

**How to Save a Life:  
Living Forever with God**

**By Stacie Lauro, MD**

***“My people are destroyed for lack of knowledge.” — Hosea 4:6 (NIV)***

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## Foreword: Why I Wrote This Book

I was trained to think with logic and scientific method. I graduated near the top of my class at Emory University School of Medicine and practiced Psychiatry for 25 years. My intentions were good: to help people suffer less and—whenever possible—save lives.

Yet after decades in practice, I reached a conclusion that upended my career: medicine can sometimes extend life, sometimes improve symptoms, but it does not cure the deepest problem we all face—**separation from God**.

I encountered the living God—Father, Son (Jesus), and Holy Spirit—and He healed me spiritually, emotionally, and physically. I believed Him enough to risk everything: the stability, the benefits, the income. No, I am not insane; I have never been more sane. God's truth eclipsed the best I could do as a psychiatrist.

This book is my attempt to do what a good physician does: present clear, truthful information so you can make an informed decision—this time about your **eternal** life.

# Dedication

To God, who is faithful to His covenant promises. You are awesome!

To Yeshua Ha Maschiach, Thank you for your mercy and grace and Salvation. Thank you for emptying yourself of God, coming as man to earth, living a perfect and sinless life and fulfilling all righteousness. You were willingly tormented and sacrificed to pay for all of our sins. You rose again, legally by Leviticus 18:5, so that through you we are reconciled to God. Only in You is our earthly purpose fulfilled.

To the Holy Spirit, Thank you for leading me into all truth and your ever-present guidance. May you anoint this book and awaken those who read it. Give people both a hunger for and an understanding of the Word. May this book serve as a witness that lead many to a saving knowledge of Yeshua Ha Maschiach.

To Israel, Thank you for bringing forth Salvation to the World. May God bless You. May His Face Shine Upon You. May He give you peace.

To the Gentile Nations, Thank you for continuing to preach the Gospel, as a witness to all the Nations.

To my parents, Thank you for the delicious meals that sustained me during my writings! Thank you for teaching me to be an independent thinker and to search out truth.

To my children, who are my greatest earthly blessing. I love you with an everlasting, unconditional love. The immense love I have for you gives me a glimpse into the profound love God has for all of his children. Thank you for your support. I am honored and privileged to be your mom and to have been entrusted with your souls on this earthly journey. My prayer is always that you come to know your Messiah and walk in personal relationship with Him.

Finally, May the will of our Holy and Great God be done. May none perish. May God's promise be accomplished: Every knee will bend, Every heart will bow, and every tongue will declare You as the one and only God: The God of Abraham, the God of Isaac, the God of Jacob, The God of Israel; Ruler of the Universe; Lord of Lords; King of Kings; Alpha and Omega; Aleph and Tav.

In the mighty name of Yeshua Ha Maschiach,

Amen. HalleluYah! Glory to God!

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# EPIGRAPH:

*“Whoever believes in the Son has eternal life;  
whoever does not obey the Son shall not see life,  
but the wrath of God remains on him.”*

*-John 3:36*

**Part I:**  
**Truth You Need to Know**

# Chapter 1 — The Witness of Creation

*“For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.”*

— Romans 1:20 (NIV)

## Creation Testifies

Creation itself testifies that there is an intelligent Creator. You don’t need to be a scientist or theologian to see it—every tree, every star, every breath you take bears witness. But when we look closer, when we open the lens of biology, chemistry, and physics, the evidence only becomes more overwhelming.

Take the human body. It is not just a random collection of flesh and bone—it is an intricately designed masterpiece. Your body consists of over **30 trillion cells**, each functioning with precision, cooperation, and purpose. Scientists have identified well over **200 different types of cells**—from neurons in the brain to muscle cells in the heart—each specialized for its role, yet all working together in astonishing harmony.

## The Red Blood Cell: A Simple Example of Complexity

Consider one of the simplest and most studied cells in your body: the **red blood cell (RBC)**. Its task is straightforward—carry oxygen from your lungs to every tissue and return carbon dioxide back for exhalation. But the way it accomplishes this is anything but simple.

Each red blood cell contains around **270 million hemoglobin molecules**. Hemoglobin is the protein that binds oxygen. And each hemoglobin molecule is itself made of **multiple chains of amino acids—proteins arranged in an exact sequence**.

If even one component of this sequence is out of place, the result can be catastrophic, leading to diseases like sickle-cell anemia. This precise order is not the product of blind randomness; it bears the unmistakable mark of design.

## **The Odds of Chance**

What are the chances that hemoglobin—or any essential protein—could arise by chance? Proteins are built from 20 different amino acids. The odds of just one hemoglobin chain forming in the correct sequence by accident is astronomically low—numbers so large they exceed the total number of atoms in the observable universe. And that’s only one protein in one cell type. Multiply that across the 30 trillion cells in your body, and the improbability compounds beyond comprehension.

Science itself shows us: **life is not the product of accident, but of intention.**

## **The Point of the Evidence**

Why does this matter? Because creation is not silent. Every heartbeat, every breath, every red blood cell carrying oxygen to your brain is a testimony. As Paul wrote in Romans 1:20, no one is without excuse. The evidence of God’s existence, His power, and His divine nature is literally inside of us.

The design of life is not meant to intimidate you, but to invite you—to see that you were made on purpose, with purpose, by a Creator who wants to be known.

