

**Biblical Sites We Will See in this File**  
**Dead Sea, Ein Gedi, Masada, and Biet Shean.**

**“Engaging with God”**  
**“Sing SOME of Your Blues Away”**  
**“Grace in Community”**



***“Yes, I Believe—  
You are going to get well!”***

**A Brief Synopsis of our “In-Patient” Mental Health Ministry**

Everyone Knows Someone with Mental Health Struggles—  
Maybe that “Someone” is You or “Someone” You Love.

## TODAY—Mental Health is On Everyone’s Radar

After writing “My Pursuit of a Good Mood” and forming the non-profit Ministry “Good Mood Foundation,” most people still didn’t get it. However, the landscape regarding mental health has changed since then. Over the last five years, it’s impossible to watch a television show without seeing the repetitive advertisements for mental health medications. Secular “stars” and “influencers” are everywhere, taunting the need for personal mental health and being watchful for the mental health of friends and family. That’s good, but not everything they say about achieving mental health is *accurate*.

For example, the other day, I heard a well-known television personality say, “Love Yourself” to achieve mental health. That’s a pragmatic statement without the spiritual element. From my experience in personal and hospital Ministry, people find HOPE when they discover or rediscover **God’s LOVE** for them— not in “self-esteem.”

I would NOT serve now or in the future unless God did a hard wipe” and “reset” of my brain’s hard drive. I know that’s true in the lives of others.

I had to

- Unlearn and Relearn.
- Undo and Redo.
- Uncouple to the past and **Recouple to God**.

## “Some” Truth is NOT the TRUTH”

Unfortunately, some Christians don’t accept the reality of “mood-related” struggles. I use the term “mood-related struggles” to encompass “all” the diagnosed and undiagnosed mental health issues of the mind. What I hear most often is that a person who has any “mood-related” issues needs more faith to overcome them. I also hear that Christians shouldn’t take any medications for any “mood struggles” struggles. I also hear that sin is the underlying reason for “mood-related” health concerns and that the person struggling needs to get right with God. I agree there’s “some” truth to these and similar points. But “some” truth isn’t all the TRUTH.

## Here’s the TRUTH!

The “Spiritual Life” is **WON or LOST in the MIND!** — To say otherwise is to stick your head in the sand and keep it there. The Bible says that God and His Precious Holy Spirit does the work of inner transformation. **Transformation starts with the “Renewing of the Mind.”**

## The Church is a Hospital

The Church of Jesus Christ is not a Country Club. EVERYONE has issues of some kind. Therefore, we can’t wait, and we hope those who have” mood-related” issues (or other issues) will “show” up at the “Hospital of the Church.”

**We need to take the Church of Jesus Christ into the community.**

**One Place It Needs to Be is in the— Local Psychiatric and Addiction Hospital.**

## The Continuation of My Story from the ‘Yad Vashem’ File

**2003**, I wrote and designed all the “components” for our first website and had a friend from Church build the site and “add” my components. To generate “interest, I copied our website onto “business card CDs” and began giving them away. The main draw of the CD was my manuscript. Many people knew me and had seen the “transformation,” so they wanted to read my story. I dreamed of having 10,000 copies printed so we could give away the book. I put that request up on our website but had no reply. I stored a copy of the CD in my safe as another testimony that God called me to be a writer.

**2004**, Because of a friend’s insistence and financial investment, I applied for non-profit status and the creation of the “Good Mood Foundation.”

**2005**, we were officially registered. I continued to minister to people with mental health struggles and their families. People were “open” about their and loved one’s struggles.

**2007**, our vice president was the executive assistant of the late world-renowned motivational speaker Zig Ziglar. He knew me, and she asked him for permission to donate her time to our Ministry. She served for over three years. We met at Zig’s office every two weeks for a lunch meeting. In August, an inner unction in my belly said to send the manuscript to the now-deceased Paul J. Meyer in Waco, Texas. I mentioned his name and his impact on my life in my book. I asked our vice president to draft a letter and send the manuscript to Paul. I want to point out that Paul J. Meyer formed the “Success Motivation Institute” in 1960 and is the “founder” of the personal development and leadership industry. The “roots” of anyone who speaks, coaches, or trains in the personal development or leadership field began with Paul. He called me in August, said he was “moved” by my story, and offered to print it. He asked how many copies I wanted, and immediately, I said 10,000 copies. He also offered to write the foreword. Given this man’s worldwide reputation, putting his name on my book was an honor. Another validation that God called me to become a writer.

**2008**, 10,000 copies arrived at my home, and I transported the boxes, which were many loads in my car, to a U-Haul storage locker and began distributing the book. Most people took multiple copies. We attended the NAMI (National Alliance on Mental Illness Walk) events and gave away thousands of copies. The Director of the NAMI Chapter wrote a lengthy endorsement (included in the “PDF Version” on our website). That was an honor, too.

**2012**, a chain of private psychiatric and addiction hospitals was nearing completion of a new hospital in Carrollton, Texas, a few miles from our home Church. A few weeks before they opened, they called all the Churches in the area looking for “someone” to offer something “Christian” (Faith-Based) for the Christians who would be their patients. One of our Pastors received a call. He knew me and my story and said to go there and see if I could help. I offered my book and our “Good Mood Foundation” Ministry as evidence of our commitment to mental health and a plan that had been the foundation for what had helped me, and they said, “YES! “Our Ministry grew from one person to dozens of other volunteers, and “our” team ministered at CSH every Sunday and Wednesday from the day it opened in February 2012 until July 2019.

**Also in 2012**, Michelle began her studies at Dallas Theological Seminary. She graduated with a master’s degree in 2007 and held various positions in our Church Home for 24 years.

**My story continues later...**

### **Our First Day!**

Three patients were in the hospital when I arrived on the “first” day in February 2012. I can still close my eyes and see the “charge” nurse who asked me who I was and why I was there. After briefly telling her my story, she asked, “How long I had been doing hospital ministry?” I told her this was my first day. She gave me a “look” of disgust. **At that moment, I decided to do whatever it took to STAY.**

Therefore, we began presenting **“Engaging with God”** as a “faith-based” option for CSH patients on Sunday afternoon. I gave the “same” 60-minute presentation every Sunday for seven and a half years with the **same** results week after week. “Ministry” is effective when you use the lessons learned from trials and tribulations to minister “hope” to those facing similar struggles. That’s one of the reasons why **“Engaging with God”** worked and why the patients responded. My presentation was “high energy,” fast-paced, honest, and transparent. I was completely open about my “stuff,” including my sin struggles.

### **Inspired by Dr. Minirth**

On the day CSH opened, they also offered a “Faith-Based” track for Christians provided by Dr. Frank Minirth. He is a well-known psychiatrist and a recognized expert in mental health. He and his Staff came to my presentation when we first began. Eventually, he and I would pray under the tree outside of CSH before our ministry time on Sunday afternoon. His inspiration included telling me that what the “Good Mood Foundation” was doing in a secular hospital **could only** be done by an “outsider” and to “press on.” Unfortunately, he passed suddenly in 2015.

### **Three-Legged Stool**

One of my props was a three-legged stool to visually show the patients what it takes to get and stay well. The first “leg” represents professional medical care and may include pharmacological medications. The second “leg” is counseling options provided by mental health providers. The third “leg” is GOD! I explained that I didn’t believe getting and staying well was possible without Him, too!

### **Synopsis of our Three Ministries**

One of my props was a three-legged stool to visually show the patients what it takes to get and stay well. The first “leg” represents professional medical care and may include pharmacological medications. The second “leg” is counseling options provided by mental health providers. The third “leg” is GOD! I explained that I didn’t believe getting and staying well was possible without Him, too!

Our first Ministry, “Engaging with God,” was a fast-paced, one-hour presentation. It incorporated the “following” with my underlying drive- **“Yes, you can get and stay well, too.”**

I made the “same” presentation (with a few tweaks) for seven and a half years because we got the same results each week. I was passionate about that Ministry.

## The THREE Issues We ONLY Focused On

**1- Forgive the people who hurt you** - I told the story of how it took 25 years to finally forgive the Germans for killing my family in Poland. I explained the process and how they could begin to do the “same.” The flip side is to **Receive forgiveness from the people you hurt** - I told the story of the “Four Stolen Silver Trumpets” and how I received forgiveness and offered restitution. These impactful stories opened the door to present “How To” because patients had “forgiveness” issues, too.

Ultimately, receiving or giving TRUE forgiveness is NOT possible outside of a personal relationship with the God of the Bible. So, the Gospel of Jesus Christ was clearly and concisely presented—along with an opportunity for the patients to believe or turn back to Him.

We know that a “few” patients believed in the Gospel of Jesus Christ for the first time. We also know that MANY Christians became convinced that they were not going to get better without God. They indicated (via evaluations) that they had decided to “come back to Him.”

**2-** Some patients were experiencing the painful personal and “other” consequences of walking via the sinful nature called the “**Fruits of the Flesh.**” They are sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like. Many life problems originate from sinful nature. Unchecked and unchanged, “sometimes” they can cause some of the issues associated with the mind. I said, “**You can’t take a pill to take away the pain from the effects of the sinful nature.**”

Thankfully, God provided the Precious Holy Spirit, who will guide us moment-by-moment via the “Fruits of the Spirit.” love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control; again, this is only possible with a personal relationship with the God of the Bible. But to say that ALL mood-related” struggles caused by sin “isn’t true.

Some Christians condemn those who struggle with mood-related issues. But they would change their minds if they understood all the people in the Bible who had mental health-related struggles. They include **Job, Elijah, David, Jonah, Moses, Nehemiah, Abimelech, Ahithophel, Saul, Zimri, Judas, and King Nebuchadnezzar.** So, we unpacked their stories. We also unpacked the underlying reason for their mood struggles and how they choose to respond. Some were Biblical responses, and some were not. Even **Jesus** was despised, ridiculed, and condemned, etc. I am glad HE did. He is “familiar” with the same “afflictions” EVERYONE has. The Bible also provides God’s remedies.

Yes, sometimes our afflictions require medications to get well and stay well. I said the following to the patients. “**If you’re willing to take a pill for a heart, skin or liver issue, etc. (all organs of the body), why aren’t you willing to take a pill for the brain—an organ, too?**”

I agree that some people, including myself, have “big pharma” concerns. But the truth is when a patient is “suffering” and in the hospital (any hospital) for “whatever” reasons. Medications may be necessary to stabilize the patient and into a “more normal” state.

If medications are required long-term, it is a conversation for the patient to have with their doctor once they are out of the hospital. I met “some” patients in the hospital refusing to take medications for various reasons. I told them my story and the above to encourage a change of mind. I said, “You want to get well enough to go home, right?”

**Many** famous people had mood-related struggles, too. They accomplished “Great Things” that we enjoy. So, we unpacked these people to provide insights and hope. Finally, I said, “Remember, YOU are NOT alone. Others have had similar struggles, recovered, and went on to live productive lives. YOU CAN TOO!” 😊 Then I had all the patients in the room say the following out loud, “I CAN TOO.”

**3-** I also quoted Dr. Richard Pelligrino (Neurologist), who said,

***“In 25 years of working with the brain, I still cannot affect a person’s state of mind the way one simple song can.”***

I explained, ***“One of the best ways to overcome negative thoughts and emotions is by watching, listening, and singing to praise and worship music.”*** So, I encouraged the patients to find or rediscover songs that “ministered to their Spirit” and listen to them repeatedly. We sang “Brighter Day” by Kirk Franklin and other songs to reinforce these truths and for the patients to discover and rediscover the soothing balm of Worshipful Songs.

**Our Other Two Ministries.** “Sing SOME of Your Blues Away” provided one hour of putting point number three into practice. “Grace in Community” was a traditional Bible study led by one of our assistants.

+++++

**Why did I KNOW these three things?** I knew my Bible and focused on it when my brain woke up. No one told me! I didn’t read about it in someone else’s book. I read about these three things in God’s BOOK. Asking for forgiveness and forgiving others, walking by His Spirit, and Worshipful praise and music are central themes throughout the Word of God. They were instrumental in healing many Bible people—and for me. **Click the “Bible Study Strategy” file.** It offers the process and examples of some “Outcomes.”

God put me in that hospital so I could share my story and learn what it took to become, as I put it, a “living proof” patient. The impact of our ministries led me to believe that it should be “replicated” in other hospitals. I thought that I would always be in a mental health hospital ministry. But I had been working on the project “Next Year in Jerusalem is Now” —the LOVE of my heart—ISRAEL.

### **Our Secret Sauce**

I was assisted in the “units” engaging with the patients by 2-3 volunteers on Sunday and Wednesday. Two active in-hospital volunteers worked as psychiatric nurses in a psychiatric facility. We also had a team of several dozen volunteers who assisted me “behind the scenes,” including coming to my three-car garage weekly to put everything we needed together. One of those behind-the-scenes volunteers was also a retired nurse who served with her husband.

I developed the most crucial skill set needed— identifying, recruiting, training, and motivating “volunteers” to assist me in the hospital and behind the scenes. Thus, if this Ministry is ever “replicated,” it would take one appropriately trained person to lead the *“Engaging with God”* presentation and another to lead *“Sing SOME of Your Blues Away.”* It will also take another 2-3 adequately trained people to “assist” for both groups. To that point, two psychiatric nurses and another medical professional helped me as “volunteers” in the hospital with the patients. “They” or anyone else was not allowed to help me inside the hospital unless they had a “personal” story of mental health recovery and or an in-hospital psychiatric admission. That was part of our “secret sauce.”

### **“People Don’t Care How Much You Know Until They Know How Much You Care.”**

Initially, we conducted our Ministry in the cafeteria, and the “Techs” had to bring the patients from another wing via a long hallway. The problem was that the patients arrived later and later each week. What to do?

