

A woman with long dark hair, wearing a light-colored dress, is seen from behind, sitting on a swing. She is holding the chains of the swing. The background is a vast, ethereal landscape of white, fluffy clouds under a dark sky. A large, bright full moon is positioned behind her, partially obscured by the text. The overall mood is contemplative and serene.

CURING THE
DEPRESSED
MIND

IFE ADETONA

ABOUT THE BOOK

Today, many individuals face challenges that can lead to depression. Some are even depressed but they are not aware of it.

Therefore, this book is written to help to deal with depression. The author carefully defined depression to make the readers understand what it really is. The author further analysed how the mind works and how it relates to depression. Lastly, the author discussed the ways to handle depression and how to have a sound mind free of depression.

This book is not for the depressed alone, you should also read it as a non-depressed person to guard your mind against depression.



ABOUT THE AUTHOR

Ife Adetona is an anointed preacher of the gospel. He is the President of the Sons and Daughters of Zion [SADOZ] Global Harvest Ministries. SADOZ is an interdenominational and discipleship ministry which has seen thousands of people baptized in the Holy Ghost with the evidence of speaking in tongues and helped people develop a friend to friend relationship with the Person of the Holy Spirit. SADOZ's daily discipleship and devotional manual called Daily Communion reaches and blesses tens of thousands of people daily to the glory of God.

The author is also the president of the Koinonia Bible Institute [KBI], an online training academy of SADOZ which offers over twenty (25) courses that cut across all facets of life. Some of the courses/schools are: School of Ministry, School of Purpose, School of Leadership, School of Business, School of Prayer, School of Deliverance, School of Healing, Masterclass on Sex Education, Masterclass on Courtship, School of Mental Health, School of Sex for the married and more.

Ife Adetona is an author of over 60 books that is imparting the body of Christ maximally. He is the husband of Elizabeth Ife-Adetona and their home is blessed with godly seeds.

Curing A Depressed Mind

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Unless otherwise indicated, all Scriptural quotations in this book are from the King James Version of the Bible.

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CHAPTER 1

DEFINING DEPRESSION

Depression is a concentrated demonic attack on one's mind which is usually triggered by a natural event that is perceived unpalatable or negative- Ife Adetona

The word depression is a big word. It has a huge impression on those who understand it. It is a state anyone should avoid at all cost. However, it is a state that the devil wants man to be at all times. When we talk about mental health, depression takes up to 70% of it. Take away depression and you will see that many people would enjoy a healthy mental life.

I believe that as you read this book, the breath of the Holy Spirit will come upon you to free you permanently. You are gaining control over your mind henceforth in Jesus Name. I command that evil spirit holding you ransom to get off right now. I curse those demonic inspired thoughts in Jesus Name. Every mountain triggering sorrow in your mind is hereby leveled.

Depression is a term used in various fields of study and it means many things but none of them is good.

In geography, depression means an area that is lower in topography than its surroundings.

Whenever you are depressed, you are dwelling in a pit, far from normalcy.

In meteorology, depression is an area of lowered air pressure that generally brings moist weather, sometimes promoting hurricanes and tornadoes.

Whenever you are depressed, you lock yourself out of the breath of the Spirit and the peace it gives. You are also out of the reach of motivating and inspirational words that come from people and the environment you live in. This can have devastating results such as suicide.

Economically, depression means a period of major economic contraction. A case of four consecutive quarters of negative, real GDP growth.

Many people have experienced inflation, hyper-inflation, recession but an economic depression is better imagined. There was a time the economy of the United States went through a phase termed as the Great Depression.

If you are in a state of depression, it means you are in a state of emergency. You may not understand the gravity but that is what it is. So, it is better avoided or treated as soon as it surfaces.

In Biology, depression refers to a lowering or a reduction in a particular biological variable or the function of an organ, in contrast to elevation.

I believe this explains why depression leads to sickness and eventually, death. I read the story of a pastor who was depressed as a result of some actions of his members and eventually got sick and died. I have seen

people who fall sick every time they are depressed. Depression is also linked to mental illness.

The Bible is right when it says that a sick mind leads to a sick spirit and then a sick body.

A merry heart doeth good [like] a medicine: but a broken spirit drieth the bones. Proverbs 17:22

A cheerful heart is good medicine, but a broken spirit saps a person's strength. NLT

The spirit of a man will sustain his infirmity; but a wounded spirit who can bear? Proverbs 18:14

The human spirit can endure a sick body, but who can bear it if the spirit is crushed? NLT

In the field of psychology, psychotherapy and psychiatry, depression is defined as a period of unhappiness or low morale which lasts longer than several weeks and may include ideation of self-inflicted injury or suicide.

The summary of this definition is doom.

What the World Health Organization says about depression:

Depression is a common mental disorder. Globally, it is estimated that 5% of adults suffer from the disorder. It is characterized by persistent sadness and a lack of interest or pleasure in previously rewarding or enjoyable activities. It can also affect sleep and appetite. Tiredness and poor concentration are also common when one is depressed. Depression is a leading cause of disability around the world and contributes greatly to the global burden of disease. The effects of depression can be long-

lasting or recurrent and can dramatically affect a person's ability to function and live a rewarding life.

The causes of depression include complex interactions between social, psychological and biological factors. Life events such as childhood adversity, loss and unemployment contribute to and may catalyse the development of depression.

SPIRITUAL PERCEPTIVE

Spiritually, depression is a concentrated demonic attack on one's mind which is usually triggered by a natural event that is perceived unpalatable or negative. Take note of the word "perceived". **How you feel about the situation is largely a function of how you see it.** We can pass through the same thing but see things differently.

It is normal for a spiritual person to think about a thing spiritually but that is not just the reason why I labelled depression as a demonic or satanic attack. I labelled it so because it is so. Depression comes with a thick cloud of darkness that hovers over a person's mind and makes him to come to a negative conclusion about himself or herself.

The operation of demons on the body is generally known as oppression, their operations in the spirit of a man is known possession and their operation in the soul is known as obsession which spans from depression. **Depression is one state God never wants His children to be in and that is one state Satan wants all the children of God to be.** That is why the Bible says that the path of the just is as the shining light

that keeps shining more and more till he dies (Proverbs 4:18). That means, no down time.

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. John 14:27

That is why Jesus said: my peace I give unto you not as the world giveth. When you are in a state of peace, everything falls in place for you but when you are depressed, everything falls out of place. Mind you, **you are not at peace because all things fall in place for you. All things fall in place because you are at peace.** Take note that maintaining your peace in the face of circumstances is what comes first. Likewise, you are not depressed because things fall out of place, everything is falling out of place because you are depressed.

The Bible says that He will keep them in perfect peace if they trust and rest their mind on Him.

Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee:] because he trusteth in thee {26:4}. Trust ye in the LORD forever: for in the LORD JEHOVAH [is] everlasting strength. Isaiah 26:3-4

Note that those who are in a state of perfect peace are not those who have everything working well for them; they are those who trust in God in spite of the storms and wind all around them.

As you turn the pages of this book, you will come to that point of perfect peace and rest, free of depression and worry (which is the incubator of depression) in Jesus Name. With my whole heart, I pray this prayer of Paul over you:

And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

CHAPTER 2

ANATOMY OF THE MIND

The first way to overcome depression is not taking out what is causing the depression but rather mastering your mind to see right and think right all the time.

■ *Ife Adetona*

Depression among many other diseases like worry, anxiety, and fear is a disease of the mind. To properly treat and cure it, we must have a good understanding of the mind. So, in this chapter, we shall consider the anatomy of the mind.

Let's start like this: can you touch your mind? Take a minute and locate where you mind is. Where are you pointing at? Your chest or your head? If a man is to be operated upon in a theater, is there any part of his body that could be opened up and pointed to as the mind? To understand where the human mind is, we need to understand the nature of man.

The Nature of Man

Man is a tripartite being. To be tripartite means to be 3 in 1. This is probably not strange to you and you must have heard it somewhere before. This generation is a blessed one, before now, man is not understood as a tripartite being. Thanks to the works of scholars like Kenneth Hagin who revealed this peculiar nature of man.