## Chapter 2 — The Breath of Life

*“Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” — Genesis 2:7 (NIV)*

God formed humanity from the dust of the ground, but the body lay lifeless until He breathed His Spirit into man. Only then did man become a living being.

No scientist can reproduce **consciousness**. We can measure neurons firing, but no laboratory has created the inner sense of self—the “I am.” Consciousness is evidence of the **soul and spirit** within us, given by our Creator. Without spirit and soul, the body is merely an empty vessel.

**Analogy:** Imagine a lamp—beautiful, perfectly designed, but unplugged. Without connection to power, it remains dark. So it is with us. Separated from God, our Source, we are cut off from true life. Reconnected, we shine with the very purpose we were created for.

# Chapter 3 — The Problem of Sin

God is holy—utterly pure, without flaw, and unable to tolerate corruption. His holiness is compared to fire, which consumes impurity.

## **Deuteronomy 4:24 (NIV)**

For the Lord your God is a consuming fire, a jealous God.

## **Hebrews 12:29 (NIV)**

For our “God is a consuming fire.”

The Bible is clear that **sin separates us from God**:

## **Isaiah 59:2 (NIV)**

But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.

And sin carries a **penalty**:

## **Romans 6:23 (NIV)**

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

## **Two Kinds of Death**

1. **Physical Death** — The body dies, returning to dust.
2. **Spiritual Death** — The soul is separated from God forever, experiencing eternal loss.

This was never God’s desire. When He created humanity, His plan was life, fellowship, and unbroken communion. But when Adam and Eve sinned, they opened the door to corruption. Sin spread into every human heart, like a genetic disease passed down through generations.

## **Sin as a Terminal Disease**

Think of sin like a terminal illness written into our DNA. No matter how good our intentions, we cannot escape it on our own. Some symptoms may look different—pride, selfishness, lust, hatred, unbelief—but the root is the same. And like untreated cancer, it always leads to death.

Left to ourselves, there is no cure. But God, in His mercy, already had a plan to heal and restore.

# Chapter 4 — God’s Law and the Need for Atonement

God does not leave us guessing about what is right or wrong. From the very beginning, He revealed His standards. The law was given not only to guide humanity but to demonstrate that we cannot make ourselves righteous by our own effort.

## Perfect Obedience Brings Life

The law established this principle: if you perfectly obey all of God’s statutes, you live.

### Leviticus 18:5 (NIV)

Keep my decrees and laws, for the person who obeys them will live by them. I am the Lord.

The problem is that no one has ever obeyed perfectly. Even breaking one law is enough to bring guilt.

## Atonement Requires Blood

Because sin leads to death, God also gave His people a system of sacrifice. This was a temporary way to cover sin so that He could dwell among them.

### Leviticus 17:11 (NIV)

For the life of a creature is in the blood, and I have given it to you to make atonement for yourselves on the altar; it is the blood that makes atonement for one’s life.

### Hebrews 9:22 (NIV)

In fact, the law requires that nearly everything be cleansed with blood, and without the shedding of blood there is no forgiveness.

The Israelites sacrificed lambs, goats, and bulls year after year. The blood of animals could cover sin externally, but it could not cleanse the heart or provide eternal redemption.

## Why the Law Matters

The law acts like a mirror—it shows us God’s holiness and our own inability to meet His standard. The sacrifices remind us of the seriousness of sin and the reality that someone must pay the penalty.

But animal blood was never the final answer. It pointed forward to a greater sacrifice: a perfect Lamb, innocent and infinite, whose blood could atone for all sin, for all people, for all time.

Part II:  
God's Remedy: Jesus the Messiah

# Chapter 5 — Who Jesus Is

God's solution to humanity's problem of sin was not a new set of rules or rituals. It was a Person. From the very beginning, Scripture points to the Messiah—God's own Son—who would enter creation to redeem it.

*I looked, but there was no one to help, I was appalled that no one gave support; so **my own arm** achieved salvation for me, and my own wrath sustained me. — Isaiah 63:5*

God's "own arm" is Jesus.

## The Word Made Flesh

### **John 1:1–3 (NIV)**

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning.

Through him all things were made; without him nothing was made that has been made.

Jesus is not a created being. He is eternal, co-existent with the Father and the Spirit. He is the Word of God—active in creation from the start.

### **John 1:14 (NIV)**

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

God Himself entered human history. The infinite became finite, without ceasing to be infinite.

## Unity with the Father and the Spirit

Jesus claimed oneness with the Father:

### **John 10:30 (NIV)**

I and the Father are one.

And He promised the Holy Spirit as the Helper:

### **John 14:26 (NIV)**

But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Together, Father, Son, and Spirit are not three gods but one God in three persons—perfectly united in will and essence.

## **God in Human Form**

By taking on flesh, Jesus became fully human while remaining fully God.

### **Philippians 2:7 (NIV)**

...rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.

He experienced hunger, thirst, fatigue, sorrow, and temptation—yet without sin. He was Emmanuel, “God with us,” bridging the unbridgeable gap between heaven and earth. When we accept Him as our Savior, His Holy Spirit comes to dwell inside of us as a seal that we are adopted into His family. We are born again of Spirit.

### **Romans 8:16 (NIV)**

The Spirit himself testifies with our spirit that we are God’s children.

Through Jesus, God reveals His heart: to bring us back into His family, to make us His sons and daughters once more.

# Chapter 6 — What Jesus Did

The story of salvation is not simply about who Jesus is, but about what He did. His mission was to undo the curse of sin and death that began in Eden.