**The hospital’s position was that they were a for-profit “secular” enterprise and could not promote our “faith-based” Christian Ministry. We were there as a courtesy to the Christian patients. We “had” to figure out a way to promote our Ministry in a way that appeased everyone.**

I talked to our board and came up with an idea! Let’s offer the patients. “Something” they wanted or needed, and we could put our “ministry sticker” on it to tell our story. **“Items” with** stickers were analogous to a plane flying with an advertising banner behind it. We began by purchasing inexpensive **closeouts** of “inspirational” and “devotional” books. We only spent \$1-\$2 per book. Every Sunday, I arrived at 7:30 AM (before Church) and placed 30 “sets” of books on one of the nurse’s stations. My first book, *“My Pursuit of a Good Mood,”* was also included. CSH allowed us to place a display frame next to the books, indicating the patients could help themselves. We also put flyers next to the books explaining who we were, what our group was about, and the start time. **IT WORKED!** I further emphasized the need to read “inspirational” books by quoting Paul J. Meyer during my “Engaging with God” presentation.

***“You will be the same person you are five years from now except for three things: the food you eat, the people you meet, and the books you read.”***

After three years, “our ministry” was moved from the cafeteria to a hospital unit. But we faced another obstacle. The hospital campus was expanding, offering other “elective options” for the patients, including a gym and the Sunday afternoon Cowboys football game on television.

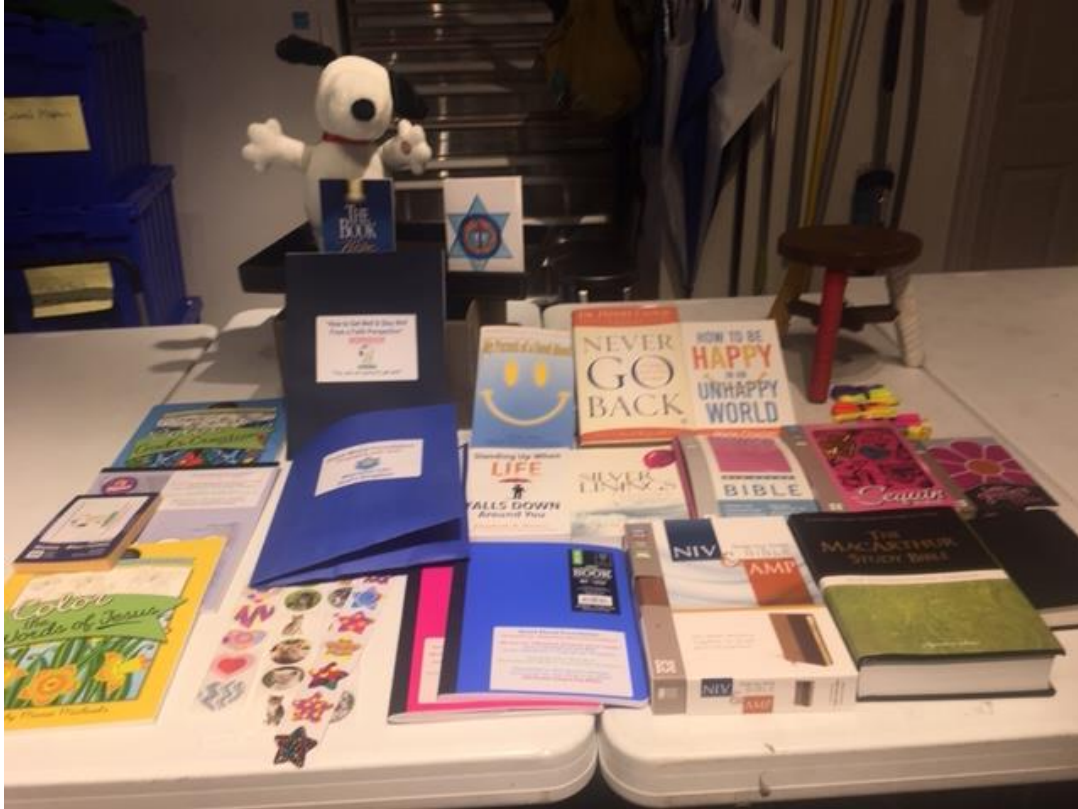
### What to do?

We pivoted and stopped coming to the hospital in the morning to leave the “sets” of books. Instead, we arrived at the hospital **two hours before** “start time” for “Engaging with God” and “Sing SOME of Your Blues Away.” We rolled three “four-wheel” dollies with many large plastic boxes from unit to unit. My volunteers and I interacted with the patients throughout the units and let them choose one or more of these “items.”

- **Composition Book** – patients used it for journaling and note-taking in their groups.
- **Adult Christian Coloring Book** – it was used to unwind and de-stress.
- **Sketch Pad** was used by the “artistic types” for drawing.
- **Word Search, Crossword, and Puzzle books** – These were used to pass the time.
- **Christian Books** in the “Inspiration” category. It includes my first book, “My Pursuit of a Good Mood.” We honored many patient requests for items GMF did not have in its inventory to include Bibles in translations other than NIV and “title” specific books. We purchased and provided a few days later.
- **NIV Bible** -it is incredible how God suddenly gets on the patient’s radar when facing a “challenging” situation.”
- **Snoopy Note Card** – patients used to write a note to a loved one. We collected the unsealed letters so the hospital staff could review them. They put “our” stamp on them, and CSH mailed them.
- **Stickers** – the “creative types put “hearts,” “smiling faces,” “dogs,” “cats,” “superheroes,” etc., on their composition book, sketch pad, etc.
- **MP3 Player** - we had MP3 players with Christian music or MP3 players with classical and other soothing music. We supplied these MP3 Players, which hospital “Safety” had approved for patient use while in the hospital.

The number one item patients chose was a **plain** composition book. The hospital only provided pieces of paper and a golf pencil to incoming patients, so having a composition book to write letters and take notes was appreciated. Of course, we put a BIG sticker on the front of the composition book explaining our Ministry, start time, etc. We also provided crayons and colored golf pencils. We were constantly giving large quantities of composition books to the hospital counselors, who asked us for them to give to the patients when they were admitted and saw the counselors for the first time.





We used “everything” we distributed, including Bibles, as an advertisement platform to announce who we were, what we did, what to expect, etc. The hospital and the patients appreciated our kind gesture, and we found a way to tell our story in a “secular” hospital. We gave away over 7,000 copies of my book, which many patients read while in the hospital. We received over 4,500 patient evaluations, also given to CSH for review. We know we impacted over 7,500 patients with something “useful” from our Ministry.

Another well-loved and appreciated aspect of our Ministry to the patients was providing a **“Personal Note of Encouragement.”** After each “group,” I emailed our team of note writers a copy of each patient evaluation. They used it to create handwritten notes that included Scriptures infused with HOPE. Some note writers used stickers and multicolored pens to create. Then, the next day, I drove to the note writer’s home or apartment, collected them, and brought them to the hospital. Because I had a badge and trust, I could distribute the notes personally to each unit. If the patient was with a counselor or doctor, I left with the nurses who distributed. We also included a “devotional” book with each of the notes.

Another aspect of our hospital ministry was providing needed clothing and personal items to patients who came to the hospital with nothing. Sometimes, a patient’s clothing or personal items could not be brought or retrieved. So, we had an arrangement with CSH and the “Techs” who “vetted” these patients. They asked “these” patients what they needed, including “sizes,” etc. Then, I was told about the patient’s needs when I came to the hospital. I cannot count how often I went to Walmart and shopped the “list” of items. \$100-\$150 goes a long way at Walmart. Of course, “these” patients were overwhelmed by our love and generosity.

### Utilizing God's Spiritual Gift

Now would be a good time to tell you that my spiritual gift is “giving.” I discovered long ago that when I give “something,” the person receiving it is “moved.” I say this because I LOVED giving gifts to the patients, and they LOVED receiving them. My motivation is to impact people. I give to give. I don't give to get. So, “providing” for at least 75 patients weekly involved creating a “warehouse” in our three-car garage to store everything. My car was “relegated” to being stored outside. I could only get Michelle's car into the garage by using “dollies” moved to accommodate her vehicle.

We also loved the Staff, so we arrived with a large tray of cookies each week for them to enjoy. We gifted the CSH nurses with highlighters and small notepads each time we came to minister. We also gifted Staff with “any” items we gave to the patients. At Christmas, we provided each Staff member with a small gift bag, candy bar, and card. We also offered a “gift card” and a handwritten note to CSH staff who resigned from their service to CSH. We also provided “flowers” (with a note) to CSH Staff whenever they pointed out a “need for improvement.” It's our way of saying “thank you” for helping us. All these “gestures” went a long way with Staff, which enabled us to minister to the patients.

### “Yes, I Believe You Are Going to Get Well”

Before each group, my assistants and I touched each seat and prayed for the person who would sit in it. Also, after “Engaging with God” and “Sing SOME of Your Blues Away,” our volunteers prayed with each patient for a minute or two. I prayed for the men, and our female assistants prayed for the women. After prayer, we asked if it would be okay to hug the patient. If they said yes (most did), our volunteers and I looked the patient in the eye and said, **“Yes, I believe you are going to get well.”** The “RIGHT” to speak an encouraging and affirming word—was earned by doing everything I mentioned.

### Our Ministry Was a “God Thing”

In summary, we had ONE opportunity for the patients to come to “Engaging with God” or “Sing SOME of Your Blues Away.” So, we loved the patients “materially,” and many came. But if CSH had been a Christian hospital, we would still have done the same thing!

## **The God Component—**

**“Faith-Based” without Jesus is Faith-Based on “Something” or “Someone” else.**

The “God Component” is essential for getting and staying well mentally. MANY people will agree with me on that point—even the CEOs, hospital administrators, and mental health professionals who have **never** believed in the Gospel of Jesus Christ.

Why?

Because the “Faith Component” is often a part of their competitor’s programs. But most importantly, MANY patients are Christians, and they are asking for a “faith-based” program in their recovery journey.

However, “faith-based program” is a “general term” and doesn’t quantify what is offered. Therefore, I will repeat myself and clarify.

The God Component for getting and staying well mentally MUST include.

- 1. Forgive** the people who hurt you, and **be forgiven** by those you hurt.
- 2. Choose to walk moment by moment** in the power of the Holy Spirit.
- 3. Actively overcome** negative thoughts and emotions by repeatedly **singing and listening** to the “right” songs that “minister” to your Spirit.

**The Gospel of Jesus Christ is the “Central Component” of the Healing Process—without HIM, the Above is NOT Humanly Possible.**

**In RED.**

1. Jesus Christ **was crucified on the cross as a sin substitute**, and His blood was spilled to cover and forgive **all** past, present, and future sins.
2. Jesus **died and was buried** that same day.
3. Three days later, the gravestone that sealed Jesus’s body was miraculously rolled away, and **Jesus Christ was resurrected**.
4. Jesus Christ **gives us His LIFE** through the indwelling, Precious Holy Spirit.

## **The Biblical Model for Believer is Romans 10:8-13.**

**“Confess with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.”** Romans 10:8-13

**ONLY Belief or Faith in the Gospel of Jesus Christ:**

Rescues you from Satan, sin, Hell, and the grave- **“You Receive Salvation From God.”**

Puts you in “right standing” with God- **“You Are Declared Righteousness By God.”**

## **What Sets the Good Mood Foundation Apart from Anyone Wanting to Start an In-Patient Hospital Mental Health Ministry?**

I had a mentor, Gary J, a Denton Bible Church pastor. We met at his house every other Friday for two hours for five years. He said something that continues to resonate with me. He said. God will initiate the **“birth” of a vision**, and a “ministry” may be birthed. But everything dies, including “ministry, so there is the **“death” of a vision**. But “sometimes,” God’s intent is the **“fulfillment” of the vision**. But “fulfillment” of a vision is always accomplished supernaturally without the human efforts of the visionary. Therefore, I continue to believe this “in-patient” mental health ministry can and should be replicated in other hospitals. God opened the door when CSH first opened, and we learned and grew from the ground up.

In any for-profit or non-profit enterprise, there is a term called **“Barrier of Entry,”** – which refers to what will be required for a competitor to enter the “market.” I have been under the leadership of four hospital CEOs at CSH, and getting an “open door” into any psychiatric or addiction hospital will be impossible without these three things.

1. **Program:** therefore, does the organization have a substantive program? How long have they provided that program? What are the program’s track record, acceptance, and patient results? CSH staff was present at every “Engaging with God” presentation to monitor the patients and to evaluate our Ministry. Counselors, interns, and counseling students “audited” my presentation numerous times. We received over 3,500 evaluations, which the hospital also received. The Good Mood Foundation was invited back every week because the patients “spoke” about our Ministry to them via their evaluations.

2. **Accountability:** therefore, are the volunteers who come into the hospital vetted? Will “everyone” show up as agreed and on time? Do they understand the “landmines” of ministering in a psychiatric and addiction hospital? Are they trained to interact with in-patients? I have the most crucial skill set needed— identifying, recruiting, training, and motivating “volunteers” to assist in the hospital and behind the scenes. To that point, no one **was allowed** to help inside the hospital unless they had a “personal” story of mental health recovery and or an in-hospital psychiatric admission. It was our “secret sauce.” We also had many people help as volunteers outside of the hospital in various roles. Almost all either had a personal mental health story or knew someone who did.

3. **Insurance:** Has the organization ever been sued, or has a formal complaint been lodged against the organization or any of its volunteers by any patient or facility? Does the organization have or can it be “underwritten” by an insurance company so that the organization and its volunteers can serve inside the hospital? Good Mood Foundation is a **registered** non-profit with a “name” and “reputation” for “unparalleled service” for nineteen years. In seven and a half years of Ministry at CSH, we provided “programs” with measurable results. Only trained and vetted volunteers assisted. We never had one formal complaint against us, and we were never sued or threatened with a lawsuit.

