EXORCISM, INNER HEALING, AND MENTAL ILLNESS

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LESSON 1

DISSOCIATIVE IDENTITY DISORDER

1) HOW IT WORKS

MULTIPLE PERSONALITY DISORDER

- A person whom has more than one state of consciousness activated internally.
- When people suffer trauma, sexual abuse, or emotional abuse, particularly a child, they will fragment/segment identities in their minds as a form of escape.
- This happens as a separate identity within that person and the separate identity holds the traumatic memory.

MENTAL AMNESIA

- They build a wall that separates them from their “core” identity. That separate “person” that is created has its own worldview, way of acting, dressing, etc.

D.I.D. COMMON TERMINOLOGY

- The expressive state of that personality is called “being out.”
- When the expressive nature of a personality differs from the “core” identity this is called a “switch”.

THINGS TO KNOW ABOUT ALTERS

- This is not a mental illness, but a positive thing in the short term because it is something that the person does in order to not fully collapse mentally.
- It is, in fact, a completely separate identity than the “core” identity and hold vital information to the trauma that was inflicted. DO NOT try to cast these out!
- Attempting to cast out and alter can result in it receding further back and causing more damage.

2) BIBLICAL EXAMPLES

King Saul

And so it was, whenever the spirit from God was upon Saul, that David would take a harp and play it with his hand. Then Saul would become refreshed and well, and the distressing spirit would depart from him.
1 Samuel 16:23; 1 Samuel 19

- We see here that Saul was fine one minute and then he wasn't and wanted to kill David.

Demoniac With Legions

And when He had come out of the boat, immediately there met Him out of the tombs a man with an unclean spirit, who had his dwelling among the tombs; and no one could bind him, not even with chains, because he had often been bound with shackles and chains. And the chains had been pulled apart by him, and the shackles broken in pieces; neither could anyone tame him. Mark 5:1-4; 5-20

- Self-injury is oftentimes a clear indication that someone has another personality– one that hurts themselves, while the core person would not.

Judas Iscariot

Then Satan entered Judas, called Iscariot, one of the Twelve. And Judas went to the chief priests and the officers of the temple guard and discussed with them how he might betray Jesus. Luke 22:3-4

- Judas showed signs of having some form of a split. How else would he have been able to deceive the disciples so easily after also being someone whom of which casted out demons, performed miracles and did the works of ministry along side the rest of the them.

3) WHAT NOT TO DO

- You don't cast out multiple personalities. This can cause more damage than good and can leave the person in a worse state than before.
- The dissociative process is for maintaining the psychological maintenance of the person.

What do you do when you encounter this?

If you encounter this, start cautiously by asking simple questions in a gentle tone to gather more information.

- "Who are you"
- "Did something bad happen to you?"

LESSON 2

DELIVERANCE

1) MAIN THINGS TO KNOW ABOUT DELIVERANCE

Many people have already had prior experience.

- Deliverance is much more than shouting at demons, quietly praying without engaging in spiritual warfare or believing they are free because they seem delivered.
- If they have been badly treated, they might not be that open to a deliverance session.

THE IMPORTANCE OF KNOWING THE DIFFERENT SCHOOLS OF PSYCHOLOGICAL THOUGHT

- Modern day psychology does have a lot to offer.
- A lot of people have had counseling or psychological input before. If so, find out if it was from a Christian perspective. How deep did they go?
- **You are NOT doing therapy! Unless you are licensed you should approach from the point of a deliverance minister not a therapist or psychiatrist.**

There is no "quick fix."

- Many people suffer from mental disorientation. Be careful about offering too high/low expectations.
- You must let them know that what you want is to get them some sort of breakthrough so as to help them along the process of deliverance and inner healing but, they must continue.

PROFESSIONAL MEDICATION, PHYSIOLOGICAL TESTING, AND MEDICAL ATTENTION MAY BE HELPFUL.

- If a person labels themselves with a disorder, ask who diagnosed them. Often times, you'll find people who self-diagnosed. Understanding their background can help navigate better.

When dealing with someone that is mentally unstable:

1. If they are under the care of a medical professional, you give them no advice- about the medication or therapy they're receiving.
2. If they don't have meds, they might be too delusional to be able to talk.
3. If they are emotionally suppressed by medications, the demons might not talk.

