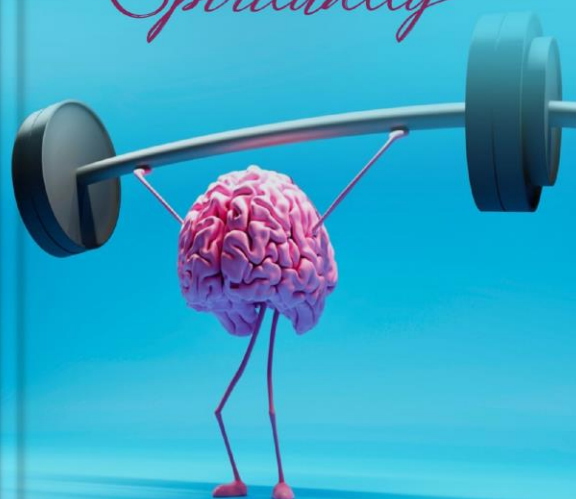


DEALING WITH MENTAL
HEALTH
Spiritually



IFE ADETONA

ABOUT THE BOOK

God is very much concerned about all aspects of our wellbeing, our mental health inclusive. Therefore, God has plans for our mental wellbeing.

The author has written this book to enlighten people on how to enjoy good mental health biblically. The book defines mental health, it explains how to deal with mental health spiritually and how to secure your mental health.

To enjoy a sound mental health according to the will of God, this is the right book for you.



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.

Dealing with Mental Health Spiritually

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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

MENTAL HEALTH

Mental health is being at peace and being in charge of your emotions; avoiding the edges, moving forward in face of stress, disappointments, rejection and other unpalatable situations.

■ ***Ife Adetona***

As you open the first page of this book, every cloud of depression and mental imbalance over your life are packing off in Jesus Name.

WHO defines mental health as a state of well-being in which an individual realizes their ability, copes with the normal stress of life and can work productively and fruitfully, and is able to make a contribution to his/her community.

I define mental health as:

- being at peace and being in charge of your emotions. You feel the way you want to feel and you refuse to feel the way you do not want to feel.
- It involves avoiding edges; edges here mean extremes. There is a breaking point of emotions, a point where you just go off the cliff and burst into tears.
- It also entails moving forward in face of stress. There is typical stress of life and there is abnormal and over-the-top stress of life that no one prays to get entangled with. There are disappointments, rejections, crises, and terrible situations that topple people's mental health. While what breaks some down are

normal things, what breaks others are on the extreme end. But you must be able to move forward, notwithstanding.

Summarily, mental health is being at peace and being in charge of your emotions; avoiding the edges, moving forward in face of stress, disappointments, rejection and other unpalatable situations.

Mental imbalance could be acute or prolonged. To be acute means, it just occurs suddenly and you soon get over it and move forward. When you fall in an acute mental imbalance, being able to move out of it quickly is mental health.

There are some people who experience prolonged or continuous mental imbalance. They move in and out of worry all the time. I have dealt with some close people who are like that. They fluctuate between mental balance and imbalance.

Through my observation, I think it has something to do with their temperaments. For instance, if you meet a sanguine in a place where they are downcast, you are very lucky. And when they are in that mood, it is always brief. It is acute. They only need a moment or event to distract them and they have forgotten about that.

WHAT DOES GOD SAY ABOUT YOUR MENTAL HEALTH?

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3John 1:2.

The prosperity of your finances and your health depends on the state of your mental health. In this context, your soul prospering refers to your mental health prospering. It refers to the state of our mind.

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

Scriptures often use the words heart, spirit, soul and mind interchangeably. They can mean the same thing and at the same time mean different things. Generally, your heart is your spirit and vice versa. Man is a tripartite being, consisting of the spirit, soul, and body. The organ of the spirit is the heart while the organ of the soul is the mind. The soul helps us to demonstrate emotions.

Take, for instance, the scripture says: *"a merry heart doeth good like medicine but a broken spirit drieth the bones."* Somewhere in-between that passage, we have the soul. This is because what makes merry and expresses emotions in man is the mind. It transcends that emotion and mood to every part of our being. If the soul is downcast, the spirit will be broken and even the flesh will be broken.

Looking at the Hebrew rendition of the word translated as heart there is *labe*. This means *the inner man, mind, will, heart, understanding, and also a seat of emotions*.

