

Hello.

Here are some short excerpts from my book *Loosening the Grip of Bipolar and Schizophrenia, A Journey of Faith Hope and Recovering*.

The complete book is available for purchase on Amazon.

<https://www.amazon.com/dp/B0F29FZ59Z>

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Thank you. Blessings on your healing journey.

Introduction

I hope this finds you well. If not, I've been there. I know from personal experience what it means to struggle with schizophrenia and bipolar disorder. I hope it gets better for you. This is a book that offers things I've learned along my often difficult journey. It offers spiritual, physical, emotional, and mental insights that I picked up along the way. My hope is it will help you personally, or perhaps someone you care deeply about. This is not to replace professional help. It is good to seek out as many good people you can find to help you on your road to recovering. I just wanted to share my own story hoping it can bring you some light on your journey.

I firmly believe God is a God who restores, renews, brings hope, and heals. Sometimes change takes place over time. Other times it

is sudden. Wherever you or your loved one are on your journey, this book is designed to give you hope for a better future, an enthusiasm for wellness, and inspiration to take practical steps every day to achieve a life beyond what you can currently see for yourself now. God definitely says in his Word that He can achieve even greater than you can ask, think or imagine. I know it is possible for you to experience healing, deliverance and true wholeness.



Chapter 3

Choosing better diet options

There is a scripture that says **“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.” 1 Corinthians 6:19-20 NIV.** Eating healthy is part of God’s original plan. The Bible says that God created an abundance of trees and plants from which we can freely eat. There are many whole foods available that are good for our bodies. The temptation of eating unhealthy and processed food, however, is so easy nowadays. We now have an abundance of sugar and processed foods that stray from God’s original design for us. Changing my diet was an important step in my feeling “normal” or without the fog of feeling a sense of depression and feeling overall low.

I can honestly say that after eating more vegetables, a little fruit and cutting out the processed food and high amounts of carbs and sugar I feel better both physically and mentally. There is a relevant Biblical story worth mentioning about Daniel and several other

young men eating 10 days of vegetables instead of the royal food and coming out at the end of it healthier compared to those who ate the royal food. **Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, “Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.” So he agreed to this and tested them for ten days. At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. *Daniel 1:12-15 NIV.***

Several modern programs call for the inclusion of vegetables and some fruits and the elimination of harmful foods such as fast food, sugar, processed food, and sometimes carb rich foods like bread, pasta, and rice. Listed below are the various programs below that I have learned about and incorporated into my diet. Each of them has many online YouTube and web resources available. Investigate, try, and choose what works best for you. Take a step in the direction of your healing. Act with faith and have confidence that something will work. Remember this is a process and sometimes we must “walk it out” and daily take steps to improvement. **This is the [remarkable degree of] confidence which we [as believers are entitled to] have before Him: that if**

we ask anything according to His will, [that is, consistent with His plan and purpose] He hears us. And if we know [for a fact, as indeed we do] that He hears *and* listens to us in whatever we ask, we [also] know [with settled and absolute knowledge] that we have [granted to us] the requests which we have asked from Him. 1 John 5:14-15 AMP. Just to be clear, this is my own experience. If you have special needs like cancer, diabetes, high blood pressure, high cholesterol or other issues, of course, it's good to consult with a doctor or other healing professional.

In my personal experience overall the diet I found helped me get better the most was the Keto diet which I will describe in detail first. Elements of the other programs listed below I incorporated to help me maintain a healthy lifestyle and way of eating. Eating healthier (i.e. vegetables, high quality proteins, and less carbs) wasn't automatic. Having pre-made meal plans and recipes helped a lot. The resources out there are plentiful if you do an internet search for them. Listed below are the options I've tried.

Keto I'd like to start with Keto because this is the diet that helped me the most. Keto is a low carb, high fat, moderate protein diet with things like olive oil, avocado oil, coconut oil, nuts, coconut, cheese, salmon and shrimp (wild caught is preferred), beef (grass fed and grass finished is recommended), poultry and bacon

(pasture raised is ideal), and non-starchy vegetables like spinach, kale, cabbage, red lettuce, green lettuce, radicchio, cauliflower, garlic, onion, celery, and other vegetables. In some versions it allows various types of berries and beans in small quantities. I discovered the wonderful benefits of a keto diet for my mental health while I was cleaning up my diet to lose weight through a program called Metaboost (mentioned earlier in this book). The change in my mental health happened to my surprise, but the change was definite for me.