## Perfect Obedience

Jesus lived the life we could not. Where Adam failed, Jesus succeeded. He kept the law perfectly — never sinning in thought, word, or deed. Because of His obedience, He was qualified to be the spotless sacrifice for the sins of the world.

## The Cross

On the cross, Jesus bore the weight of our sin. The separation that sin causes—our greatest fear—He endured in our place.

### Matthew 27:46 (NIV)

About three in the afternoon Jesus cried out in a loud voice, “Eli, Eli, lema sabachthani?” (which means “My God, my God, why have you forsaken me?”).

He who had known unbroken fellowship with the Father experienced the agony of abandonment so that we would never have to. His separation from God is a testament that he bore our sin.

## The Power of His Blood

His blood was not like the blood of animals offered year after year. Being God, His blood is eternal, infinite, and sinless—capable of atoning once and for all.

### Hebrews 9:12 (NIV)

He did not enter by means of the blood of goats and calves; but he entered the Most Holy Place once for all by his own blood, thus obtaining eternal redemption.

## The Resurrection

The cross was not the end. On the third day, Jesus rose from the dead. His rising from the dead confirmed that Jesus led a life of perfect obedience to the law. He was legally resurrected by **Leviticus 18:5**.

Keep my decrees and laws, for the person who obeys them will live by them. I am the Lord.

After meticulously adhering to the law, His resurrection demonstrated that His payment of sin was accepted, that death was defeated, and that eternal life was now available to all who believe.

### **1 Corinthians 15:21–23 (NIV)**

For since death came through a man, the resurrection of the dead comes also through a man.

For as in Adam all die, so in Christ all will be made alive.

But each in turn: Christ, the firstfruits; then, when he comes, those who belong to him.

## **The Only Name That Saves**

Because of His life, death, and resurrection, salvation can be found in no one else.

### **Acts 4:12 (NIV)**

Salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved.

## **The Victory**

Jesus fulfilled the law, bore our curse, shed His blood, and conquered death. He created a new way of being human—a new race, born of Spirit, called the children of God.

## **Salvation Is a Gift**

You cannot earn eternal life through good works, rituals, or self-improvement. It is God's gift to you through Jesus.

### **Ephesians 2:8–9 (NIV)**

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.

## **Confess and Believe**

The Bible makes the way of salvation crystal clear:

### **Romans 10:9 (NIV)**

If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved.

Salvation is not just intellectual agreement—it is surrender. To confess Jesus as Lord is to acknowledge His authority over your life. To believe in His resurrection is to trust that His victory over death secures your eternal life.

## **A Simple Prayer**

There are no magic words, but you can pray something like this:

“Father, I know I have sinned and I cannot save myself. I believe Jesus is Your Son. I believe He died for me and rose again. I confess Him as Lord and I receive Him as Savior. Forgive me, cleanse me, and fill me with Your Spirit. I belong to You. Amen.”

If you prayed this sincerely, you have crossed from death to life.

### **John 5:24 (NIV)**

Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life.

## **Evidence of New Life**

When you are saved, you are born again. God’s Spirit now lives in you. This doesn’t mean you’ll never struggle, but it does mean you have a new heart, new desires, and a new destiny. The Holy Spirit now continually works in you refining you in a purification and sanctification process.

### **2 Corinthians 5:17 (NIV)**

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

# Chapter 8 — Spiritual Warfare

When you come to Christ, you step into an unseen battle. The enemy of your soul, Satan, will try to discourage, tempt, and deceive you. But God has not left you defenseless—He has given you spiritual armor and weapons to stand strong.

## The Nature of the Battle

### Ephesians 6:12 (NIV)

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Your battle is not with people. It is not with your boss, your spouse, or even yourself. The true conflict lies in the spiritual realm.

## The Armor of God

Paul describes the equipment God provides:

### Ephesians 6:13–17 (NIV)

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

Take the helmet of salvation and the sword of the Spirit, which is the word of God.

- **Belt of Truth** — God's Word defines reality. Knowing God's word guards against deception.
- **Breastplate of Righteousness** — Your heart is covered by Christ's righteousness, not your own.
- **Shoes of Peace** — You stand firm and carry the gospel wherever you go.
- **Shield of Faith** — Trust in God (demonstrated by obedience to Him) extinguishes the enemy's lies.

- **Helmet of Salvation** — Your mind is protected by knowing who you are in Christ. It guards against falling away to the fleeting pleasures and comforts in this earthly life, and sets your sights on eternity.
- **Sword of the Spirit** — Speak Scripture against temptation, fear, and accusation. We overcome the devil by proclaiming our faith in Jesus, through our words and actions.

*They triumphed over him (Satan) by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death. — Revelation 12:11*

## **The Power of Prayer**

### **Ephesians 6:18 (NIV)**

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Prayer is not optional—it is the lifeline of spiritual warfare. Through prayer you align with God's will and release His power by inviting Him into your situation.

## **Other Spiritual Weapons**

- **The Name of Jesus** — carries authority over darkness (Mark 16:17).
- **The Blood of Jesus** — secures forgiveness and cleansing (Revelation 12:11).
- **Worship and Thanksgiving** — invite God's presence and scatter the enemy (Psalm 22:3).
- **Fasting** — sharpens dependence on God (Matthew 17:21).
- **Fellowship** — believers strengthen each other (Hebrews 10:24–25).