The point here is that God wants us to be in a good state of mind because whatever affects it affects our entire being. The Scripture says

the thought He thinks towards us is that we will always be at peace and never disturbed (Jeremiah 29:11).

2Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

God makes available for us, the power for a sound mind. May that power envelope you as you read this book in Jesus Name.

2 Corinthians 1:3-4 NLT

All praise to the God and Father of our Lord Jesus Christ. He is the source of every mercy and the God who comforts us. He comforts us in all our troubles so that we can comfort others. When others are troubled, we will be able to give them the same comfort God has given us.

As we can see from this scripture, God wants us to be in the right frame of mind. He plans that you have a mental balance at all times. He wants you to enjoy a healthy emotional life. By the time you finish reading this book, this shall be your lot already in Jesus Name.

As you read through these pages, I command every hold of mental imbalance over your health to pack off this moment in Jesus Name. Every form of mental illness dissipates right now in Jesus Name. Be comforted in the name of Jesus.

CHAPTER 2

DEALING WITH MENTAL HEALTH SPIRITUALLY

For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strong holds; 2 Corinthians 10:4-5

Mental health is both psychological and spiritual. I covered the psychological aspect in my book: *Biblical Route to Mental Health*. Here, we want to see it fully from the spiritual angle and cure our minds spiritually.

Obsession is a spiritual dimension of mental health. The Scriptures establish that our mind is the seat of spiritual war and conflicts. In fact, the Bible used a military term and called it “stronghold”. It is the place where devil lays its stronghold and take over the whole body- spirit, soul and body from there.

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

RANKS OF DEMONS

To properly understand how demons lay a siege on our minds, we have to start with an insight into the demonic world. You don't have to be scared or bothered. I will take you through the basics and arm you with understanding to know how to deal with the devil properly. If after you read this section and wishes to know more on the operations of demons

and believers' authority over them, you should get my book: *Mocking the Devil*.

The most organized setting is the spiritual realm. Just as there are ranks in the heavenly realm so also, there is rank in the kingdom of darkness. In God's kingdom, we have God the Father, God the Son and God the Holy Spirit. Then, we have the 24 elders, the Seraphim and the Cherubim.

The book of Ephesians gives us insight into how demons are ranked-
For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high [places.] Ephesians 6:12

Here, we see four categories of demons. If you read it from the last, this is what you will have: spiritual wickedness, rulers of the darkness of this world, powers and principalities.

Spiritual wickedness

The highest of all the category of demons are the spiritual wickedness in high places. Some versions call it *in heavenly places*. The Scripture does not just name these spirits but also give us the address where they live. They reside in heavenly places. We live on earth; they reside and operate from the heavenly places. That means they have little or no interaction with man. They are not our business. They are the business of God and his angels. I believe it was one of them that Archangel Michael and Gabriel had to deal with in the book of Daniel.

Rulers of Darkness of this world

As you can see, they have business with THIS WORLD. They are the chairmen or bosses over other demons that operate on earth. This category of demons is so powerful and no matter how demonized a person can be; only one of them can possess a man. Meanwhile, they don't walk alone. Just as military commanders, they are always with personal assistants, ordeals, protocols and so on. So, whomever they possess, they possess them in multitude.

This is the case with the man that was possessed by a legion in the Bible. He was possessed with one of these demons in company of thousands other lower ranking demons.

Principalities and Powers

These are the least and lowest ranking demons. Just as in the case of the police force, the lower ranking officers are the ones you see often, they make most of the arrests. They stay at road blocks and move about. In the same vein, most activities of demons that we see around are carried out by these low ranking demons called principalities and powers.

Often time, when you say some demons are disturbing your mind or you are having bad dreams or sick, it is these demons that are usually doing the satanic job. They are simply carrying out orders. 99% of witches that you fear are only armed with a number of these demons.

OPERATIONS OF DEMONS IN MAN

The operations of demons in man can simply be categorized into four: oppression, obsession, possession and yielding.

- **Oppression**

Oppression refers to the activity of demons on the body of man. If you consider that scripture, Acts 10:38 carefully, you will see that everyone Jesus healed were oppressed by the devil. Every person whom Jesus healed all through His sojourn and healing ministry was reported to be oppressed by demons.

