

## Word About Life

They came to the other side of the lake, to the country of the Gerasenes. And when he had stepped out of the boat, immediately a man out of the tombs with an unclean spirit met him. He lived among the tombs; and no one could restrain him any more, even with a chain; for he had often been restrained with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces; and no one had the strength to subdue him. Night and day among the tombs and on the mountains he was always howling and bruising himself with stones. When he saw Jesus from a distance, he ran and bowed down before him; and he shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me.' For he had said to him, 'Come out of the man, you unclean spirit!' Then Jesus asked him, 'What is your name?' He replied, 'My name is Legion; for we are many.' He begged him earnestly not to send them out of the country. Now there on the hillside a great herd of swine was feeding; and the unclean spirits begged him, 'Send us into the swine; let us enter them.' So he gave them permission. And the unclean spirits came out and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the lake, and were drowned in the lake.

## **The Pain and Effects of Trauma**

### **Mental Health Abuse**

- You need to be “delivered” from your addiction.**
- You need to be “delivered” from your depression, anxiety, paranoia, etc.**
- It is a sign of your spiritual weakness/moral depravity/character flaw.**
- Instruction to pray/fast/study scripture instead of seeking professional help.**
- Dismissing your thoughts and emotions because “God is in control.”**
- Saying therapy is not of God because it means you think God is not capable or willing to “heal” you.**

## **Healing and Restoration of Trauma**

### **Mental Health Care**

- Nonjudgmental companionship.**
- Patience.**
- Emotional and financial support.**
- Stress reduction.**
- Professional help.**
- Prayer for the person.**
- Active listening.**
- Accompanying people to appointments.**
- God has given healing gifts to many people.**
- Wounded Healer.**