## **Victory Is Assured**

Jesus has already won the decisive victory through His death and resurrection. The battle you fight now is not for victory but from victory. You stand in His triumph until the day He returns.

# Chapter 9 — Spiritual Gifts: Equipping the Body of Christ

When you received salvation, God did not leave you unequipped. The Holy Spirit not only dwells within you but also empowers you with **spiritual gifts**. These gifts are not talents or skills you develop through practice, but supernatural abilities given by God to strengthen His church and bring Him glory.

📖 “Now to each one the manifestation of the Spirit is given for the common good.” — 1 Corinthians 12:7 (NIV)

For clarity, the gifts can be grouped into **three categories**: Revelation Gifts, Power Gifts, and Inspiration Gifts.

## 1. Revelation Gifts — Gifts that Reveal Something

These gifts uncover divine truth that cannot be known through human means. They protect the church, give direction, and help believers walk in God’s wisdom.

- **Word of Wisdom** — supernatural insight for decisions and solutions. Example: Solomon discerning which mother was truly the child’s (1 Kings 3:16–28).
- **Word of Knowledge** — Spirit-given knowledge of facts or situations. Example: Jesus knowing the Samaritan woman’s past (John 4:17–18).
- **Discerning of Spirits** — ability to detect the true source of spiritual activity (God, human, or demonic). Example: Paul recognizing the fortune-telling spirit in Acts 16:16–18.

*These gifts reveal what is hidden, so God’s people can walk in truth and avoid deception.*

## 2. Power Gifts — Gifts that Do Something

These gifts demonstrate the raw power of God, confirming His Word and advancing His kingdom.

- **Faith** — extraordinary trust that God will do the impossible. Example: Daniel in the lions’ den (Daniel 6).
- **Gifts of Healing** — supernatural restoration of health. Example: Peter healing the lame man at the temple gate (Acts 3:6–8).

- **Working of Miracles** — divine acts that defy natural laws. Example: Jesus multiplying the loaves and fish (Matthew 14:19–21).

*These gifts display God’s compassion and power, showing the world that He is alive and active today.*

### 3. Inspiration Gifts — Gifts that Say Something

These gifts allow believers to speak forth God’s message to encourage, guide, and edify His people.

- **Prophecy** — speaking God’s heart to edify, encourage, or comfort. Example: Agabus prophesying Paul’s imprisonment (Acts 21:10–11).
- **Different Kinds of Tongues** — Spirit-enabled speech in unknown languages, often in prayer or worship.
- **Interpretation of Tongues** — Spirit-given understanding of a tongue so the church can be edified.

*“But the one who prophesies speaks to people for their strengthening, encouraging and comfort.” — 1 Corinthians 14:3 (NIV)*

*These gifts remind us that God is still speaking to His people today.*

### Receiving and Growing in Gifts

- **Desire them:** *“Eagerly desire the greater gifts”* (1 Corinthians 12:31).
- **Pray for them:** Ask the Holy Spirit to fill and equip you.
- **Step out in faith:** Start small, and trust God to use you.
- **Stay humble:** Gifts are for God’s glory, not ours.
- **Stay rooted in love:** 1 Corinthians 13 reminds us that love is the foundation for all gifts.

### Why the Categories Matter

- **Revelation gifts** guide us with God’s truth.
- **Power gifts** demonstrate God’s authority.

- **Inspiration gifts** declare God's Word.

Together, they provide a **balanced expression of the Spirit's work**—revealing, demonstrating, and declaring God's kingdom.

## **Prayer for Spiritual Gifts**

Heavenly Father,

Thank You for saving me through Jesus Christ and filling me with Your Holy Spirit. I believe Your Word that says You give gifts to Your children for the building up of the body of Christ.

Lord, I open my heart to receive all that You have for me. I surrender my will, my fears, and my pride. Fill me with Your Spirit in a fresh way today.

I ask that You would reveal the gifts You have placed in me. Awaken wisdom, knowledge, faith, healing, prophecy, discernment, tongues, encouragement, teaching, or any other gifts You desire for me. Use me as a vessel to bless, strengthen, and serve others in love.

Help me to walk humbly, staying rooted in Your Word and guided by Your Spirit. Let everything I do point to Jesus and bring glory to Your name.

In the mighty name of Jesus, I pray.

Amen.

# Chapter 10 — Eden and the Psychology of Temptation

## Genesis 3:1 (NIV)

Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?”

The story of Eden is more than history—it reveals the enemy’s tactics that are still used today. The serpent deceived Eve with subtle psychological strategies that led to unbelief and disobedience.

## Step 1: Planting Doubt

The first move of the enemy was to question God’s Word:

*“Did God really say...?”*

This is what psychologists call a **curiosity-inducing question**. It reframes God as restrictive instead of protective, shifting the focus from abundance (“every tree you may freely eat”) to limitation (“you must not eat from one tree”).

## Step 2: Offering an Alluring Outcome

### Genesis 3:5 (NIV)

“For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

The serpent appealed to pride and autonomy—values deeply motivating to human beings. This is **self-persuasion**: Eve began convincing herself that disobedience was desirable. Research shows that when people reach a conclusion on their own, it feels more authentic and is harder to change.

## Step 3: Minimizing Risk

### Genesis 3:4 (NIV)

“You will not certainly die,” the serpent said to the woman.

This is **cognitive dissonance reduction**—downplaying the consequences to make rebellion seem safe. By creating doubt about God’s warning, Satan made disobedience appear harmless.