The Metaboost diet plan I invested in when I began my weight loss journey had already cut out bread, pasta, rice, sugar, and soda in the recipes that were laid out. Many keto foods were in the recipes that were part of the plan. After doing the Metaboost protocol I also signed up for all the free keto email diet plans I could find. They would send them to my email inbox, and I would look through them for recipes and things I could incorporate into my diet. I read keto blogs for ideas too. I

also watched many keto YouTube channels and saved keto recipes I liked to the “Bookmarks” section of my phone. My main motivation was to lose weight, and I followed the guidelines strictly for many months. I have since lost 35 pounds and relaxed my ketogenic lifestyle, but I believe that being strict in the

beginning makes a difference. About six weeks into my diet changes I was surprised when I woke up and realized that for the first time I felt “normal” mentally again. The feeling I had was palpably different. I could think better. I didn’t feel like there was this fog hanging over me. My sense of well-being improved considerably. The results of this change have been so amazing for me.

I later found out that there are numerous cases of people in clinical practice with schizophrenia and bipolar who got better on a keto diet. Chris Palmer has a great book called *Brain Energy* where he talks about mental illness as a general pattern of metabolic dysfunction in the brain. In a part of his book, he talks about the benefits he experienced in his practice with using keto to help schizophrenia and bipolar patients. They got better on the diet. I noticed a difference too.

There are many free keto plans available on the internet. Keto is one option to try in your journey if you are looking for hope for recovery. I can honestly say it helped me immensely. YouTube channels such as Keto Focus, The Keto Twins, Low Carb Love, and many other blogs, websites, recipes, and articles on the internet were both informative and entertaining. I thank God for Keto which really made a big impact on my recovery.

Whole30 I happened to encounter this program after I was well on my wellness journey. It incorporates whole foods from nature and eliminates milk, cheese, wheat, sugar, alcohol, and processed food. It was, however, difficult for me to follow when I tried it. I found it restrictive as I like cheese a lot. It does seem like a good option if you have the patience to plan ahead and purchase the allowed foods in the program. I'm planning to incorporate more Whole30 elements in my diet in the future. If you'd like to find out more there are many Whole30 resources and videos available online and on YouTube. Their website is [whole30.com](https://www.whole30.com).

Zoe This program focuses primarily on improving the gut microbiome and suggests eating 30 plants a week. I've found aiming for 30 plant-based foods to boost microbiome health and diversity quite a simple, straightforward goal. These plants can include fruits, vegetables, whole grains, beans, nuts and seeds, and various spices. The company offers a free guide on improving your gut health. For a fee, it analyzes your gut microbiome, blood fat, and blood sugar responses to help with weight management and optimizing your health and touts the use of science to give everyone the ability to understand their body's unique biology. They also rate the make-up of your meals from 0-100 with a score (based on the results of your tests), so you can make choices guided by personalized science.

Fasting mimicking diet This plan recommends a vegetarian diet for 5 days once a month. It was put forth by Dr. Valter Longo. It is a nutritionally rich, low-calorie diet that simulates the benefits of a water fast. The diet can include 1) avocados, olive oil nuts, seeds and other healthy fats, 2) legumes, lentils, and beans and other plant based protein, 3) berries, apples, oranges, and other non-starchy fruits 4) brown rice, quinoa, oats, whole wheat products and other grains 5) noncaffeinated herbal teas like chamomile, peppermint, hibiscus and 6) vegetables like leafy greens, cruciferous vegetables, carrots. I tried this a couple of times. It seemed helpful. I do, however, prefer the keto diet more.

