirit, Vengeful spirit, Troubled spirit, Afraid To Talk spirit, Moody spirit, Troubled Mind spirit, Fearful spirit, Anxious spirit, Depressive spirit, Downcast spirit, Wounded spirit, Sinful spirit, Hardened spirit, Bitter spirit, Rageful spirit, Brawling spirit, Slanderous spirit, Malicious spirit, Regretful spirit, I Don't Care spirit, Prideful spirit, Withdrawal spirit, Embarrassed spirit, Repulsive spirit, Abusive spirit, Hurt spirit, Argumentative spirit, Violent spirit, Foul Language spirit, Adulterous spirit, Gossipy spirit, Resigning Spiritual Involvement spirit, Ignoring and Escaping spirit, Ungrateful spirit.

# Is There Anyone You Need to Ask for Forgiveness?

I pray that my story of being forgiven for the theft of the four silver trumpets is a source of hope and encouragement to you. I'm encouraging you to make the decision TODAY that you will begin the process of asking for forgiveness. Your mental and spiritual health is at stake.

I've found it very helpful to write letters to the people who I need to ask for forgiveness. I encourage you to do the same. There may be instances when you feel the need to actually send the letter. That's fine but DO NOT SEND the letter until you talk to your counselor, pastor or mentor about it. They will help you with the contents of the letter and when to send it.

**Make the decision TODAY that you begin the process of asking for forgiveness.**

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## The Reason Behind ALL the Books

We've provided Bibles and books for you in the morning and on our resource table after group because books are transformational.



***“You will be the same person you are five years from now except for three things: the food that you eat, the people that you meet and the books that you read.”***

**-Paul J. Meyer-**

## Job's Illness Related to Significant Losses

Job had more money than Warren Buffet, Steve Jobs, and Bill Gates combined! Due to no fault of his own, Job wakes up one morning, and EVERYTHING he has is gone. Loss, NO MATTER the cause, can cause a mental illness. Job KNEW God in a personal way.



Job 1:13-22 Job's sons and daughters were having a feast in the home of his oldest son when someone rushed up to Job and said, "While your servants were plowing with your oxen, and your donkeys were nearby eating grass, a gang of Sabeans attacked and stole the oxen and donkeys! Your other servants were killed, and I was the only one who escaped to tell you."

That servant was still speaking when a second one came running up and saying, "God sent down a fire that killed your sheep and your servants. I am the only one who escaped to tell you." Before that servant finished speaking, a third one raced up and said, "Three gangs of Chaldeans<sup>1</sup> attacked and stole your camels! All of your other servants were killed, and I am the only one who escaped to tell you."

That servant was still speaking when a fourth one dashed up and said, "Your children were having a feast and drinking wine at the home of your oldest son when suddenly a windstorm from the desert blew the house down, crushing all of your children. I am the only one who escaped to tell you." When Job heard this, he tore his clothes and shaved his head because of his great sorrow.

## Elijah's Illness Related to Being Successful

Everyone wants success. Some people define success as an abundance of material goods, a big home, and several cars, a family, a great job, etc. Success can also be defined as having God's favor. However, success (no matter what the definition) does not guarantee mental health. Elijah KNEW God in a personal way.



1 Kings 18:22-39 Then Elijah said to them, "I am the only one of the Lord's prophets left, but Baal has four hundred and fifty prophets. Get two bulls for us. Let Baal's prophets choose one for themselves, and let them cut it into pieces and put it on the wood but not set fire to it. I will prepare the other bull and put it on the wood but not set fire to it. Then you call on the name of your god, and I will call on the name of the Lord. The god who answers by fire—he is God."

Then all the people said, "What you say is good." Elijah said to the prophets of Baal, "Choose one of the bulls and prepare it first, since there are so many of you. Call on the name of your god, but do not light the fire." So they took the bull given them and prepared it. Then they called on the name of Baal from morning till noon. "Baal, answer us!" they shouted. But there was no response; no one answered. And they danced around the altar they had made. At noon, Elijah began to taunt them. "Shout louder!" he said. "Surely he is a god! Perhaps he is deep in thought, or busy, or traveling. Maybe he is sleeping and must be awakened." So they shouted louder and slashed themselves with swords and spears, as was their custom until their blood flowed.

Midday passed, and they continued their frantic prophesying until the time for the evening sacrifice. But there was no response, no one answered, no one paid attention. Then Elijah said to all the people, "Come here to me." They came to him, and he repaired the altar of the Lord, which had been torn down. Elijah took twelve stones, one for each of the tribes descended from Jacob, to whom the word of the Lord had come, saying, "Your name shall be Israel." With the stones, he built an altar in the name of the Lord, and he dug a trench around it large enough to hold two seahs (about 4 gallons) of seed. He arranged the wood, cut the bull into pieces, and laid it on the wood. Then he said to them, "Fill four large jars with water and pour it on the offering and on the wood." "Do it again," he said, and they did it again. "Do it a third time," he ordered, and they did it the third time. The water ran down around the altar and even filled the trench.

At the time of sacrifice, the prophet Elijah stepped forward and prayed: "Lord, the God of Abraham, Isaac, and Israel, let it be known today that you are God in Israel and that I am your servant and have done all these things at your command. Answer me, Lord, answer me, so these people will know that you, Lord, are God and that you are turning their hearts back again." Then the fire of the Lord fell and burned up the sacrifice, the wood, the stones, and the soil, and also licked up the water in the trench. When all the people saw this, they fell prostrate and cried, "The Lord—he is God! The Lord—he is God!"

1 Kings 19:4 While he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it, and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

## David's Illness Related to Sexual Immorality

King David should have been out with his men on the battlefield. Instead, he is at home. He looks out of his window and notices the wife of one of his men who is sunbathing. Her name is Bathsheba. King David calls for her, has sex, and she conceives. King David attempts to cover up his sin by calling



Bathsheba's husband away from the battlefield. King David encourages him to "be" with his wife. But he refuses. Plan A doesn't work, so King David masterfully orchestrates events so that Bathsheba's husband is purposefully killed in battle. King David is eventually "called out" by Nathan. King David suffers a great depression and his illegitimate child dies. King David KNEW God in a personal way. 2 Samuel 11-2-27

One evening, David got up from his bed and walked around on the roof of the palace. From the roof, he saw a woman bathing. The woman was very beautiful, and David sent someone to find out about her. The man said, "She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite." Then David sent messengers to get her. **She came to him, and he slept with her.** (Now she was purifying herself from her monthly uncleanness.) Then she went back home. **The woman conceived and sent word to David, saying, "I am pregnant."**

So David sent this word to Joab: "Send me Uriah the Hittite." And Joab sent him to David. When Uriah came to him, David asked him how Joab was, how the soldiers were, and how the war was going. Then David said to Uriah, "Go down to your house and wash your feet." So Uriah left the palace, and a gift from the king was sent after him. But Uriah slept at the entrance to the

palace with all his master's servants and did not go down to his house. David was told, "Uriah did not go home." So he asked Uriah, "Haven't you just come from a military campaign? Why didn't you go home?" Uriah said to David, "The ark and Israel and Judah are staying in tents, and my commander Joab and my lord's men are camped in the open country. How could I go to my house to eat and drink and make love to my wife? As surely as you live, I will not do such a thing!" Then David said to him, "Stay here one more day, and tomorrow I will send you back."

So Uriah remained in Jerusalem that day and the next. At David's invitation, he ate and drank with him, and David made him drunk. But in the evening, Uriah went out to sleep on his mat among his master's servants; he did not go home. In the morning, David wrote a letter to Joab and sent it with Uriah. In it, he wrote, "Put Uriah out in front where the fighting is fiercest. Then withdraw from him so he will be struck down and die." So, while Joab had the city under siege, he put Uriah at a place where he knew the strongest defenders were. When the men of the city came out and fought against Joab, some of the men in David's army fell; moreover, Uriah the Hittite died.

Psalm 32:3-4 When I kept silent, my bones wasted away through my groaning all day long. For day and night, your hand was heavy on me; my strength was sapped as in the heat of summer.

Sexual immorality CAN cause a mental illness. Therefore, I choose to be Spirit-led. Your body is NOT your own. It was purchased by the Blood of Jesus Christ. Your body is the TEMPLE of the Holy Spirit. Keep your BODY holy.