**My story continues...**

## **“Pruned” for a Purpose**

It’s essential to understand that within a few months of beginning our Ministry at CSH in **2012**, I started to work on a project called **“Next Year in Jerusalem is Now.”** It was a God-ordained project, so I was a workhorse and driven. Therefore, if I wasn’t at the hospital or doing everything necessary to keep that Ministry moving, I was at my desk, thinking, studying, researching, and writing. It began as a manuscript, and as God moved in my heart, it became “something” else.

The patients and the Staff LOVED us, but NOTHING is forever! There is a “start date” and an “end date” for **everything**. I remind you of this truth because I knew there would come a day when our Ministry at CSH would end. I didn’t know when or how.

**In July 2019**, I hit the peripheral wall HARD! It was more like I was in a car going 100 miles and slamming into a wall—not wearing a seat belt. The wall I was hitting I thought was “stress.” Little did I know that my heart was failing.

I called a local half-price bookstore, and they purchased everything in our three-car garage. You’ll see the pictures following. To provide “everything” for the patients, I turned our three-car garage into a warehouse—floor-to-ceiling shelving, etc. We distributed thousands of Bibles, books, and other resources to the patients. Interestingly, I only purchased “closeouts.” So, we never paid more than \$2 for any book except for the Bibles. We gave away thousands of Bibles. ALL the patients requested a composition book, so every year just before the School year started, Walmart and Office Depot offered their composition books for \$1. You already know what I did to secure most of them. I was also a “regular” at the “Dollar Store.”

The half-price bookstore came with five men and two large moving trucks and spent most of the day boxing and putting everything on pallets. There were several dozen pallets stacked with our inventory. They made two checks to the “Good Mood Foundation” for \$8,700. Speaking of money, our Ministry has always had enough—never an excess or surplus—always enough for what God was leading us to do. To that point, I have never received anything, not even “one dime.” The LOVE for Ministry, the “process” of writing, and the love of discovering where God was leading me was my “paycheck,” so to speak. I have been and still am an active financial contributor so that we can continue.

### **So began our “Shofar Trumpet” Ministry.**

To date, the Shofar has a small hole to blow into, which was next to impossible to sound for even a Trumpet player like myself. I knew there was a “better way,” so I filed and received a provisional patent for a Shofar with an “integrated” mouthpiece. Let me say that except for one person who actively supported the idea, all my friends and supporters thought I had lost my mind. Speaking of supporters, understandably, “they” were supporting an in-patient mental health hospital Ministry, and since that ended, so did everyone’s support—as it should. But after selling our Hospital Ministry inventory, we had money to buy Shofars. I had written extensively about God’s Trumpets, so I sent everyone I knew my writings and a Shofar. The Shofar is God’s Instrument, so it is not only for Jews but also Christians—they are

“naturally” drawn to the instrument, too. A few years later, “while online,” I discovered a “Smooth Easy Blow” Shofar offered for sale. Someone in Israel figured out that if they incorporated a mouthpiece into the Shofar, they would sell more Shofars. I was smiling from ear to ear and let my patient application expire. I continue to present the “Feasts of Israel” at our home, and during an explanation of the “Feast of Trumpets,’ I have “demo” Shofars for everyone so they can learn how to sound it. We also gave each participant a new Shofar Trumpet.

**Let me backtrack back to my resignation from CSH in July 2019.**

Let me be blunt! I would have dropped dead if I had not resigned from our Hospital Ministry. I’m not being overly dramatic—just stating the facts. In January 2020, I was rushed to the ER, unable to breathe. My heart “ejection fracture” (EF) was ten. I was, essentially, almost dead. The cardiologist told Michelle I needed a heart transplant. I was “transported” to a renowned Heart Hospital. Tests, Cat Lab, etc., all proved negative. I had no heart blockages, heart damage, heart disease, or COVID—NOTHING.

Why had my heart failed?

The “best answer” the Doctors could speculate was most likely a bacterial infection. I told the doctors I ministered at a hospital. Maybe I caught something there. Nine days later, with many medications administered, I walked out of the hospital with an EF of 32. A normal EF baseline is 50-60. Anything less is not good. The doctors said that miraculously, my heart failure caused NO heart damage. However, they were insistent that without a lifetime of medications, heart failure could always be a possibility.

You already know what this Israeli did? FIGHT!

Exercise and other changes: in a year and a half, my EF was 60. An EF of 55-60 is at the top of the chart, and I am still at that number. God pruned me for a purpose.

**To recap, God called me to be His WRITER in 1998.**

- I grew in various “aspects” of writing. But here is when I knew God called me to use my unique selling skillset in my writing. It is the first story you read in the “Yad Vashem” File—**“Next Year in Jerusalem is Now.”**
- ✓ I KNEW I was God’s writer when God gave me the skill set to understand the process for selling in my writings.
- ✓ God is the God of the Bible, and He is the God of the Jewish People, and He dwells in Jerusalem.
- ✓ From my perspective, what better story to write about than that?

+++++

Here is evidence of what our Ministry at CSH meant to so many people.



## IMPACT” —the Matrix of Ministry

In the for-profit world, return on investment, EBITDA, the bottom line, etc., is used to measure and gauge the success or failure of the enterprise. But in the non-profit world, we measure success or failure by “Impact.” For example, we impact by providing composition books, knowing that the patients will use them in tangible ways. “Impact” is subjective, so we don’t see how every patient used the composition book. But we do know what the patients thought of our impacting ministries from the many thousands of encouraging evaluations we received. CSH received a copy of each to gauge our progress and if our Ministry should continue.

### The Following are a Few Letters and Snippets From Some of Them

Dear Mike & Good Mood Foundation,  
I was recently inpatient at  
Carrollton Springs. I am a  
Christian with bi-polar depression.  
When you came in to witness  
and offer hope in Jesus name,  
all I could do was cry. I  
saw a young girl make a prof  
of faith in your Sunday service.  
You meet a desperate need in  
the treatment of people with  
mental disorders.  
I am learning through your  
book, positive steps to take  
toward recovery.  
I thank God for your  
testimony and your need to  
share with others.  
I've never been so impressed  
with a ministry as I am with  
yours. I'd like to be a part  
of it. Love to you all,

“Dear Michael, I have been to this Hospital (CSH) several times, and each time I have seen you, I have seen a bright light in the darkness. I have heard your story multiple times, and it

*never ceases to amaze me how you truly got well and stayed well. I am very aware that you are not a professional...or not a person who is superhuman...you are a man with flaws, just as I am with flaws...So, I wanted to tell you this: I appreciate you. Thank you for your consistency...you are here every Sunday and Wednesday. You always greet me with a smile and a fist bump no matter how sick I am...Thank you for your kindness. When I am weak and need a note of encouragement, I always get one. You pray with and for me and give gifts every time you visit. And finally, thank you for coming and sharing your story...thank you for everything. I will always pray for you..."*

Dear Mr. Michael Attar:

Thank you for speaking at the weekly meeting of The Good Mood Foundation during October 16 at Carrollton Springs Hospital. Your personal, and team presentation on the importance of being in contact with God through Jesus Christ, worship and ministry via the Word of God in the Bible, and through music was very well received by myself. The information in your speech and the additional reference material you provided were both fascinating and timely. I feel personally blessed, and much closer to Christ Jesus, and God because of your Personal Commitment, to reaching as many people as possible through the work of the Good Mood Foundation. Mr. Attar, your prayers for me have been much more beneficial for my life than you can imagine. I am a saved and rededicated Christian thanks to you, and your books from the Good Mood Foundations library of goodness, hope, and music!

*"I wanted to thank you both for coming to Carrollton Springs Hospital the Sunday that I was there. I have to say that after your powerful presentation, I turned the corner, felt hope, and began to make progress. You guys were my Jesus in the flesh. Being in the hospital was one of the most humbling and freedom robbing times of my life. Hearing your stories gave me the strength and encouragement to hang on. I checked out the MP3 players and listened to Christian music as I went to sleep at night. I also began confessing out loud daily the Bible verses that you all provided. I have been out of the hospital for almost 2 months, and I am not even close to the same I was when I checked in. Also, the handwritten note that you sent me while at the hospital was unbelievable. I really hope that you will continue the Ministry as I know for every person that tells you how much of a difference you made, there are 9 who have not. God bless you both my brother and sister in Christ."*

*"Singing together [Brighter Day by Kirk Franklin] was the first time I smiled in a very long time."*

*"Awesome! I wish you did this daily."*

*"I love the positive energy and encouragement. Thank you!"*

*"I AM a Worshipper. I listen to worship music every day and night. I do miss not having my worship music. Thank you for your ministry-may the Lord continue to bless and provide for all so that you may continue to bring Jesus' Light in the midst of darkness and sharing the Gospel. Had a medical procedure yesterday-have not been feeling well today. Blesses, uplifted, and connected to God's love for me."*



*"Thank you for the beautiful notes. It means a lot."*

*"It meant so much to me to get to sing and worship. I've been missing it."*

*"I need to sing! I forgot how much I love to sing to God!"*

*"Music is a HUGE part of my life – particularly worship. Worship brings me back to a place of humility and worship to my Abba Father, and that reminds. My physical pain was temporarily lessened!"*

Dear Michael + Good Mood Foundation,  
I wanted to thank you for the wonderful MP3 player you sent me after I was discharged from Carrolton Springs. I can't even put into words how much this music means to healing my depression. I keep the player close by and when I am feeling down or anxious I know I can reach for some up lifting music.  
I still have struggles but know God has this. Please keep me in your prayers.  
I am very thankful for your valuable ministry at Carrolton Springs. I always got a lot when I came to your activities. Keep up the good work. In Christ alone,

*"The Marvin Sapp song really hit my Spirit. I am so sorry for trying to take my life, the life God gave me, the life Christ died for."*

*"Great opportunity for believers to come together at the lowest time in their lives. To know God has not forsaken them, and he promises he will be closer than a brother."*

*"It was meaningful because it helped me connect with God."*

*"Worshipping the Lord is awesome. This made my day so much better."*

*"I absolutely love this therapy. I love Mike and his helpers. I love the handwritten note. This group brought me back to Christ. I feel so safe and free in here, and I'm inspired by the music and the materials we are given. I've learned so much. Thank you! I've been so blessed by this group."*

*"It is like candlelight in eternal darkness."*

*"Very meaningful. Singing brings joy to my heart."*

*"I'm not religious but continue to come to your groups because they are enjoyable and bring me happiness when I am here. Thank you!"*

*"Lyrics of songs had meaning to me. Claudette gifted me with a Bible. Mike Attar shook my hand and said he would pray for me."*

*"It gave me time to reflect and praise to take my mind off of other things. I loved it. I'm a youth leader, so I'm always in Church and listening to Christian music."*

*"It reminded me of how important praise and worship play in my relationship with God."*

*"I grew up in a home where going to Church was a form of punishment. Thanks for showing me that worship is rewarding."*

*"It helped remind me that God is fighting for me and wants to help me. This time of worship was also helpful to me to remember his presence. Thank you so much for coming! Thank you, Alan, Zack, and Linda!"*

*"Reminding me that I'm a child of God and what I'm going through will pass."*

*"Yes, I really needed God back in my life, and you guys opened the door."*

*"Thank you so much for bringing God into this place. God bless you all."*

*"Thank you for allowing God to work through you. Pray blessings over you. Love you, guys."*

*"It's comforting to see God's word in a place like this where most people are at their worst and probably need it the most. God bless the work you're doing."*

*"I have not been to Church since I left home, so it's really getting to me. It brings hope back to me."*

*"Singing soothes my soul. It is evident that the volunteers love Christ and come here in love."*

*"One of the best ways for me to calm down is by listening to Christian music. Thank you!"*

*"Excellent. Very nice service. I enjoyed all the books, music, smiles. Especially loved all of the songs. Thank you for coming. You made me smile today."*

*"Christian music and gospel and prayers and worship: all my problems disappeared because of his word and explained to me that all is well."*

*"I truly enjoyed this group: the songs and the singing really impacted me. Thank you so very much for coming and doing all that you are. I so appreciated and look forward to the days you come. Thank you for all of the gifts you bring. God bless each and every one of you."*

*"It came at the perfect time for me...It reminded me that if I have anything, I have God. And I am thankful for that. Yes, really needed God back in my life, and you guys opened the door."*

*"Strong Ministry. Keep up and may God strengthen you and the Ministry with all power. I appreciate all of you in Christ, Jesus!"*

*"It helped me regain my relationship with Christ, and for that, I am forever grateful."*

*"This was awesome! Just what I needed to focus on God. Thanks for the gifts! God bless you all. Stay strong and continue your Ministry."*

*"You are an asset to God's arsenal. Love, your brother in Christ."*

*"You gave me hope."*

*"It made me feel very cared for and hopeful for my future. I also felt very unjudged. This group was a very crucial part of my recovery."*

*"I am happy to be here; this is part of my spiritual journey. I believe that God has placed me here to get closer to him."*

*"It was a blessing. Music provides my best therapy. It was wonderful, just singing praises to God."*

*"Able to release my worries to God."*

*"They were very kind and encouraging. It was such a treat to receive gifts of a bible and creative treats as well as encouraging in finding God in the darkest times. Thank you."*

*"It has helped me realize I need him."*

*"Your giving of yourselves as well as books and other materials, especially the Bibles."*

*"A familiar environment with kind leaders."*

*"It helped me want to find a church home when I keep putting it off, but not anymore."*

*"Lifted my spirit and made my day, joyful."*

*"You all seem like very faithful, loving people, thank you for sharing your faith with Carrollton Springs. It helps a lot of patients. I really enjoyed the singing even though I am not religious. Thank you!"*

*"Yes, I told the volunteer, Alan, I had a singing problem. He said I could come and just listen. Thanks, I am really grateful for you guys."*

*"It lifted me up and brought me back to the truth of what I already know that God loves me."*

*“It lifted my spirit up and more.”*

*“Thank you for taking the time to treat us with dignity and care. Your hopefulness was inspiring, and I needed to connect with God through song. Renewed my Spirit!”*