Man consists of the spirit, soul, and body. In the Scriptures, the word spirit is sometimes used interchangeably with the heart. This spirit is the real man. It is this spirit that becomes born again at the point of

salvation. The organ of the spirit is conscience. The Bible says that the conscience is the candlestick of the spirit of man. *The spirit (conscience) of man is the lamp of the Lord, searching and examining all the innermost parts of his being. Proverbs 20:27 Amplified.*

Man is a spirit that has a soul. The soul of a man is the centre of thought, emotions and will. The organ of the soul is the mind. It is with the mind that man reasons, thinks and takes decision. That is why I teach that it is what a man thinks that he feels and not the other way round. The soul does not become born again or change at salvation. God instructs the spirit man to do something about his mind (soul) the moment he becomes born again. God told him to renew his mind daily.

Note: In some places in the Bible, the word spirit or heart is used synonymous to the soul and mind. An example of such is Romans 10:10.

Man is a spirit that has a soul and lives in a body. The body is the casing or housing of the spirit of man. When a man dies, he leaves his body behind and gets a new body at rapture. At some point, Paul contemplated whether to be alive in the body on earth or to be alive with God without his earthly body (Philippians 1:21-24). Peter referred to his body as a tabernacle or clothes that will be put off when, he, the real Peter on the inside is leaving the world (2 Peter 1:13-15).

When we give our lives to Christ, our body does not change. Our skin colour remains as it was. The organ of the body is flesh. God told the born again spirit man to also do something about his flesh. He told him to offer it as a living sacrifice.

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service. {12:2} And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:1-2

And so, dear brothers and sisters, I plead with you to give your bodies to God. Let them be a living and holy sacrifice-- the kind he will accept. When you think of what he has done for you, is this too much to ask? v2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is. Romans 12:1-2.

Our focus in this book is not the spirit or the body of man but the soul of man. We won't look at the soul as a whole but the mind. The mind is a very important part in the makeup of man. It is the centre of our thoughts and so, it determines the way we feel and what we do. A good control of the mind is the control of a man's spirit, soul and body. Your spirit cannot become born again until it is decided in the mind. The Bible says that salvation is obtained when a man believes in his mind and then commands its body (mouth) to confess it (Romans 10:10).

Self-control simply means mind-control. The flesh cannot sin unless it is decided in the mind. The body only follows the command.

FEATURES OF THE MIND

1. The mind is immaterial.

The mind is invisible. The mind is not material. It cannot be seen or touched but it is powerful, active and lively. Even though the mind cannot be seen, it can be sick and it can also be diagnosed, treated and healed. The doctor of the mind is called a psychologist.

2. The mind is the seat of thought.

The thought of man determines the direction of his life. These thoughts are fashioned in the mind.

3. The Bible calls the mind a stronghold.

For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strong holds; {10:5} Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ. 2 Corinthians 10:4-5

According to the scriptures, our mind is a stronghold because it holds our thoughts, knowledge and imaginations. Stronghold is a military term. A stronghold is a strategic position an enemy army settles to take a city or kingdom. Until such stronghold is vanquished, the war has not ended. If the devil wants to take possession of anyone's life, it will lay its structure on the mind.

That is why any other knowledge that is different from the knowledge of God that is residing in our mind must be brought into captivity in

obedience to God. If the devil gets hold of your mind, he can control every facet of your life but if you yield and allow God to reign supreme in your mind, then you will have God as the grand controller of your life. Your mind is a great force to be reckoned with.

4. The mind is like a student.

The mind is a student; it should be schooled. Every day, consciously or unconsciously, your mind is being tutored. It is being set and reset each moment. However, ***the onus lies on you to take responsibility and consciously train your mind. If you do not tutor your mind, life will do so for you effortlessly.*** It is said that there is no empty container, everything is filled with something.

The music you mistakenly hear over the radio of a commercial vehicle could tutor your mind. The images you see in an advertisement on a TV screen could teach your mind as well. This is why I usually advise people to consciously teach, unteach and reteach their minds. You must unlearn the negative things you have absorbed into your mind.

6. The mind is schooled by information and experience, not impartation.

As believers, we tend to view all things through our spiritual lenses. We admonish ourselves to pray, pray and pray some more. We think everything can be imported into our minds through impartation. If I need a pilot, can I take a fellow to another pilot and request that hands to be laid on him to be a pilot? *No, because that will be a suicide mission.* Our minds are being schooled by information and experience. This is why you

must guard your heart with all diligence because out of it comes the issues of life.

Conscious, Sub-conscious and the Unconscious

The mind is divided into the conscious, sub-conscious and the unconscious. I have observed that whenever a bad thing occurs to us, we feel sad consciously but we soon forget about it or ignore it. We tend to think that it is over but it doesn't go off; it only settles in our subconscious mind. Without meaning to, we begin to act or express the sorrow or sadness unconsciously. This does not only happen when there is an ill event, it also happens with positive events. You may suddenly find yourself in a great mood and you'd be wondering what is making you happy. By the time you flash back, it could be a credit alert you got few hours ago or a promise you just received.

Many people just find themselves crying or getting sad for no reason. I've had cases like this in counselling sessions. People tell me that they are sad and worried but can't tell what is wrong with them. I always tell them they do know what is wrong. I usually urge them to reflect on all events and count from 1-10 then, they will be able to get that particular event that triggered the bad feeling. If it's not the 1st event they remembered then it would be the 2nd or 3rd, before they reached the 10th event, they will have their answer. It has worked on everyone I tried it with. When they look back, they are able to figure out the incident that has happened or that is lingering that led to the sadness they are experiencing.

Whenever you feel the same way, reflect as well and you will be able to pinpoint what exactly is wrong. You will know when you touch on what was actually wrong.

You need to open the wound instead of ignoring it so that you can apply treatment to it. When I had a wound, the nurse had to open it up to apply treatment to it. Even as the treatment was being applied to it, I was pained but the pain was for a season and for a purpose. You can't have a wound, cover it up with wool and plaster and apply iodine on the covering to get it healed. It doesn't work that way; you need to apply it directly.

The Lord open my eyes right now. As you are reading these pages, you are remembering that issue that causes you pain, sorrow and sadness. Receive your healing right now in Jesus Name.

There is no effect without a cause. You don't just feel sad or depressed for no reason; an unpalatable event triggered that negative perception in you. Your healing starts by identifying that event.

SCRIPTURES ON THE MIND

Let's see what some scriptures say about the mind.

Romans 8:6

For to be carnally minded [is] death; but to be spiritually minded [is] life and peace. Romans 8:6

Your mind is the switch or an interface between your spirit and your flesh. If you can switch your mind to the flesh, you will be carnally controlled but if you are spiritually minded, your mind and entire being will be controlled by the spirit and you will enjoy a life of peace. The Bible says He kept them in perfect peace they that their heart rests on Him. Those He kept in perfect peace were not those who had money or those who had children but rather those that rest their mind on Him.

That is why I always emphasize that depression will not end just because you have want you want. Human wants are insatiable. After you get married, you will want children, you will want to raise the children and then you want them to gain admission and do well and then, you want them to marry well and so on. **There will always be an issue of concern. The only way to be at peace is to take charge of your mind and rest it on God.**

To be carnally minded is death. A carnally minded person will be full of worry, anxiety and depression. The Bible likens such person to a living dead. Indeed, many have committed suicide as a result of these things or prone to many terminal sicknesses. But when we are spiritually minded, that is, settle our mind in God, we enjoy life and peace.

Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:2

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is. NLT

Renewing of one's mind is a daily event. This helps us to train our perception. Motivational words to stabilize our minds are needed from time to time. It is as crucial as brushing your teeth each day. Renewing the mind constantly is what will tilt us to the perfect peaceful life. Hence, **the first way to overcome depression is not taking out what is causing the depression but rather mastering your mind to see right and think right all the time.** If you have what you desire, life has not ended and there are still more setbacks you will face in your life journey.

2 Corinthians 10:3-5

For though we walk in the flesh, we do not war after the flesh; For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strong holds; {10:5} Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.

2 Corinthians 10:3-5

Your imagination, knowledge, and thought reside in your mind. If the enemy wants to capture your life, he sets up his stronghold in your mind. Hence, the mind is a constant battlefield. It is a gold mine. If your mind is constantly switched on to God's side, then you will keep enjoying victory all the days of your life. If on the other hand, you allow the devil to take over your mind, then you will be defeated all day long. You have

to be ready to defend your mind. The latter part of that scripture emphasizes *readiness*.

V6; And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

You must be ready to defend your mind. If peradventure, the devil has taken hold of your life, you must be ready to revenge it. You need to expand God's territory in your mind.

Lastly, you must be ready to pull down and take captives.