## Jonah’s Illness Related to Disobedience

Jonah illustrates that WRONG thinking, “I will do it MY way” (disobedience), can cause a mental illness.

Jonah KNEW God in a personal way.

EVERY person who is born—is born into sin. Sin is the “default” setting of humanity!

- Sexual Immorality
- Impurity
- Debauchery
- Idolatry
- Witchcraft
- Hatred
- Discord
- Jealousy
- Fits of Rage
- Self-Ambition
- Dissensions
- Factions
- Envy Drunkenness
- Orgies



THANKFULLY, when we believe the Gospel of Jesus Christ. The Spirit of Christ takes up residence in the new believe. And as we choose to listen AND to obey, the Indwelling Christ manifests Himself through the Fruits of the Spirit:

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-Control

But, if we choose to listen and NOT obey, we will revert back to walking in the flesh. The sin of the fleshly walk produces guilt, shame, remorse, etc. The reason we FEEL bad is NOT because we are bad. God has declared you to be a SAINT. We are a SAINT—who sins sometimes. We feel bad because we are walking in contradiction to God's will—we are following OUR OWN way!

Thankfully, OUR GOD IS A GOD OF GRACE. The moment we confess our sins, He is faithful and just to forgive us of our sins and cleanse us from ALL unrighteousness. God then throws our sin into the sea of forgetfulness. Now, we continue the faith walk.

**The preceding was the background for Jonah.**

**God commands Johan to preach His Gospel...**

- Jonah 1 - Go to the great city of Nineveh and preach against it, because its wickedness has come up before me."



### **Jonah listens but decides NOT to obey...**

- But Jonah ran away from the LORD and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the LORD.

### **God causes calamity on the ship. Jonah is thrown into the sea and is swallowed by a BIG fish...**

- Now, the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

### **Inside the belly of the fish, Jonah decides to REPENT...**

- "In my distress, I called to the LORD, and he answered me. From deep in the realm of the dead, I called for help, and you listened to my cry. You hurled me into the depths, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' The engulfing waters threatened me the deep surrounded me; seaweed was wrapped around my head. To the roots of the mountains I sank down; the earth beneath barred me in forever. But you, LORD my God, brought my life up from the pit. "When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple. "Those who cling to worthless idols turn away from God's love for them. But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, 'Salvation comes from the LORD.'"

### **God commands the fish to vomit Jonah onto dry land. NOW Jonah obeys God...**

- Jonah 3 - Then the word of the LORD came to Jonah a second time: "Go to the great city of Nineveh and proclaim to it the message I give you." Jonah obeyed the word of the LORD and went to Nineveh. Now Nineveh was a very large city; it took three days to go through it. Jonah began

by going a day's journey into the city, proclaiming, "Forty more days and Nineveh will be overthrown." The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth. When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

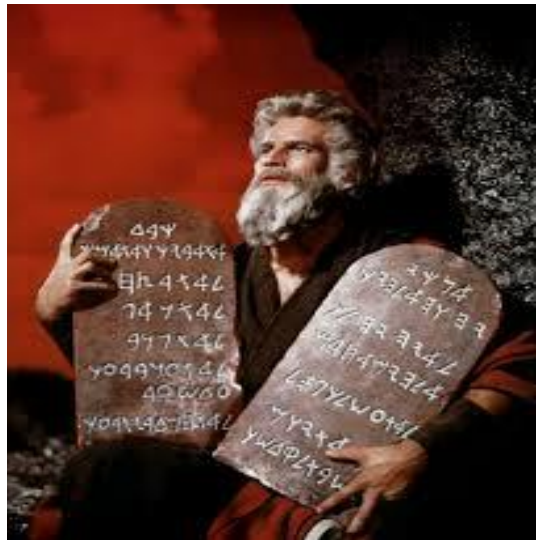
However, Jonah becomes angry with God for His grace and compassion towards Nineveh. Therefore, Jonah REVERTS back to his disobedient thinking, AND Jonah has suicide thoughts...

- Jonah 4 - But to Jonah this seemed very wrong, and he became angry. He prayed to the LORD, "Isn't this what I said, LORD, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. Now, LORD, take away my life, for it is better for me to die than to live.

Jonah illustrates that WRONG thinking, "I will do it MY way" (disobedience) can cause a mental illness. The story of Jonah typifies and ties the two MOST important stories in the Bible together. In the Book of Genesis, we read about "ORIGINAL SIN" that occurred in the disobedience of Adam and Eve. In the book of Romans 5, we read how the sacrifice of Jesus Christ REDEEMED us from original sin and restored us to a PERSONAL relationship with the God of the Bible.

# Moses' Illness Related to Negative Influences

Moses illustrates that a person can only stand so much negativity before they collapse mentally and emotionally. Everyone encounters negative people and situations on a regular basis. However, a 24/7 constant barrage of negativity will take its toll on mental health and can cause mental illness. Moses KNEW God in a personal way.



Numbers 11:1-17 Now the people complained about their hardships in the hearing of the LORD, and when he heard them his anger was aroused. The rabble with them began to crave other food, and again, the Israelites started wailing and said, "If only we had meat to eat! We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions, and garlic. But now we have lost our appetite; we never see anything but this manna!" The manna was like coriander seed and looked like resin. Moses heard the people of every family wailing at the entrance to their tents.

The LORD became exceedingly angry, and Moses was troubled. He asked the LORD, "Why have you brought this trouble on your servant? What have I done to displease you that you put the burden of all these people on me? Did I conceive all these people? Did I give them birth? Why do you tell me to carry them in my arms, as a nurse carries an infant, to the land you promised on oath to their ancestors? Where can I get meat for all these people? They keep wailing to me, 'Give us meat to eat!'

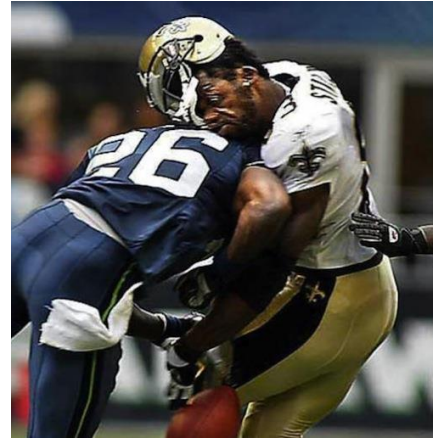
I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, please go ahead and kill me—if I have

found favor in your eyes—and do not let me face my own ruin.” The LORD said to Moses: “Bring me seventy of Israel’s elders who are known to you as leaders and officials among the people. I will take some of the power of the Spirit that is on you and put it on them. They will share the burden of the people with you so that you will not have to carry it alone.

The negative influences of other people can cause mental illness. But those who are negative need God’s love and grace, too. We **MUST** be that conduit and minister to negative people. However, we **MUST** also be vigilant. We **MUST** guard our minds and our spirit. We **MUST** put the good, the positive, and the lovely into our minds daily. We **MUST** also be **CAREFUL** about what we allow into our bodies because that **CAN** affect our mental health, too.

## Abimelech's Illness Related to a Head Injury

No one wants to get hit in the head and injured. But life happens. However, head injuries can cause a mental illness. Abimelech knows this fact first-hand. He looks up. A millstone hits his head, and in the next verse, he commits suicide. Abimelech DID NOT know God in a personal way.



Judges 9:50-53 Abimelech went to Thebez and besieged it and captured it. Inside the city, however, was a strong tower to which all the men and women—all the people of the city—had fled. They had locked themselves in and climbed up on the tower roof. Abimelech went to the tower and attacked it.

But as he approached the entrance to the tower to set it on fire, women dropped an upper millstone on his head and cracked his skull. Hurriedly he called to his armor-bearer, "Draw your sword and kill me so that they can't say, 'A woman killed him.'" So his servant ran him through, and he died.

A head injury CAN cause a mental illness. Therefore, get immediate medical help for ANY head trauma, even if you think it's "minor." Better to be safe than sorry.

## Ahithophel's Illness Related to Rejection

Ahithophel was the chief counselor to King David. The Bible says that Ahithophel was the WISEST man alive at the time. He also had King David's ear. His advice was ALWAYS appreciated and acted on by King David. However, one day, King David REJECTS Ahithophel's advice. So, Ahithophel goes home and puts his affairs in order, and then hangs himself. Ahithophel DID NOT know God in a personal way.