What to do if they ask about medications:

1. If they claimed to have already stopped their medication, make sure you reiterate to them that it was their choice. You did not tell them to do that.
2. If they ask if they should end their medication then you need to let them know that you do not interfere with a doctor and their patience.

2) SCHOOLS OF PSYCHOLOGICAL THOUGHT

- To help someone who has gone through therapy there are schools of thought that were taught that need to be understood prior by the minister.

Determine the school of thought:

- Sigmund Freud
- Jungian
- Carl Rogers
- Carl Jung
- Adlerian (cognitive therapy)
- Abraham Maslow

YOU MUST KNOW HOW TO OPPOSE IT IF IT'S CONTRARY TO SCRIPTURE

- If someone is going through therapy, ask them what model or psychological school of thought the psychologist was using to influence them.
- In order to receive emotional healing, they might have to use opposition to the system that they were influenced by.
- Combining the worldview of therapy with the Bible is not necessarily bad as long as you don't compromise.

WHEN SOMEONE CONTINUES GOING TO THERAPY

- If they continue to see that mental health professional, you need to teach them your worldview, your Biblical understanding of the issue, and their need for deliverance.

LESSON 3

COMMON FORMS OF MENTAL HEALTH ISSUES

1) SCHIZOPHRENIA

- **Voices:** Ask if the other people around them hear the voices also. If they say yes, it's not a demon.
- **Mind Reading:** If they claim people can read their minds, it's not a demon.
- **Hallucinations:** Ask if they have tried drugs.
- **Body Language:** How irritated are they? When you see extremes of body language, it's more common for it to be a mental illness.

BIGGEST MISCONCEPTIONS

1. They're always crazy.

- People with these conditions typically have lucidity for many months, days, and even years. Most mental disorders are an attempt to escape the trauma. They went to another reality because they couldn't dissociate. They couldn't compartmentalize and as a result, this happened.

2. They are split personalities.

- Split personalities, or D.I.D., is different than schizophrenia. They are still the same person or identity throughout and don't switch back and forth. People with schizophrenia often see hallucinations, hear voices or deal with extreme cases of paranoia but, are not split.

HOW TO DEAL WITH PEOPLE WITH THIS DISORDER

- You never tell them that what they are hearing or seeing is not real.
- You speak lovingly, but firmly.
- The best way to deal with someone whose mind has drifted from reality is to anchor them in the truth.
- Watch their reaction. This will help give an indication if demons are also there.
- Ask the Holy Spirit to help you find what was the area that caused the split. (If you can get them to talk about it, you can discern what is psychological vs spiritual.)
- Understand that psychotic voices are different from demonic voices.

When you notice something is a delusion, anchor them in the truth– don't be afraid to say, "That's not true."

2) OCD (OBSESSIVE-COMPULSIVE DISORDER)

- This is an attempt to control the chaos in the mind, by externalizing it. Most people are not just demonized or have mental disorders, most people have some of both.

LESSON 4

COMMON FORMS OF MENTAL HEALTH ISSUES PT. 2

3) BIPOLAR DISORDER

- Manic or depressive; episodes of mania (super highs) or depression (extreme lows).

HOW DOES IT WORK?

- A person may experience huge highs known as mania, and then extreme lows.
- Medication can help. It's important to have them be on their meds to stabilize their mind. Otherwise, they won't understand because the psychosis takes over.
- They should be on just enough to stabilize them.
- Know that demons are part of that person. You can medicate the demons because they are part of that person.
- When dealing with someone with mental conditions, lead them through curse-breaking, and see if the destabilization of extremes moves towards the center.

4) BPD (BORDERLINE PERSONALITY DISORDER)

- People with this mental illness are always on the border of destabilization. They're always looking for destabilization. Usually, the person comes from an abusive background. They're afraid of stability, so they look for destabilization.
- They drift to what they knew/grew up with. You must bring them back.
- These conditions are less detectable but more frequent.

HOW TO DETECT THESE MENTAL DISORDERS

- They're trying to degrade, shame, or hurt themselves for an alleged wrong.
- They keep people around them in that and thus feel a sense of control that they lost in an abuse/trauma.
- They want manipulation to get sympathy. This feeds the disorder.
- They have shorter periods of extremes and during these extremes, they may be very impulsive.
- Oftentimes, these periods can last a long time.