*“With my diagnosis of bipolar, it was given me hope that there will be healing and hope for a stable better tomorrow. Thanks so much!”*

### **From a “Volunteer’s” Perspective**

*“I didn’t know what to expect as a volunteer, so I was stunned when I saw firsthand the positive effect that this Ministry has on the patients. Mike has taken a huge disability, a thorn in the flesh, and turned it into a masterpiece of a ministry. Rather, as he would say, this is entirely the work of the Holy Spirit. Mike has yielded in obedience to the vision that God has for him. He readily shares his struggles and triumphs with others who are just starting their journey. His Ministry is one of inspiration, humor, sharing the Gospel openly, and praying for specific requests that these precious, seared, and broken men and women ask for. These people who are depressed and hopeless walk into the room, expecting nothing more than another group session. They leave with joy, a song of praise in their minds, and an expectation that this Jesus that they heard about can lift them out of this deep, dark hole and give them life everlasting.*

*Moreover, He can give them abundant life that starts right where they are. They know that they can look to Him as part of their healing. Mike graciously gives a variety of books that speak of his faith in Jesus Christ. He receives no salary for what he does, and he relies on the generosity of others to purchase the books that these patients pick up and hold close to their hearts. They know that these treasured books will teach them more about the God that has been shown to them in the group session. Mike knows that he might never see these men and women again, so the books that he gives away follow these patients into the life that they return to when they leave this hospital. I can’t say enough about this wonderful Ministry. I feel so privileged to be a part of it. I love to see Mike’s heart lifted as he sees a large group of hurting men and women starting toward our room. We both know that their lives will be touched, perhaps changed forever. Mike’s quick smile and a twinkle in his eyes as he starts the session set the tone for an uplifting experience for these people. He never tires of it. His enthusiasm is never dampened. Each group is a brand-new opportunity through the power of the Holy Spirit to effect a radical change in people who thought that there was no hope for them.”*

### **From a Professional Psychiatric Nurse’s Perspective**

*“Just recently retired, I was a psychiatric nurse for more than 30 years. During this time, I worked in most of the largest and most prestigious hospitals and homeless shelters in Dallas, and so was privileged to see many different approaches and treatment modalities to mental illness and addiction. I have observed that medicines are often very effective and sometimes life-saving, and there are also other tools used in-patient that can be very helpful and applied*

*to daily life once discharged. Unfortunately, however, often times the treatment plan was noticeably absent of at least attempting to address the spiritual side of the person. And not employing the healing power of our Creator is not only short-sighted but measurably less effective. Consequently, it was with great pleasure that I read Mr. Attar's book (My Pursuit of a Good Mood) and audited "Engaging with God" group. I wish to share some of my impressions with you here. Honest, perceptive, engaging, self-revealing, giving concrete tools and directions for help... and most importantly, always keeping the God of the Bible as the center post and compass for true holistic treatment. And all this from someone who has been there. Someone who has experienced the depths of mental illness, its crippling effects on self, friends, and family, and yet has come out on the other side. Someone now called to be an excellent witness, fellow traveler, and experienced guide to those caught up in this enormous struggle. EXCELLENT!"*

### **From a "Professional Counselor's" Perspective**

*"I am [L.] and a recent graduate of Dallas Theological Seminary with an MA in Biblical Counseling. I am a Licensed Professional Counselor-Intern in the state of Texas. I had the privilege of auditing Mike Attar's group, "Engaging with God," at Carrollton Springs Hospital on Sunday...Upon arriving, there were workbooks and books set out at each place for the group members, and Mike welcomed me and filled me in on what to expect. Everything was very organized, and I was struck by his generosity and all the materials that were provided. Shortly thereafter, group members began filing in and took a seat. Mike warmly greeted each patient and shared about himself, his background, and encouraged participants in their own story. Mike talked in-depth about the concept of forgiveness, gave an overview of biblical characters that had mood struggles, and he clearly shared the Gospel. He gave the opportunity for group members to respond and six responded, believing the Gospel for the first time. Praise! Afterward, he walked through the Fruit of the Spirit and shared helpful and relevant scriptures that would encourage each participant. Mike uniquely tied this into their struggles in a personal way. The session concluded with a time of worship and prayer, which was welcomed by all and provided an example of a practical way to manage one's mood. Overall, the group was run efficiently and was extremely positive and encouraging. The content was broad and deep, but relevant and uplifting. Mike is uniquely gifted to lead this group because of his own struggle with bipolar disorder, his strong faith in Christ as well as his background in Judaism. He was energetic and engaging throughout, and he communicated with the group members in a personal way, which clearly impacted at least six of them in a life-long way. It was an honor to be a part of this experience, and it challenged me and helped me think through mood disorders and treatment in my own counseling."*

### **"Professional Mental Health" Perspective**

*"I was immediately impressed with Mike's depth of knowledge of the material. He reads the patient's body language, level of participation, and interest and then responds with an excellent ebb and flow of content. The result was a unique presentation that also feels highly polished. Mike presents himself as lively and enthusiastic and earnestly desiring to please. Mike proved that he knows the pain of fellow patients. He hits our hot buttons by sharing his experience with forgiveness, bipolar disorder, major depression, medication, and*



hospitalization. He makes himself vulnerable and demonstrates that he is one of their own with stories of confession and restitution. I am convinced that he knows the pain of the patients and can empathize and have compassion for them. At the close of the presentation, Mike boldly asked if anyone wanted to receive Jesus into their heart and the free gift of salvation and forgiveness of their sins or to rededicate themselves. Much to my surprise, three patients immediately responded. Mike and Holly compassionately prayed with each by overshadowing the patient's chair in a little cocoon of love. My overall impression of the group is that it was informative and fun and enjoyable. Mike couches some serious topics in a package of fun and enjoyment. But the manner in which the group ended reminded me that the purpose is a serious one which is the conversion of souls to God. Mike proves that 'Engaging with God' was not just enjoyable and fun for the heart but was capable of touching our souls as well."

### One of Our "Note Writer's" Patient Notes

Reading this note may be difficult, but I included it to show you our note writers' dedication to encouraging the patients. I have always felt that receiving a "Personal Note of Encouragement" is one of our most important ministries.

My frame was not hidden from you when I was made in the ~~cess~~ secret place when I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. When I awake I am still with you."

Amy's baby is constantly in God's eye. It is forming the baby in Amy's womb all you read this. The baby is safe. God's wisdom is forming the baby in His image to do great things for Him. Trust God as Amy rests and has a remarkable baby all because of God and His blessings. You are going to get well! Jesus loves you unconditionally  
ai

Kathleen,  
Philippians 4:6-7 says  
"Do not be anxious about anything, but in every situation, by prayer & 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!"

Psalms 29:11 says:  
"The Lord gives strength to His people; the Lord blesses His people with peace!"

Psalms 139:13-18 says:  
"For you created me in my mother's womb. I praise you because I am fearfully & wonderfully made; your works are wonderful. I know that you are God!"

### From Our Board Member's Perspectives

*"I have known Mike Attar for nearly 30 years. Mike's love for the Word of God is demonstrated by his close walk with God and Spirit-filled life. Rising above his own battles with bipolar disorder has allowed God's grace to impact his life and others through the Good Mood Foundation. I have been blessed weekly in our conference calls hearing the program of the Ministry and how God once again has met the needs of the Ministry. The Good Mood Foundation ministers by getting in the trenches, going out in the community and sharing the love of Christ and hope to those who battle the cruel ailments of mental disorders and addiction. Through the generosity of others, the Good Mood Foundation is able to touch the lives of individuals struggling to recover and have the most basic qualities of life by providing written material, Bibles, DVDs, and MP3 players for songs of worship. On more than one occasion, I have heard Mike say, 'Our time is limited in how long we can pray individually for the patients in the hospital. I wish I had more time. One by one...I think this best characterizes the Good Mood Foundation approach in ministering on a 'peer-to-peer' basis. Sharing Christ's love and hope with others is what I believe we are called to do. The Good Mood Foundation is fulfilling that mission. I have been blessed by supporting the Ministry and in my role as Vice President. Little did I know when assuming the role that God would place such a burden on me for reaching individuals who suffer from this affliction. I am thankful for Mike and Michelle, the volunteers and supporters of the Good Mood Foundation."*

*"From the first time I met Mike, I could see the passion he had for the Lord and his desire to bring God's Word, love, and comfort to people struggling with mental illness. In today's world, where so many look down on or ignore people in need, it is wonderful to see Mike living out the Gospel message of spreading the Word to those in need."*

*"From the time of meeting Mike Attar over ten years ago, the desire of his heart has been to serve others. Mike is the one who made sure everyone at a Bible study felt welcomed and cared about, Mike was the one asking everyone if they needed anything, Mike was the one cleaning the room, Mike was the one... Several years ago, Mike became the one to share his story and to share how he has returned to a Good Mood. The journey has been a long one for Mike, but he has been faithful in seeking God's will for the Ministry and pursuing helping others each step of the way..."*

*"What an incredible vision God has given you to reach out...honored that God has chosen you, as one of our own flock, to develop this ministry."*

*"It was a privilege and a pleasure to work with Mike and Steve on the Board of the Good Mood Foundation. I continue to admire Mike's commitment to bringing healing and peace to people*

*with mood struggles, and I will continue to pray for God’s leadership and influence on him and this work. God bless you...”*

*“It has been a joy to watch what started out as merely a dream six short years ago, take root and grow into what has become the Good Mood Foundation. Working with you and seeing your care and concern for those who suffer from mood-related struggles has been a privilege, and I am grateful for the opportunity. GMF fills a void, and I pray that God will continue to touch the hearts of those who see the need for Christian-based resources and choose to support GMF in whatever way they can. Love you, Mike!”*

**CEO of CSH**





## Carrollton Springs

June 3, 2013

Mr. Mike Attar  
Good Mood Foundation

Dear Mike,

This January, Carrollton Springs celebrated its first anniversary. When we were in the process of making preparations to open this facility, we knew that we wanted to offer our patients a time to worship on Sundays. We contacted several churches in the area and after thoughtful consideration; we decided to go with a new ministry, endorsed by Bent Tree Bible Fellowship in Carrollton, Texas. As you know, that new ministry was the Good Mood Foundation.

Mike, you and the volunteers of the Good Mood Foundation have graciously brought the "Engaging with God" group to our facility every Sunday for the past year. During this time, we have had a tremendous amount of positive feedback from our patients. The majority of the patients that participate report that their mood is elevated after service. They also share an appreciation of having you to pray with and for them.

The love that you and your volunteers have for our patients is evidenced by the commitment you continue to make. We have been very pleased and are thrilled to hear that you have decided to expand this ministry and reach out to additional psychiatric and addiction facilities. I am certain that you will make a positive impact in other communities, just as you are doing in ours.

Wishing you the best,

A handwritten signature in black ink, appearing to read "William Brattvet".

William Brattvet,  
CEO, Carrollton Springs

**CEO of CSH**

## Carrollton Springs

*There's hope. There's help.*

August 6, 2015

Michael Attar  
The Good Mood Foundation  
3751 Main Street  
Suite 600, Box 201  
The Colony, TX. 75056

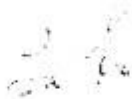
Dear Mr. Attar,

On behalf of Carrollton Springs Hospital, I would like to thank you and The Good Mood Foundation for the volunteer service to our patients. Many people come to Carrollton Springs searching for a spiritual component to their treatment. The countless hours you have spent in the hospital with our patients is greatly appreciated.

Aside from the time your ministry contributed to the hospital, I know The Good Mood Foundation has also furnished faith based materials on occasion. To help defray the cost of the materials and time, please accept our enclosed donation of [REDACTED]. Although this does not adequately compensate The Good Mood Foundation for the hours of service, we hope it helps defray some of the cost incurred.

Thank you

Sincerely,



Lance Folske  
CEO  
Carrollton Springs, LLC

3228 Parker Road, Carrollton, TX 75010  
972 242 4114 • fax 972 242 4117 • [www.carrollton-springs.com](http://www.carrollton-springs.com)

**CEO of CSH**



August 10, 2018

Michael Attar  
The Good Mood Foundation  
3751 Main Street  
Suite 600, Box 201  
The Colony, TX. 75056

Dear Mr. Attar,

On behalf of Carrollton Springs Hospital, I would like to thank you for the continuing volunteer support The Good Mood Foundation has provided to the hospital. The opportunity to incorporate a spiritual element in our patients' treatment is greatly appreciated.

I am also cognizant of the countless hours you have spent providing spiritual support to patients. Aside from the time your ministry contributes to the hospital, I know The Good Mood Foundation also makes available faith based materials. To help defray some your cost, and as a token of our appreciation, please accept the enclosed donation of [REDACTED]. Although the donation does not adequately compensate The Good Mood Foundation for the hours of service and materials, we hope it helps defray some of the cost incurred.

Thank you

Sincerely,

Samantha Castle  
CEO  
Carrollton Springs, LLC

2225 Parker Road, Carrollton, TX 75010  
972.242.4114 • fax 972.242.4117 • www.carrolltonsprings.com



The CEO of Carrollton Springs felt his Staff should “SEE” what we do behind the scenes to get ready to minister to the patients. So, he brought 11 CSH Staffers who came to help in our garage one afternoon.