How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and HEALING ALL THAT WERE OPPRESSED OF THE DEVIL; for God was with him. Acts 10:38

When a man is sick, that part of him that is affected is the body. Remember that I said man is tripartite. Man is a spirit that has a soul and lives in a body. So, this activity of demons targets the body. When someone asks or says that demons cannot afflict a believer, you may want to ask the person to clarify which of the afflictions they are referring to because as we can clearly see, a number of believers around us are sick.

- **Obsession**

This is the operation of demons that affects the soul, that is, the MIND and the mental state of man. It could lead to behavioural disorders like anxiety, anger and the likes. It also involves depression and mental

illness. The main focus of this section is obsession and so we will deal with it fully subsequently.

- **Possession**

We have examined the activity of demons in both the body and the mind. Possession in its own case involves the activity of demons in the spirit region of man. When a spirit takes over the spirit region, it has successfully taken charge of the body and soul as well. When it is only in the soul region alone, it dominates over the soul and body.

Can a believer be possessed?

Like I said earlier, when someone says that demons cannot afflict a believer, you may want to ask the person to clarify which of the afflictions they are referring to. A demon cannot take over believers' spirit because it houses the Spirit of God already, but believers can be obsessed in the mind and oppressed in the body.

For the word of God [is] quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discerner of the thoughts and intents of the heart. Hebrews 4:12

The Scriptures draws a distinctive line among the soul, the spirit and the body. This explains why a man can have the Holy Spirit in his spirit region and yet submits his soul under the obsession of an evil spirit. That is why the Bible told us to renew our mind regularly. He didn't ask us to do anything about our spirit except that we should grow in the knowledge of Christ. This is because our spirit has become born again

but our soul or flesh remained the same. Meanwhile, God supplies strength to our spirit to enable us to resist the devil and yield our mind more to Him. That is why it is important to not just be a believer but a growing believer.

He (the Holy Spirit) gives us more and more strength to stand against such evil desires. James 4:6

Everyone you see out there who is not born again is possessed in their spirit by an evil spirit. It all depends on how the Satan wants them to behave per time. So, if you are frolicking with an unbeliever or you have one as a best friend, you are dealing with a demon possessed person. The devil can take over them any time. That is why I am not surprised when an unbeliever behaves strangely.

Yielding

The fourth activity of demons in a man's life is yielding. This is what people often describe as Satan borrowing a man to use him briefly for an evil act. Yielding has to do with devil influencing the actions of someone from the outside. The Yoruba believe that *"there is no one Satan cannot borrow briefly regardless of the spiritual status they have attained"*. I don't know if the same is also believed in your culture but it is so.

In the case of yielding, the demon is not necessarily inside that person's soul region or spirit region but could filter in some thought to control how the person thinks or behaves. The book of James explains that devil cannot borrow a man except there is a character or lust already in that person that Satan magnetizes.

Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death. James 1:15

You will realize from that scripture that the moment the thought is filtered in, the person gets attracted or magnetized, it leads to sin and eventually, death.

I often say that **the character of a man determines the kind of the devil that will use him**. In the case of the swine which the demons requested Jesus to send them into, they were attracted to demons because they were dirty animals. The snake became a host to Satan because it is subtle on its own. Judas was already a thief and that is why he could be enticed with money. Cain was already full of hatred and so, devil could borrow him for a murderous activity. A man who is tempted with fornication or adultery already has a lustful character in him.

When you examine John 13:2 and v27 you will see the progression-
13:2 says-

And supper being ended, the devil having now put into the heart of Judas Iscariot, Simon's [son,] to betray him;

Here, devil put the thought in Judas to betray Jesus.

v27 says Satan entered into him.

And after the sop Satan entered into him. Then said Jesus unto him, That thou doest, do quickly.

In the first instance, devil had not entered his mind or soul to obsess it but control his actions from without which is what we call “yielding”. Judas yielded himself to the devil and then Satan took the second step. The Scripture accurately warned us not to yield our bodies as an instrument of the devil, and that we should always resist the devil so that negative emotions does not become our lifestyle.

Neither yield ye your members [as] instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members [as] instruments of righteousness unto God.