Fasting/Intermittent Fasting was also helpful. There are various resources on the internet and YouTube about fasting. The most comprehensive source is the content offered by Dr. Mindy Pelz. Based upon what I learned, I try make sure I don't eat for at least 12 hours after my last meal. I will often do a 16:8 intermittent fasting protocol –16 hours fasting throughout the day and an 8 hours eating window. Also, sometimes I will do 18, 24, and 36 hour fasts for autophagy and weight loss goals in mind. Fasting overall has provided me with good results in my overall health journey.

The Plant Paradox Diet by Dr. Steven Gundry was also a valuable resource. Dr. Gundry recommends eliminating certain foods including wheat and “lectin” containing vegetables and sugar which he says are wreaking havoc on our health. He’s a former cardiac surgeon that argues that by eliminating lectins (found in nightshades, grains and dairy, amongst other foods), you can lower inflammation, lose weight and boost your wellness. He incorporates many research studies and has developed a “yes/no” list of foods on his website and recommends eliminating or pressure-cooking legumes, lentils, and beans, squash, tomatoes, potatoes, and peppers and replacing wheat, pasta, rice, barley and other grains. The grains he recommends are millet and sorghum. He also recommends a large dose of quality olive oil daily (10 Tablespoons) and a combination of hemp, spirulina, and flaxseed as a quality protein shake option.

Optavia After more than a year of being on the keto diet I tried Optavia for a few months with some positive results. This program recommends a low-carbohydrate, low-calorie lifestyle and has prepackaged foods, referred to as “fuelings”, in combination with home-prepared “lean and green” recipes. My cousin was my coach during the few months I was on Optavia and walked me through the 5 in 1 program which features 5 smaller “fuelings” and 1 “lean and green meal” per day. I found the pre-packaged

“fuelings” to be convenient and sometimes delicious but expensive. The concept of “lean and green” meals I have found to be more helpful for me, and I have incorporated many lean and green recipes into my diet currently. I have also incorporated their list of “whole food fuelings” into my diet as well after giving up the pre-packaged “fuelings.” There are many lean and green recipes, websites, and YouTube videos available if you do an internet search for them.

Food Meets Faith I also found the 7 day “Food Meets Faith” program of Isabel Price. This is a wonderful resource filled with great content and many delicious recipes of healthy eating. The plan includes recipes (including potluck and desert recipes), meal plans, shopping lists, and a hosted closed group on Facebook.



Chapter 7 God is there

Yahweh Shammah. God is there. This truth in God's Word is something to hold onto. God is everywhere, wherever you are. There are several scriptures about God being there especially in especially in times of need. **The righteous cry, and the Lord heareth, and delivereth them out of all their troubles. *Psalm 34:17 KJV***. It also says in the Bible, **So do not fear, for I am with**

you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10 NIV. Also, in Deuteronomy it says, **Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee. *Deuteronomy 31:6 KJV***

There were times when I doubted. I sometimes thought God wasn't there for me. I felt abandoned and like He was no longer present. I felt my own and other people's prayers weren't being answered. What I didn't know while I was going through rough times, however, was that these sufferings and trials were the catalyst for making me more appreciative, compassionate, and caring about the affliction of others. **Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. *Romans 5:3-5 NIV***

Benjamin William Hastings in his song, "Feels Like a Blessing." has a beautiful, encouraging line to meditate on when we go through hard times. "Don't curse at the light while you learn from the dark." So, even in the darkest times, know that God is there. Part

of the challenge is to trust in His timing and keep seeking Him diligently. Even if it feels hopeless, take small steps. It was only after taking steps to improving my physical health that I noticed changes in my mental health. It wasn't anything I expected. It just happened. So change is possible. And God is there, sometimes when you least expect Him, He shows up. **For I know the plans that I have for you,' declares the Lord, 'plans for prosperity and not for disaster, to give you a future and a hope. Then you will call upon Me and come and pray to Me, and I will listen to you. And you will seek Me and find Me when you search for Me with all your heart. I will let Myself be found by you,' declares the Lord, 'and I will restore your fortunes and gather you from all the nations and all the places where I have driven you,' declares the Lord, 'and I will bring you back to the place from where I sent you into exile.' *Jeremiah 29:11-14 NASB***



Chapter 10 God cares for the birds and so much more for you

While I was going through one of my worst episodes, I would get restless and anxious and need desperately to move and get out of the house. At the time I also hated the sound of birds. I couldn't stand hearing them. They would chirp in the morning. I would cringe. They bothered me a lot. I even wished they would die.

