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Weekly Encourager – 20 March 2011

(from James Stacey: scriptural advice and insight on how to be set free from schizophrenia)

HOW TO GET REFRESHING SLEEP INSTEAD OF ENDLESS GALLOPING THOUGHTS

THIS WEEK'S SELECTED BIBLE READING IS PHILIPPIANS CHAPTER 4: Selected verses 4-9: Rejoice in the LORD always. I will say it again: Rejoice! Let your gentleness be evident to all. The LORD is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you. Verses 11-13: I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.

Until you are delivered and healed of schizophrenia by the power of the Lord Jesus Christ, expect to experience difficulties in being able to enjoy deep, satisfying, refreshing sleep.

Among the benefits of securing eventual freedom is the reality of being able to experience such a wonderful transformation in the whole area of sleep.

How to manage nights involving periods of sleeplessness through the conflict at work in your mind is a concern always present. The answer is to find peace of mind and heart through calling to remembrance during disturbed moments, the precious promises of God you have read, memorised, and meditated on in the Bible, the Word of God.

I cannot communicate sufficiently enough, the inner desire I had over 26 years to enjoy satisfying sleep. It eluded me for so long because the demonic presence of schizophrenia so agitated my mind and constantly interfered with the sleep pattern.

Taking medication did not really help either. These unnatural so-called helps produced such an effect on the cells of the brain that the night rest obtained was often spasmodic and totally insufficient.

I want to inspire hope in you by saying that since healing and deliverance in 1990, a wonderful quality of sleep has returned affording the deep satisfaction at bedtime of knowing I shall enjoy refreshing sleep as pleasant and satisfying as that before I encountered the psychotic disorder.

Here is some hope and advice from Scripture which has the power to give you at least some amount of rest and sleep during the nights leading up to the time when Jesus will completely set you free of schizophrenia.

What proven strategy of action can you introduce in the night hours that will lessen the volume of galloping thoughts racing around continually through your mind? God has made a way through to overcome!!

If you are working in a full-time job, which maybe very unlikely, and are suffering with schizophrenia, securing regular sleep will be something of a problem. I held down a demanding 42 hours a week position for 26 years of the afflictive bondage, and was so exhausted at the end of each working day that I physically slumped into inactivity. At bedtime, deep sleep, though strongly desired, eluded me.

The way to obtain at least some measure of sleep, and to halt disturbing thoughts racing in your head caused by demonic voices at times, is to rest on the bosom of Jesus as you fill your mind and heart with verses from the Word of God. This is a sure and certain refuge no matter how you are feeling!!

Through meditating on the enduring words of Scripture YOU WILL be helped to lean on Jesus, but your mind will also be guarded against spiritual attacks and the interference of disturbing thoughts, too. Read Ephesians 6 from verse 10 onwards for encouragement of what the word of God can perform in your life. You will soon prove its impact.

During the days working as a postman covering two housing estates and high rise flats, the pressure of strong, demonic voices suggested I end my life, and my only recourse was to resist the onslaughts quoting the life-giving Scriptures which imparted truth into my life and ammunition to fight with - sometimes repeating them at a fast rate more than the pace of normal thoughts. I resisted these attacks head-on with the power of words which were "spirit and life."

Returning home, after a day's work, I rested in bed most of the time without doing anything else with my time. It was so exhausting. But the refuge found in God through knowing His Word enabled me to find a hiding place while often being in a state of confusion and anxiety.

I had memorised such Scriptures as: "You will keep in perfect peace him whose mind is steadfast, because he trusts in you" Isaiah 26 verse 3 and "...for he grants sleep to those he loves" Psalm 127 verse 2. These, and other such promises related to abiding in the life of Jesus, were quoted and meditated on over and over again to ward off unpleasant thoughts coming and taking over my mind. It was nothing less than a triumph of faith as my will was strengthened by the Holy Spirit. Glory be to Jesus!!

During the period of the night hours, it is important to call upon the protection of God over every part of life – body, soul and spirit. Ask God to protect you through the power of His blood against every form of intrusion and disturbance while you seek to get some rest and sleep.

The Insight New International Bible says: "The psalms consider every aspect of life – even the thoughts that come while lying in bed at night...You can turn your thoughts to God and quiet your anxieties during this time. Psalms that refer to such night-time thoughts, good and bad, are these: 4:4; 6:6; 16:7; 17:3; 63:6; 77:2; 102:7; 119:55,62,148."

Prayer: My Father and my God, help me to grow in the knowledge of your Word and apply it during the night seasons when sleep is difficult. During all my life, may the power of your Word protect me, feed me, and empower me as I continue to move towards freedom from schizophrenia and all its evil darkness. In the Name of Jesus, I pray.