To the pulling down of strong holds...and bringing into captivity

If two nations are at war, they will each set up their military base at a place where they can easily fight. Whoever can capture the other's stronghold first has won the battle. In today's world, the strongholds are not only on the lands. They are on the sea. It's where the armies set up their submarines, and launch rockets, bombs, and other types of machinery. They could send out warplanes from there as well. The stronghold where darkness can target to capture you is your mind. If you can capture it first, you will always win all battles of life. In that sense, you have to pay attention to your thoughts, knowledge (information) and imaginations.

Proverbs 4:23

Keep thy heart with all diligence; for out of it are the issues of life. Proverbs 4:23 KJV.

I told you that in many places in the Scriptures, the word heart is used synonymous to mind. When the Bible reads, that you should keep or guard your heart, it is referring to your mind. When the Bible talks about *issues of life*, it is referring to our mindset and our thoughts. They determine the course of our lives. I am going to show you how other versions of the Bible represent the passage. I want you to replace the words “heart” and “issues of life” correctly, that way you will understand the Scripture.

New International Version

Above all else, guard your heart, for everything you do flows from it.

New Living Translation

Guard your heart above all else, for it determines the course of your life.

English Standard Version

Keep your heart with all vigilance, for from it flow the springs of life.

Berean Study Bible

Guard your heart with all diligence, for from it flow springs of life.

New King James Version

Keep your heart with all diligence, for out of it spring the issues of life.

New American Standard Bible

Watch over your heart with all diligence, for from it flow the springs of life.

Amplified Bible

Watch over your heart with all diligence, for from it flow the springs of life.

Christian Standard Bible

Guard your heart above all else, for it is the source of life.

CHAPTER 3

MINDSET

It is all about your mindset

In understanding the mind, there is something called “mindset”. **Mindset can be defined as a set of rules or laws that controls the mind.** It is otherwise called belief or belief system. It works like software. Software is set of rules that make computer devices act the way they act and so is our mind. Once certain rules are set inside of you, the mind follows the instructions to determine the actions consciously or unconsciously. That makes the mindset a very vital force in gaining mastery over your mind.

If you are meeting someone for the first time and have heard many negative reports about the person, the way you would act towards the person would be unkind and that is as a result of your mindset. Even if you wouldn't act unkind towards the person, you would be careful around them. You may not even realize why you are being so careful until you remember the things you have heard. That is why people do say; **“it is all about your mindset”**. If you have a mindset of failure, you are likely to fail and if you have a mindset of success, you are most likely to succeed.

Mindset is Editable

Your mindset is a very important component of your mind as your mind is a vital component of your being. **The beautiful thing about mindset however is that it is editable.** For instance, there are certain laws set in your mobile device but your phone manufacturer gives you the power to reset or reorder some of those things on your phone. I love to put that

power to use. I try as much as possible to customize my mobile phones to my taste by enabling and disabling certain features through its settings. I believe you do that as well.

But do you know that if you were a software developer, you can further rework and re-order your phone entirely. For instance, the law that states that the green button is to be used to receive a call can be changed. You can put the command on the red button if you so wish. Usually on the Computer device, Ctrl+C means Copy while Ctrl+V means Paste. But with the technical knowhow, a person can build his own computer system and make Ctrl+B, Copy and Ctrl+D, Paste. **The process of editing our mindset in Christianity is known as renewing of our mind.**

Renewal of mind

Paul informed the born again believers in Romans to do something about their mind since they have decided to leave their former lifestyle of sin. He asked them to change the way they think.

*Don't copy the behavior and customs of this world, but let God transform you into a new person **by changing the way you think**. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is. Romans 12:1-2.*

Renewal of mind is a way of changing or resetting the mindset for a godlier and honourable use. No one was born a believer. We all grew up with different polluted mindsets but with God, we can get our minds renewed for a good and honourable use. *If we learn to work on our minds*

and renew it on a daily basis, depression and other sicknesses of the mind will be long forgotten.

THE THOUGHT LIFE

Your thought life is your lifestyle. I stated earlier that our thoughts are fashioned in our minds. These thoughts are formed and shaped by our mindset. Our thoughts are as powerful as our minds. In fact, what makes the mind so powerful is because it controls our thought life. Many people think that what they feel determines how they think but it is actually the other way round. It is what we think that determines how we feel.

What you think determines how you feel. Have you ever imagined someone insulting you and you get angry while thinking and imagining the incident? The person has not insulted you but you are only thinking about the possibility of such happening and you become angry. It has been said that the muscles in use while thinking about an action is the same we use when we eventually undertake the action. That is, the muscles involved while you are thinking of getting angry are the same you use when you eventually get angry. **Your thought life is essentially your lifestyle.**

If you can control your thought life, you can control your lifestyle. With a good thought life, depression and lust will be far away from you. There is no sin a man commits that doesn't pass through his thoughts. If you have a wrong mindset towards fornication, you will eventually fall victim. To the glory of God, I never got myself involved in sexual acts till I got married. This was because I had a mindset since childhood that such

acts were terrible sins. I was told that my glory would be snatched if I got involved. That mindset stayed with me for a long time. As I grow older, I found a better reason not to involve in fornication and that is the fear of God. Whereas, there are people in my age range who see nothing bad in the act because of the mindset they possess.

My wife told me of how she escaped rape attempts because her father had told her that no single man can successfully rape a lady as against what the movie industry says. That mindset helped her.

A man may feel guilty if he eats pork meat because of his mindset based on his religion that abhors pork eating. Whereas, pork could be another man's favourite because his mindset favours that. Indeed, it is all about our mindset. If we get it right with setting and renewing our mind, we are already victorious over depression.

CHAPTER 4

THE FORCE OF PERCEPTION

It is not what your eye sees that is important but what your mind sees.

■ *Ife Adetona*

In chapter one, I defined depression as a concentrated demonic attack on one's mind which is usually triggered by a natural event **that is perceived as unpalatable or negative.**

When you ask people for the reason of their low morale or sad mood, it is often associated to an event or an unpalatable situation. They believe that a cure or change in that situation will make them feel better. They are right that it will make them feel better but not for a very long time because as far as they are alive, they will keep having trials and challenges. That is why I say that **those who get depressed always get depressed.** It is not necessarily the function of the issues at hand but the perception of their minds. And so, depression is not cured by solving the issue at hand, but by gaining mastery over our mind. And this can be achieved when we take control of our perception.

I have realized that whether something good or bad happens, the way I see the event is the way I will feel. If something good happens, I may see it in a negative light thus feel terrible. There is a case in the Bible when they wanted to rebuild the temple. When the foundation was put in place, the younger generation saw it as a good thing and they began to laugh, dance, and rejoice. The joy was so much that it rocked

the whole city. However, the elderly ones who were privileged to see the glory of the first temple built by Solomon could not match it with the present one and so, they started crying. Although it was the same event, the reaction was diverse.

Hence, the determinant of joy or sadness is our perception. The mind is an interface just like the switch board for the house generator and the electricity company. If you perceive a situation as joyous in your mind and switch it accordingly, it will produce joy but when you see it negatively, it will trigger sadness in you. That is why Apostle Paul says, we must change the way we think. That is, the way we perceive things.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

The latter part of that passage makes us to understand that changing the way we think or see things is the only way to realize the wisdom of God in every situation.

Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is. Romans 12:2 NLT

Many years ago, a Nigerian was given 10,000 Ghanaian cedis. By then, the Nigerian Naira was worth very high. A naira was almost equivalent to 1 pound. The man was rejoicing for being given such an amount. However, when he got back to Nigeria and changed the currency, he realized it was only ₦20. At once, his countenance changed. The difference was not the money but his understanding. This is why we

need to guard the understanding of our hearts. We need to guard the perception of our minds as it determines our reaction.

The Mind Can be tricked

It is not what your eye sees that is important but what your mind sees. It is not what your ear hears that is important but what your mind hears. We can see the same thing, hear the same thing but have different understanding and perception thus our reaction will be different. Remember the Biblical 12 spies that were sent to spy Canaan; they all saw the same thing, experienced the same thing but they gave different reports. Two of them had good news, while the other ten had bad news. The news was so bad that those who heard it began to weep.

The reason you often fall into depression is that you have not learned the art of tricking your mind. You must start by understanding that the mind can be tricked. It is like a pet; it can be trained therefore we need to train it consciously. The mind can be very wild as well. That is why you see someone who knows that fornication is bad but keeps falling into it. Or someone who knows that what has happened as happened and yet, could not forgive himself. It seems as if they have lost control of their mind or thought. Such persons must understand that though, the mind can run wild yet; it can be tamed. There is no wild animal that cannot be tamed.