WHAT TO DO WHEN DESTABILIZATION HAPPENS

- Pull them back to an objectified standard of truth.
- Insist they submit to the truth from the Source (Jesus) outside of themselves.
- They must be held to a standard of daily reading of the Bible and Christian practices.
- Figure out if this is a way to escape from reality, biochemical, or a desire to rebel against God.
- Educate yourselves the best you can when it comes to these topics.

Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth. 2 Timothy 2:15

LESSON 5

ADVICE FOR MINISTERS

HOW TO BEST COUNTER THE HURT THAT THE DEVIL IS DOING TO PEOPLE

1) SEEK GOD

- Properly prepare yourself.
- Ask the Lord what spiritual gifts you have in this ministry.
- Cultivate that gift and practice operating in that gift.

2) BECOME A STUDENT

Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth. 2 Timothy 2:15

- Learn Theology
- Learn Psychology
- Learn History

- Become a minister of healing and deliverance just as much as you share the Gospel.

LESSON 6
Q&A

“When we see people showing signs of Schizophrenia and they come for deliverance, should we send them to a medical professional?”

- It depends on the severity of the case; encourage them to seek professional help if they are threatening murder/self-harm.

“Is it possible to minister deliverance to someone under the influence?”

- In order to know, first you must determine to what extent are they under that influence. Are they rational in their thinking? It may be possible.

“How can we help people with ADHD?”

- Are there any additional family factors in extension to their mental condition?
- Look for generational curses in the immediate family. Is there instability in the home? Any sort of abuse, etc.?
- Do those responses show that the condition is not a result of the dysfunctional home?
- If the kid is a product of their dysfunction, you need to address the parents first instead of the kid.

LESSON 1

DISSOCIATIVE IDENTITY DISORDER

ICE BREAKER

What do you know about inner healing?

WATCH VIDEO

3 DISCUSSION QUESTIONS

1. When people suffer trauma and severe hurt, what process typically takes place?
2. How is a soul fragment detected? What must be done when encountering a soul fragment in someone?
3. Can you cast out a demon from an individual with multiple disorders? What can happen?

MEMORY VERSE

The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.

Psalm 34:18

LESSON 2

DELIVERANCE

ICE BREAKER

What are your thoughts about counseling?

WATCH VIDEO

3 DISCUSSION QUESTIONS

1. What are examples of psychological schools of thought that need to be redirected with Scripture?
2. Why is it important to know information about how an individual came to know of their mental disorder?
3. What is the best way to deal with someone who's mentally unstable?

MEMORY VERSE

He heals the brokenhearted and binds up their wounds.

Psalm 147:3

LESSON 3

COMMON FORMS OF MENTAL HEATLH ISSUES

ICE BREAKER

What do you know about Schizophrenia?

WATCH VIDEO

3 DISCUSSION QUESTIONS

1. How can you tell the difference between Schizophrenia and a demon?
2. How are psychotic voices different than demonic voices?
3. What is the stigma on Schizophrenia in the Christian world?

MEMORY VERSE

The sacrifices of God are a broken spirit, a broken and a contrite heart– these, O God, You will not despise.

Psalm 51:17

LESSON 4

COMMON FORMS OF MENTAL HEALTH ISSUES PT. 2

ICE BREAKER

If you encounter a person with a mental disorder who's seeking help, what would you do?

WATCH VIDEO

3 DISCUSSION QUESTIONS

1. What is Borderline Personality Disorder in comparison to Bipolar Disorder?
2. How do you correctly address a case with someone who is on medication prescribed by a physician?
3. According to this course, how do you go about helping someone that has been dealing with severe trauma?

MEMORY VERSE

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.

Isaiah 41:10

LESSON 5

ADVICE FOR MINISTERS

ICE BREAKER

What was your first encounter with deliverance like?

WATCH VIDEO

3 DISCUSSION QUESTIONS

1. How do you best counter the hurt the devil is doing in people?
2. What are some resources or ways you could grow in your understanding of deliverance?
3. When should someone begin to minister healing/deliverance?

MEMORY VERSE

Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.

2 Timothy 2:15