## **Step 4: Capturing the Senses**

### **Genesis 3:6 (NIV)**

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it.

The serpent turned Eve's attention to the fruit's appeal—food, beauty, and wisdom. Temptation always magnifies short-term satisfaction while hiding long-term cost.

## **Step 5: The Separation**

In choosing unbelief, Adam and Eve experienced immediate spiritual death—separation from God. The consequences touched every level of creation: broken fellowship, corrupted DNA, pain, toil, and physical death.

### **Isaiah 59:2 (NIV)**

But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear.

## **An Analogy**

Separation from God is like unplugging a lamp. The lamp is still beautifully designed, but without connection to the power source it produces no light. Humanity apart from God may appear alive, but spiritually we remain dark, unable to fulfill our purpose.

## **God's First Promise of Salvation**

Even in judgment, God gave hope:

### **Genesis 3:15 (NIV)**

And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel.

This is the first prophecy of the Messiah—Jesus, the Seed of the woman—who would one day crush the serpent's head through His death and resurrection.

# Chapter 11 — What Happens When We Die

Death is the reality every human must face. It raises questions that haunt our hearts: *What happens after my last breath? Will I see my loved ones again? Is there anything beyond this life?* The Bible gives clear answers.

## Two Kinds of Death

### 1. Physical Death

Our bodies are temporary. They wear down, grow old, and eventually return to dust.

#### **Genesis 3:19 (NIV)**

By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return.

### 2. Spiritual Death

The greater tragedy is separation from God. This is eternal death, described as everlasting darkness and torment.

#### **Romans 6:23 (NIV)**

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

## The State of the Soul

When the body dies, the soul continues. Jesus told of a rich man and a beggar named Lazarus. The rich man found himself in torment, while Lazarus was comforted in Abraham's side.

#### **Luke 16:22–23 (NIV)**

The time came when the beggar died and the angels carried him to Abraham's side. The rich man also died and was buried.

In Hades, where he was in torment, he looked up and saw Abraham far away, with Lazarus by his side.

This story makes clear: at death, the soul is conscious, aware, and experiences either peace with God or separation from Him.

## The Hope of Resurrection

The Bible promises more than survival of the soul—it promises a resurrection of the body. At Christ's return, those who belong to Him will be raised in glorified, incorruptible bodies.

### **1 Corinthians 15:51–52 (NIV)**

Listen, I tell you a mystery: We will not all sleep, but we will all be changed—in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed.

Those who have died in Christ will rise first, and those who are alive at His coming will be transformed instantly.

## **Eternal Destiny**

Every person faces two possible outcomes:

- **Eternal life with God** — joy, peace, restored creation, and fellowship with Him forever.
- **Eternal separation** — the torment of being cut off from the Source of life, light, and love.

### **Revelation 21:3–4 (NIV)**

And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God.

‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.’”

## **Why This Matters Now**

Eternity is not something to think about later. The choices you make in this life determine your forever. To reject God now is to choose separation from Him then. To trust Christ now is to receive eternal life that begins today and continues into forever.

# Chapter 12 — Forever with God

Salvation is not only about forgiveness from sin. It is about eternal life—living forever in God’s presence, in a restored creation, free from corruption, pain, and death.

## The Promise of Eternal Life

Jesus spoke often about eternal life. He didn’t describe it only as a future hope, but as a present reality for those who believe in Him.

### John 17:3 (NIV)

Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.

Eternal life begins the moment you receive Christ. It is not just endless existence—it is quality of life in fellowship with God, both now and forever.

## The New Creation

The Bible ends where it began—in a garden, but this time fully restored. What was lost in Eden is redeemed in Christ.

### Revelation 21:1–2 (NIV)

Then I saw “a new heaven and a new earth,” for the first heaven and the first earth had passed away, and there was no longer any sea.

I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband.

In this renewed creation, God will dwell with His people face to face. There will be no more curse, no more decay, no more death.

## Our Inheritance as God’s Children

Those who belong to Christ are not merely forgiven—they are adopted as sons and daughters, heirs of God’s kingdom.

### Romans 8:16–17 (NIV)

The Spirit himself testifies with our spirit that we are God’s children.

Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

This means that all the blessings of eternity—God’s presence, joy, peace, and authority—are part of your inheritance.

## **The Bride of Christ**

The church—the worldwide body of believers—is described as Christ’s bride. Just as a bride and groom become one, so believers will experience perfect union with Christ forever.

### **Revelation 19:7 (NIV)**

Let us rejoice and be glad and give him glory! For the wedding of the Lamb has come, and his bride has made herself ready.

## **Living with Forever in Mind**

Knowing that your destiny is eternal life with God changes how you live now. You no longer live in fear of death. You live with hope, courage, and purpose. You see your life as preparation for eternity.

# Chapter 13 — Living in Hope Today

Salvation is not only about the future; it transforms the present. Eternal life begins the moment you believe in Jesus, and it reshapes the way you see everything—your struggles, your relationships, your work, your purpose.

## Ambassadors of Christ

When you are saved, you are given a new identity and a new assignment. You represent Christ to the world.

### **2 Corinthians 5:20 (NIV)**

We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.

An ambassador carries the authority of the one who sends them. As God's children, we carry the authority of Christ—not to live for ourselves, but to show the world His love, His truth, and His power.

## Hope That Sustains

Knowing your eternity is secure fills you with hope even in hardship. Trials still come, but they cannot defeat you.