Let me give you an instance to depict that our mind can be tricked. Have you asked yourself why you cry because a character you love in a movie dies? You know that in the real world, that man is not dead but you cry notwithstanding. You know that the actors are somewhere enjoying the

proceeds from the movie yet, you are there feeling sober over what they acted to you. Years ago, I saw a movie where an actor acted a wicked role. He maltreated his wife so much that I developed a hatred for him. I disliked him to the extent that for long, I find it difficult to see any other movie he features in. In the real world, this man could be the opposite of the character he acted but I have already painted a wrong picture of him in my mind.

The movie industry paints a deceptive picture before you and your mind believes it hook, line and sinker. If the movie world can do that, what stops you from doing the same for yourself? If you can paint a positive picture of a seemingly negative situation in your mind, then you can live through that period without slipping into sadness or depression. If you can put the weight on that silver lining amidst the thick dark cloud, you will live well. I developed this concept on perception many years ago and it has really helped me through various situations of life.

The passage I love the most on this subject of perception is Romans 12:2 NLT. It revealed that just by deliberately changing the way you think and look at things, you will discover what God wants to bring out of the situation. You will also enjoy perfect peace in life. I can tell you that this is true.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is. Romans 12:2 NLT

I was once involved in an accident. Of all the six people in the taxi, including the driver, I was the only one that sustained an injury. I hit my head on the wind shield and it was bleeding heavily. As I was being rushed to the hospital, I wasn't thinking about the fact that I was a pastor or that I was hurrying to a programme when it happened. All I was saying was: "thank you, Jesus". In spite the blood gushing out, all I was thanking God for was the fact that; I was alive, I wasn't feeling dizzy, I didn't pass out. I was normal, holding my head with a rag provided by the driver. I went through that phase without any complications and I recovered speedily. I know those who would have hissed 200 times stating why it shouldn't be them but that is not my case. I was thanking God all the way.

There was a village where thieves usually attack that the men of the village decided to keep a vigil all through the night. One man volunteered to always check around and alert them if there's any harm lurking around. So by 12am, this man will shout "All is well" and everyone will be calm and be rest assured in their various houses. After many years, they got to realize that the man telling them "all is well" was a blind man! However, they believed all was well and slept soundly because their minds were tricked.

A doctor once said that if he could walk through the hospital bed and tell all the patients that they are well, 80% would be discharged healed. No wonder the Bible says that a broken mind will cause sickness in the body. But a lively mind will produce a lively spirit and a healthy body (Proverbs 17:22).

A saying goes thus: *What we think is what we feel*. The people of the village felt secure because they thought the man was right. It is what you think that you feel. The situation may still be the same but your perception may be different and you will feel good. This is why the Scripture is a book of faith and God asked us to walk with Him by faith and not by sight. A positive perception is the beginning of your deliverance.

CHAPTER 5

HANDLING DEPRESSION

If you keep asking yourself for the way forward, then you will soon get out of that depressing situation.

I believe previous pages of this book have prepared your mind and you are already taking control of your mind. As much as we have said that depression has to do with the perception of our mind yet, we cannot separate it from events and particularly, issues of life.

Issues of Life

These are unpalatable events or occurrences. No one desires bad events. Everyone wants something good. We want things to go on in our life peaceably and glamorously. But life always happen. It happens one way or the other. It happens to everyone. It is the way we perceive it that defers. It is these events that leads to anxiety, worry and eventually depression. Since life will always happen, the only way we can live in peace all our lives is to know how to handle it.

Proper Diagnosis

Proper diagnosis they say is half the cure. The first treatment a doctor will administer to his patient is to diagnose properly. That is the first way to address issues of life.

There are permanent and temporal issues. Permanent issues of life are also the long term issues that have lingered or are likely to linger.

Temporal issues can appear very serious but they will fade with time because they are short term issues.

The loss of a loved person, bareness, illness, late marriage, divorce, troublesome marriage or home or whatever we cannot undo can fall into the category of long term issues. Short-term issues can include exam failure, debt, heart-break, loss of money or property and so on. I wish I could list all possible issues of life and categorize them into short and long terms but I believe that you are in the best position to decide if the situation at hand in your life is short term or long term.

When life happens, the first reaction is shock and rejection. You wish it didn't happen to you. But if you are looking for a solution and wish to be on top of the situation, you need to quickly move on to acceptance. Many people who suffer from depression still live in the realm of shock and rejection (wishing it didn't happen to them).

ACCEPTANCE

I was speaking to a woman who has been married for about 30 years. She lamented on the attitude of her husband towards her and the finances of the home. She wished the man would be a good man that he is supposed to be. The man doesn't abuse her; he only has a nonchalant attitude. This gets her worried and depressed to the extent that she is on high-blood-pressure drugs. What I don't understand is why the issue still bothers her after 30 years. I explained to her that what should surprise her is if the man acts otherwise but if the man acts the way he has always acted, she shouldn't be surprised. She ought to have moved on

with her life and see what God can fashion in and through her in spite of the situation.

Accepting the situation doesn't mean that you have accepted fate but it means that you have seen it as an issue that has come and has to be handled rightly. It means that you are set to face reality. At this point, you have passed the denial or rejection phase. You no longer feel bad for yourself or lament that the situation shouldn't have happened to you. You know it is there. You have to accept that you can't undo what has happened no matter what you do, you can only re-write, manage or mitigate its effect. At this point, you should be focused on asking yourself if there is a way out or not. If there is, which will always be, you are set to begin to work on it.

AVOID OVERGENERALIZATION

When a major unpalatable event occurs and settles in our subconscious, it can trigger frustration and you will just be fed up about everything in life including life itself. You can get edgy and be a victim of generalization or overgeneralization. Being a victim of generalization means that whenever a chain of bad events comes up, you unwittingly declare that you are good for nothing. Such an individual concludes on issues hastily.

Take for instance, when a depressed person loses money, fails his exams, burns his food, and falls from the stairs on the same day. They utter statements like, "I am good for nothing", "it is just my bad-luck". They weep, get depressed and do nothing about the situation.

Instead of generalizing, you should **analyze and disintegrate**. An unpalatable thing may be happening in your life or many things may be happening to you at the same time. You shouldn't mix all together and conclude that the problem is with you or a particular event. When you disintegrate and analyze each event, you will discover the cause of each situation. You will see that the reason your food got burnt was different from why you failed. Then, you will see that it is not because you are good for nothing. Some people even go as far as casting their minds to when they were young and fell victims to certain circumstances to back up their claim of bad luck. You need to separate each issue and treat them separately.

Everything happening in Nigeria is not due to bad governance but we tend to generalize and conclude that it's all a function of bad governance. You need to separate the issues you are facing, categorize them and apply the right treatment. The right diagnosis will lead you to seek out the cause and thereby get the right solution.

There is a saying that we feel better when we realize that it's not our fault when we can blame someone else. However, when there's no one to blame, we tend to blame ourselves and the guilt is always heavy. Some also tend to blame God. Learn to look past the past. Stop saying "Had I known", "Why me?" "Where is God?", "I wish I did this or that". All those questions will make you slip further into depression. The questions you can ask instead are: "Can I reverse this situation?" Or "What is the consequence of this thing since I cannot undo it and how can the effect be managed or mitigated?"

Always ask: what is the way forward? Even when you are faced with the worst situation, always move on. If you failed a course in your final year, don't just go about weeping. Is there a thing you can do about it? Will you have an extra year? What can you find doing in that period? Can you raise the school fees? How best can you relate it to your parent? Every question you ask should move you forward instead of wallowing in self-pity and saying: '*I wished*', '*Had I known*', '*If only I could*', '*I should have*'. I don't ask myself such. I just move on. When you do this, it means you are aware of the reality but you aren't settling with it. You are ready to change the narrative because you see hope.

HOPE

It is said that a man can last 40 days without food, 7 days without water, and 3 minutes without air but a man cannot live a second without hope. That situation is not permanent; you can move forward so, look for hope.

Hope is when you place a weight on the silver lining. Always find hope in every situation. It is hope that changes your perception. It schools and tames your mind. When you lose someone, your number 1 hope is that you will see them in heaven. If such a person dies a sinner, your hope is for you not to end up the same way. Whichever way it is, **always find the silver lining in the situation.** No matter how bad your situation is, always find hope in it. There is a way forward. There is a way out.