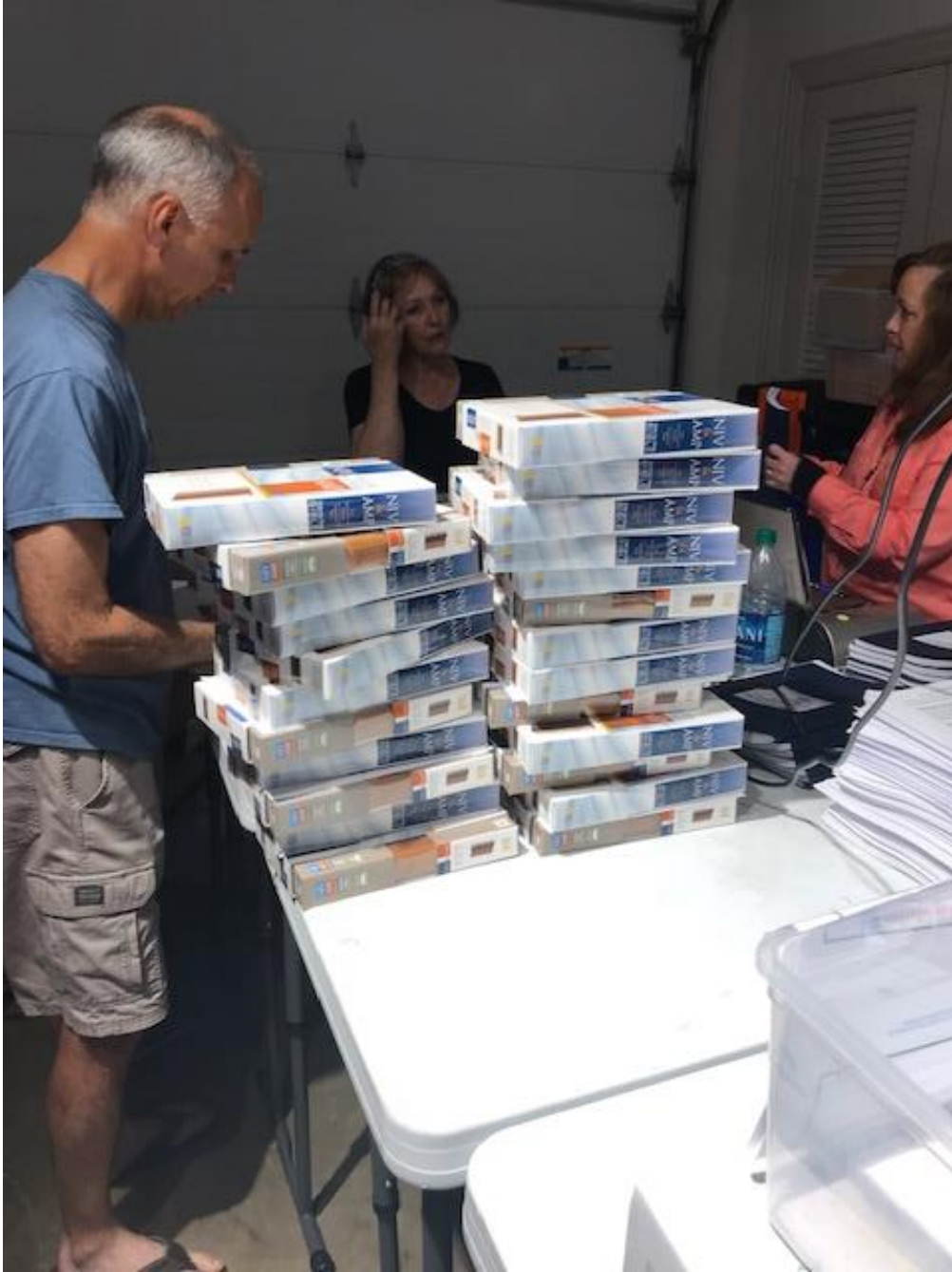
**View of Our “Ministry” Garage**



Our three-car garage is fully dedicated to the enormity of boxes packed with all the “items” we gift. I have to move everything on rolling carts to enable Michelle to put her car in the garage at night. There is also much work to do, including printing and putting everything together. Pictured are some of our volunteers.



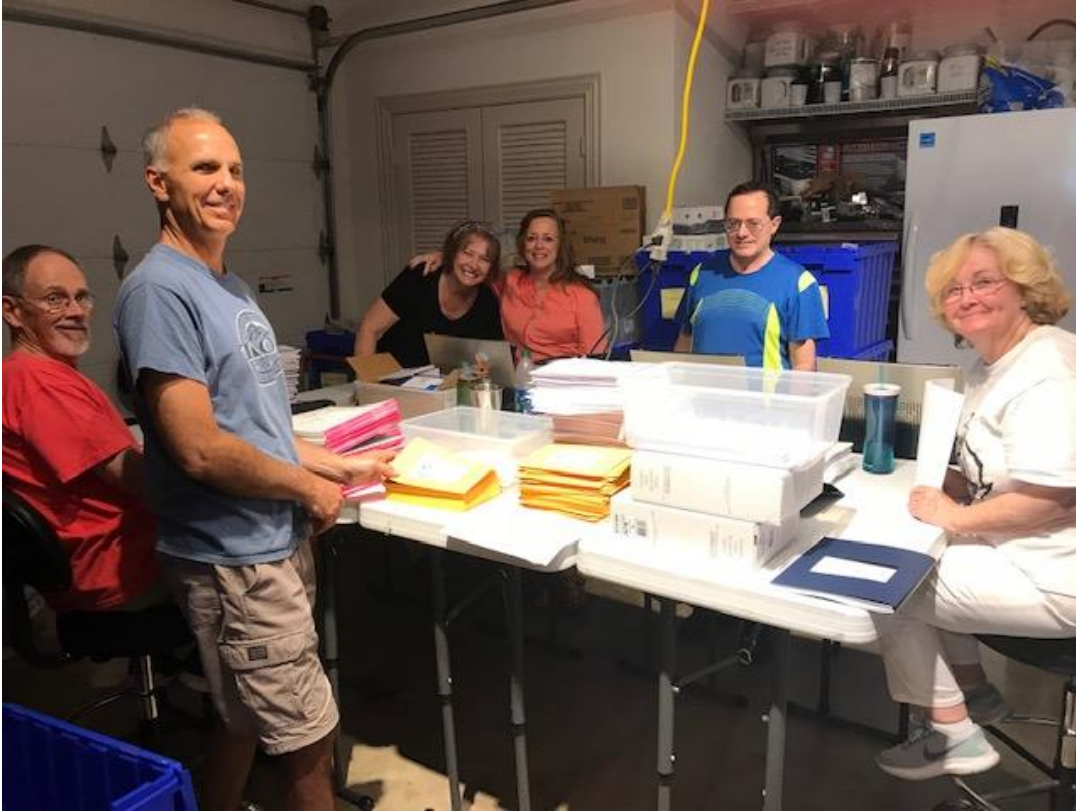




*“Helped me rededicate my life to God. Gave me a beautiful Bible, I have been reading.”*

*“They [volunteers name] made me feel loved...They helped me back to God.”*

*“Thank you [volunteers name] for being so loving and kind.”*



*“Very meaningful/emotional. I cried. I felt so sad. I’ve never been hit so hard by Jesus’s story.”*

*“Thank you for allowing me to find the Lord. I want to feel His presence more than anything...Thank you, [volunteers name], for allowing me to believe.”*

*“The group allowed me to begin to believe in God.”*

*“Reinforced God’s love for me. Gave me confidence that my future is bright... [walking in step with the Spirit] is my choice.”*

*“It helped remind me that God is fighting for me and wants to help me. This time of worship has also helped me to remember His presence. Thank you.*

*“Thank you for bringing God into this place.”*

*“Yes, I really needed God back in my life. You guys opened the door.”*

*“Thank you for giving me hope to look at things differently.”*



## More Patient Written Comments

*"I helped me regain my relationship with Christ, and for that, I am forever grateful."*

*"It's like something that gives you chills once stepping in the room. It feels great."*

*"Reminded me that I am a child of God..."*

*"Great to see kindness and faith in people. I'm glad that I came."*

*"Thank you! The best part of my day!"*

*"Love you guys in what you do. But I'm not Christian, I'm Hindu."*

*"Reminded me that I am forgiven."*

*"It will help me to cope and encourage me to trust in God."*

*"Reaffirmed that I need to get closer with God again."*

*"I came back to Christ."*

*"Moving—I teared up—often."*

*"Very Biblical."*

*"Both of you [my assistant Jennifer and I] lifted up my attitude and my spirits."*

*"You all are the best group that we have here. Thank you for all you do!"*

*"I rebuilt my relationship with God."*

*"I rededicated my life to Christ, and they inspired me in my spiritual journey..."*

***"NO MORE watching the News...choosing my friends and friends on Facebook carefully. The only person who is responsible for what goes into my mind is—ME!"***

*"I rededicated my life to Christ."*

*"Amazing program and one of the most rewarding parts of my time at Carrollton Springs."*

***"I believed The Gospel Today!"***

*"It helped me redirect my life through the Lord...changed of my life."*

*"I am close to the Lord again."*

*"I am so happy for so many materials [Gift Sets of books] to help me in my spiritual journey."*

*"Your stories got me thinking about Jesus...I am a reform Jew and don't believe in Him, yet."*

*"This [Engaging with God] has meant so much to me during my stay here."*

*"I asked to bring Jesus into my life."*

***"It was the best thing that came out of my stay at Carrollton Springs Hospital."***

*"I am using my Bible as a roadmap."*

*"The Gospel and God's Word was not watered down. I rededicated my life to Jesus."*

*"Encouraged me to watch, listen, and sing to God's music to help overcome negative thoughts and emotions."*

*"I believed the Gospel of Jesus Christ for the first time, today."*

***"It was the first time I felt the Spirit...I believed the Gospel for the first time."***

*"Gave me strength, showed me the way to Jesus and believing in God."*

*"Reconnected me with God."*

*"Encouraged me to accept Jesus in my life."*

*"I got to come back to Jesus."*

***"Energetic-a breath of fresh air! This place Hospital] which is dull and sad most of the time, was energized with the light of Jesus through you."***

*"So, meaningful, made me jump back to God and Jesus."*

*"Lots of good reminders. There IS Hope!"*

*"It was the best thing [in the hospital] I've experienced."*

*"Welcoming into God's Kingdom was awesome to me and believing the Gospel was touching."*

*"It helped me to snap back to the person I feel like I actually am deep down. Happy, alive, fulfilled, good!"*

***“Proud to have time to be with the Lord and hear the Gospel.”***

*“I needed this. The best thing that I sat in [while] in this place.”*

*“I loved seeing the ladies respond to Jesus ‘Overwhelming’ I want to serve.”*

*“Very high energy and a great message.”*

*“I really liked the handwritten, personal note that was left on my bed.” [FYI-only a staff-person distributes our notes of encouragements in a patient’s room.]*

*“I loved the handwritten note I got!”*

*“I rededicated my life to Christ.”*

*“I’m happy but crying...I was so glad to see my friend accept Jesus.”*

*“Thank you so much for the UPLIFT on my first day here in the hospital.”*

*“Mike has experienced pain and has chosen happiness and brought sunshine back into my heart. Holly did a great job of praying for me. Holly opened the door to let me in because I was late. Your group saved my life today.”*

*“One of the best fellowships I’ve been to.”*

*“The angels are rejoicing because I (name) rededicated my life back to Jesus.”*

*“Engaging with God”] reinforced my beliefs...thank you.”*

***“Refocused [me] on God and His Word.”***

*“So, encouraging, uplifting, helpful, made me smile and gave me hope to change.”*

*“You got a lot across in a short time. It was spiritually encouraging and uplifting.”*

*“Hearing that people in the Bible have gone through the same struggles I have—even Jesus.”*

*“Reintroduced me to MY God.”*

***“I came back to Christ.”***

*“Reminded me that I am forgiven.”*

*“I gave my life to Christ.”*

*“Opened my doors to believe in God more.”*

*“Reassured me of my salvation and God’s love.”*

*“Reminded me that I am forgiven.”*

***“I came back to Christ.”***

*“Moving—I teared up—often.”*

*“Very Biblical”*

*“Very factual! And engaging!”*

*“Both of you [my assistant Jennifer and I] lifted up my attitude and my spirits.”*

***“I needed to hear that I’m going to get better.”***

*“It made me feel closer to God and renewed my faith.”*

***“I asked to bring Jesus into my life.”***

*“I liked the info in the booklet [workbook] and hearing the stories.”*

*“It reminded me that God is the answer to everything.”*

*“I enjoyed Mike’s Spirit of faith and perseverance. Thank you for your prayers over me...”*

*“I can feel the heart you put into your beliefs. Very uplifting.”*

*“Gave me new hope.”*

***“The issue of forgiveness is one that I have been dealing with. It was awesome how that was a big focus today.”***

*“I left with feelings of hope and happiness.”*

*“Bringing God to this place and smiles and encouragement that we are not alone.”*

*“I gave my life to Christ.”*

*“Opened my doors to believe in God more.”*

***“Reassured me of my salvation and God’s love.”***

*"Lots of good reminders. There IS Hope!"*

*"It was great, powerful. Comforting and very much needed as I continue my journey of recovery. Amen, and thank you!"*

*"It was the best thing [in the hospital] I've experienced."*

*"I asked to bring Jesus into my life."*

*"I liked the info in the booklet [workbook] and hearing the stories."*

*"It reminded me that God is the answer to everything."*

*"The Word was brought to me."*

*"I enjoyed Mike's Spirit of faith and perseverance. Thank you for your prayers over me..."*

*"I can feel the heart you put into your beliefs. Very uplifting."*

*"You reached me in a difficult time and showed me how fun, how good, and loving God is."*

*"It helped me to snap back to the person I feel like I actually am deep down."*

*"Proud to have time to be with the Lord and hear the Gospel."*

*"Taught me how to forgive and let the Lord help me get better."*

*"It gave me a different view of looking at the way I can personally improve my choices in life."*

*"True individual prayer for my recovery."*

***"Thank you for praying for each of us."***

*"Thank you so much for the UPLIFT on my first day here in the hospital."*

*"Reminded me of my faith."*

*"One of the best fellowships I've been to."*

*"Refocused [me] on God and His Word."*

*"You got a lot across in a short time. It was spiritually encouraging and uplifting."*

*"Reaffirmed that I need to get closer with God again and to ask for forgiveness from my sins."*