### **Romans 8:18 (NIV)**

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

Hope gives perspective: pain is temporary, but glory is eternal.

## Living with Purpose

When you know your life is eternal, material possessions lose their grip. Success, wealth, and status fade in importance compared to the mission of loving God and loving others.

### **Matthew 6:19–20 (NIV)**

Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal.

But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal.

Every act of kindness, every prayer, every word of witness, every sacrifice made for Christ becomes eternal treasure.

## **Strength for Today**

Eternal life is not just a destination—it is a source of strength now. You live with peace, because you know God is in control. You live with courage, because nothing can separate you from His love. You live with joy, because His Spirit fills you daily.

### **Romans 8:38–39 (NIV)**

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

## **The Call**

Your life on earth is a vapor compared to eternity, but it is infinitely valuable. It is the one chance you have to choose Christ, to grow in Him, and to help others find Him. You are here for a purpose. Live every day in the hope of eternal life, and let that hope shine to a world in desperate need.

# Chapter 14 — The Call to Share the Good News

When you receive salvation, it is not only for yourself. The gift of eternal life is so precious that it cannot be hidden. God calls every believer to carry His message to others, to bring light into darkness, and to rescue lives from eternal separation.

## The Great Commission

Jesus made this clear before ascending to heaven:

### Matthew 28:19–20 (NIV)

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.

The commission is not optional. It is the assignment for all who follow Christ.

## Ambassadors of Reconciliation

Paul echoed this mission:

### 2 Corinthians 5:19–20 (NIV)

that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation.

We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.

You are entrusted with the message of reconciliation. Through your words, prayers, and actions, God pleads with the world to come home.

## How to Share the Good News

1. **Tell Your Story** — Share what Jesus has done in your life. Your testimony is powerful.
2. **Use Scripture** — God's Word carries authority to convict and transform.
3. **Demonstrate Love** — Show Christ's character through kindness, service, and forgiveness.

4. **Pray for Boldness** — Ask the Holy Spirit for courage to speak when it is uncomfortable.
5. **Live Consistently** — Your life should align with your message; hypocrisy weakens the witness.

## **The Joy of Saving a Life**

When you point someone to Christ, you participate in heaven's joy.

### **Luke 15:7 (NIV)**

I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.

Sharing the gospel is not a burden—it is a privilege. It is how we join in God's heart for the lost.

## **Why It Matters**

Eternity is at stake. Without Christ, people are perishing. With Him, they have everlasting life. To keep silent is to withhold the very cure for the greatest disease. To speak is to offer hope, freedom, and salvation.

**Part IV:**  
**Healing and Wholeness in Christ**

# Chapter 15 — The Bible as the Full Counsel of God

The Bible is not simply literature. It is the living Word of God, carrying His own power within it. Every verse is “God-breathed” (2 Timothy 3:16), infused with His Spirit, and able to accomplish His will.

## **Hebrews 4:12 (NIV)**

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

God’s Word is not passive. It is alive, active, and powerful—cutting through lies, healing wounds, breaking chains, and bringing light into darkness.

## **God’s Word Gives Life and Healing**

### **Proverbs 4:20–22 (NIV)**

My son, pay attention to what I say;  
turn your ear to my words.  
Do not let them out of your sight,  
keep them within your heart;  
for they are life to those who find them  
and health to one’s whole body.

Scripture is not just instruction—it carries the very life of God. When you receive His Word into your heart, it releases His power into your body and spirit. Just as food strengthens the body, God’s Word strengthens the soul and even brings health to the flesh.

## **God’s Word Always Accomplishes Its Purpose**

### **Isaiah 55:10–11 (NIV)**

As the rain and the snow  
come down from heaven,  
and do not return to it  
without watering the earth  
and making it bud and flourish,  
so that it yields seed for the sower and bread for the eater,  
so is my word that goes out from my mouth:  
It will not return to me empty,  
but will accomplish what I desire  
and achieve the purpose for which I sent it.

When God speaks, it happens. His Word is not a suggestion; it is a decree that carries His own power. Just as rain inevitably produces growth, His Word inevitably produces results. If He has spoken healing, deliverance, or freedom, His Word has the power to make it so.

## **The Word and the Power of God**

The Bible is not separate from God's power—it is the very channel of it.

### **1 Corinthians 4:20 (NIV)**

For the kingdom of God is not a matter of talk but of power.

When believers proclaim the Word, they are not merely speaking ideas—they are releasing God's Spirit-backed authority. That is why Jesus resisted temptation with the phrase, "*It is written.*" Every time He spoke Scripture, the power of God struck down the enemy's lies.

## **Anchored in the Word**

God's Word is both **an anchor and a weapon**.

### **Psalms 119:105 (NIV)**

Your word is a lamp for my feet,  
a light on my path.

The Word guides us in times of confusion, strengthens us in weakness, and protects us from deception. It is also the "sword of the Spirit" (Ephesians 6:17), the offensive weapon in spiritual warfare.

## **Why This Matters for Healing and Deliverance**

Before we talk about miracles of healing or freedom from oppression, we must understand that it is God's **Word and His power together** that bring transformation. The promises of Scripture are not empty—they are containers of God's Spirit, delivering His life into ours.

When you take hold of God's Word in faith, you are not simply memorizing information. You are plugging your life into the very power source of the universe—God Himself.