There was a time we wanted to put up a structure but it kept on coming down. We built it twice and it collapsed. It was hurtful but I didn't allow myself to slip into depression. I had to ask myself "what is the way forward?" If you are in a situation that is not palatable, you need to ask

yourself the way forward. Calculate the consequences and see how you can fare better. Count your options and go with the best. When people come to me for advice, I do ask them for their options then we look for ways to maximize the best option. **If you keep asking yourself for the way forward, then you will soon get out of that depressing situation.**

At times, the way forward is not getting rid of the seemingly unmoving situation, it is building strength against it. A person who keeps meeting roadblocks in her attempt into the movie industry decided to do short clips on the social media. She put efforts in it, made a name for herself and soon, she emerged as a celebrity. As a result, movie producers began to seek for her audience. There is always a way forward, believe that.

FAITH

To your hope, add faith. Faith says “it is well” and not it will be well. Hope says it will be well while faith says it is well. It is the faith that can keep you secured. It was by faith that Peter walked on water. The reality was that he was surrounded by water but he had hope that if Jesus could do it, he could do it as well. He took a step of faith and walked. However, when he began to cast his mind back on how terrible the situation was, he began to sink.

For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strong holds; 2 Corinthians 10:4

CHAPTER 6

DEALING WITH DEPRESSION SPIRITUALLY

The hardest part of deliverance is not in casting out of demons, it is in preventing the demon from returning.

■ ***Ife Adetona***

In chapter one, I emphasize that depression is a demonic or satanic siege on the soul or mind of a man. There are extreme cases where the demons are present in the victim and there are cases where the demons operate remotely. Whichever way, depression mustn't just be dealt with psychologically but also spiritually.

I was discussing with a disciple of mine who came to pay me a visit many years ago. As she was about leaving, I wanted to pray with her. As I lay hands on her, she fell. The way she fell was different from that of someone who was slain by the Holy Spirit. Before I knew it, a demon started manifesting through her- speaking like the incidents in the Bible where demons talked back to Jesus. I wasn't shocked that a demon was manifesting in a believer but I was shocked that it could manifest in a disciple under my watch. I asked the demon: *"how did you get there?"* The evil spirit said: *"she invited me in. I was passing by and found her worried and thinking so, I came in to assist her to worry more".*

HOW TO DEAL WITH DEMONS

Rebuke the evil spirit.

I spent the early days of my ministry in what we call the deliverance ministry. I am still very much in the deliverance ministry but with a better understanding. Those days we could spend several hours casting and binding, chasing evil spirits out of people. Some spirits would manifest audibly claiming they won't go out and we would enter into a bout of casting and binding. Eventually, we always get them off. With my few years in this aspect of the ministry, I can tell you that the most fatal way to defeat the devil is when the oppressed takes over their life and cast the demon out with their mouth and understanding. Those days, we do get to a stage in deliverance after spending several hours and the individual person is still not free, we call on the person to deliver himself. It always works that way. The most difficult door to open is the one closed from the inside. But when the person inside opens the door, the door gets opened.

What I am saying is that, the best person to deliver you from the spirit of depression is you. All you have to say is to address the spirit: *you that evil spirit of depression, I cast you out in Jesus Name. You can say that right now.* With faith in your heart and the understanding of the name of Jesus, you will be free indeed.

Fill up your mind

When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none. {12:44} Then he saith, I will return into my house from whence I came out; and when he is come, he findeth

[it] empty, swept, and garnished. {12:45} Then goeth he, and taketh with himself seven other spirits more wicked than himself, and they enter in and dwell there: and the last [state] of that man is worse than the first. Even so shall it be also unto this wicked generation. Mathew 12:43-45

The hardest part of deliverance is not in casting out of demons, it is in preventing the demon from returning. That is because this aspect puts the responsibility in the hand of the oppressed. Human beings and especially believers are lazy. We want God to just do it or the Pastor should step in on our behalf. But until we take responsibility, we may never be truly free.

Jesus saw into the spiritual realm and he understood how demons operate. He lectured us that when you cast out a demon, he is immediately on the lookout for the next place to stay. If he doesn't find where to stay which is most likely because he never wanted to leave its former abode in the first place, he will come back to check his vacated house. Jesus said if he realizes that it is empty, he will return with full force in the company of seven other stronger demons. That is why you see that you got free only to relapse again.

Demons moves with thoughts

I will tell you what happens in the spirit realm when you found yourself back into a mess or situation that you have been delivered from. Demons move with thoughts. When a demon wants to return into a place he left or to even enter the place in the first instance, he will cast evil thoughts and imaginations into the mind of that fellow. If you wave it or cast it off the first time, it will go off but would return later with a stronger force.

That is why the Bible says that a man must take the responsibility of casting down every evil imagination, holding them captive and arrest all thoughts to the obedience of Christ.

You can't stop a bird from flying above your head but you can stop it from building a nest on your head. The same way demons can cast waves of evil thoughts across your mind. But when you absorb this thought and begin to dwell on it, the evil spirit gains the permission to walk in. That is why you must arrest those thoughts and hold them captive. How do you do that? You must cast them out and reject them audibly. Take note of the word audibly.

What the devil wants you to do with the ill thoughts is to brood on it. Some will ignorantly shove it aside. That doesn't work either. What is right is to speak out against it. That is how to deal with depression and every other diseases of the mind like lust. When I was battling with lust many years ago, I overcame by not giving the thoughts a break. I took a stand against it every time it appeared. When you are rebuking or speaking out against an evil spirit or evil thought, you must do it audibly. This is because the evil spirit does not hear your thoughts, it only hears your voice. If you are in a public place, you can endeavour to rebuke beneath your breath. Just ensure that some air or sound leaves your lips.

Keep Rebuking

You don't think your response to evil thoughts, you speak your response. You cast it out in Jesus Name and counter it with the word of God. Demons don't know what you are thinking, they can only guess but

they hear every word you say including the faintest. You may wonder how demons cast thoughts into your mind but don't hear what you are thinking. They are intelligent. Once they cast the thoughts in, it's like injecting someone with a poison. The person who injected the poison does not see what goes on inside the person but the body will naturally respond to the poison and follow its destructive programme unless it is ejected out of the body.

Demons send in the thoughts and watch you react to it. Of course, they know how it would naturally react. If a demon casts lustful thoughts into your mind, he won't be shocked to see you gaze at a lady's body. If it casts a depressive thought in you and you absorb it, it's just a matter of time, for you to hiss, grow a long face and your food would soon become tasteless in your mouth.

When we were waiting on God for the fruit of the womb. I was in the kitchen taking water when I received the news that one of my spiritual daughters has just given birth to a newborn. I was happy. But in the midst of it, the devil sent a striking word into my mind. I can't remember the word but it seems to halt every of my being for a second. I had to ask the Holy Spirit to give me the right word to fire back at the devil. I waited for a while, spoke against the thought and eject it out of my being. Then, I took my water with joy.

If evil spirits bring depressive thoughts to you 100 times a day, you must come against it, 100 times a day. If the evil spirit is not tired, then you shouldn't be tired to counter it. If devil says: *now that you have lost your dad, how will you live your life?* Don't let it slide, take a stand against it.

The Bible says Satan has fiery darts and he would shoot many of it at you tirelessly.

*Above all, taking the **shield of faith**, wherewith ye shall be able to quench all the fiery darts of the wicked. Ephesians 6:16*

The shield of faith is a vocal shield. You pick it up by engaging in the act of speaking back to those evil darts.

We having the same spirit of faith, according as it is written, I believed, and therefore have I spoken; we also believe, and therefore speak.
2 Corinthians 4:13

If the devil shoots fiery darts at you 1,000 times the first day and you counter it 1,000 times, the following day it may increase to 3,000 times. It can go on and on like that for a week but if you counter it back to back, the following week, it is very likely to reduce and it will keep going downward till you overcome. When I say 1,000 times, don't think that I am exaggerating. The devil is not joking with you. He wants to take hold of your mind by all means and it won't give up at the first few attempts.

Don't just talk back but remember to speak out audibly. If you are in the public place, speak out underneath your breath, they are sensitive enough to hear.

Don't just talk back audibly but use the scriptures. The scripture is powerful. If all that comes to you at that moment is the name of Jesus,

say it with understanding. If all you have at another time is the blood of Jesus. Say it with understanding.