Romans 6:13

Submit yourselves therefore to God. Resist the devil, and he will flee from you. James 4:7

CHAPTER 3

OBSESSION

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

Proverbs 4:23 NLT

In the previous chapter, we have discussed extensively the various activities of demons in the life of man. The area of focus to us in this book is actually obsession. It is the aspect that directly affects the mind of man, thereby resulting to every form of mental imbalance.

Obsession is the greatest evil Satan can do in the life of a believer. It is the actual target of the devil because whoever controls the mind of a man controls his life. God knows this, Satan also knows it. That is why our mind or soul is described by the Scriptures as the stronghold. It is the gateway to a man's life. If devil wants to finish up a man, he crawls into his mind. It is so serious that Satan has successfully possessed some people who used to be spirit-filled believers by eating deep into their minds. All devil has to do is to get them to a stage where he made them to deny Christ and then, it takes over. Whatever activity of the devil over your mind up till this time is reversed permanently in Jesus Name.

Casting down imaginations

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

Take note of the choice of words used in this passage. The weapons of our warfare are not carnal but mighty towards the pulling down of strongholds. The term *stronghold* is a military term. When an enemy nation goes out to war with another nation, they will set up a military camp at a strategic place very close to the city they want to occupy. If they have occupied some parts, they will set their stronghold on that soil to make capturing of the whole city convenient.

In describing this stronghold, Apostle Paul mentioned imaginations and thoughts as parts of the elements. It states that “*bringing every imagination and thoughts to the obedience of Christ*”. As you already know that our mind is the seat of emotions, imaginations and thoughts. So, our mind is the strategic point for Satan to set up its strongholds by controlling our thoughts and imaginations.

Your mind is the access gate, it is the bone of contention, and it is the battlefield. God wants to take over your mind; Satan is also hunting after it. That is why the Bible says that from the abundance of the heart, the mouth speaks. *For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation (Romans 10:10).*

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

Proverbs also says that keep your heart with all diligence for out of it comes the issues of life. All that borders on our life is controlled from the mind. I told you earlier that in the Bible, the word heart and mind are used interchangeably.

How do you take charge of your mind?

If your mind is already with the devil or you are in a constant struggle with the devil, then you have to take it back. If you are in charge of your mind, you have to hold on to that authority and stay in charge.

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.

To take charge of our mind requires the basic process of continually renewing our mind. Romans 12:1 says: *we must submit our bodies as a living sacrifice*. There are many people who want to stop the life of sin and get over negative emotions but find it difficult. They focused so much of their attention on retraining their body but leave their minds unattended to. Verse 2 makes us to realize that we cannot have that victory until we do something about our mind.

You can't kill a tree by cutting the leaves over and over. In the same vein, you cannot overcome flesh by struggling with sin without doing something about the mind which is where your actions are actually controlled. Always remember that, it is all about your mind. Out of the minds come all the issues of life.

Renewing of Mind

I know that the next question on your mind is: how do I take charge of my mind? Apostle Paul noted that our mind must be renewed on a daily basis. It is not a once and for all venture. It is one thing you have to do all the time.

I love to describe the mind as a basket, a dirty basket and I describe the word of God as a river of clean water. Our mind, being a basket cannot retain so much when it goes in and out of water but one thing is certain, as it goes in and out, it gets thoroughly washed. So, as you dip your mind into the scriptures by reading and meditating on it day and night, you may not have many offhand but your mind gets renewed!

In the same vein, if you dip your mind into a mud, it will get muddy every time you dip it in and out. Could that be the reason God told Joshua to meditate on the word day and night? The Israelites are some very negative people. Joshua could have lost it at any point if he didn't go to renew his mind regularly.

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

- **Read the Scriptures**

Therefore, to renew your mind, the Scriptures should be your first call, especially when you read it in understandable versions. Some people will tell you not to read the Bible casually except you are ready to study, but I

tell you that there is nothing like that. There are various ways to read the Bible. Studying is one and reading is another. Read always and study as much as you are opportune. Reading the Bible time to time as if you are reading a novel even when you don't seem to understand what it is that you are reading is simply dipping your mind in and out of the river of pure waters. The Bible expressly describes the Scriptures as "Water".

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

Just as you don't have to memorize erotic novels before it would fill your mind with lustful thoughts and desires, you don't have to memorize Scriptures before it cleanses your mind as well.