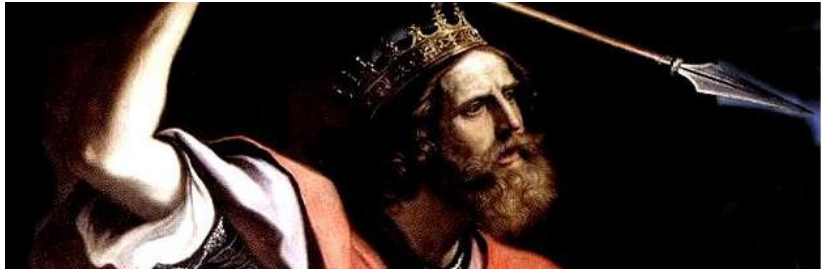
2 Samuel 16:23 - Now in those days, the advice Ahithophel gave was like that of one who inquires of God. That was how both David and Absalom regarded all of Ahithophel's advice.

2 Samuel 17:23 - When Ahithophel saw that his advice had not been followed, he saddled his donkey and set out for his house in his hometown. He put his house in order and then hanged himself.

Rejection can cause a mental illness. Who and what we listen to profoundly impacts our mental health. Therefore, when we hear rejection, we MUST deal with rejection in a positive way.

## Saul's Illness Related to Envy and Jealousy

The "green-eyed" monster of jealousy causes envy. Envy is the desire for something that someone has. Jealousy is a KILLER because the jealous person



is incapable of acquiring what it wants through "acceptable" means. So he or she KILL the person who has what they want. They kill to take what they covet or to see to that NO ONE can have it. King Saul was jealous and envious of David. King Saul illustrates that the rage of jealousy can cause a mental illness. King Saul DID NOT know God in a personal way.

1 Samuel 18 When the men were returning home after David had killed the Philistines, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs, and with timbrels and lyres. As they danced, they sang: "Saul has slain his thousands, and David his tens of thousands." Saul was very angry; this refrain displeased him greatly. "They have credited David with tens of thousands," he thought, "but me with only thousands. What more can he get but the kingdom?" And from that time on, Saul kept a close eye on David.

The next day, an evil spirit from God came forcefully on Saul. He was prophesying in his house while David was playing the lyre, as he usually did. Saul had a spear in his hand and he hurled it, saying to himself, "I'll pin David to the wall." But David eluded him twice. Saul was afraid of David because the Lord was with David but had departed from Saul. So he sent David away from him and gave him command over a thousand men, and David led the troops in their campaigns. In everything he did, he had great success because the Lord was with him. When Saul saw how successful he was, he was afraid of him.

Jealousy IS the green-eyed monster because it wants WHAT it sees, but CANNOT have. Therefore, be THANKFUL for all that the Lord has given to you. Even a person living on minimum wage in the United States is a KING compared to 90% of the world's population.

## Zimri's Illness Related to Covering Up His Sin

Zimri illustrates that EVERYONE sins! Zimri also illustrates that "cover-up" is really just another sin. Remember that if you don't know the Lord Jesus Christ, there is NOTHING you can do to take away the pain, shame, and consequences of sin. Thankfully, God sent His Son, Jesus Christ, to RESCUE humanity. The moment you believe the Gospel of Jesus Christ, all of your sins are forgiven. Zimri DID NOT know God in a personal way.



1 Kings 16:15- When the Israelites in the camp heard that Zimri had plotted against the king and murdered him, they proclaimed Omri, the commander of the army, king over Israel that very day there in the camp. Then Omri and all the Israelites with him withdrew from Gibbethon and laid siege to Tirzah. When Zimri saw that the city was taken, he went into the citadel of the royal palace and set the palace on fire around him. So he died, because of the sins he had committed, doing evil in the eyes of the LORD.

Covering up sin can be just as bad as the sin itself. Sin has a way of eating the person up and can lead to a mental illness. Thankfully, we have a Savior—Jesus Christ—who took our sin and put it on Himself. He is our Sin Substitute. Therefore, accept His free gift of grace, forgiveness and eternal life.



## Judas' Illness Related to Ill-Gotten Gains

Money and things don't satisfy, so why should money or things that are stolen be any different? Money and things that are stolen bring shame, guilt, and remorse. They can also cause a mental illness. Judas illustrates this. God's Word regarding money is clear. WORK and buy what you need with that.



Judas DID NOT know God in a personal way.

Luke 22 The chief priests and the teachers of the law were looking for some way to get rid of Jesus. Then Satan entered Judas, called Iscariot, one of the Twelve. And Judas went to the chief priests and the officers of the temple guard and discussed with them how he might betray Jesus. They were delighted and agreed to give him money. He consented, and watched for an opportunity to hand Jesus over to them when no crowd was present.

Matthew 27:3-5 When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with remorse and returned the thirty pieces of silver to the chief priests and the elders. "I have sinned," he said, "for I have betrayed innocent blood." "What is that to us?" they replied. "That's your responsibility." So Judas threw the money into the temple and left. Then he went away and hanged himself.

Ill-gotten gain can cause a mental illness. Ill-gotten is also useless for Kingdom work and Kingdom purposes. God does NOT bless anything that is stolen.

## Mike's Story of Forgiveness

**Background**-In the early 1900s, my grandfather was one of the founders of the Zionist Movement. Zionists believe that the Jewish people have the sovereign right to live in and occupy what we today call the State of Israel. Up until 1948, when the Jews returned to their rightful and God-given land, Israel, the Jewish people were scattered to the four corners of the earth.

My mother was born in Poland on August 26, 1939. The Germans invaded Poland on September 1<sup>st</sup> to begin their methodical process of exterminating the Jewish people. It was Adolf Hitler's intent and desire to kill ALL Jews in the world. Why? Because if he could kill EVERY Jew, it would prove that the God of the Bible is dead and that God's "Chosen People" weren't chosen at all. It would also mean that Christianity was a BIG lie. Adolf Hitler was just one in a line of dictators who, through the centuries, believed the same thing: kill all the Jews.

My grandparents had two daughters. My mother was the youngest, and her sister was a few years older. Because our family had resources, my mother and her sister were immediately placed with "Gentile" Polish families to be raised as Gentiles and to protect their young lives from the Nazis.

My grandfather had a Ph.D. in history and ran a prosperous business. He also had an enormous book collection of first editions. Grandmother said that when the commander of a Nazi troop

came into her home and saw his book collection, he was moved to tears. The Nazis took our family’s wealth and resources and then killed my grandfather by shooting him in the head—as my grandmother watched. My grandmother survived the duration of the war by living in the underground. The rest of our family, excluding my mother and her sister, were killed by the Nazis. In several instances, family members took cyanide and killed themselves rather than face the Nazi atrocities. Time and space won’t allow me to elaborate on all the stories I heard growing up.

But one thing was certain. My family HATED the German people for what they did to our family. Their hateful anger migrated down to my younger brother and me. ALL of my Jewish friends and their families HATED the German people. We were taught and indoctrinated at an early age to avoid Germans, not to do business with Germans, and never to buy German products of any kind. For that reason, many of my friends’ parents drove the Volvo brand of cars instead of BMW or Mercedes Benz.

**Fast forward to my early thirties**, I had financial resources, and it was time to buy my wife a new car. Guess which brand I bought? A Volvo! I would not have been caught dead in a BMW or Mercedes Benz. Even though the German government had taken some measure of responsibility for their actions by paying my grandmother and mother (and other survivors of the Holocaust) a monthly pension, I still hated the German people for what they did to my family. Who knows what resources and opportunities we would have had if the Nazis had not stolen everything from us?

**Fast forward some more...**Except for the Lord Jesus Christ, no

person has impacted me more than the author, businessman, people builder, and philanthropist, the late Paul J. Meyer. My love for Paul and his ministry stems from his training, which was critical in not giving up despite my illness. I also became a Christian because of Paul's ministry. In the spring of 2007, I read his book, *"Forgiveness... the Ultimate Miracle."* That book changed my life forever. Why? My research indicated that Paul was German and that his family had immigrated to America from Germany.

As I began reflecting on Paul's impact on my life and my love for him, I was struck with God's sense of humor. It was ironic that I hated Germans but was in love with one. Anyhow, because of the book, I was MOVED to finally forgive ALL Germans for what they had done to my family. This includes German companies and products. Not too long after I forgave the Germans, I sold our two cars and purchased two late model German automobiles. Wow! They build great cars.