You can say something like: *I rebuke every thought that is making me feel or think that everyone hates me in the name of Jesus. I cover my mind with the blood of Jesus.*

At other times you may quote a scripture that assures you of God's promises. If you slip into depression because you don't have enough money to keep up, remind yourself of what God said about your prosperity. You can say something like: *I rebuke every thought making me feel impoverished in Jesus Name. I declare that I am blessed. The Bible says that: the young lion shall lack and suffer hunger but those that trust the Lord will not lack any good thing.*

It will take some time

So mightily grew the word of God and prevailed. Acts 19:20

I know you want quick fixes and I am glad to tell you that this is the quickest fix that you can get. The Bible says that the word of God is the quickest, the sharpest and the fastest (Hebrews 4:12). However, patience is required. It will take some time depending on the severity of the weight that is upon your heart but the longest it can take is three months if you apply everything I have said so far in this book and what I would still be saying.

When you deal with depression rightly, it is not only the thoughts that leaves but the issue also gets taken care of. I can tell you this confidently because I have been there. That was how I got my freedom. I

battled with lust and won. I battled with lack of funds in my early days in the ministry and won. At that time, I had my school fees to pay and I wasn't on any salary. I also needed to take care of my daily needs. By employing these tools, I did not exceed 7 months in that that phase of my life.

That time, I made Psalms 34:10 my daily meditation. I even composed a song out of it. I didn't allow the thought of lack of funds to weigh me down. I have seen a lot in my personal life and in the ministry yet depression wasn't an issue for me because I know how to stay in control of my thought. During one of those times, when we were waiting on God, my wife asked that will people still see us as genuine men of God? Will they come to us for prayers and so on? I told her that God is using us, if anyone has a doubt because we were yet to have a child, they can check the pastor or prophet next door. It is not my problem, it is theirs.

You see, the devil wanted us to start questioning God's grace upon our lives. He wanted us to think that everyone is thinking that God has refused to answer us. I won't ever come to that point. I have digested the word of God in my spirit, it is lively.

I said all that so that you can know that it works. **Rebuking and declaring God's word doesn't only prevent you from slipping into depression but as you claim the promises of God for your life, it will come through.**

The word is a seed

The seed is the word of God- Luke 8:11

Imagine that major situation that is triggering those depressive thoughts in you as a mountain and see the word of God as a seed. When you plant the word, it will begin to grow. As you confess, declare and announce it on a regular basis to avoid slipping into worry and depression, it will keep growing. Remember that Paul said, he planted and Apollos watered. So, it is the duty of man to do the planting and the watering and not the duty of God. As you speak audibly with spiritual saliva coming out of your mouth, you are watering the tree into growth.

Mightily Grew

So mightily grew the word of God and prevailed. Acts 19:20

In a short while, the word will grow, overshadow that mountain and prevail over it. It is at that moment that the roots of the word would uproot the mountain and roll it into the sea.

For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Mark 11:23

Imagination

The moment you start confessing and declaring the word of God over that situation is the same time you must begin to imagine the mountain rolled into the sea and then imagine a life without that situation. If you do this with understanding and devotion for three months, I tell you that you will be absolutely free of depression and tears. When I say three

months, I am not just talking in relation to that particular issue of your life, but you will live a lifestyle of abundant joy every day. In a short while, you will have your testimony as well. And if you will handle every situation like this all the time. You will be a happy man or woman 24 hours of the day.

In the process of rebuking those thoughts and fighting off the demons, you may slip into worry and depression but you must not remain there. You may suddenly realize that you are lost in thoughts before snapping back to life. Just tell God to forgive you for getting worried because He commands us to worry not. Then, pick up from where you stopped, rebuking the demon and confessing the word of God.

Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee:] because he trusteth in thee. Isaiah 26:3

The Lord will keep you in perfect peace if you have situated your mind and thoughts on Him.

Avoid Triggers

While dealing with depression, especially over a certain issue, one of the things to look out for are the triggers of the depressive thoughts in you. One of the things I did for myself is to select my friendship. I went a very long time with no one but my wife and some of my spiritual children as friends. I spent few minutes with a friend and all he did was to compare his success with mine. He was ranting for almost an hour how he achieved ABCD. The only thing he didn't say was look at me and look at you, I am doing far better than you. He actually once said to me that the

reason I don't have a child and a car was because I was far away from him. He said every other person who were close to him were doing good.

I would lie if I said those words didn't get to the first layer of my mind but it didn't go farther than that. I was repeating the word "focus" to myself several times to get my balance. I encouraged myself in the Lord with scriptures and I allowed the Holy Spirit to minister to me. I didn't stop at that, I avoided that friend totally. He is a good man and I believe he was acting innocently but it wasn't helping me and so to sustain my mental health, I avoided the relationship. I hold no grudges against him.

When we were preparing for our wedding, my wife went off Facebook. She said she has been dreaming of a glamorous wedding especially the wedding gown. We were at a point that we couldn't afford even a glamorous home to settle in after the wedding. She said everyday she goes on Facebook, she sees the pictures of the wedding of someone, the gown and the glamour and it was getting to her. To keep her mental health, she simply went off Facebook till after the wedding. Facebook was not the problem. Those who innocently put up their wedding photos are not the problem. But she doesn't have the capacity to bear up with it and so, she decided to avoid it totally.

You need to identify those triggers that can push you off the cliff and avoid them as much as possible. If that makes you appear as though you are weak, no one is strong in all areas of their lives. I just told you of mine and that of my wife.

Get Help

I believe that you opened this book because you believed that you needed help. If you feel that you need to talk to someone, do not hesitate to do that.

Eliminate the root

Some situations that get us depressed are actually supposed to be eliminated instead of trying to put up with it. Such includes: toxic work environment, toxic living environment, toxic relationships and so on. I have seen people seeking help over what they ought to put away from their life quickly before it claims their life. I believe that there is no greater source of depression to an adult like their relationships.

Get Solutions

So far in this book and especially in the last chapter and this, I have told you what to do with depression and its associates: worry and anxiety. I have told you how to keep your mind at peace at all times in the face of tragic issues of lives. But what are you going to do about those issues? You have to solve them. They have to go away. I don't know which issue you are facing currently but I do know the solution you can apply to every issue you may be facing or still face. It is knowledge.

Wisdom [is] the principal thing; [therefore] get wisdom: and with all thy getting get understanding. Proverbs 4:7

Believers often ask one another; “have you prayed through?” We need to begin to ask; have you read through? You should pray, alright and pray right. But you must also get knowledge on how to come out of that situation. That is how to even pray right. And I think all believers should

learn how to pray over issues. We think we know how to pray but we actually do not. Daniel did not pray until he has read the existing record about the captivity. When he read the records, he knew how well to pray.

Some people have been through what you are facing at the moment. How did they do it? I was once poor, now I am rich. I got the secrets to success especially as it relates to ministry from books. I was once a sickly young man, now I live healthy. I haven't been sick in the last eight years. I got the key by studying books on divine health.

Jesus asked; haven't you read? You must read. There was a time I couldn't pray for any sick or get anyone baptized in the Holy Ghost but today, everyone I pray with speak in tongues. How did I come to that point? I read a book of a man who had over 50-year ministry experience in baptizing people in the Holy Ghost and healing the sick. I was in my study one day when I saw the reason I was yet to have a child. I fixed it immediately and that stone was rolled away.

I strongly believe that if I am faced with any challenge today, Satan is not the cause and God is not to be blamed. I believe that everything lies with me. It is either that I don't know what I am supposed to do or that I am not doing what I am supposed to do. All I need to do is to get where I am missing it.

I wish I know what you are facing right now and tell you what materials to turn to for help but if you check the index of this book, you will find a catalogue of the courses we offer in the Koinonia Bible Institute. If any of it looks like what you need at this moment, you should apply for the

course. The programme is fully online and each of it is worth 30-50 books. That is, what you will benefit from each programme can only be compared with reading up a whole library on the same subject matter. You can also go through the list of published books and place an order for the one that best suits your need.

ENVIRONMENT RELATED DEPRESSION

We are still talking about dealing with depression spiritually. One of the advantages a believer has is the ability to take charge of their atmospheres and the spirit of fellow men bringing them into subjection in Christ Jesus.

One of my daughters complained to me that her dad has started acting aggressively again. Take note of the word “again”. She has pleaded and done all that was expected of a daughter but the man seems to get more aggressive. I told her to take charge of her environment and the spirit of her father.

Yonggi Cho explained how a couple in his church gave him a distress call at late evening. The couple had sworn to him on the phone that if he didn't show up that night, they would have divorced before daybreak. They only wanted him to come so he could witness their divorce since he was their pastor who witnessed their joining. He said as he stepped into the house, he saw that each of them had arranged their luggage. They were just waiting for him so they could walk out of the door and go their separate ways. He said, he took their hands and commanded every evil spirit in the atmosphere to take their leave. He said that, joined their hands together and left.