- **Word Environment**

Another important thing is to always be in the word environment. Listen to the word often. Listen to messages. Associate with people and content that draws its allusion from the Scriptures and keep reminding you of the word of God. That's why the Bible says blessed is the man that walk not in the counsel of the ungodly, he shall be like a tree planted by the rivers of water. But when you associate with the wrong people, you are situated beside mud and dirt, and there is no way your mind will not be continually polluted.

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.

{1:2} But his delight [is] in the law of the LORD; and in his law doth he meditate day and night.

{1:3} And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. Psalms 1:1-3

- **Specific Messages**

There are also specific messages and books that talk about the area you are struggling to keep your mind from. If you have issues with lust or anger or depression, then you can pick up anointed books and messages that directly deal with it and let it wash your mind. You may not retain all from what you hear or read. In fact, you may retain very little but something has happened to your mind, it has been renewed.

- **Meditate on Precise Scriptures**

I do this all the time and the effect is always the same- it works. For instance, if you have fear about conception or safe delivery, gather scriptures that address it, read and meditate on them. If you have anxiety issues, gather scriptures on it and meditate over it. Google can be of great help to you, as well as anointed messages and books. You can simply type “passages on anxiety” on Google. You can pick out passages from anointed books and messages as well.

Another thing you can do is to keep listening to a particular message that deals with that issue over and over, or read a book again and again. You can isolate the section on worry for instance in a book, and dwell on it.

The Bible says that *faith comes by hearing, hearing by the word of God (Romans 10:17)*. Hearing and re-hearing, meditating and re-meditating will take you far.

I tell you, these are the things I do to keep my sanity. **No one is eternally immune to satanic devices, but some people handle it better.** There was a time I had to record some scriptures with my voice like a message and listen to it day and night. I remember being at a meeting, the atmosphere was filled with anti-faith teachings on healing. By the time I got home, the fear of sickness was already gripping me and I was almost feeling sick. I had to settle down to recite and meditate on the healing scriptures that I had known. I was speaking them out aloud. It was when I started feeling healthy that I stopped. I was able to unlearn all the things I heard in that place and the fear that accompanied it.

CHAPTER 4

THE THOUGHT LIFE

Your thought life is your lifestyle.

■ *Ife Adetona*

I do say that: ***your thought life is your lifestyle.*** Devil penetrates everyone's mind through their thoughts, just as it in the case of Judas. Again, no man is immune to this. Just as you cannot stop the bird from flying over your head, you can't stop those thoughts. But just as you can stop a bird from perching its tent on your head, you can stop the evil thoughts from building up on your mind.

You must take a stand of war against negative thoughts, against every thought that can form evil imaginations on your mind against the knowledge of Christ. You must be ready to fight and bring into subjection those thoughts that push you towards depression, worry, fears and so on.

How do you fight the thoughts?

a. Send them back immediately. The biggest mistake you can make with negative thoughts is to ignore it. You shouldn't ignore but send it back. The thought says: *"I may fail this exam"*. Note the word "I". It is the devil making you feel as if you are the one thinking it. You must counter it immediately with: *"I shall be the head only and I shall not be the tail"*. *"I will not fail but succeed"*.

There is someone reading this book right now, you keep having negative thoughts that can lead to mental issues or you are hearing strange voices. I cast those evil voices off your mind in Jesus Name. Be free right now. Be delivered. The Bible says that the strangers will hear my voice, they will and flee their hidden places. You are free!

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

There is something in our ministry that we call CDA+. It means Confess, Declare and Announce. Confess to yourself against the thought. Declare aloud against the evil thought. Announce openly to all that care to hear and those who do not care to hear. Then, imagine yourself as victorious. If anyone acts as an agent of the devil and speak those thoughts to you, fire back at them.

b. Talk back with the scriptures. You don't joke with the devil especially when it has to do with that particular area of your life. You must always be talking back. A thought is telling you that it is finished for you. Tell the thought: *"I will lift up my head upon the hill, where shall my help come from, my help shall come from the Lord. (Psalms 121:1-2)"* A thought tells you: *"you will be like this forever, without a spouse or without a child"*; reply with: *"the word says the Lord is my shepherd, I shall not lack any good thing- children inclusive"*. The thought says that you will die a pauper: *"the young lion shall lack and suffereth hunger but those that trust the Lord will not lack any good thing"*.