*“So, encouraging, uplifting, helpful, made me smile and gave me hope to change.”*

*“Hearing that people in the Bible have gone through the same struggles I have—even Jesus.”*

*“Reintroduced me to MY God.”*

*“I loved seeing the ladies respond to Jesus ‘Overwhelming’ I want to serve.”*

*“It made me feel closer to God and renewed my faith.”*

*“I asked to bring Jesus into my life.”*

*“I really needed the group, all of the singing and me becoming a Christian.”*

*“Reestablished my relationship with my precious Savior Jesus.”*

*“I came back to Christ.”*

*“Helped me to realize and desire to get back to God’s grace, be involved in a personal relationship with Christ, and lean on Him through my healing journey.”*

*“Seeing people renew their relationship with God was GREAT!”*

*“Mind changing...you got me.”*

*“It honestly made my spirit jump out of my skin, and I loved every last thing about it.”*

*“I rededicated my life to Christ.”*

*“Highlight of my stay.”*

*“Reminded me that I am forgiven.”*

*“It will help me to cope and encourage me to trust in God.”*

*“Helped with maintaining and renewing my spiritual journey.”*

*“Much needed spiritual food.”*

*“I needed all of it. I need God in my life.”*

*“They made my day brighter and made me smile.”*

*“Thank you for the rededication prayer!?”*

*“I have dealt with so much chaos when it comes to religion, and I finally feel at peace.”*

*“Very energetic and passionate about what they do.”*

*“Relative information that speaks not only to my intellect but to my heart and soul as well. Michael is relatable, genuine, and is living proof of having hope and happiness because of his daily authentic relationship with God, Jesus, and the Holy Spirit. I already know I am going to use his book when I get out to help me follow the right path in life.”*

*“They make me feel loved. They helped me back to God!”*

*“I cannot go to Church (disabled). I needed this saving in my life.”*

*“Thank you for being so loving and kind.”*

*“Thank you for giving me hope to look at things differently.”*

**“It was life-changing. Through Mike’s story, he gave me the courage and conviction to accept as a Jewish man, Jesus, as my Lord and Savior.”**

*“Validated my faith in God, our father, and Jesus Christ, his son, regardless of which religion I choose.”*

*“Very wonderful...I rededicated my life back to God. This meeting gave me the confirmation that I heard Him and my decision to come back to life truly and wholeheartedly, and according to his will in Jesus name.”*

*“Thank you for the Bibles. “I have been to them [our groups] several times and get something new each time.”*

*“Rededicating my life will help me walk with him and my housing situation.”*

*“I have seen the presentation two or three times. I get something new each time. Thank you for what you do.”*

*“It was hopeful to hear Mike’s story of recovery, and I have hope that I can recover and live a productive life as well.”*

*“This has been the highlight of both admissions. Thank you!”*

*“I thought they were very caring and brought an excellent program to the facility today. They were a pleasure to hear.”*

*“This group is a very crucial part of my recovery. Thank you, GMF!”*

*"It was uplifting and informative. Thank you for taking your time and showing us that we can be well."*

*"They made a very clear and concise way of the gospel, and one of my friends became a believer!"*

*"I was approached. I woke up from a late nap and got to listen to the speaker. Very full of wisdom. Anyone willing to go out of their way for myself and the other addicts. Thank you, God bless."*

*"I have been to many of your groups, and I am never disappointed!"*

*"Hit all the bases and offered tools to strengthen my relationship with God."*

*"Yes, very encouraging. Made me feel a lot better."*

*"Provided the basics of living a spirit lead life. Re-inspired my belief of surrendering my struggles to God."*

*"It helped bring me closer to God."*

*"Very spiritual and meaningful. I must learn to forgive and let go."*

*"Thank you for doing this. I appreciated having time with believers and opening the doors for non-believers. Thank you for sharing your stories with us."*

*"This group is definitely needed. It has a great message."*

*"Simply wonderful! Your passion is amazing."*

*"Spiritually uplifting and refreshing to my soul."*

*"Your dedication and conviction are so inspiring. I really cherish this group after being born again."*

*"I am a child of God. Thank you for allowing me to feel it again."*

*"I enjoyed being around those who rededicated their lives."*

*"Dear Mike, I was a patient at Carrollton Springs this month for some time, and I remember your organization quite fondly. I wanted to ask you a couple of questions. I enjoyed listening to the music and was wondering if you could send me some sort of list of good songs to check out? I checked out the MP3 player that was available quite frequently, and that was very helpful during my time there. I also wonder if you could send a link to the Sony Walkman you*



*showed us as well as the pillow speaker. Also, the MP3 players that you donated to Carrollton Springs is there a link for a place to purchase that? I also remember you saying something about other materials we could request from you when we left in-patient. I don't have a Bible right now and would love one, so I can study with. I also remember something to the lines of Kirk Franklin I enjoyed that so much. Thank you for the inspiration during my stay. I look forward to hearing back from you."*

Hi...Your email brightened my day. Thank you! Yes, your email came at just the right time. Recently, several people provided the funds to provide the items you were inquiring about. Therefore, we can send you the following: an MP3 player like the one you used while at Carrollton Springs Hospital. I will put the same songs on it as the one you used, a pillow speaker for listening to songs while you sleep, an NIV Large Print Study Bible, a Kirk Franklin DVD with the song "Brighter Day" that we watched in the Worship Service. I need to say this again. Your email came at just the right time. Several people wanted to bless "someone" with these tools. That's why they provided the funds. Please provide a mailing address, and I will ship either tomorrow or on Wednesday. Thank you again for your kind words-they as they lifted my Spirit. With much love, Mike

*"Mike, Really? I'm shocked as I'm reading this... I would be so thankful and overwhelmed by such a kind act. Thank you so much for returning my email and for your amazing program."*

*"Thank you for your letter! [personal note of encouragement] It lifted my heart!"*

*"This group has helped me tremendously. I am so thankful for the Good Mood Foundation!"*

*"Thank you for your time, resources, gifts, and kindness. Please keep doing your work. You are making a difference!"*

*"This group reminded me that the Lord is so faithful to me in this journey. This group helped me to rededicate and rekindle my relationship with God. Thank you for reminding me that there is hope that he has stayed through it all."*

*"Reminded me when I get away from the Lord and my life, crumbles."*

*"I can't be more thankful for your donation to me. I am grateful for your foundation."*

*"Helping me remember that God is with me and not against me."*

*"He was helpful and made connections that related to me personally and made it easy to understand and want to practice my religion."*

*"Very genuine and real and very kind. They touched my heart."*

*"I feel like this was a great opportunity to get back with God. I thank you guys so much for today."*

*“Absolute blessing! A lot of joy! I cannot express the amount of gratitude I have for your help.”*

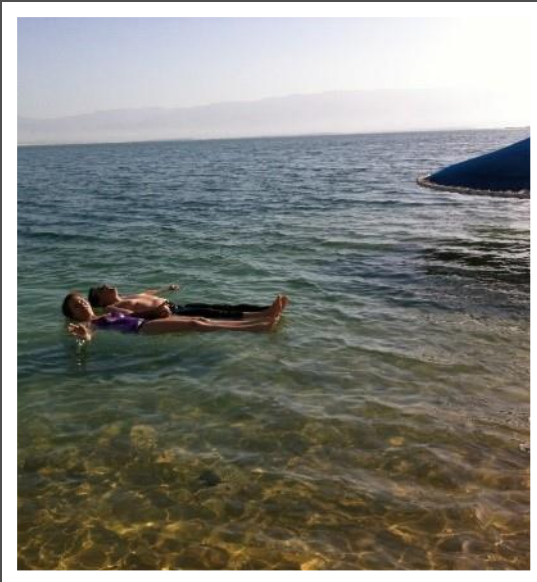
*“I love the handwritten note. This group brought me back to Christ...I am inspired by the music and the materials we are given. I’ve learned so much.”*

*“One lady [volunteer] came up to me and honestly seemed concerned and showed me true feelings regarding my journey that led me here. I appreciate that!”*

*“Providing patients with Bibles is a wonderful thing! Unbelievable, actually!”*

*“That was awesome!! Just what I needed to focus on God. Thanks for the gift! God bless you all! Stay strong and continue your Ministry.”*

## Dead Sea



**On your way to “Mount Masada,” you will stop at the “Dead Sea.”**

The Dead Sea is 1,388 feet below sea level, making it Earth’s lowest elevation on Land.

It’s so salty that you float on the water. Your hotel for that day is most likely directly across the street from designated entry areas.

Pictured, I am “floating” with Michelle.

The Bible refers to the Dead Sea as:

- The “Valley of Siddim” (Genesis 14:3),

- The “Plains Sea” (Joshua 3:16)
- The “Former Sea” (Zechariah 14:8.
- King David often took refuge here. And when you come, you’ll understand why. It’s one of the most tranquil and beautiful places on Earth.

## Ein Gedi



Situated along the “Dead Sea” shore is an oasis in the desert called Ein Gedi, consisting of lush vegetation, nature reserves, and natural rivers.

People come from around the world to enjoy Ein Gedi’s hot springs, mineral waters, mud baths, desert climate, and healing properties of the Dead Sea. Ein Gedi is the perfect resort destination on your second trip to Israel. The caves of Ein Gedi are where David hid when King Saul was chasing him. David has an opportunity to kill King Saul but doesn’t. Instead, they cut a covenant with each other.

“When David learned that Saul was plotting against him...David and his men, about six hundred in number, left and kept moving from place to place...Saul and his men began the search...Saul was going along one side of the mountain, and David and his men were on the other side, hurrying to get away from Saul. As Saul and his forces were closing in on David and his men to capture them, a messenger came to Saul, saying, “Come quickly! The Philistines are raiding the Land.” Then Saul broke off his pursuit of David and went to meet the Philistines...And David went up from there and lived in the strongholds of **En Gedi**...After Saul returned from pursuing the Philistines, he was told, “David is in the **Desert of En Gedi**.” So, Saul took three thousand chosen men from all Israel and set out to look for David and his men near the Crags of the **Wild Goats**. He came to the sheep pens along the way; a cave was there, and Saul went in to relieve himself...Then David crept up unnoticed and cut off a

corner of Saul's robe...Then David went out of the cave and called out to Saul, "My lord, the king!" When Saul looked behind him, David bowed down and prostrated himself with his face to the ground. He said to Saul, "Why do you listen when men say, 'David is bent on harming you'? This day you have seen with your own eyes how the LORD delivered you into my hands in the cave. Some urged me to kill you, but I spared you; I said, 'I will not lift my hand against my master because he is the LORD's anointed.' See, my Father, look at this piece of your robe in my hand! I cut off the corner of your robe but did not kill you. Now understand and recognize that I am not guilty of wrongdoing or rebellion. I have not wronged you, but you are hunting me down to take my life. May the LORD judge between you and me. And may the LORD avenge the wrongs you have done to me, but my hand will not touch you. As the old saying goes, 'From evildoers, come evil deeds,' so my hand will not touch you. "Against whom has the King of Israel come out? Whom are you pursuing? A dead dog? A flea? May the LORD be our judge and decide between us. May he consider my cause and uphold it; may he vindicate me by delivering me from your hand." When David finished saying this, Saul asked, "Is that your voice, David, my son?" And he wept aloud. "You are more righteous than I," he said. "You have treated me well, but I have treated you badly. You have just now told me of the good you did to me; the LORD delivered me into your hands, but you did not kill me. When a man finds his enemy, does he let him get away unharmed? May the LORD reward you well for the way you treated me today. I know that you will surely be King and that the kingdom of Israel will be established in your hands. Now swear to me by the LORD that you will not cut off my descendants or wipe out my name from my Father's family." So, David gave his oath to Saul. Then Saul returned home, but David and his men went up to the stronghold." 1 Samuel 23:7–24:22



## Masada



**To continue the story of my family. Let's go to Mount Masada.**

The **Holocaust** has had a profound influence on the emotional and psychological well-being of the Jewish people. Almost every Jewish family “knows” someone in their family who perished in the Nazi atrocities. As of 2024, the Jewish population is about 14 million strong. Their population numbers are **finally** back to where they were before the Holocaust.

**Antisemitism** is also part of the Jewish experience. Every Jewish person may not have been “called out” for being a Jew, but the “spirit” of antisemitism is everywhere. Antisemitism is hurtful to “EVERY” Jewish person. It is also tragic because, according to the Abrahamic Covenant, those who curse the Jews “invoke” a curse against themselves. Therefore, it is incoherent and incomprehensible for a Gentile Christian to hate or curse “Israel” and the Jewish people.

Another issue common to many Jews and Gentiles is “**mood struggles.**” I use the term “mood struggles” to incorporate every mental health-related issue or struggle.



One of the highlights of your Tour to Israel will be a five-minute cable car ride up to the top of Masada. Or, you can walk up the “mount” along a “guided” path. King Herod had **“three levels”** (GREEN arrows) carved in Mount Mazda, which he occasionally used as his home. He also kept a stockpile of food and supplies to feed his servants and animals.

Now, let me take you to the Mountain of “Masada” in Israel and tell you the story of 960 Jews. In 70 AD, right after the Romans invaded Jerusalem, they destroyed God’s City and the Second Temple and killed most of the Jews.

A group of 960 Jewish survivors retreated to the Mountain of “Masada.” The Romans quickly sent squadrons of soldiers up the mountain to kill the 960 Jews. But the Romans were NOT able to make it up the Mount.

Why not?

I believe there can be only one possible explanation. The Jews deconstructed the buildings and threw stones at the Romans, inflicting casualties. It was an ongoing effort to keep the Romans from ascending to the Mount. Therefore, unable to climb the mountain, an estimated 15,000 “angry” Roman soldiers began building a ramp to ascend to the top of Masada. In the meantime, because of the “stockpiles” of resources, the 960 Jews were able to survive.