**God is good ALL the time!** In August 2007, I sent Paul J. Meyer a copy of my manuscript "My Pursuit of a Good Mood" and asked him for funding to print 2,500 copies. He called me several weeks later and said he loved the book. Paul offered to print the book through his publishing company, write the foreword, and give us 10,000 copies. Wow!

## Mike's Story of Being Forgiven

*The following story comes from my first book,  
"My Pursuit of a Good Mood."*

The issue of forgiveness has two sides. The first side is forgiving and the second side is being forgiven. I've already told you how I forgave the German Nazis for killing my family. Now, here's a powerful story of how I was forgiven.

In 1976, I was 16 years old and pursuing a career in classical music as a trumpet player. I had been studying for five years under my teacher, who became the principal trumpet player of the New York Philharmonic Orchestra. Since I played in several different orchestras at school and throughout the city, I thought I needed a C trumpet. The standard trumpet is constructed in the key of B flat, but most professionals choose to use a trumpet constructed specifically in the key of C as it is more versatile for orchestra work. I wanted one.

So I walked into the Giardinelli Band Instrument Company in New York City and without paying for it, casually walked out the door with a new silver C trumpet. **Stolen silver trumpet number one.** I was so proud, playing and later selling it for three hundred dollars. That same year, I needed a job, so I went to the Giardinelli Band Instrument Company and the president, Robert Giardinelli, hired me on the spot. The first day at work was a Saturday, the busiest day for the company. I was posted at the front door. My mission: to prevent people from leaving the store with instruments they didn't

pay for. I was the proverbial wolf standing guard over the hen house.

That fall a trumpeter in my band needed a new horn. I suggested that he could get a brand new horn for only one hundred dollars. The plan was for him to bring his empty case and for me to put a new horn into it. **Stolen silver trumpet number two.**

Priding myself in shipping and packing instruments all over the world, my thefts never bothered me. One day, very brazenly, I packed two new silver trumpets into a box and then loaded the box onto the dolly with other instruments ready to be shipped. I rolled the dolly out the door, walked down to the post office, and mailed the boxes. I had cleverly forged the destination and recipient of the box. Several days later, the two silver trumpets arrived safely at my home. **Stolen silver trumpets three and four.** I was so proud of my new silver trumpets, bringing them to school and playing them everywhere. Friends wondered where I got the money to buy two new silver trumpets. I suspect my parents probably wondered, too.

No question about it. At this stage in my life I was a criminal with no integrity. Immediately after the thefts, I began thinking that had I been caught, I probably would have been incarcerated. This began to bother me and during the next four years caused unbearable emotional pain. I dealt with this pain as most people do, by indulging in vices.

Immersed in the pain of my sins, I was invited to church at the age of 20. I heard the Gospel for the first time in my life: the Gospel that

Jesus Christ died as a substitute for my sins, rising again on the third day. In faith, I believed the Gospel and became a Christian; a Jewish believer in Jesus Christ. Because of this spiritual and eternal transformation, my sins, past, present, and future, as far as God was concerned, were forgotten. My spiritual transformation and spiritual journey had begun. I believed that God had forgiven me for the thefts of the four silver trumpets and I forgot about them too.

Because of the grace that God had shown me, regaining and maintaining integrity became a big issue for me. I pursued integrity with a vengeance, tackling one issue after another until I regained a large measure of my integrity. However, the issue of the four silver trumpets never totally went away. Over the years I thought about it so often that I began to lose sleep, becoming anxious and depressed. Frequently, I also wondered why no one took notice of the things I had accomplished in business and in my personal life.

Finally, I realized that my talk and my walk didn't line up. Purposefully, I kept my mouth shut and entered into a time of repentance, reclaiming lost integrity, and taking personal responsibility for my actions. While learning to overcome my mood struggles I became intensively involved with a group called Top Gun: a men's accountability and discipleship ministry in my church. Each week I met with other men to discuss and resolve deep, personal life issues. These men were well aware of my intense mood struggles. They loved me and encouraged me to follow through with the extensive reading and strict accountability required of each man in the group. Through this process of close accountability and with

God working in my life, the issue of the four silver trumpets kept coming back into my mind.

The pain regarding this sin became so intense that each week I would cry over it in front of these men. I understand that one source of my mood struggles was sin. There are, of course, many other reasons and sources, but since the issue of the four silver trumpets always lingered in my mind, I began to wonder and seriously consider if my mood struggles were a result of the thefts. After painful reflection and consideration, I concluded that taking the silver trumpets had indeed contributed to my illness. Lamenting over my evil deeds, my leader confronted me on this issue. He told me, “The reason the pain of your sin never went away is because God is trying to get your attention.”

My accountability leader was right. I knew it was time to totally resolve this issue. Just as I had dealt with similar situations, I let the pain drive me, following it to the source—my lack of integrity. First, I calculated the value of the four stolen silver trumpets to be twenty-five hundred dollars. I added compound interest for the period of twenty-two years. I also added “restitution” for my thefts—a dollar value that would say, “I mean business.” I opened my checkbook and wrote out a check to Robert Giardinelli for ten thousand dollars. Did I have ten thousand dollars to just throw away? No. But that didn’t matter. Money wasn’t the issue—the source of the pain was. Regaining and keeping integrity intact was more important than money. Why now? Why so suddenly? Why at all?



It was on a Thursday that I mustered the courage to call Bob Giardinelli to pay my debt. I called the store in New York and asked to speak with him. I was told that Mr. Giardinelli had died two years earlier. I asked, "Is his wife was still alive?" "Could I please get her phone number?" I was told that his wife, Rose Giardinelli, was in Italy. "Is there a number for her hotel?" They said, "No." "Do you know what hotel she is staying in?" They gave me the name. I hung up, called international information, and got the number to the hotel in Italy.

"Rose Giardinelli? You missed her by a day. She's on her way to Rome." I called the store back and explained that this was a matter of "life and death." "Could you arrange for Mrs. Rose Giardinelli to call me collect when she gets back to New York?" I gave them my name and phone number. Several days later, I got the call from Rose Giardinelli. Slowly I explained who I was, that I had been in her husband's employment and had stolen four silver trumpets. Also, that I was now a Christian, I asked her if she knew what that meant.

She said, "Yes, I'm a Christian, too." I told her the story of the four silver trumpets and that I was prepared to send her a check in the amount of \$10,000. I began to cry. Mrs. Giardinelli blurted out, "I forgive you." Immediately, I responded, "But you don't understand, Mrs. Giardinelli, I stole four silver trumpets. I owe you and I must pay!" She said again, "I am a Christian too and I forgive you." I could not stop crying. "But you don't understand. I owe and I must pay."

"But you don't understand. I forgive you." Mrs. Giardinelli said again, "I forgive you. However, Mike, if you feel you must pay, then

give the money to someone who needs it." With that, Mrs. Rose Giardinelli said good-bye and hung up. I sat there stunned, crying, and then it all hit me. I was forgiven! I had been forgiven for the theft of the four silver trumpets. Closing my checkbook, I was flooded with relief. But that's not the end of the story. No! Actually, it's the beginning.

I went back to my accountability leader and told him what had happened. Several weeks later my leader commented that something very good was going to come out of this, adding that most people would never have followed through. I replied that I still felt some pain and the event wasn't fully resolved. He encouraged me to continue the process of follow-through until the pain went away. Still, days later, pain lingered. Forgiven? Yes! Resolved? No! Mrs. Giardinelli had said if I felt I had to pay, then I should give the money to someone who needed it. I wrestled with that thought for days. Why did I still feel pain?

My very first pastor, Bible teacher, and friend, John Williams, came to mind. He was the one who had encouraged me to pursue sales, especially the securities business. He had been right on all accounts. I had spoken with him several times over the years telling him the general success I had been having. "Give this man some money," the voice in my head said. "How much?" Obediently, I wrote out a check for five thousand dollars.

Then I called, made an appointment, and drove to his house. Filling him in on the pieces of my life I told him I wanted to write, that I had written much but generally I felt I had nothing to say. I

informed him I was going to continue my writing pursuits. He reminded me of a letter I had written to him soon after my friend Angela died, a letter of despair, heartache, and anguish, describing my battle with mood struggles. John said he had kept that letter on his desk and prayed for me often. He said he wanted the first copy of a book signed by me whenever it was published. At that point I told him I had nothing to publish. In parting, I told him I loved him, took out the check, and gave it to him. He looked at the check and the large sum drove him instantly to tears. He said that he really could use the money. He asked me why I was doing this so I told him the story.