You may be wondering how you will cope if you don't know too many scriptures offhand. You already know the areas the devil is likely to attack in your life or the area you are currently battling or dealing with, arm yourself with scriptures in those areas. Look it up on Google or search your Bible. If the thought comes suddenly and meet you unprepared, rebuke it and look out for applicable scriptures. Mind you, you don't have to know that passage offhand or quote it verbatim. Once you can remember a part of it that addresses what you need, just say it that way to the devil. You don't need to quote the chapter and verse.

c. As you quote the Bible, make the right confession alongside.

I cannot fail. I shall not die young. I cannot fall sick. Note that you are not saying: I will not fail but I **cannot** fail. For 8 years, I have been declaring out aloud to people that I can never fall sick. My enemies have heard me say it. My friends have heard me say it. My colleagues have heard me say it. Devil has heard me say it. When I say it boldly and aloud, I am simply committing God to His word and He is faithful.

I should emphasize that when you are fighting these thoughts, "don't think it", "say it". Devil can send thoughts into your mind expecting you to react in a certain way but it cannot hear the thoughts of your heart. To defeat devil in battle against your mind, speak your victory out loud. If you are in a crowded environment where you cannot be too audible, just say it beneath your breath. Demons have sharp ears, they will hear and flee. The Spirit of faith is the speaking spirit.

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

One beautiful thing about talking like this is that even while you have fears and anxiety in your mind, be confident with speaking out with your mouth. As you continue to speak, your mind will catch up soonest and come to agree with you. For instance, if you are sick in your body and you are afraid that you may not get well soon, keep confessing and declaring it with your lips that you are well because by His stripes you have been made whole. In a short time, your mind will come to agree with your confession and your body will respond appropriately.

d. CDaplus: That “plus” is the imagination part of CDA. You need to form a mental picture of yourself without those thoughts. A mental picture of yourself without lustful thought, anxiety or fear and confess accordingly. *I see myself living without fear. I see myself full of hope and love.*

e. Invoke the Blood of Jesus. Let me start by telling you that any teaching or doctrine that forbids invoking the blood of Jesus is nothing but satanic, either the preacher knows it or not. I have been in the deliverance ministry for some years. Nothing threatens the devil like invoking the blood of Jesus. It seems to me that at the mention of the blood, devil and its cohorts are reminded of their loud defeat on the cross and the new covenant enacted by that blood. They have no choice than to be jittery and flee.

The Bible says the dragon is overcome by the blood of the lamb (Revelations 12:11). As you call the blood of Jesus, say it out aloud.

Nothing and I repeat, nothing works against demons like the blood. The Bible says the life of an animal or person is in the blood (Deuteronomy 12:23).

Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. John 6:53

The life of Jesus is in His blood. So, when you plead the blood, you are calling upon the authority and power that is present in the life of Jesus.

V24; Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.

The blood is a tool for rescue.

f. Use the Name of Jesus. I know that you will definitely call upon the name of Jesus but when you do, do it with understanding. The Scriptures says that at the call upon the name of Jesus everything that has life in heaven, on the earth and beneath the earth will bow (Philippians 2:10). When you call upon the name of Jesus, Jesus appears at the moment. The mad man of Gadarenes couldn't bow to any man or person but Jesus. As you call upon the name of Jesus henceforth, all those demons and spirits bow in Jesus Name.

Keep Confessing, Keep Declaring, Keep Announcing

When you are dealing with negative or hunting thoughts; be it lusts or anxiety or fears or worry, CDA is a continuous exercise. The first day you

started talking back at those thoughts in a bid to stay in charge of your mind, be ready for a long fight. The more you knock off those thoughts by talking back at it, the more it will bounce back, coming up on your mind. On the first day, the thought may keep coming for up to 100 times. Your duty is to rebuke it 100 times or even 200 times. When I say 100 times, I am not exaggerating. If you count, it could be up to that.

If you do not give up, by the following day or the following week, it could drop to as low as 20 times in a day. If you keep the heat on, it will pack off in a period of three to four weeks (at the most), no matter how serious or forceful those thoughts are.

At first, it will look like it is not working but the scriptures say: so mightily grew the word of God and it prevailed. Imagine that thought or pressure over your mind as a mountain. Imagine the word you are speaking as a seed that you plant into the soil. Remember that the Bible says the word is the seed (Luke 8:1). As you are confessing and declaring it, it starts germinating and growing by your repeated confession. Soonest, it would grow into a mighty tree and overshadow the thoughts that has been oppressing you.