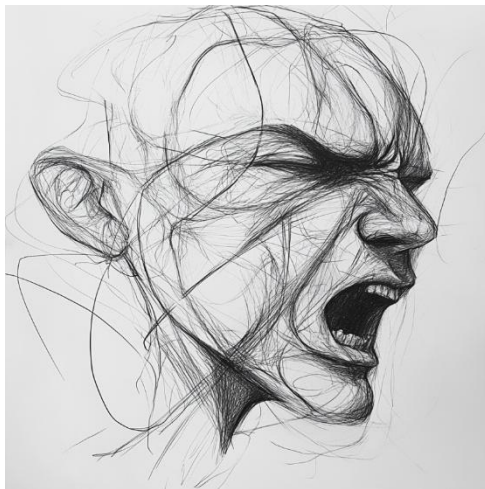
God's Word talks about sparrows. **Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows. *Matthew 10:29-31 NIV.*** In the Christian Faith Guide Joseph Jordan says, "One of the main ways that sparrows are significant in the Bible is as a symbol of God's care for all his creation. In Matthew 10:29-31, Jesus teaches that not even one sparrow falls to the ground apart from God's will and that humans are much more valuable than sparrows. This passage highlights the idea that if God cares for even the smallest and seemingly insignificant creatures, he will certainly care for and provide for us as his children." (www.christianfaithguide.com/what-is-the-meaningof-sparrows-in-the-bible/)

When I was going through my worst times, I wasn't sure if God really cared about me. I felt like He was far away and not listening. Looking back my attitude toward the birds was a bit of a reflection of my attitude about myself. I hated life. I hated myself. I hated birds.

The truth of God's Word, however, tells us something different. God cares deeply for us, and we are worth we are worth more than the birds that He also cares about. Recently, the Lord

reminded me about how I felt about the birds and how far I have come in my healing. On a sunny day I was greeted by the sound of many birds in a tree near my house recently. It sounded like a symphony --something glorious on a beautiful day. I realized how my hate for the birds no longer gripped me.

I have even added some of bird art to beautify my living space. I feel like these pieces of art remind me of God's care for the sparrow and other birds as well as for us. My son painted the birds which makes them more special to me. He loves capturing the beauty of the ocean creatures and birds with his paintings-- what God created on the 4th day of creation. His website www.kingkepart.com is where you can find his prints and drawings for sale. I chose to display them in my home to celebrate the great changes that have happened in my healing journey. At one time the sound of birds filled me with loathing. They made me cringe. Now the sight and sound of birds bring a sense of joy. They are a reminder to God's goodness in my life. They make me smile.



Chapter 13 What I learned from anger, hurt, and fear

There was a time when I had some bad delusions. They were horrible. In my mind I thought both people I knew and didn't know were being raped, tortured, kidnapped and overall hurt. (It was as real as it could be to me even though I later realized they were not actually happening). Helplessness, fear, terror, and worry about the well-being of these individuals gripped me. The emotions and feelings I had of anger, fear, and hurt were strong. I couldn't escape them. They were with me day in and day out. My

experience of them made me feel great senses of loss, threat, victimization, and despair.

The looming presence of negative emotions and thoughts was intense. While I was going through it, I had to process and experience these potent emotions head on. Strong feelings of helplessness, hurt, and fear for others safety (as if they were really happening) occurred. I've recently learned from my brother Mark de Jesus that we often deny our feelings or alternatively drown in them. I did both – I denied and drowned in these emotions. He also offers that sometimes the simple process of using an emotional color wheel to name these emotions is extremely helpful. This was probably the biggest leap of understanding and improvement for me. The mere naming of dismay, suffering, frustration, horror, terror, victimization, agony, loss, threat, and despair was an extremely helpful exercise in sorting out and putting words to the mental and emotional shades of anger, hurt, and fear I experienced. I felt an incredible weight lifted off me when I named these emotions and feelings. See <https://imgur.com/gallery/i-feel-emotional-word-wheel-feelwheel-tCWChf6> for the emotional color wheel I found useful.