There were many buildings on “Masada” to house King Herod’s entourage (probably hundreds) of family, friends, and military support. Also, buildings were necessary to accommodate his entourage’s food, water, and provisions. Also, it was essential to have housing and feeding stalls for all the animals they used to get everyone and everything up and down the mountain. After about three years of building the ramp, the Romans were about to ascend to the top.

However, days before, the Romans reached the top of Masada. ALL 960 Jews chose suicide rather than face the sure and cruel torture of the Romans.

It is “presumed” that the head of each family killed their family. Then, the remaining Jews killed each other until one person was left, and he then killed himself. The 960 Jews took their own lives instead of waiting for the Romans to execute them, serving as a “Testimony” to Future Generations to “Keep Fighting” until the end. The Jews died on their “own terms,” which was far better than being captured, tortured, raped, mutilated, and thrown off the mountain.

To this day, Masada is a sacred monument of triumph in Israel’s past as it illustrates the tenacity of the Jews to make every effort to survive but also to accept death on “their terms.” It is one reason IDF forces climb to the top of Masada during training.

When you visit Masada, I don’t want you to ascend Masada, look out, and say, “What amazing views.” I want you to contemplate that 960 Jews survived for three years against all odds.

Remember that the 960 Jews were willing to die by their “own hand” rather than face certain death at their enemy’s hands.

I also want you to consider the topic of suicide, mental illness, and ALL aspects of mental health.

I also want you to understand this issue through the lens of Scripture.

That said, maybe you or a close family member(s) have struggled with mental health concerns. As it is a significant part of my story and family, allow me to explain further.

- I believe it all started as a young boy, hearing my grandmother and step-grandfather's stories retold about the Holocaust.
- I learned that members of our family in Poland chose to take cyanide and commit suicide rather than face the Nazis. I discovered that many first and second-generation survivors of the Holocaust have similar struggles, too.
- I learned that my nephew, who lived in Israel and served in the IDF, committed suicide.
- I learned that one of my aunts in Israel died in a psychiatric hospital.
- I also learned that another aunt was in and out of psychiatric hospitals all her life.
- Then, out of "nowhere," in 1993, I experienced a depression that would alter my life for the better, leading to a 180-degree change in direction.

Beginning in 1998, I started the long, arduous journey of learning how to write. In 2004, I completed ["My Pursuit of a Good Mood,"](#) which details my struggles and how God helped me recover.

In writing my book, I learned about my family's struggles and those of other Jewish and Gentile people. That said, the issue of mood-related struggles is Biblically based. There are 14 people I discovered in the Bible who faced overwhelming mental health struggles. For this reason, I placed a large **"Star of David"** on the back cover of my book.

In 2005, I started the "Good Mood Foundation." I served in obscurity for the first six years. Then, in 2012, a brand new psychiatric and addiction hospital opened its doors in Carrollton, Texas. The "short story" is that our ministry was chosen to provide "Faith-Based" ministries to the patients, and we did so for seven and a half years (every Wednesday and Sunday).

But this mental health ministry wasn't born out of a vacuum. Instead, it was birthed from real-life and "gut-wrenching" personal experiences. Interestingly, Michelle and I would not be in ministry today if it had not been for my struggles.

And of all the fascinating stories God has given me, no account gives me greater credibility within the Christian community than how Michelle and I served, learned, and grew through the pain of a significant struggle.

Following is a summary of fourteen Bible people struggling with mood-related struggles.



## **Six People— Who Knew God Personally and Struggled with Mood-Related Issues**

**Moses-** After the Israelites left Egypt (Exodus), they began to grumble and complain. Finally, Moses had enough... Moses illustrates that being with people or in an environment with constant negativity, grumbling, and complaining can cause suicidal thoughts.

“Now the people complained about their hardships in the hearing of the LORD, and when he heard them, his anger was aroused. The rabble with them began to crave other food, and again the Israelites started wailing and said, “If only we had meat to eat! We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions, and garlic. But now we have lost our appetite; we never see anything but this manna!” The manna was like coriander seed and looked like resin. Moses heard the people of every family wailing at the entrance to their tents...Moses was troubled. He asked the LORD, “Why have you brought this trouble on your servant? What have I done to displease you that you put the burden of all these people on me...Where can I get meat for all these people? They keep wailing to me, ‘Give us meat to eat!’ I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, please go ahead and kill me—if I have found favor in your eyes—and do not let me face my own ruin.” Numbers 11:1-17

**Jonah-** After God calls Jonah to preach to the “City of Nineveh,” he runs away and boards a ship heading in the “opposite direction.” There is a fierce storm, and Jonah is thrown overboard. He gets swallowed by a BIG fish, and in the belly of the fish, Jonah changes his mind. The fish vomits Jonah onto dry Land, he preaches to the City of Nineveh, and God “saves” the entire City. However, Jonah becomes angry at God for His grace and compassion towards Nineveh. Jonah has enough...and illustrates that evangelistic success can cause suicidal thoughts.

“But to Jonah, this seemed very wrong, and he became angry. He prayed to the LORD, “Isn’t this what I said, LORD, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. Now, LORD, take away my life, for it is better for me to die than to live.” Jonah 4

**Job-** After becoming very wealthy and due to no fault of his own, job wakes up one morning, and everything he has, including all his children, is gone. He is left with a contentious wife and three “friends” who are not his friends, ...illustrating that the “loss” of family, loved ones, and material possessions can cause suicidal thoughts.

“I will speak out in the anguish of my spirit; I will complain in the bitterness of my soul. “I prefer strangling and death rather than this body of mine. I despise my life; I would not live forever. Let me alone; my days have no meaning.” Job 7:11–16

**Elijah- After** God shows Himself to be God with fire in the competition between the God of the Bible and the prophets of Baal, Elijah has enough... and illustrates that spiritual success can cause suicidal thoughts.

“Elijah was afraid and ran for his life...He came to a broom tree, sat down under it, and prayed that he might die. “I have had enough, LORD,” he said. “Take my life; I am no better than my ancestors.” 1 Kings 19:3-9

**King David- After** King David leaves his men on the battlefield, he is at home, looks out of his window, and notices the wife of one of his men sunbathing. Her name is Bathsheba, and he calls for her...and she conceives. King David attempts to cover up his sin by calling Bathsheba’s husband away from the battlefield and encouraging him to “be” with his wife. But he refuses. King David orchestrated events so that Bathsheba’s husband was purposefully killed in battle. King David is eventually “called out” by the prophet Nathan. King David’s illegitimate child dies, and David deals with severe depression, illustrating that sexual immorality, murder, sin, and the cover-up of sin can cause depression. Many of the Psalms written by David are melancholic.

“When I kept silent, my bones wasted away through my groaning all day long. For day and night, your hand was heavy on me; my strength was sapped as in the heat of summer.”  
Psalm 32:3-4

**Nehemiah knew** God personally, but suicidal ideations are not mentioned. Nehemiah is King Artaxerxes’s cupbearer and goes to the King with a sad face after learning that the walls of Jerusalem had been destroyed, illustrating that seeing and learning of harm to family and Country (“Israel”) can cause mood struggles.

“I took the wine and gave it to the King. I had not been sad in his presence before, so the King asked me, “Why does your face look so sad when you are not ill? This can be nothing but sadness of heart.” I was very much afraid, but I said to the King, “May the King live forever! Why should my face not look sad when the City where my fathers are buried lies in ruins, and its gates have been destroyed by fire?” Nehemiah 2:1–3

The previous six people in the Bible KNEW God personally. No person in the Bible who knew God personally killed themselves. Yes, you and I know “Believers” who committed suicide. However, please be comforted. On the authority of Scripture, ALL believers enter God’s presence upon their death, no matter the cause. Thankfully, we live in a day and age where “Help” is available for anyone with any mood struggle, including suicidal thoughts.

Modern history also verifies the stories of many people who had a mental illness or severe mood struggles and became great influencers and contributors in all fields of endeavor, whether they knew God personally or not!

## **Six People— Who Did Not Know God Personally and Struggled with Mood-Related Issues.**

**Abimelech**- After Abimelech gets hit in the head with a millstone that is dropped from a window, he kills himself and illustrates that head and brain injuries can cause suicidal thoughts.

“Abimelech went to Thebez and besieged it and captured it. Inside the City, however, was a strong tower to which all the men and women—all the people of the City—had fled. They had locked themselves in and climbed up on the tower roof. Abimelech went to the tower and attacked it. But as he approached the entrance to the tower to set it on fire, a woman dropped an upper millstone on his head and cracked his skull. Hurriedly he called to his armor-bearer, “Draw your sword and kill me so that they can’t say, ‘A woman killed him.’” So, his servant ran him through, and he died.” Judge 9:50-53

**Ahithophel**- David’s most trusted advisor, was always appreciated, and his advice was acted on. However, one day, King David rejects Ahithophel’s counsel. After King David rejects his advice, Ahithophel goes home, puts his affairs in order, then commits suicide (hangs himself), and illustrates that rejection can cause suicidal thoughts.

“Now, in those days, the advice Ahithophel gave was like that of one who inquires of God. That was how both David and Absalom regarded all of Ahithophel’s advice...When Ahithophel saw that his advice had not been followed, he saddled his donkey and set out for his house in his hometown. He put his house in order and then hanged himself.” 2 Samuel 16:23-17:23

**King Saul**-After being filled with jealousy against David, an evil spirit enters the King. Later, he draws his sword and kills himself, illustrating that envy and jealousy can cause depressive “rage.”

“When the men were returning home after David had killed the Philistine, the women came out from all the towns of Israel to meet King Saul with singing and dancing, with joyful songs and with tambourines and lutes. As they danced, they sang: “Saul has slain his thousands, and David his tens of thousands.” Saul was very angry; this refrain galled him. “They have credited David with tens of thousands,” he thought, “but me with only thousands. What more can he get but the kingdom?” And from that time on, Saul kept a jealous eye on David. The next day an evil spirit from God came forcefully upon Saul. He was prophesying in his house while David was playing the harp, as he usually did. Saul had a spear in his hand, and he hurled it, saying to himself, “I’ll pin David to the wall.” But David eluded him twice.” 1 Samuel 18:6–11

“Now the Philistines fought against Israel...The Philistines pressed hard after Saul and his sons, and they killed his sons...The fighting grew fierce around Saul, and when the archers overtook him, they wounded him critically. Saul said to his armor-bearer, “Draw your sword and run me through, or these uncircumcised fellows will come and run me through and abuse me.” But his armor-bearer was terrified and would not do it, so Saul took his own sword and fell on it.” 1 Samuel 31:1-4

**Zimri-** After committing murder and trying to “escape” the consequences, Zimri commits suicide and illustrates that sin and the cover-up of wrongdoing can cause suicidal thoughts.

“When the Israelites in the camp heard that Zimri had plotted against the King and murdered him, they proclaimed Omri, the commander of the army, King over Israel that very day there in the camp. Then Omri and all the Israelites with him withdrew from Gibbethon and laid siege to Tirzah. When Zimri saw that the City was taken, he went into the citadel of the royal palace and set the palace on fire around him. So, he died because of the sins he had committed, doing evil in the eyes of the LORD.” 1 Kings 16:16–19

**Judas-** After “selling out” Jesus for 30 pieces of silver, Satan enters Judas. Later, he changes his mind, but it’s too late. Judas commits suicide and illustrates that betrayal and ill-gotten gains can cause suicidal thoughts. It’s also important to understand that Judas was NOT a believer, even though he was one of Jesus’ twelve disciples. That said, Satan or his demons can NOT enter a believer. Believers can be “oppressed,” but they can NOT be possessed.

“Now the Feast of Unleavened Bread called the Passover, was approaching, and the chief priests and the teachers of the law were looking for some way to get rid of Jesus, for they were afraid of the people. 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. They were delighted and agreed to give him money. He consented and watched for an opportunity to hand Jesus over to them when no crowd was present.” Luke 22:1–6

“When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with remorse and returned the thirty pieces of silver to the chief priests and the elders. “I have sinned,” he said, “for I have betrayed innocent blood.” “What is that to us?” they replied. “That’s your responsibility.” So, Judas threw the money into the Temple and left. Then he went away and hanged himself.” Matthew 27:3-5

### **King Nebuchadnezzar**

King Nebuchadnezzar was an evil King who destroyed Jerusalem, the First Temple, and took Daniel and God’s people back to Babylon. The King’s pagan indoctrination stripped the Hebrews of their Jewish heritage, Hebrew language, Jewish ways of life, and Jewish families. So, if any person deserved God’s wrath, it was King Nebuchadnezzar.



God wanted the King to repent and gave him 12 months to “*Renounce your sins by doing what is right.*” The King said, “No!” So, after 12 months, God inflicted the King with a severe “mental illness.” Like “some” today, the King believed he was a cow or animal. Modern psychiatry calls this mental illness Boanthropy. King Nebuchadnezzar did not know the God of the Bible personally. But through his mental illness, he eventually came to faith in the God of the Bible. He also led hundreds of thousands, if not millions of other Gentiles, to trust in the God that “Daniel” believed in.

I have often wondered why Daniel didn’t take “this opportunity” to flee Babylon or to “take out” the King. He would have been within his “rights” to do so. But I am convinced God instructed Daniel to stay. Why?

One manifestation of “love” is caring for an ill friend or family member. Undoubtedly, the King had become “family” to Daniel and his tribe. So, Daniel and His Tribe provided him with “care.”

Daniel must have put the King “out” on a private pasture “within” the Palace grounds so the “people” could not see what had happened to him. Daniel or someone he designated kept a “watchful eye” on the King as he “roamed.” The King ate grass like a cow, but no human is sustained by eating only grass. So, Daniel must have provided the King with other edible plants and food to eat.

Daniel also cared for the “Kingdom” as he was already in a high-level oversight position. Therefore, in a sense, King Nebuchadnezzar was the first mental health “in-patient.” After all, the King was cared for in a “closed” and “safe” environment, consistently watched, and monitored. Daniel may have been the first Hebrew to have a ministry to a Gentile with a mental illness. But that’s not the end of the story.