It's not just about the thought; it could be feelings or an experience. Take for instance, you are trusting God for conception. The more you look at yourself and reality of barrenness dawn on you, the more you should use CDA. Don't stop at CDA, use CDA+. Say: *I can see that I am fruitful*. You are not just saying this to feel good. As you say it, you will see it.

CHAPTER 5

SECURING YOUR MENTAL HEALTH

No one is eternally immune to satanic devices, but some people handle it better.

■ ***Ife Adetona***

Before I end this book, I am going to be praying over you, rebuking and casting those demons oppressing you off your mind right now. But before then, I have to bring two things to your notice.

1. Don't leave you mind vacuum

When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest; and finding none, he saith, I will return unto my house whence I came out. {11:25} And when he cometh, he findeth [it] swept and garnished. {11:26} Then goeth he, and taketh [to him] 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. Luke 11:24-26

Jesus explaining the dynamics of deliverance emphasized that when a demon is cast out of the life of a person, it walks around for a while and then checks back if the house he left is still empty. If he finds it empty, it's going to return with seven more powerful demons. This is not meant to scare you but to tell you that you have a role to play. You have a role to play even after your deliverance. You have to continue to fill your mind with the word of God.

In the illustration I made earlier, I said that it will take some time for those thoughts to be vanquished, but even after you have successfully expelled it, it would still come around at a time. When it comes that way, it must meet you prepared with a word to counter and chase it back.

2. Put on the whole armour of God

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

To stay sane in your mind at all times, you must put on the whole armour of God. Devil will keep coming back to check if there is an opening. After the temptation of Jesus, the Holy Spirit added in the text of the Scriptures that Satan only left Him for a while. It was the armour that kept Jesus secured. If Jesus needed this full armour, you are no different.

Finally, my brethren, be strong in the Lord, and in the power of his might. {6:11} Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. {6:12} For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high [places.] {6:13} Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. {6:14} Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; {6:15} And your feet shod with the preparation of the gospel of peace; {6:16} Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. {6:17} And take the helmet of salvation, and the sword of the

Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; Ephesians 6:10-17

*v14; Stand therefore, having your loins girt about with truth, and having on the **Breastplate of righteousness.***

There is a little you can do if right living is not your way of life. There are various sins that can keep you exposed to the attacks of the devil. Like I always say, there are certain sins that serve as temptation to a man per time. A man could be battling with masturbation while another is battling with lies. The best approach is to be sincere with yourself. Take care of that particular sin that easily besets you and make findings on how to overcome it. If you are sincere with your search, three months is too much. We have a course in the Koinonia Bible Institute titled: *Training of Trainers against Masturbation, Lust and Sexual Addictions*. We made the course free so as to help people. If you think that is what you need, you should apply freely.

Worry and Anxiety

While I believe that sexual sins are a serious sin that can alter a man's destiny, in my walk with God and interaction with the spiritual world, there is no such deadly sin as worry and anxiety. Many people don't know it but Jesus emphasized it in His earthly ministry. That is because these two sins set up a stronghold of darkness over our mind so that no light of deliverance will shine on it. A fornicator will get forgiveness to his sins faster than a man who is anxious or doubts if God could even

forgive his sins. If you keep a romance with worry, anxiety, depression, and so on, you are doing yourself a serious harm.

V16; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

We need the shield of faith which is the word of God because faith comes by hearing, hearing by that word. This shield together with the sword of the Spirit which is also the word is needed to send back and fight off every negative arrow that comes in form of thoughts, fears, lust, and so on.

V17; Praying always with all prayer and supplication...

I have told you about CDA. This is your prayer which must be said through your mouth always.

If you do all these and do it always, your mind will be at peace at all times. And there will be no room for the demon to return into your life.

DELIVERANCE PRAYERS

Lord Jesus, I thank you for bringing me into life and understanding. Your word says that He sent His word and delivered me from all destructions (Psalms 107:20). Thank your Lord for sending your word of deliverance to me. In Jesus Name I have praised.

I _____ declare that I am free from every spirit or demon affecting my soul region in Jesus Name.

I come against every demon causing fear (mention it if it is different from depression).