The Bible is not just the history of what God has done. It is the **full counsel of God**—alive, powerful, and active—revealing what He is doing right now and what He promises to do forever.

# Chapter 16 — Healing from Medical Illness

God’s concern is not only for your soul but also for your body. From Genesis to Revelation, He reveals Himself as the One who heals. Healing is not just something He once did—it is part of His nature. He is Jehovah Rapha, “*the Lord who heals you*” (Exodus 15:26).

## Jesus the Healer

When Jesus walked the earth, healing was central to His ministry.

### Matthew 4:23 (NIV)

Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people.

He healed the blind, the lame, the leper, the paralyzed, the deaf, and those tormented by fevers and bleeding. He even raised the dead. Everywhere Jesus went, He restored broken bodies as a demonstration of God’s kingdom.

## The Promise of the Cross

Healing is not just a past event—it is secured in the atonement of Jesus.

### Isaiah 53:4–5 (NIV)

Surely he took up our pain  
and bore our suffering,  
yet we considered him punished by God,  
stricken by him, and afflicted.  
But he was pierced for our transgressions,  
he was crushed for our iniquities;  
the punishment that brought us peace was on him,  
and by his wounds we are healed.

Jesus bore both our sins and our sicknesses on the cross. His blood brings forgiveness, and His wounds bring healing.

## God’s Power Is Alive Today

Some say miracles ceased in the first century. But Scripture and testimony prove otherwise—God’s power is alive and active right now. He has not changed.

### Hebrews 13:8 (NIV)

Jesus Christ is the same yesterday and today and forever.

The same Jesus who healed in Galilee still heals today. All around the world, countless believers testify to miraculous healings—cancers vanishing, blind eyes opening, bones mending, and chronic illnesses disappearing through prayer in Jesus’ name.

## How to Receive Healing

1. **Stand on God’s Word** — Believe His promises of healing (Psalm 103:2–3, James 5:14–15).
2. **Ask God for healing** — *You do not have because you do not ask God* — James 4:2
3. **Forgive anyone you need to forgive** — Unforgiveness can block healing. Ask God to help you.

*For if you forgive other people when they sign against you, you're heavenly Father will also forgive you. But if you do not forgive others since, your Father will not forgive your sins. — Matthew 6:14-15*

4. **Repent of All Sins** — ask God to reveal what you still need to repent of doing.

*Confess your sins... so that you may be healed. James 5:16*

5. **Pray in Faith** — Ask boldly, knowing God is willing to heal.

*The earnest prayer of a righteous person has great power and produces wonderful results. — James 5:16*

6. **Seek Prayer from Others** — Invite fellow believers to pray for you, lay hands on you and anoint you with oil (James 5:14).

*Is anyone sick among you? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord.*

7. **Thank God in Advance** — Faith thanks God before the answer arrives.

*Enter His gates with thanksgiving... — Psalm 100:4*

8. **Praise God for Your Healing** — Believe your healing is occurring

*...and (enter) his courts with praise; give thanks and praise his name. — Psalm 100:4*

- 9. Fix Your Eyes on Jesus** — Healing is not about technique; it is about trusting the Healer Himself.

*And as Moses lifted up the serpent in the wilderness, even so must the son of man be lifted up — John 3:14*

Moses

- 10. Proclaim Healing Scriptures** —

*I shall not die but live and declare the works of the Lord — Psalm 118:17*

*By His wounds I **have been** Healed — 1 Peter 2:24*

- 11. Read the Scriptures about Jesus' healings** — this can increase faith
- 12. Watch testimonies of those who have been healed** — this increases faith as well
- 13. Plead the Blood of Jesus** — Declare out loud that you plead the blood of Jesus over your health
- 14. Command in the name of Jesus** — speak to the sickness and tell it to leave in Jesus' name. There is no name under heaven that is more powerful than the name of Jesus.

*All authority in heaven and on earth has been given to me. — Matthew 28:18*

- 15. Read the scriptures daily** — and ask God for understanding.

God says His Words are, *“Life to all that find them and healing for the whole body.” — Proverbs 4:22*

God also tell us that our faith increases when we read his word, *“Faith comes by hearing, and hearing by the Word of God.” — Romans 10:17*

- 16. Follow Jesus** — Obey him and align your life with the ways of God. Ask that He continually works to purify and sanctify you to bring you into greater degrees of faith and alignment with the will of God

*“Faith without works is dead.” — James 2:17*

We are saved by our faith in the finish work of Jesus on the cross. But faith is not just declaration, it is a belief. And that belief is demonstrated in our actions. When we truly have faith and believe we strive to follow Jesus and align with all God asks of us. It is a journey of purification and sanctification with Jesus at the helm. We ask for His Almighty Power through the Holy Spirit to help us to do so.

## **Healing as Wholeness**

Sometimes God heals instantly; other times gradually; sometimes He sustains with grace while healing unfolds. But His ultimate will is your wholeness—body, soul, and spirit.

### **3 John 1:2 (NIV)**

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

Healing is not just the removal of sickness; it is restoration to the abundant life Jesus promised.

### **John 10:10 (NIV)**

I have come that they may have life, and have it to the full.

## **The Healer Is With You**

Wherever you are, whatever diagnosis you carry, know this: God's power is alive today. His Spirit still moves. His promises still stand. And Jesus is still the Healer. Pray. Praise. Proclaim. Believe.

