

# FINDING FREEDOM FROM MENTAL ILLNESS

## STUDENT NOTES

### INTRODUCTION

Welcome to *Finding Freedom from Mental Illness*. This free mini eCourse is a sample teaching from my full three-part course, *God's Answers for Mental Illness*.

Mental Health is declining at a staggering rate throughout the West. Statistically, one in five adults in the United States is reported to currently have a mental illness.

Well, God has solutions for all forms of sickness — including the ones that impact the mind. In this course, we will explore some of the spiritual roots behind common mental illnesses and how to minister to those struggles. I've seen hundreds of mental illnesses healed, Christians who have been able to throw away their medications, and schizophrenics clothed with peace of mind - no longer hearing tormenting voices or hallucinations.

#### **In this mini course, you will learn:**

1. God's vision for mental health
2. The impact of trauma on the mind
3. The common spiritual and emotional roots behind mental illnesses
4. How to minister to depression
5. What Dissociative Identity Disorder (DID) or formerly (MPD) is — along with some of my own experiences in seeing people set free from it.

I've collaborated with a Harvard-educated and spirit-filled psychiatrist on all of this material. I hope you'll join me in integrating inner healing, deliverance, physical healing, and the compassion of God to bring people into the sound mind and peace that only Jesus offers.

### APPLICATION

Gather any note-taking supplies you have and ask the Holy Spirit to open your heart and mind to receive from the teaching material you're about to engage with. Pray that he opens doors for you to minister to people struggling with mental illnesses.