There are also sound Biblical responses to these emotions that I found helpful. **Be ye angry, and sin not: let not the sun go down**

upon your wrath. ***Ephesians 4:26 KJV.*** Also, **Don't fret or worry.** Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Philippians 4:6-7 MSG. Another, response for those who experience difficulty is, **Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. *Joshua 1:9 NIV.***

Another good Word for those experiencing distress is, **"Cast all your anxiety on him because he cares for you" *1 Peter 5:7 NIV.***

Finally another good scripture is, **Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. *John 14:27 NIV.***

I have always had an interest in justice issues. But how can you fully understand justice if you don't understand and process the anger, hurt, and fear that occurs for individuals, families, and communities when justice doesn't prevail. Every day people suffer real injustices. In my work with violence intervention agencies I was exposed to countless stories of violence, incarceration, revenge, poverty, and struggle. For a time, I myself was gripped by feelings of anger, hurt, and fear when I was concerned for the

well-being of others in distress and under threat (happening in my mind). Overall going through these strong emotions and putting words to describe them has made me better equipped, more understanding, and more compassionate toward people who are experiencing victimization and injustice.



Chapter 14 Asking for the Holy Spirit the Spirit of Truth to help me

Asking God to help me is a daily process. The Bible says, **The Lord is good to those who depend on him, to those who search for him. *Lamentations 3:25 NLT***. Jesus also told His disciples that He will send us an Advocate who will not leave us, the Holy Spirit. **“If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever— the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. I will not leave you as orphans; I will come to you. *John 14:15-18 NIV***.

I heard a song a while back that ministered to me greatly. It was *The Truth* by Megan Woods. It brought me healing. I even had tears streaming down my face the first time I heard it on the radio. I went through so much in my journey. Many times I felt hopeless and like God wasn't around. This song made me conscious of God's deep love and care for us even in the middle of our doubts. I've had many doubts about my

wellness, my health, my ability to financially provide for my family, and my future. The sense of hopelessness, shame, depression, delusions, anxiety, and voices were very difficult. I often questioned. Will I ever get better? Will I ever work again? Will these horrible experiences ever go away? How can I make them stop? Is God listening? Does He real or even care?

But did you know a broken bone heals to twice as strong as the bone around it? Healing is possible. I hope you may experience it. I've laid out some of the steps I took in my journey in this book. I'd like to include this song *The Truth* because it is a powerful reminder not to listen to the lies and instead rest in the truth of God's great love and care for us.

Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time: Casting all your care upon him; for He careth for you. 1 Peter 5:6-7 KJV He is the source of healing and recovery. I had to learn to trust in His timing for the healing that happened in my life. I am doing incredibly well in my personal journey, have come very far in

my recovery, and am still moving forward. The improvements I've experienced physically, spiritually, mentally, and emotionally are remarkable, and I am so thankful. My friends and family have also noticed a tremendous difference. I am indeed a new creation and

feel whole and healthy once again. Please hang on to the vision of a life that can be better. Be kind to yourself. Sometimes healing happens in layers and not all at once. I experienced transformation. I hang on to the hope that you can experience a change for the better as well.

I'd like to end this book with some of the lyrics of the song *The Truth* to encourage and inspire you to hold on to your faith for healing and recovery. The lyrics go like this...

*How many times can you hear the same lie Before
you start to believe it?*

*The enemy keeps whisperin' to me
I swear these days it's all that I'm hearin'*

*I used to know who I was
Now I look in the mirror and I'm not so sure
Lord, I don't wanna listen to the lies anymore*

*The truth is I am my Father's child
I make Him proud and I make Him smile
I was made in the image of a perfect King
He looks at me and wouldn't change a thing*

The truth is I am truly loved

*By a God who's good when I'm not good enough I
don't belong to the lies, I belong to You And that's
the truth.*

**Now faith is the substance of things
hoped for, the evidence of things not seen.
Hebrews 11:1**



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

*Scripture References: Spiritual Food for Healing (As an added
component I wanted to provide a perspective rooted in scripture*

that can help you through. I hope these scriptures will enlarge your faith in your journey to healing, recovery, and restoration).