IF YOU WISH TO INVITE JESUS CHRIST INTO YOUR LIFE, DO PRAY THE FOLLOWING PRAYER:

"Lord God Almighty, I approach you in the name of your Son, Jesus Christ. I know I have sinned in my thoughts, words and actions. There are so many good things I have not done. There are so many sinful things I have done. I am truly sorry for the sinfulness in my life, but most of all I acknowledge the sin that separates me from you. I accept the death of Jesus on the Cross to redeem me and extend the gift of eternal life. Gratefully, I give my life back to you as I now ask you to come into my life. Come in as my Saviour and Lord and cleanse me. Come in as my Lord to control me. Come with the strength of your grace and the power of your Spirit to defeat the evil spirit of schizophrenia that troubles me. Now you have set my spirit free, pour your delivering and healing power into my life as I take authority in the name of Jesus through the power of his blood over the intruding force. I assert your ownership of my life and resist any legal right that the devil seeks to hold over my life and bind up and expel any evil presence. I believe that my mind, too, can also be completely set free and my whole life enjoy the total freedom of Jesus. Amen.

PROCLAMATION FOR GOD'S PROTECTION

NO WEAPON that is formed against me shall prosper and every tongue which rises against me in judgement I do condemn. This is my heritage as a servant of the Lord and my righteousness is from You, O Lord of Hosts. If there are those who have been speaking or praying against me, or seeking harm or evil to me, or who have rejected me, I forgive them. Having forgiven them, I bless them in the name of the Lord." *

NOW I DECLARE, O Lord, that You and You alone are my God, and besides You there is no other – a just God and a Saviour, the Father, the Son and the Spirit – and I worship You!

I SUBMIT myself afresh to You in unreserved obedience. Having submitted to You, Lord, I do as Your Word directs. I resist the devil: all his pressures, his attacks, his deceptions, every instrument or agent he would seek to use against me. I do not submit! I resist him, drive him from me and exclude him from me in the Name of Jesus. Specifically I reject and repel: infirmity, pain, infection, inflammation, malignancies, allergies, viruses, and every form of witchcraft.

FINALLY, LORD, I thank You that through the sacrifice of Jesus on the cross, I have passed out from under the curse and entered into the blessing of Abraham whom You blessed in all things:** exaltation, health, reproductiveness, prosperity, victory and God's favour. AMEN

*see Matthew 5: 43-45; Romans 12:14

**see Galatians 3:13-14; Genesis 24:1

We are continuing to insert in the Weekly Encourager some powerful Scriptures to learn and commit to memory for USE in your prayer battle to drive out the demon of schizophrenia. By so doing your confidence in the Lord will grow because the words will impart "spirit and life" into your spirit, and so equip you in your fight for freedom to know the deliverance and healing of Jesus.

You are my refuge and my shield; I have put my hope in your word...Sustain me according to your promise, and I shall live; do not let my hopes be dashed. Uphold me, and I shall be delivered; I shall always have regard for your decrees. Psalm 119: 114, 116-117

(Jesus said) "The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness how great is that darkness!" Matthew 6: 22-23

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life... He who belongs to God hears what God says." John 8: 12 & 47

The Weekly Encourager

27 March: The Importance of Asking God To Show You The Truth About The Darkness of Schizophrenia

3 April: Plead The Prayer Support Of Others To Hasten Deliverance from Schizophrenia

You may be reading the Weekly Encourager for the first time and have stumbled across our website in a desperate search to break free of schizophrenia. Or every week you visit W.E. for encouragement and help to overcome this "monster" of mental illnesses and have been given REAL HOPE that the Lord Jesus is the only One to open the prison door to freedom in your life once and for all time. We encourage you to keep logging into the site as often as you can for scriptural advice as we continue to point to Jesus who is well-trying and tested in the area of setting captives free from a bondage that no one else can conquer. Our website www.schizophreniadefeated.com seeks to magnify the dear Son of God who left the courts of heaven to come to our world and die for you and me on the Cross at a place called Calvary just outside Jerusalem over 2,000 years ago. In that sacrifice, he paid the punishment and penalty of your sin and mine and on the third day rose again as "The Resurrection and the Life". He releases TODAY into your life and to anyone accepting his sacrifice, the same victorious life that brought him back from the dead, in the person of the Holy Spirit. Why not invite him into your life right now? It's a life-transforming experience that you CAN REALLY KNOW – which is well able to defeat and conquer the hell of schizophrenia you struggle with, for good!!



"I will proclaim your mighty acts, O sovereign Lord" Psalm 71: 16

James Stacey, Pray Until Schizophrenia Heals