I come against every demon causing fear in my mind in Jesus Name. I cast you out now.

Every spirit that causes anxiety, I cast you out.

Every spirit that causes worry, I cast you out now.

I anoint my mind with the blood in the name of Jesus.

By the blood of Jesus, I cast the spirit out now in Jesus Name.

After declaring like that, the next thing is to cast it out with the scriptures. In the case of the spirit of fear for example, say this-

I come against the spirit of fear by the blood of Jesus and cast you out in Jesus Name. The Bible says He has not given us the spirit of fear but of power, and of love, and of a sound mind. 2Timothy 1:7

PROPHETIC DECLARATION

I declare you free right now. You are free!

I declare that your sins are forgiven right now in Jesus Name. I free you from that guilt.

The Lord asked me to tell you that your sins have been forgotten and forgiven. Forget the guilt feelings towards that person or yourself. The Lord asked me to tell you that your records of sins have been wiped clean. I

mean, the Lord asked me to tell you. I am not doing a guess work right now.

I could see a baby right now. Your regret involves a child. Probably you were molested or you molested someone's child. But that regret is around a child. I know you understand best. Forgive yourself. You are free from those shackles and guilt right now in Jesus Name.

I can sense the peace of God coming towards you right now and you are breathing in a fresh air of freedom. Glory to Jesus.

The hand of the Lord is upon you. The Spirit of the Lord takes its place in your mind right now. Every stronghold of darkness in your mind and thought region are all uprooted in Jesus Name. Thank you Lord.

You are whole! That sickness and forces of darkness causing sickness in your body as a result of depression, you are free from them all in Jesus Name. You cannot be held hostage anymore.

Respiratory cases are healed and dissolved right now.

Every spirit that is hindering the entrance of the word of life to take its root in you, I cast them off now in Jesus Name. *If this is you, you have to read this book twice.*

The Lord is touching the olfactory organ of someone. He is healing your nose. He is healing breath and respiratory issues.

You are free from that health wrecking demon in Jesus Name.

Spirit of oppression, out.

Spirit of obsession, out.

Spirit of depression, out.

Spirit of anxiety, out.

Spirit of anger, out.

Spirit of worry (add yours), out.

You are loosed right now!

Be delivered in the name of Jesus.

A STRATEGIC TESTIMONY

Few years ago, a wonderful daughter of Zion paid me a visit. As she was about to leave, I stood to pray with her and as soon as my hand touches her head, she fell. Before I could blink, a demon started speaking through her. She is born again, she is filled with the Holy Ghost, and she lives righteously to the best of my knowledge as well.

My shock was not about a spirit speaking through a born again and spirit filled child of God because I know that the demon wasn't in her spirit but in her soul region. My shock was that; it shouldn't be in somebody like her. When you are in a deliverance session, it is not everybody an evil spirit spoke out of that is possessed. Many are actually obsessed, which means the spirit is in the soul region. Meanwhile, it is not everyone that is obsessed that the spirit will speak through during deliverance sessions.

Depression, excessive anxiety, worry and so on are symptoms of obsession. But a person can have the same feelings through yielding to an evil spirit that is not within but outside the body. However, the aim of the spirit is to get a foothold then go ahead to build a stronghold within.

Puzzled, I asked the demon: what are you doing there? The spirit said he was passing by and found her seriously worried and anxious then he stepped in to help her worry the more. As you can see, that is how devil takes hold of man and filter in suicidal thoughts. It was so serious that a condition which that lady has been healed of, returned within that short period of time.

If your life is like that person whom I just described, you often sit by yourself to worry and weep, you are at risk and it is a serious one at that. Weeping doesn't prove that you are fine, it only present you as an endangered creature open to feasting by demons. You are a foot away from being overwhelmed with demonic obsession. You are letting out a foothold and demons could come in to set up a camp (stronghold) in you. You have to free yourself from that habit today. Receive your freedom from that habit by the help of the Lord in Jesus Name.

And do not give the devil a foothold. Ephesians 4:27 NIV

HE that the Son has set free is free indeed

Your life, dream and health is taking a new turn forever in Jesus Name.

END NOTE

I believe you now know the route to enjoy a biblically sound mental health. Go through the process carefully and see yourself enjoying good mental health.

There are more books on the Mental Health series that you need to read. Check them out on the index page.

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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