2 Timothy 1:7 NKJV - For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Philippians 4:8-9 NIV - Finally, brothers and sisters, 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.

Jeremiah 29:11 NASB – ‘For I know the plans that I have for you,’ declares the Lord, ‘plans for prosperity and not for disaster, to give you a future and a hope.’

Joel 2:32 KJV - And it shall come to pass, *that* whosoever shall call on the name of the LORD shall be delivered.

2 Corinthians 4:17-18 NASB - For our momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

Matthew 11: 28-30 NIV - “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Psalms 55:22 NIV - Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

I Peter 5:6-7 KJV - Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time: Casting all your care upon him; for He careth for you.

Hebrews 4:16 NIV - Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Philippians 4:6-7 KJV Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. and the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Psalms 91:14-15 AMP - “Because he set his love on Me, therefore I will save him; I will set him [securely] on high, because he knows My name [he confidently trusts and relies on Me, knowing I will never abandon him, no, never]. “He will call upon Me, and I will answer him; I will be with him in trouble; I will rescue him and honor him.

Romans 5:3-5 NIV - Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Proverbs 3:11-13 GNT - My child, when the Lord corrects you, pay close attention and take it as a warning. The Lord corrects those he loves, as parents correct a child of whom they are proud. Happy is anyone who becomes wise—who comes to have understanding.

Lamentations 3:32 AMP - For if He causes grief, Then He will have compassion According to His abundant lovingkindness *and* tender mercy.

1 Corinthians 6:19-20 NIV - Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Romans 8:18-19 NLT - For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

James 4: 6-7 NIV - But he gives us more grace. That is why Scripture says: "God opposes the proud but shows favor to the humble." Submit yourselves, then, to God. Resist the devil, and he will flee from you.

Deuteronomy 8:5 NLT - Think about it: Just as a parent disciplines a child, the Lord your God disciplines you for your own good.

Psalms 66:10 NIV - For you, God, tested us; you refined us like silver.

Psalms 116:8 AMP - For You have rescued my life from death, My eyes from tears, And my feet from stumbling and falling.

2 Corinthians 1:10 NIV - He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us,

Job 5:19 CEV - God will protect you from harm, no matter how often trouble may strike.

Ephesians 3:20 KJV - Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.

Deuteronomy 8:5 AMP - Therefore, know in your heart (be fully cognizant) that the Lord your God disciplines *and* instructs you just as a man disciplines *and* instructs his son.

Hebrews 12:5 -NLT - And have you forgotten the encouraging words God spoke to you as his children? He said, “My child, don’t make light of the Lord’s discipline, and don’t give up when he corrects you.

1 Corinthians 11:32 AMP - But when we [fall short and] are judged by the Lord, we are disciplined [by undergoing His correction] so that we will not be condemned [to eternal punishment] along with the world.

Revelation 3:19 NASB - Those whom I love, I rebuke and discipline; therefore be zealous and repent.

Job 5:17 AMP - Behold, how happy *and* fortunate is the man whom God reproves, So do not despise *or* reject the discipline of the Almighty [subjecting you to trial and suffering].

Job 23:10 NASB - But He knows the way I take; *When* He has put me to the test, I will come out as gold.

Psalms 119:67 NIV - Before I was afflicted I went astray, but now I obey your word.

Proverbs 3:5-6 NIV - Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Isaiah 41:10 NIV - So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Romans 8:31 KJV - What shall we then say to these things? If God be for us, who can be against us?

Matthew 6:34 MSG - Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Psalms 94:18-19 NKJV - If I say, “My foot slips,” Your mercy, O Lord, will hold me up. In the multitude of my anxieties within me, Your comforts delight my soul.

John 14:27 NIV - Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Jeremiah 30:17 CEB - I will restore your health, and I will heal your wounds, declares the Lord, because you were labeled an outcast,
“Zion, the lost cause.”

Jeremiah 33:6 KJV - Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth.

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Thank you and I wish you well on your journey of healing and
recovery. Faye Estrada