Coincidentally I ran into him and his wife three years later at a local restaurant. We shared a meal that night and he asked me, "How is it going?" "A whole lot of nothing." We discussed the progress I had been making in overcoming mood struggles. He told me to continue pursuing my passion, suggesting that I write a book about my mood struggles that would give comfort and bring hope to others. As we ate dinner, he quoted the verses that I used for the preface of this book. The next morning I got up and for the next two years, I worked on my first book.

I am utterly convinced that following the Holy Spirit's urging, in making restitution, birthed my book, "My Pursuit of a Good Mood" and the ministry of the Good Mood Foundation.

## Excerpt from Paul J. Meyer's Book "Forgiveness...the Ultimate Miracle"

Unfortunately, this book is not going to be reprinted. However, you may still be able to find the book on [Amazon.com](https://www.amazon.com) or at [PaulJMeyer.com](http://PaulJMeyer.com). Here are excerpts on what forgiveness is and is not.

### **What Forgiveness Is:**

Can you define forgiveness, given all the complexities and differences out there? Yes, you can, but the truth is, you *need* to define forgiveness. Only when you can define it can you do it. Did you catch that? Only when you define forgiveness can you actually forgive someone.

### **Forgiveness is: acknowledging the hurt**

The fact that you were hurt is where forgiveness begins. It must begin there. Denying that you were hurt will undermine everything. It all begins with accepting that you were hurt.

### **Forgiveness is: keeping your eyes open**

You are aware of the hurt, yet you are still willing to forgive. You see the pain for what it is, you know who did it, and you are honest with yourself. Your eyes are wide open. No pretending or playing games. And with what you see, you are willing to forgive and move on.

**Forgiveness is: showing mercy.**

Mercy is the last thing that people who hurt you expect to receive. But if you have chosen to forgive, then mercy should be what they see and hear. Retaliation is what they deserve, but mercy is the fruit of forgiveness.

**Forgiveness is: keeping no record of wrongs.**

Though you might not forget a hurt for a very long time after you've extended forgiveness, to forgive is to purposefully keep no record of wrongs. It's like you bury the list and choose not to dig it up. A spouse or neighbor who is quick to bring up past failures has not forgiven at all.

**Forgiveness is: living free from bitterness.**

People who can remember the very day and the hour that they were hurt are usually full of bitterness. They literally "live" back *in* that moment, even if it was 50 years ago! To forgive *is* to release the bitterness. Do – you want to poison your own life because of what someone else did? Forgiveness is living free from bitterness.

**Forgiveness is: taking responsibility.**

The people you forgive are the ones responsible for the hurt they caused you. You are not responsible for their actions. Let them take their responsibility, and you take yours. You are responsible for your own life, so choose the freedom, peace, and hope that you want. That is taking responsibility.

**Forgiveness is: being honest about reality.**

To forgive is to honestly evaluate your situation and your options. You might be reconciled with the person who hurt you ... and you might not. Sometimes it's possible, and sometimes it isn't because it always takes two people for a relationship to be restored. Begin with forgiveness, and then be honest about reality. If restoration occurs, great, but if not, you have already forgiven.

**Forgiveness is: an attitude.**

Forgiveness really begins with a choice you make. This choice permeates your mind to the point where it is reflected in your attitude. You think forgiveness, and you act forgiveness. It comes out of you.

**Forgiveness is: a lifestyle.**

When forgiveness becomes a habit, it has become a lifestyle. This is a wonderful place to be. You don't have to weigh each situation and consciously decide if you are going to forgive this time or not. Instead, you move from hurt to healing because it's what you do. It's how you choose to live your life.

**What Forgiveness Is NOT**

The most confusing part about forgiveness is what we have learned from others. Nine times out of ten, what we have seen, experienced, or been told, is not forgiveness at all. Bad definitions of forgiveness will do you more harm than good.

**Forgiveness is not: approval.**

Never is forgiveness a simple act of approval. That is nothing less than denial, blindness, ignorance, and stupidity. To approve is to willfully accept. If you don't want your hurt to be repeated – on you or on others - then do NOT approve of it! Approval is acceptance. Forgiveness is not.

**Forgiveness is not: forgetting.**

Those who forgive usually forget over time, but purposefully forgetting a hurt is little more than suppressing your emotions. Author D. Patrick Miller states, "Trying to forget is just another means of denial." This, as you know, is no way to go about living life. Sooner or later, what you've been suppressing for years will come back to haunt you. The sexually abused daughter who grew up, forgave her dad, purposefully forgot what he had done, and then left her own daughter in his care ... was regrettably, sadly, and insanely allowing the past to repeat itself.

**Forgiveness is not: justifying.**

Sure, there are a million possible reasons why people might have, but that does nothing to lessen the hurt they caused you. Knowing what happened is a fact. It might help you understand people and their actions, but facts are not forgiveness. Always get the facts, never allow facts to justify someone's actions.

**Forgiveness is not: an obligation.**

Nobody can force you to forgive. Forgiveness is always a choice. Yes, it is highly recommended, good for your health, etc., but it always starts with you making a conscious decision to forgive, after you've

worked through the hurt and pain. If you "forgive" out of obligation, then there is no reason to work through an issue, to be honest...o forgive out of obligation is not forgiveness at all.

### **Forgiveness is not: giving in**

Those who have been hurt often find themselves in similar, if not exactly the same, situations. It happened once, and it will happen again if you allow it to. Forgiveness is not giving in. You have the right to refuse further hurt, pain, and abuse. If you give in, you are excusing, pardoning, and accepting more of the same. You do not need to stay with people who hurt you. The end result of allowing greater hurt will never produce anything good.

### **Forgiveness is not: reconciliation (restoration)**

If reconciliation comes after you forgive, then great, but it is not a prerequisite for forgiveness. Always remember that forgiveness comes before reconciliation. It takes two willing people to make reconciliation possible. The son who forgives his dead father can experience the benefits of forgiveness, but the father-son relationship cannot be reconciled or restored. Forgiveness is complete by itself. Reconciliation is awesome, but it's entirely separate from forgiveness.

### **Forgiveness is not: re-hiring**

Just as you are under no obligation to forgive, so you are under no obligation to re-hire the person who hurt you or someone you know. With the abusive boyfriend, the questionable babysitter, and the cheating employee, you have to use your head. Get wise



counsel from others, but there are certain situations that you should never repeat. To forgive is to use your heart *and* your head.

### **Forgiveness is not: trust**

Forgiveness shows love, strength, and kindness. It means you have honestly come to terms with both the person and what was done to you. But forgiveness does not mean that you trust the person as you did before. To do so would be naive. Trust that is destroyed must be rebuilt, brick by brick. In time, the individual might earn your trust, but it must be earned. Forgiveness has little to do with trust.

### **Forgiveness is not: getting even**

Try as you might, you will never get even with someone who hurt you. That is because we all have different scales. Some think that they will feel complete or whole when there is justice, but forgiveness is not based on outside circumstances. All the justice in the world cannot make you forgive. It always begins as an internal choice. Getting even is the impossible dream of those who will not forgive.

### **Forgiveness has its price**

Forgiveness is neither cheap nor easy. It takes time and effort. It has its price, with the biggest price of forgiveness being determined by you and your situation. Most see it as a "little thing" to forgive the bully from 4th grade as compared to a rapist, murderer, spouse abuser, or thief, but regardless, there is a price for forgiveness. For many, the price is giving up their right to get even. For others, it is letting go of painful, yet familiar memories. For some, the price of

forgiveness is starting over from scratch in a new city with a new job. Everyone and every situation is unique, thus making the price of forgiveness unique and personally costly.

### **The need for forgiveness only increases**

Inevitably, someone is going to hurt us. The longer we are alive, the greater our chances of getting hurt. It's just a fact of life. Howard Olsen points out, "Life without suffering is impossible, and anyone who lives running from pain lives no life at all. The need to forgive will only increase over time. There isn't much you can do about that. And no matter how absurd the action against you or how badly you hurt, forgiveness carries less of a price tag than unforgiveness. Choosing to forgive brings sanity where insanity reigns, love where there are feelings of hate, and peace where there could be war. Although the opportunity for forgiveness only increases, so does your knowledge and ability to forgive."