God performed a miracle and “saved” an evil Gentile who had committed grievous acts against God, His City, His Temple, and His People. After seven years, King Nebuchadnezzar turned his heart to the “Living God,” and God “restored” his sanity. King Nebuchadnezzar became a “believer” and authored the book of Daniel, chapter four.

“At the end of that time, I, Nebuchadnezzar, raised my eyes toward Heaven, and my sanity was restored. Then I praised the Most High; I honored and glorified him who lives forever. His dominion is an eternal dominion; his kingdom endures from generation to generation. All the peoples of the Earth are regarded as nothing. He does as he pleases with the powers of Heaven and the peoples of the Earth. No one can hold back his hand or say to him: “What have you done?” At the same time that my sanity was restored, my honor and splendor were returned to me for the glory of my kingdom. My advisers and nobles sought me out, and I was restored to my throne and became even greater than before. Now I, Nebuchadnezzar, praise and exalt and glorify the King of Heaven, because everything he does is right and all his ways are just. And those who walk in pride he is able to humble.”

Undoubtedly, many hundreds of thousands of Gentiles (maybe millions) believed in the God of the Jewish people (the God of the Bible) because of King Nebuchadnezzar’s story and proclamations.

## Jesus Christ

“He grew up before him like a tender shoot, and like a root out of dry ground. He had no beauty or majesty to attract us to him, nothing in his appearance that we should desire him. He was despised and rejected by men, a man of sorrows and familiar with suffering. Like one from whom men hide their faces, he was despised, and we esteemed him not. Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds, we are healed. We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all. He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before her shearers is silent, so he did not open his mouth. By oppression and judgment, he was taken away. And who can speak of his descendants? For he was cut off from the Land of the living; for the transgression of my people, he was stricken. He was assigned a grave with the wicked and with the rich in his death, though he had done no violence, nor was any deceit in his mouth. Yet it was the LORD’s will to crush him and cause him to suffer, and though the LORD makes his life a guilt offering, he will see his offspring and prolong his days, and the will of the LORD will prosper in his hand. After the suffering of his soul, he will see the light of life and be satisfied; by his knowledge, my righteous servant will justify many, and he will bear their iniquities. Therefore I will give him a portion among the great, and he will divide the spoils with the strong, because he poured out his life unto death and was numbered with the transgressors. For he bore the sin of many and made intercession for the transgressors.”  
Isaiah 53

Jesus experienced a gamut of mood-related issues, including being misunderstood and rejected by his family and community. His family thought he was crazy, and they did not believe in him.



“Then Jesus entered a house, and again a crowd gathered so that he and his disciples were not even able to eat. When his family heard about this, they went to take charge of him, for they said, “He is out of his mind.” Mark 3:20-21

**Jesus also endured the cruelest death possible: death on the cross.**

“The governor’s soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. They stripped him and put a scarlet robe on him and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand and knelt in front of him, and mocked him. “Hail, king of the Jews!” they said. They spit on him, and took the staff, and struck him on the head again and again. After they had mocked him, they took off the robe and put his own clothes on him. Then they led him away to crucify him...On the cross, he cried out, “My God, my God, why have you forsaken me?” Matthew 27:27-46

God sustained Jesus through his rejection, suffering, and pain. Furthermore, I believe that because of what Jesus endured, he can help us through tough times. Jesus understands and can help us through our issues and struggles, too.

## **Beit Shean**



You will visit “Beit Shean” (pictured) when you tour Israel. You can see a walking path up the mountain to the very far right of the picture. You will want to walk up the hill and look over the City. And as you take in the breathtaking views, imagine how this City might once have seemed. The remains of the toppled City will give you a starting point of reference to visualize the City’s enormity and how one earthquake took it down. Beit Shean is also a



Biblical site that speaks of Jesus’s willingness to heal those with various sicknesses and infirmities, including those possessed by demonic and evil spirits.

Of all the miracles in Scripture by Jesus, the casting out demons and evil spirits is often mentioned.

“Those troubled by evil spirits were cured.” Luke 6:17–19

**Jesus heals a man from an evil spirit, and that man (now in his right mind) goes throughout the Decapolis Cities, telling everyone about Jesus.**

“They went across the lake to the region of the Gerasenes [these are cities east of the Sea of Galilee and the Jordan River]. When Jesus got out of the boat, a man with an evil spirit came from the tombs to meet him. This man lived in the tombs, and no one could bind him anymore, not even with a chain. For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. Night and day among the tombs and in the hills, he would cry out and cut himself with stones. When he saw Jesus from a distance, he ran and fell on his knees in front of him. He shouted at the top of his voice, “What do you want with me, Jesus, Son of the Most High God? Swear to God that you won’t torture me!” For Jesus had said to him, **“Come out of this man, you evil spirit!”** Then Jesus asked him, **“What is your name?”** “My name is Legion,” he replied, “for we are many.” And he begged Jesus again and again not to send them out of the area. A large herd of pigs was feeding on the nearby hillside. The demons begged Jesus, “Send us among the pigs; allow us to go into them.” He gave them permission, and the evil spirits came out and went into the pigs. The herd, about two thousand in number, rushed down the steep bank into the lake and were drowned. Those tending the pigs ran off and reported this in the town and countryside, and the people went out to see what had happened. When they came to Jesus, they saw the man who had been possessed by the legion of demons, sitting there, dressed and in his right mind; and they were afraid...As Jesus was getting into the boat, the man who had been demon-possessed begged to go with him. Jesus did not let him but said, **“Go home to your family and tell them how much the Lord has done for you and how he has had mercy on you.”** So, the man went away and began to tell in the Decapolis how much Jesus had done for him. And all the people were amazed.” Mark 5:1-20

**Jesus continues to heal MANY people in and around the Decapolis Cities.**

“Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them. Large crowds from Galilee, the **Decapolis**, Jerusalem, Judea, and the region across the Jordan followed him.” Matthew 4:25

**Jesus heals a woman crippled by a “spirit” (of Satan), then praises God.**

“On a Sabbath, Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten

up at all. When Jesus saw her, he called her forward and **said to her, “Woman, you are set free from your infirmity.”** Then he put his hands on her, and immediately she straightened up and praised God.” Luke 13:10–13

#### **Jesus heals a man who was demon-possessed and could not talk.**

“While they were going out, a man who was demon-possessed and could not talk was brought to Jesus. And when the demon was driven out, the man who had been mute spoke. The crowd was amazed and said, “Nothing like this has ever been seen in Israel.” Matthew 9:32–33

#### **Jesus casts out evil spirits from a mother’s demonic daughter.**

“Jesus left that place and went to the vicinity of Tyre. He entered a house and did not want anyone to know it, yet he could not keep his presence secret. In fact, as soon as she heard about him, a woman whose little daughter was possessed by an evil spirit came and fell at his feet. The woman was a Greek, born in Syrian Phoenicia. She begged Jesus to drive the demon out of her daughter. **“First, let the children eat all they want,” he told her, “for it is not right to take the children’s bread and toss it to their dogs.”** “Yes, Lord,” she replied, “but even the dogs under the table eat the children’s crumbs.” **Then he told her, “For such a reply, you may go; the demon has left your daughter.”** She went home and found her child lying on the bed, and the demon gone.” Mark 7:24-30 (the same account is in Matthew 15:21-28)

#### **Jesus casts out a demon from a father’s son.**

“When they came to the other disciples, they saw a large crowd around them and the teachers of the law arguing with them... **“What are you arguing with them about?” he asked.** A man in the crowd answered, “Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech. Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth, and becomes rigid. I asked your disciples to drive out the spirit, but they could not.” **“O unbelieving generation,” Jesus replied, “how long shall I stay with you? How long shall I put up with you? Bring the boy to me.”** So, they brought him. When the spirit saw Jesus, it immediately threw the boy into a convulsion. He fell to the ground and rolled around, foaming at the mouth. **Jesus asked the boy’s Father, “How long has he been like this?”** “From childhood,” he answered. “It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us, and help us.” **“If you can’?” said Jesus. “Everything is possible for him who believes.”** Immediately the boy’s Father exclaimed, “I do believe; help me overcome my unbelief!” When Jesus saw that a crowd was running to the scene, he rebuked the evil spirit. **“You deaf and mute spirit,” he said, “I command you, come out of him and never enter him again.”** The spirit shrieked, convulsed him violently, and came out. The boy looked so much like a corpse that many said, “He’s dead.” But Jesus took him by the hand and lifted him to his feet, and he stood up. After Jesus had gone indoors, his disciples asked him privately, “Why couldn’t we drive it out?” **He replied, “This kind can come out only by prayer.”** Mark 9:14–29 (the same account is mentioned in Matthew 17:14-21)

### **Jesus heals two demon-possessed men.**

“When he arrived at the other side in the region of the Gadarenes, two demon-possessed men coming from the tombs met him. They were so violent that no one could pass that way. “What do you want with us, Son of God?” they shouted. “Have you come here to torture us before the appointed time?” Some distance from them, a large herd of pigs was feeding. The demons begged Jesus, “If you drive us out, send us into the herd of pigs.” He said to them, **“Go!”** So, they came out and went into the pigs, and the whole herd rushed down the steep bank into the lake and died in the water. Those tending the pigs ran off, went into the town, and reported all this, including what had happened to the demon-possessed men. Then the whole town went out to meet Jesus. And when they saw him, they pleaded with him to leave their region. Matthew 8:28–34

### **Jesus preached in synagogues and drove out demons.**

“So, he [Jesus] traveled throughout Galilee, preaching in their synagogues and driving out demons.” Mark 1:39

### **Jesus drives out many demons.**

“When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all the sick. This was to fulfill what was spoken through the prophet Isaiah: “He took up our infirmities and carried our diseases.” Matthew 8:16–17

### **Jesus cured Mary (Magdalene), who had seven demons cast out of her.**

“The Twelve were with him, and also some **women who had been cured of evil spirits and diseases: Mary (called Magdalene) from whom seven demons had come out.**” Luke 8:1–2

### **Jesus gives his twelve disciples the authority to drive out demons, too.**

“He called his twelve disciples to him and gave them authority to drive out evil spirits and to heal every disease and sickness. These are the names of the twelve apostles: first, Simon (who is called Peter) and his brother Andrew; James, son of Zebedee, and his brother John; Philip and Bartholomew; Thomas and Matthew, the tax collector; James, son of Alphaeus, and Thaddaeus; Simon the Zealot and Judas Iscariot, who betrayed him. These twelve Jesus sent out with the following instructions: **“Do not go among the Gentiles or enter any town of the Samaritans. Go rather to the lost sheep of Israel. As you go, preach this message: ‘The kingdom of heaven is near.’ Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons.”** Matthew 10:1–8

### **Someone besides Jesus and His disciples cast out demons.**

“Teacher,” said John, “we saw a man driving out demons in your name, and we told him to stop because he was not one of us.” “Do not stop him,” Jesus said. **“No one who does a miracle in my name can in the next moment say anything bad about me, for whoever is not against us is for us.”** Mark 9:38–40

**Jesus was accused of being Demon-possessed.**

“The Jews answered him, “Aren’t we right in saying that you are a Samaritan and demon-possessed?” “I am not possessed by a demon,” said Jesus, “but I honor my Father, and you dishonor me. I am not seeking glory for myself, but there is one who seeks it, and he is the judge. I tell you the truth, if anyone keeps my word, he will never see death.” At this, the Jews exclaimed, “Now we know that you are demon-possessed! Abraham died, and so did the prophets, yet you say that if anyone keeps your word, he will never taste death. Are you greater than our Father, Abraham? He died, and so did the prophets. Who do you think you are?” Jesus replied, “If I glorify myself, my glory means nothing. My Father, whom you claim as your God, is the one who glorifies me. Though you do not know him, I know him. If I said I did not, I would be a liar like you, but I do know him and keep his word. Your Father, Abraham rejoiced at the thought of seeing my day; he saw it and was glad.” “You are not yet fifty years old,” the Jews said to him, “and you have seen Abraham!” “I tell you the truth,” Jesus answered, “before Abraham was born, I am!”” John 8:48–58

**Jesus appoints 72 disciples and sends them out two by two. They also cast our demons.**

“After this, the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where he was about to go... The seventy-two returned with joy and said, “Lord, even the demons submit to us in your name.” Luke 10:1-17

**Not only did Jesus heal those possessed by demons and evil spirits. Jesus, Himself, was tempted by Satan-the Devil. Jesus was accused of being Demon-possessed.**

“Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them, he was hungry. The devil said to him, “If you are the Son of God, tell this stone to become bread.” Jesus answered, “It is written: ‘Man does not live on bread alone.’” The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, “I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to. So, if you worship me, it will all be yours.” Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’” The devil led him to Jerusalem and had him stand on the highest point of the Temple. “If you are the Son of God,” he said, “throw yourself down from here. For it is written: ““He will command his angels concerning you to guard you carefully; they will lift you up in their hands so that you will not strike your foot against a stone.”” Jesus answered, “It says: ‘Do not put the Lord your God to the test.’” When the devil had finished all this tempting, he left him until an opportune time.” Luke 4:1–13

**Biblically speaking, a Christ-follower CANNOT be possessed by evil spirits.** This is because Christ-followers are indwelt with the Holy Spirit. Yes, Christ-followers can be attacked “externally,” but NO devil, demon, or evil spirit can ever possess a Christ-follower. That said, when an evil spirit is cast out of an unbeliever, it is so the unbeliever will BELIEVE. Then, the

Holy Spirit can reside in the NEW believer's "house." However, if an evil spirit is cast out of an unbeliever, and they do not BELIEVE, the evil spirit may return and bring his evil spirit friends with him.

"When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean, and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first. That is how it will be with this wicked generation." Matthew 12:43–45

If the theme of mental health interests you, I suggest you visit the "Spiritual Component" file next.  
It also continues to tell my story.