The next time, he spoke with the couple, they were happy and confessed that they didn't know what came over them. They also couldn't explain how that darkness suddenly left them and they loved each other again.

Be Spiritually sensitive

If someone faces me to attack me, I believe an evil spirit is behind his actions. All I have to do is to address the evil spirit and command it to leave. The same way if a person is acting irrationally or awkwardly, you can command the evil spirit influencing them to depart. You can take a step further to deal with the evil spirit in the atmosphere and also deal with the spirit behind that person's action. This works effectively when it is within your space, your home for instance. It also works upon anyone who is related to you or whose action can have a direct effect on you.

If you always get depressed in your home or at your place of work, you don't have to see the evil spirit before you take charge and command every evil spirit in that atmosphere to take its leave immediately. You simply declare like this: *every evil spirit of depression in this atmosphere, I command you to leave this moment in Jesus Name.* Then, you say: *I command peace into this atmosphere. I asked that angels take charge of this environment right now.*

The fact that someone worry or get depressed often in that space is enough to invite the evil spirit of depression, anxiety and worry as the case may be into that atmosphere.

If it is your parent, spouse or partner that is acting irrationally, at the moment they are still acting that way, take charge of their spirit. Firstly, rebuke the spirit out of the environment. Then, cast out the spirit influencing them. Do it one after the other. You can simply declare like this: *I rebuke you foul spirit of anger working over my husband to take its leave right now in Jesus Name. I command your spirit to be quiet right now (mention their name). Let the Holy Spirit take charge of your thoughts and actions in Jesus Name. Amen.* If you are able to have an eye contact with the person, it works faster that way but if you couldn't, it doesn't matter.

This would work on anyone and in all situations so far it affects you. But it may not work over a person whom you are in a wrong relationship with or when you are outside the will of God. It can still work in a marriage built on a wrong foundation except in critical situations where wisdom says you should take a break from it.

How Loud?

When you are taking charge of a person's spirit and bringing them into subjection to do the right thing, they don't have to hear. You are addressing the evil spirit not them. It is safe to believe that every bad character is an evil spirit so you can address it as one. You can speak quietly under your breath. The evil spirit will hear and obey your voice. Meanwhile, I should remind you that you should never be complacent in playing your human part. If all you do over your rebellious child for instance is to bind the spirit of rebellion and you didn't engage discipline it may be of no effect.

How Often?

When you make your declaration to cast off the evil spirit influencing the action of a man, don't keep quiet until you have seen a real change. Remember what Jesus said about an evil spirit returning. It will be easier for the evil spirit to return in that person's case if their will is not subjected to God but the devil. If they are not taking any step towards filling up their minds, the demon can always return thus, you should not stop rebuking and taking charge. The same goes with the atmosphere especially when the space or house is not fully yours. The flat I live in is my space but I have a limited authority over my neighbour's flat. You must ensure that your constant rebuke is justified and rooted on the understanding of the word of God.

As soon as they hear of me, they shall obey me: the strangers shall submit themselves unto me. {18:45} The strangers shall fade away, and be afraid out of their close places. Psalms 18:44-45

Wherefore God also hath highly exalted him, and given him a name which is above every name: {2:10} That at the name of Jesus every knee should bow, of [things] in heaven, and [things] in earth, and [things] under the earth; And [that] every tongue should confess that Jesus Christ [is] Lord, to the glory of God the Father. Philippians 2:9-11

DELIVERANCE

Before I say words of prayer and deliverance over you, I need to ask if you have given your life to Jesus. If not or you are not sure or you only want to re-dedicate your life to Jesus, say this: *Lord Jesus, I accept you*

as the Saviour of my life and as the Lord of my mind. Take your place, Lord. Let your peace saturate me spirit, soul and body. I dedicate my life to you now and forever. Amen.

May the power of the Lord come upon you right now. I proclaim you free from that depressive spirit and thoughts. The light of the Lord liberates you. Your mind is loosed. Take control of your thoughts henceforth in Jesus Name.

PEACE! Can you be still for a moment and let the peace of Jesus set your mind free. *I really need you to spend at least two minutes being still. You will have the peace of God covering you.*

REJOICE! It is done.

CHAPTER 7

POWER OF A RENEWED MIND

Your mind is either getting transformed or it is getting conformed and thereby, deformed. It can't stay neutral- Ife Adetona

Thus far in this book, we have examined various areas bothering on the subject of depression and the mind. In the foremost chapters, we took a wholesome look on the anatomy of the mind, mindset, the thought life and other areas that can help us understand the nature of the mind and put it into a good use. I mentioned that the process of resetting our mind is known as renewing of the mind. In this chapter, we shall take a wholesome look at how to achieve this. When we learn to constantly renew and take hold of our minds, it will be immunized against depression and other diseases.

I have said it repeatedly in this book that when you give your life to Christ, it is your spirit that is rebirthed and not your mind. Jesus told Nicodemus that he has to be born again, he asked ignorantly if that meant he had to go back into his mother's womb. When you become born-again, your illiterate mind remains illiterate. If all you know before you became born again is the French language, you wouldn't start speaking English by virtue of your conversion. If you don't know how to drive a car, giving your life to Christ wouldn't automatically make you a licensed driver.

Your body is also not changed. If you're dark before experiencing salvation, you'll remain dark. If you're fair, you'll remain fair.

Be Transformed

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:2

It is your duty to transform your mind by consciously renewing your mind. It is YOU that will ensure that YOU do not allow YOUR mind to get conformed but YOU make sure that it is reformed through a deliberate effort by YOUR constant and daily renewal so that YOU may be able to prove that which is good, acceptable and the perfect will of God.

Some believers live in an illusion that they do not have to do anything under the grace. There is no blessing in Christ that exonerates you from being responsible. You have a role to play even in your salvation. In as much as Jesus did all there was to do about salvation, you have to accept it before you can be saved. **Your mind is either getting transformed or it is getting conformed and thereby, deformed. It can't stay neutral.**

HOW CAN I GET MY MIND RENEWED?

1. BY WASHING YOUR MIND

I love to liken the mind to a rusty basket taken to a river to fetch water. No matter how perfectly tightly knitted a basket may be, it cannot retain any water from the river. However, when you dip the rusty basket into the river, it gets cleansed. Even though it's not retaining water, it gets cleaner and cleaner. This river is the word of God.

*So then faith [cometh] by hearing, and hearing by the word of God.
Romans 10:17*

*That he might sanctify and cleanse it with the washing of water by the
word, Ephesians 5:26*

*Study to shew thyself approved unto God, a workman that needeth not to
be ashamed, rightly dividing the word of truth. 2Timothy 3:15*

The word of God plays an important role in washing your mind, schooling your mind, re-schooling your mind, and unlearning negative viewpoints from your mind. The word of God teaches your mind. The word of God is the clean water and your mind is a basket. You may not have to memorize the whole scripture for you to have your mind renewed. Your mind just has a way of retaining it. For instance, if you read an erotic novel, you get corrupted and polluted. You do not need to cram the whole novel for your mind to get corrupted. You only need to read through it. The same goes for the word of God.

I often advise people to read the word at their pace. If you want to read through, study, or memorize, it's all up to you. Just make sure you are reading daily and all the time. I also advise doing all as you have the grace. I started reading the Bible at age 11 when I gave my life to Christ. Even though I couldn't fully grasp all the knowledge then, my mind was being renewed.

2. BY SEEKING FOR THE HELP OF THE HOLY SPIRIT

Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. Romans 8:26.

You can get His help by praying in the Holy Ghost both in your mind and out aloud. No matter how busy you are, you can always pray in the Holy Ghost in your mind. By so doing, you are purifying your mind. Paul says when he prays in the Holy Ghost, it is his spirit that prays and the mind is passive. By passive, it means the mind became spiritually controlled as against being carnally controlled (1 Corinthians 14:14). If your mind veers off, continue speaking in the Holy Ghost, that a child fights water during bathe doesn't mean the water is not getting through to him.

3. INFORMATION

Your mind gets influenced by information so you must surround yourself with useful and positive information. If you stare at an image for some time, then close your eyes afterward, you will discover that you can still see that image. By that time, you're not seeing it with your eyes but with your mind. This shows that whatever you see and hear has a lot to do with how your mind is schooled. This is why I am very selective about music. I do not entertain worldly music, not even the one played on the radio or over the television. I also don't entertain erotic books and I don't go around with the wrong friends.