## Meditating on God's His Word Regarding Forgiveness

I believe that forgiveness is a process. It takes time to "process" and work through the deep-seated anger issues you may have. But I also believe that you have to allow God to be a part of that process. Therefore, here are some of the MANY scriptures God says about forgiveness.

**Matthew 18:21-22** Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

**Matthew 6:14-15** <sup>For</sup> if you forgive other people when they sin against you, your heavenly Father will also forgive you. <sup>15</sup> But if you do not forgive others their sins, your Father will not forgive your sins.

**Ephesians 4:32** <sup>32</sup> Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**Luke 6:37** <sup>37</sup> "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

**Proverbs 17:9** <sup>9</sup> Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends.

**Matthew 5:44** <sup>44</sup> But I tell you, love your enemies and pray for those who persecute you,

**Matthew 5:23-24** <sup>23</sup> "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, <sup>24</sup> leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

**Romans 12:17-19** <sup>17</sup> Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. <sup>18</sup> If it is possible, as far as it depends on you, live at peace with everyone. <sup>19</sup> Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay", says the Lord.

**Hebrews 12:15** <sup>15</sup> See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.

**Colossians 3:13** <sup>13</sup> Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

## God's Permitted Purpose for Depression

From June Hunt's Biblical Counseling Library: Topic "Depression." You can learn more about this wonderful ministry at [www.hopefortheheart.org](http://www.hopefortheheart.org). I highly recommend you learn more about Hope for the Heart.

God has a purpose for everything that touches your life. Even the times of painful pruning are useful in the hands of God. Depression can heighten your awareness of God and increase your dependency on God. It can open your eyes to His unique design for you before, during, and after your bouts with despondency. Remember, just as storms replenish dry and parched ground and give birth to flowers and new life in the spring, so the storms in your life can revitalize your relationship with God and give birth to greater fruit of the Spirit in your life. "He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful..."

### Permitted by God to warn you that something is wrong

"Before I was afflicted I went astray, but now I obey your word."  
(Psalm 119:67)

### Permitted by God to slow you down and cause you to reflect inwardly

"We do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day." (2 Corinthians 4:16)

### Permitted by God to reveal your weakness

"He [the Lord] said... 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I [Paul] will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."  
(2 Corinthians 12:9)

### **Permitted by God to bring you to Himself**

"Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water." (Hebrews 10:22)

### **Permitted by God to develop your trust in Him**

"Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."  
(Psalm 43:5)

### **Permitted by God to be a healing process for damaged emotions**

"Heal me, O LORD, and I will be healed; save me and I will be saved, for you are the one I praise." (Jeremiah 17:14)

### **Permitted by God to develop perseverance and maturity**

"Consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything." (James 1:2-4)

### **Permitted by God to develop worth and value in your life**

"Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows."  
(Luke 12:6-7)

### **Permitted by God to cause you to rely on His resources**

"His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and

precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires." (2 Peter 1:3-4)

**Permitted by God to increase your compassion and understanding for others.** "The Father of compassion and the God of all comfort... comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God." (2 Corinthians 1:3-4)

## Jennifer's Story with Bipolar

Jennifer DeFeo is our wonderful assistant. In 1974, at the age of 20, I had a psychotic break and I thought was Jesus. This continued for 3 weeks without anyone knowing. Then I crashed and slept for weeks. I was evaluated at a hospital, but I was not admitted because they were full. I went through this horrible episode without medication. Doctors really did not have any medications like we do today and they did not even know what to call my experience. I became a Christian when I was seven and as an adult I was very active in my church, but after this experience I was terrified to open my Bible. I became very angry with God and I turned my back on Him for 30 years. I eventually went back to college and was able to get my master's degree. I got married and had a son, but I still continued to have highs and lows where I would require little sleep or I would sleep for days. I was very mean to my husband and son when I was cycling and then returned to normal behavior for a while before the next cycle occurred.

I was diagnosed with bipolar at age 36 in 1990. The psychiatrist gave me the only medication they had at the time, and it worked to some extent. But I eventually became very angry at my husband for a small infraction. A year passed of not talking to him, and I even engaged in adultery. Then I left my marriage. He did not want me to go even after all of the horrible things I had done. I went to work in a very stressful job, running ventilators and working in an ICU on the night shift. After 7 years of working in this field I was fired from my job for screaming at a coworker and refusing to help in a code blue.



The illness reared its ugly head again. I got another job quickly. My psychiatrist put me on a newer medication and I began working in a much less stressful job. I have been there for 15 years. Medication became better over time and so did I. Now, I feel the best that I have ever felt. I married again and I am a very happy. I am fully functioning and about 8 years ago came back to God through a series of miracles, and I am now a committed Christian again. God is so good. I was asked to volunteer here at Carrollton Springs Hospital with Mike Attar who founded The Good Mood Foundation to help people, with mental illness and addictions, learn to live life in a good mood. Mike has bipolar also and we both love encouraging people here who are just beginning their journey. Mike and I believe that people who are dealing with mental illness and addictions can get better doing three very important things:

- 1. Being a good patient and working with your psychiatrist to get the right blend of medications.**
- 2. Become active in support groups and find a sponsor. Taking responsibility for your actions and changing your behavior.**
- 3. Reaching out to God and accepting His love and forgiveness through Jesus (AND forgiving yourself!!!).**

P.S. My husband is in recovery for 25 years. He just got his 25 year chip! If he can do it, YOU can too!!! One day at a time.

## Jennifer's Story of Forgiveness

When my son was about 8 years old, my dad and stepmother were baby-sitting. When I came to pick him up, I saw my dad yelling at my son for having broken something in their home. That reminded me of my childhood in which my precious brother was yelled at frequently. I was not well medicated at this time and anger was a big part of my life as an uncontrolled bipolar.

After that incident, I did not speak to my dad for two years. He even came to my home several times to try to talk with me and I would not answer the door. I replayed that scene of him yelling at my son over and over. My anger at my dad was eating me alive. It robbed me of energy and I became an angry person, even to other people in my life who hadn't hurt me. After about a year and a half of pure hell, it occurred to me that if I could pray for him it might stop that tape from playing in my head. Every time it started I began praying for him. That lasted for six months. Then a miracle came from God.

My dad was an endodontist, he did root canals and was just about to retire after 50 years. I was playing with my son and he popped up and hit me in the mouth. My tooth was damaged and I knew that I needed to call my dad for help. After two years of silence and unforgiveness I picked up the phone and told him what had happened to me. He told me to meet him at his office and we cried and embraced.

I forgave him not only for what he did to my son, but for the way he had treated me and my siblings when we were growing up. I was the last root canal that he did before he retired. God had intervened and had shown me a powerful lesson that unforgiveness hurts me just as much as it did the people that I could not forgive. My dad and I love each other dearly and I know I am his favorite!!!

Now when I start to be angry and unforgiving I remember that awful time, and I start praying for that person much sooner because I know what that does to me. I got really angry at my sister for something she did to me last summer. After three days of replaying that tape and losing sleep and energy I began praying for her and for our relationship. God graciously changed my heart and I was able to forgive her and to see my part in it.

## Jennifer's Testimony

The miracle: God brought me back to Himself! I grew up at a wonderful Bible church and when I was 7 years old I asked Jesus to come into my heart to be my savior. My mom, who was bipolar, got mad at the pastor and took us out of church when I was 14, one of the toughest ages to get through without God. I did get involved in Young Life through my school when I was about 16 and even began teaching bible studies for middle school girls. You heard my story about what happened to me when I was 20 and getting mad at God and leaving Him for 30 years. Here's the miracle that brought me back:

I often saw Billy Graham on the TV guide and frequently I turned it on because I loved him so much when I was a child. His message was very simple and non-threatening to me. One day while I was watching, Dr. Graham told the crowd how to become a believer and then said, "If you are a believer and Jesus is not the Lord of your life, get on your knees right now and ask Him to do that, to be at the center of your life!" I did just that, in my den all by myself.

Shortly after that I bumped into a good friend from high school, Patsy. We had the same bible teacher when we were young and had not seen each other in 30 years. We started up a friendship and I noticed that she still was practicing her faith, living it out loud, talking about Jesus every time we were together. Eventually I helped her see that she was also bipolar and she found a woman Christian psychiatrist. I started going to her too.

She recommended a Christian psychologist who recommended that I go to a class called Crown Financial Ministries about managing your money with God at the center. It was in the home of a Bent Tree Bible Church family. I opened my Bible for the first time in 30 years. I even began memorizing Bible verses like I did when I was young. I started going to Bent Tree and began my walk with the Lord again. I have a God who never gave up on me even though I turned my back on Him for decades. I am so blessed!

## Jennifer Shares why God Permits Depression

If you are confused about why God let this happen to you, or if you are mad at God, know that I was too. Even after I came back to Him 8 years ago, I was still mad that He made me this way. I felt like He made a mistake, that I was a mistake. I was still ashamed about being bipolar and felt so different from others who did not have this disease. Then I read Psalm 139:13-14 and I understood

***"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."***

I saw that God did not make a mistake and that I was not a mistake. He loves me, and he made me this way on purpose. Even though I may not understand all of His ways, I saw that I had nothing to be ashamed of. He began using me in a wonderful way to encourage others who have this diagnosis.

He has brought countless women across my path who did not know that they were bipolar. I helped them to see that they were, and I have helped them get a psychiatrist and get better with medication. He is using this "disease" in a purposeful way as a ministry and I am so thrilled that He does that.

I teach and encourage in other ways at my church, but this is my favorite ministry because I know that God made me this way so He could use me this way. I am able to thank Him for making me just the way He did. I know that I am fearfully and wonderfully made! YOU ARE TOO!!!

## Part 2 – Dealing with Mood Struggles and Addictions Caused by a Life that is not Spirit-led

<sup>16</sup> So I say, walk by the Spirit, and you will not gratify the desires of the flesh.  
<sup>17</sup> For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever<sup>[c]</sup> you want. <sup>18</sup> But if you are led by the Spirit, you are not under the law. <sup>19</sup> The acts of the flesh are obvious: sexual immorality, impurity and debauchery; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. <sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law. <sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit.

### **Galatians 5:16-22**

<sup>5</sup> Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup> The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. <sup>7</sup> The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so. <sup>8</sup> Those who are in the realm of the flesh cannot please God. <sup>9</sup> You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. <sup>10</sup> But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life<sup>[a]</sup> because of righteousness. **Romans 8:5-10**

There are **ONLY two ways** to live life:  
You can live by the Spirit, or you can live by the flesh. The choice is YOURS to make.

**Here's a very SIMPLE explanation...**

**EVERY** human being is born with the natural desire to live the life of the flesh. This life of the flesh is demonstrated by:

- Sexual Immorality
- Impurity
- Debauchery
- Idolatry
- Witchcraft
- Hatred
- Discord
- Jealousy
- Fits of Rage
- Selfish Ambition
- Dissensions
- Factions
- Envy
- Drunkenness
- Orgies

(We've provided definitions of these words on page 99).

**This person is NOT Spirit-led. However...**



A person who is **Spirit-led** demonstrates the fruits of the Spirit which is:

- ✓ Love
- ✓ Joy
- ✓ Peace
- ✓ Patience
- ✓ Kindness
- ✓ Goodness
- ✓ Faithfulness
- ✓ Gentleness
- ✓ Self-Control

A person cannot begin to live a Spirit-led life unless they know God personally.

Therefore, here is an explanation of how you can know God personally...

## **God Loves You and He Wants to Give You a Gift Box**



**Before You Consider Accepting His Gift Box...**

## Have you ever wondered why people display...?

- **Sexual Immorality**
- **Impurity**
- Debauchery
- Idolatry
- Witchcraft
- **Hatred**
- Discord
- **Jealousy**
- **Fits of Rage**
- Selfish Ambition
- Dissensions
- Factions
- **Envy**
- **Drunkenness**
- **Orgies**

Do you know anyone like this? Yes, me, Mike Attar! Have you ever wondered why, despite the BEST of intentions, people can't stop these sinful behaviors? I did! Then I read in the Bible that EVERY human being is born into the above. The Bible says that the above behavior is called "fruit of the flesh" or fleshly behavior. So, what's in the gift box God wants to give me?

# Inside of the Box is...



1. The forgiveness of **ALL** my sins (past, present and future).
  2. The **POWER—NOT** to sin which means I am no longer bound by sin (fruit of the flesh).
  3. The Spirit of God living in me and displayed through:
    - ✓ Love, Joy, Peace,
    - ✓ Patience, Kindness, Goodness,
    - ✓ Faithfulness, Gentleness and Self-Control
  4. The ability to experience the LIFE of Jesus alive in me while here on earth.
  5. The promise of eternal life when I die.
- Do you know anyone who **NEEDS** the above? Yes, I do! Me, Mike Attar. When I heard this, I asked the question...

# What Must I do to receive this FREE gift?

The Bible says that all I have to do to receive this FREE gift is to believe the Gospel (by faith). The Gospel or "Good News" is that Jesus Christ died in my place (as my substitute) for my sins AND that Jesus rose from the dead on the third day. He gives me His life.



At first, this message seemed strange to me. How can believing that Jesus Christ died as a substitute for my sins AND believing that Jesus rose from the dead on the third day give me everything that was in the box? What to do? I asked questions, I read the Bible, and I observed the lives of people who had "believed."

Then one day...

## **I Decided to Believe (by Faith)**

Now, I have EVERYTHING that's in the box....



1. I have the forgiveness of **ALL** my sins (past, present and future).
2. I have the **POWER—NOT** to sin which means I am no longer bound by sin (fruit of the flesh).
3. I have the **Spirit of God living in me—displayed through:**  
Love, Joy, Peace,  
Patience, Kindness, Goodness,  
**Faithfulness, Gentleness and Self-Control**
4. I have the ability to experience the **LIFE** of Jesus alive in me while here on earth.
5. I have the promise of **eternal life** when I die

Would you like to have everything that's in the box? If so, pray this prayer...

**“Jesus, I believe (by faith) that You died in my place (as my substitute) for my sins AND I believe that You rose from the dead on the third day. You gave me Your life.”**

**Now, YOU have everything that is in the box...**



- 1. You have the forgiveness of ALL your sins (past, present and future).**
- 2. You have the POWER—NOT to sin, which means you are no longer bound by sin (fruit of the flesh).**
- 3. You have the Spirit of God living in you—displayed through: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control**
- 4. You have the ability to experience the LIFE of Jesus in you while here on earth.**
- 5. You have the promise of eternal life when you die.**

## God's Word Declares that Today is the Day of Salvation



We're going to take a few moments to celebrate anyone who wants to believe the Gospel for the first time. We'll pray over you and give you a "Welcome into the Kingdom" package. It contains flyers from Campus Crusade for Christ about your "Next Steps."







# The Christian Life is a Moment-by-Moment Choice

Every second of every day, YOU have a choice to make...

You can choose this...

## "Fruit of the flesh"

- Sexual Immorality
- Impurity
- Debauchery
- Idolatry
- Witchcraft
- Hatred
- Discord
- Jealousy
- Fits of Rage
- Self-Ambition
- Dissensions
- Factions
- Envy Drunkenness
- Orgies

Or you can choose this...

## "Fruit of the Spirit"

- ❖ Love
- ❖ Joy
- ❖ Peace
- ❖ Patience
- ❖ Kindness
- ❖ Goodness
- ❖ Faithfulness
- ❖ Gentleness
- ❖ Self-Control

# It's Your Choice to Make!

# God SPEAKS Primarily through His Word. God also gives you the POWER to Choose

## You can choose to be NOT Spirit-led

When you hear God but choose NOT to obey Him-or you're NOT listening to God and NOT obeying Him. You WILL produce the fruit of the flesh...

- Sexual Immorality
- Impurity
- Debauchery
- Idolatry
- Witchcraft
- Hatred
- Discord
- Jealousy
- Fits of Rage
- Self-Ambition
- Dissensions
- Factions
- Envy Drunkenness
- Orgies

## Or you can choose to be Spirit-led

When you're listening to God AND Obeying Him you WILL PRODUCE fruit of the Spirit ...