In many of my teachings, I always talk about association and friendship. This is because I learned my lesson about friendship and association the hard way. All through my junior secondary school classes, I was alone

and I was an excellent student but immediately I got to the senior secondary school, my academics experienced a downturn; a situation to which my association then contributed. Even though, I won prizes on the prize giving days, but my spiritual life and my academic life had been punctured. Hence, you have to be wary of who you call friends. You don't have to be friends with everybody. You don't even have to be best friends with anyone. There are some good people I relate with today but we aren't friends. **Relationship should not always be tantamount to friendship.**

Scrutinizing who you call friends will help you sift through what you see, hear, and are exposed to. If you are a Christian and your best friend is a Muslim or a semi-believer, it's not proper. I usually tell my spiritual children not to associate with someone that has a girlfriend when they do not have one themselves. **Don't trust the person who trusts the person you cannot trust.** Don't tag along with someone who enjoys habits that you abhor. If you don't smoke, then you have no business being friends with a smoker. **Keep good friends only or no friends at all.**

4. EXERCISE

*But strong meat belongeth to them that are of full age, [even] those who by reason of use have their senses exercised to discern both good and evil.
Hebrews 5:14*

The worst kind of laziness is to be a lazy thinker. If you don't exercise your mind on optimistic things then your mind will get too dull, corrupt, and weak. You must exercise yourself in good things. Paul told us the things we must think about.

Finally, brethren, whatsoever things are true, whatsoever things [are] honest, whatsoever things [are] just, whatsoever things [are] pure, whatsoever things [are] lovely, whatsoever things [are] of good report; if [there be] any virtue, and if [there be] any praise, THINK on these things. Philippians 4:8.

Anybody that can worry can think and anyone that is depressed can think. Worry and depression is simply thinking about a problem with a pessimism view. Instead of being given to depression, you should rather exercise your mind in godly and scriptural thoughts. You must have a good grasp of your mind and train it to think positively at all times. When it veers off, send it back on track.

STRENGTHENING YOUR MIND

Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23 NLT

One way to strengthen your mind is to mount a guard over your mind. This has to do with blocking the entrance to your mind and that entrance is information. You need to be careful of where you pick the information that filters into your mind.

For some, it is assumptions. They assume that someone is thinking evil about them. Even if they are sometimes right, they are wrong or exaggerating or paranoid most of the time. Being *Paranoid* means extreme irrational distrust of others. But instead of assuming, you

should endeavor to make excuses for that person. Since assumptions are generally half-truth so, assume positively instead of negatively.

Be careful of perception too. Many perceive things wrongly. I have determined not to be suspicious of people whether they dislike me or not. I save myself the stress of looking around or watching my back. That way, my heart has been at peace. Being a head of a ministry with a lot of people around, that is the least I can do for myself. I trust God to reveal conspiracy and hypocrisy and He has always been faithful. Meanwhile, when there is any revelation of hypocrisy or conspiracy, I dig it to the root and uproot it.

Do not go with a baseless rumor that makes you feel bad. The Bible says *the words of a gossip are like choice morsels; they go down to the inmost parts- Proverbs 18:8*. No man can make jest of me and I'll take it to heart because if they know who I am within, they wouldn't think that way. You need to think right. Even if the information or rumor has to do with "shameful" facts that you cannot deny, you don't live in self-denial rather, you accept the reality and follow through with the steps explained earlier under "Handling Depression". If it is an issue that you choose to clarify, do it appropriately or forget it altogether. Ensure that you don't go about thinking that some people are thinking ill about you. Even if they do, you should choose not to think so. **It is what you think they are thinking about you that determines how you feel.**

Do away with every trigger or source of bad information too. The book of Psalms warned us not to put our seats among the wrong people. *Blessed is the man that walketh not in the counsel of the ungodly, nor*

*standeth in the way of sinners, nor sitteth in the seat of the scornful-
Psalms 1:1.*

Avoid every company that makes you feel inferior every time. I had to avoid one myself. Avoid them and stay where you are safe. When you can sieve this information that comes to you either through assumption, perception, rumor, demonic thoughts, facts, news or bad company, it will help you a lot. Some may still slip into you but refuse to imagine them. Imagination is image formation. Refuse to form them in your mind rather cast them out and counter them. If you slip into forming a negative image around it, snap back on track and counter them. Then, began to imagine the positive and confess your positive imagination just as I explained under “lust”.

Always make use of the scripture too. The Scripture cleanses us just like water does just as I have explained earlier. There was a man who asked his grandchild to go to the river and fetch water with a basket. The boy did this thrice but never succeeded in bringing the water home. He fainted after the third trial and his grandfather woke him up. He then pointed his attention to the fact that the basket is cleaner now than it was when he set out for the river the first time. He realized that it wasn't a wasted effort. The same goes for the word of God. The more you interact with it, the cleaner you get. **You can build a godly stronghold on your mind by reading and meditating on the scriptures.**

You can start from the stories and historical aspects of the Bible. I started there as well. It is fun and the same time, powerful and recommendable to read the Bible like a novel especially when you are

using the modern translations. As you read, do not think it is in vain. It is not, it is rather cleansing you. Did I say you shouldn't study the Bible? Not at all. You should study but instead of hoping to have that luxurious time to sit for study, read it *casually* everywhere you go- banks, schools, in the train, inside taxis, on the plane, lying down on your back. Just read and read. And create time to study too.

Work and rework your mindset. Our mindset programmes our system in such a way that we can act accordingly even when we are not so conscious. Develop good mindset and install it in yourself. One of the mindset I have is that: I will not miss what I do not have. If I don't have a car and rain beats me or the heat of the sun touches my skin, I would rather give praise to God than to start saying "had it been that I have a car". That language is totally deleted from my mind.

Go for help if you think that you need one. Always ask the Holy Spirit for help and again, in all you do, keep good company and read godly books and materials. These things keep depressing thoughts away. Paul did not only tell us what to run from, he also told us what to run to-

Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart. 2 Timothy 2:22

END NOTE

I believe your mind of depression has been healed as you read this book. Make sure you put to use everything you have learnt. As you do so, your mind is totally healed of depression in Jesus Name!

You should check the index page of this book for other materials on mental health most especially “Healing for Depression”. It is a comprehensive guide on getting rid of depression out of your life totally.

INDEX

Receiving Salvation

You were born a sinner condemned to hell but Jesus Christ died for your sins, gave you power to sin no more and to enjoy life here on earth and hereafter. All you need to do is to believe and accept His works by declaring Him as your LORD and Saviour. Do you believe this? Say: Lord Jesus Christ, I accept that you died and resurrected for the remission of my sins, I declare you as my LORD and Saviour. Amen.

Steps to Receive the Baptism of the Holy Ghost

1. You are not to ask or beg God for it, just expect it.
2. Believe He has given you and you will manifest it.
3. Don't hate tongues. That some people misuse it doesn't mean it has lost its power.
4. Don't pretend not to need it. Holy Ghost baptism is not just about tongues, it is about empowerment but tongues is the initial sign that you are baptized.
5. Clear your minds of doubts. God will give you but if you think that any sin can hinder you, ask for forgiveness now and now. (Isa 1:18 *Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool*). And forgive everyone in your heart.
6. As I pray for you, you will be baptized and you will speak in new tongues.
7. As I pray for you, the Holy Spirit will give you utterances and you will speak it out. Note that utterance means any sound produced with the mouth. That means the utterance could be one syllable or two. It could be one word or more. Understand that you are the one

that will pronounce the utterance in anyway it comes to your mind as the Holy Spirit gives you utterance.

8. When I pray for you, the utterance would come. Don't think you are the one thinking it, it is not you. Don't think you will be unconscious or lost, it is not so. Don't be bothered if you don't know the meaning just speak it. And keep repeating whatever comes to your mind.
9. Daddy thank you because you are a faithful God, you always hear me and you are eager to give us more than we are eager to ask. I pray for you: receive the Holy Spirit right now in Jesus Name.
10. Open your mouth and began to speak those tongues.

Steps to Receive Healing

1. **1Peter 2:24 says:** *He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. **By His wounds you have been healed.***
2. You have been healed. You have been healed even before you had that illness, what I'm about to do by praying with you is to proclaim your healing.
3. As I do that, the pains and symptoms will be no more.
4. After I pray for you move that part of your body just as though it was healed already because it is an instant healing.
5. I proclaim you healed and whole right now in Jesus Name. The last time you had that illness is the last you will ever have in Jesus Name.
6. Check it out and share your testimonies.

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