- ❖ Love
- ❖ Joy
- ❖ Peace
- ❖ Patience
- ❖ Kindness
- ❖ Goodness
- ❖ Faithfulness
- ❖ Gentleness
- ❖ Self-Control

# It's Your Choice to Make!

## How do you come back to God?

EVERYONE blows it. EVERYONE has sinned and fallen short of the glory of God. That’s why Jesus came down to earth. He came down to rescue us from sin and the penalty of sin. HOW GLORIOUS IS THAT? The Christian walk is a moment by moment choice to walk in the power of the Spirit—to be Spirit led. However, God’s grace covers ALL sin. PLEASE remember that the SECOND you confess your sin and repent from your sin you are RESTORED back to a relationship with God. There is a wonderful hymn entitled “Trust and Obey” — “Trust and obey for there’s no other way to be happy in Jesus but to trust and obey.” Consider going to the Internet to listen..

**“God, I confess my sins and I repent (turn back) from them.”**

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**“I choose to listen AND Obey”**  
**“I choose to be Spirit-led”**  
**“It’s MY Choice to Make!”**

## Positive Affirmations Will Renew Your Mind

Do you want to Change your Life? If so, then you MUST change your thinking? As you begin to realign your thinking with how God sees you your behavior will change. Correct thinking precedes correct behavior. If you repeat these affirmations for 30 days then you can renew your mind.

*“The more you reaffirm who you are in Christ, the more your behavior will begin to reflect your true identity!”*

- Dr. Neil Anderson-

From his book “Victory Over the Darkness.” Consider buying the book.

- Read the following TRUTHS OUT LOUD EVERYDAY for the next 30 days.
- ALSO look up EACH of the verses that are next to each truth in your Bible.
- At the end of 30 days your thinking will have IMPROVED significantly. Your thinking will be more aligned with how God sees you.
- Remember that when you change what you believe about yourself—YOU WILL change.

# Affirmations: I Am Accepted

- **I am God's child.** John 1:12
- I am Christ's friend. John 15:15
- **I have been justified.** Romans 5:1
- I am united with the Lord, and I am one spirit with Him. 1 Corinthians 6:17
- **I have been bought with a price. I belong to God.** 1 Corinthians 6:20
- I am a member of Christ's Body. 1 Corinthians 12:27
- **I am a saint.** Ephesians 1:1
- I have been adopted as God's child. Ephesians 1:5
- **I have direct access to God through the Holy Spirit.** Ephesians 2:18
- I have been redeemed and forgiven of all my sins. Colossians 1:14
- **I am complete in Christ.** Colossians 2:10



## Affirmations: I Am Secure

- **I am free from condemnation.** Romans 8:1-2
- I am assured that all things work together for good. Romans 8:28
- **I am free from any condemning charges against me.** Romans 8:31-34
- I am united with the love of God. Romans 8:35-39
- **I’ve been established, anointed and sealed by God.** 2 Corinthians 1:21-22
- I am confident that the good work God has begun in me will be perfected. Philippians 1:6
- **I am a citizen of heaven.** Philippians 3:20
- I am hidden with Christ in God. Colossians 3:3
- **I have been given a spirit of courage and of power, love and a sound mind.** 2 Timothy 1:7
- I can find grace and mercy in time of need. Hebrews 4:16
- **I was born of God and the evil one cannot touch me.** 1John 5:18

## Affirmations: I Am Significant

- **I am the salt and light of the earth.** Matt 5:13-14
- I am a branch of the true vine, a channel of His life. John 15:1, 5
- **I have been chosen and appointed to bear fruit.** John 15:16
- I am a personal witness of Christ. Acts 1:8
- **I am God's temple.** 1 Corinthians 3:16
- I am a minister of reconciliation for God. 2 Corinthians 5:17-21
- **I am God's coworker.** 2 Corinthians 6:1 (see 1 Corinthians 3:9).
- I am seated with Christ in the heavenly realm. Ephesians 2:6
- **I am God's workmanship.** Ephesians 2:10
- I may approach God with freedom and confidence. Ephesians 3:12
- **I can do all things through Christ who strengthens me.** Philippians 4:13

## Glossary of Words We Have Used

**Manifest**—to make evident or certain by showing or displaying

**Listening to God**—God speaks and can be heard by reading His Word-The Bible. That’s His primary means for communicating His will and His ways. However, God also speaks and can be heard through Godly preaching, books, counselors. But remember that when He speaks to you He will ALWAYS speak according to His Word. So if you’re hearing or reading something and believe it is from God, Make absolutely sure it lines up with His Word..

**Flesh or Fleshly**—characterized by indulgence of bodily appetites, not spiritual but worldly or sensual.

**Repent**—to turn back or change your mind,

**Sin**-as is missing the mark. It is falling short of perfection. EVERY person has sinned and fallen short of the Glory of God.

**Sexual Immorality**—God is the creator of sex. He created sex our pleasure. But God also set limits for the enjoyment of sex, for our protection. When we go outside those boundaries, we enter into sexual sin. Sexual immorality is any sex outside of God’s ordination of sex between a married man and his wife. This includes homosexuality, pornography, incest, lust, emotional sex...God lists sexual immorality first because it is the “Gate-Way” sin. So it easily entangles us.

**Impurity**—contamination, pollution, lack of consistency, state of immorality, sin

**Debauchery**—indulgence in sensuality or sensual pleasures

**Idolatry** the worship of anything or anyone who is not God

**Discord**— lack of agreement or harmony (as between persons, things, or ideas). Active quarreling or conflict resulting from discord among persons or factions. Strife.

**Jealousy** an emotion that typically refers to the negative thoughts and feelings of insecurity, fear, and anxiety over an anticipated loss of something that the person values, particularly in reference to a human connection.

**Fits of Rage**—Violent, explosive anger

**Selfish Ambition**—selfish ambition means to only think about and look out for yourself. Never putting anyone's thoughts or needs before yourself. They are doing and saying whatever necessary to make themselves look better.

**Dissensions**—disagreement, esp. when leading to a quarrel

**Factions**—A group of persons forming a cohesive, contentious minority within a larger group.

**Envy**—a resentment which "occurs when someone lacks another's quality, achievement or possession and wishes that the other lacked it.

**Drunkenness**—intoxicated, habitually drunk.

**Orgies**—an orgy is a sex party where guests freely engage in open and unrestrained sexual activity.

## **Part 3**

# **Mood Struggles Caused by Negative Thoughts and Negative Emotions**

All humans are born “broken,” and without positive input and proper affirmation, we are prone to stay that way. Add to that a news media that outwardly blasts our minds with negative information 24/7 and a music, film and television industry that does the same. It’s no wonder that so many people have a mind filled with negative thoughts and emotions. Unfortunately, Christians aren’t immune from negative thoughts and wrong thinking, either. What can we do?

## I Am Happy Because I Sing

“One of the BEST ways to overcome negative thoughts and emotions is by watching, listening, and singing praise and worship music.”

–Mike Attar–

**“In 25 years of working with the brain, I still cannot affect a person’s state of mind the way one simple song can.”**

–Dr. Richard Pellegrino, Neurologist–

**“I don’t sing because I am happy. I am happy because I sing.”**

–William James, Famous Psychologist–

We’ve donated MP3 players that look like the one in the picture (except they are pink). Each MP3 player has over 500 songs and music collections on them. Included are praise and worship songs, nature sounds, classical music, Handel’s Messiah, motivational music to relax, ocean sounds, etc. Just ask a nurse to borrow one.



Please remember to ask for an instruction card on how to use it. **PLEASE RETURN it to the nurse’s station when you are finished** so other patients can also enjoy using it. **Thank you** 😊

## Song: "Brighter Day" by Kirk Franklin

When I close my eyes and think of you and reminisce on all the things you do. I can't imagine my life without you; it's like paradise now I know that it's real. It's a mystery for someone to give their life just for me. What you did on Calvary makes me want to love you more.

### **Chorus: (sing it out)**

I never knew I could be so happy. And I never knew I'd be so secure. Because of your love, life has brand new meaning. It's going be a brighter day, brighter day.

I never thought that I would smile again. I never thought the dark clouds would end. I never thought that I could have a friend that would keep me and never leave me alone.

Jesus, you're my everything. The only one that makes my heart sing (heart sing). Now I know what real love means: it's everlasting, lasting.

Nothing can compare to the joy you bring, an everlasting love affair. Jesus, my life will never be the same. I found someone who truly cares.