# Chapter 17 — Deliverance from Demonic Possession and Oppression

Salvation in Jesus Christ is not only forgiveness of sin and healing from sickness—it is also freedom from spiritual bondage. Jesus came to destroy the works of the devil (1 John 3:8), and that includes breaking the chains of demonic possession and oppression.

## The Reality of Spiritual Darkness

The Bible makes clear that our struggle is not only against what we can see.

### **Ephesians 6:12 (NIV)**

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Demons are fallen angels who rebelled with Satan. Their aim is to deceive, oppress, torment, and ultimately destroy. Possession occurs when evil spirits take control of a person; oppression occurs when they weigh down, afflict, or harass believers externally.

## Jesus' Ministry of Deliverance

Deliverance was central to Jesus' ministry.

### **Mark 1:34 (NIV)**

and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

### **Luke 4:18 (NIV)**

“The Spirit of the Lord is on me,  
because he has anointed me  
to proclaim good news to the poor.  
He has sent me to proclaim freedom for the prisoners  
and recovery of sight for the blind,  
to set the oppressed free.”

Everywhere He went, Jesus confronted darkness and set captives free.

## The Authority of Jesus

After His resurrection, Jesus declared:

*“All authority in heaven and on earth has been given to me.”* — Matthew 28:18 (NIV)

Through the cross, He stripped the demonic realm of its power:

*“And having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross.”* — Colossians 2:15 (NIV)

Paul explains this even further in his letter to the Ephesians:

*“That power is the same as the mighty strength He exerted when He raised Christ from the dead and seated Him at His right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under His feet and appointed Him to be head over everything for the church.”* — Ephesians 1:19–22 (NIV)

This means Jesus is enthroned above every power, name, and spiritual force. His victory is complete, and His authority is absolute. As believers—His church—we live under that covering. When we stand in Christ, His triumph becomes our triumph, and His authority is the basis for our victory over sin, Satan, and death.

## The Believer’s Authority in Jesus’ Name

Jesus did not keep His authority to Himself—He entrusted it to His followers.

*“I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.”* — Luke 10:19 (NIV)

*“And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well.”* — Mark 16:17–18 (NIV)

Jesus also gave believers spiritual authority to enforce heaven’s will on earth:

*“Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.”* — Matthew 18:18 (NIV)

This means that in Christ's name, His people have authority to confront demonic forces, to resist temptation, to cancel the enemy's plans, and to release God's freedom, healing, and blessing.

The name of Jesus is not a formula to recite; it is His very presence and power, working through those who belong to Him. His authority is alive today, and through His Spirit it flows to every believer. In His name, captives are set free, the sick are healed, and lives are transformed.

## **Practical Steps for Deliverance**

Deliverance is not about rituals or formulas—it is about applying the authority of Jesus Christ and aligning our lives with God's truth. Scripture gives us clear principles for walking in freedom.

### **1. Submit to God**

Deliverance begins with surrender. We cannot resist the devil in our own strength—we must first yield our lives fully to God.

*“Submit yourselves, then, to God. Resist the devil, and he will flee from you.” — James 4:7 (NIV)*

Submission means yielding every area—thoughts, habits, relationships, desires—under Christ's lordship. Without submission, resistance is powerless. But when we are aligned with God, the enemy has no legal ground to stay.

### **2. Confess and Repent**

Sin opens doors to the enemy. Confession and repentance close those doors and invite God's cleansing.

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” — 1 John 1:9 (NIV)*

Confession is admitting sin honestly to God; repentance is turning away from it. Both are necessary for breaking the enemy's hold.

### **3. Renounce Agreements with Darkness**

Deliverance requires breaking ties with anything that gave the enemy access—occult involvement, unforgiveness, lies we've believed, addictions, or unhealthy soul ties.

Renouncing means verbally rejecting these agreements:

“I renounce every lie of the enemy. I renounce unforgiveness. I renounce all involvement with darkness. I belong to Jesus Christ alone.”

This step severs the legal ground the enemy claims.

#### **4. Command in Jesus’ Name**

Believers carry authority to speak directly to demonic forces and command them to leave.

*“In my name they will drive out demons; they will speak in new tongues; ... they will place their hands on sick people, and they will get well.” — Mark 16:17–18 (NIV)*

Notice the key phrase: *“In my name.”* The name of Jesus represents His power and presence. When a believer commands, *“In the name of Jesus Christ, I command you to leave,”* it is not human power but Christ’s authority that drives darkness out.

#### **5. Fill the House**

Deliverance is not the end—it is the beginning. If we do not fill our lives with God, the enemy may try to return.

*“When an impure spirit comes out of a person, 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 person is worse than the first.” — Matthew 12:43–45 (NIV)*

The “house” is our life. After deliverance, we must be filled with the Word of God, prayer, worship, obedience, and the Holy Spirit. An empty house is vulnerable, but a Spirit-filled house is secure.

#### **6. Walk in Community**

Freedom is maintained in fellowship with other believers. Accountability, encouragement, and prayer strengthen us to walk in victory.

*“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.” — Hebrews 10:24–25 (NIV)*

Isolation makes us vulnerable, but community protects and empowers us.

Deliverance is not just about getting free—it's about staying free. Submitting to God, confessing sin, renouncing darkness, commanding in Jesus' name, filling your life with His presence, and walking with His people create a lifestyle of lasting freedom.

## **The Devil Is a Liar: Your Battle Is Not with People**

Jesus said of Satan:

*“He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.”* — John 8:44 (NIV)

The enemy's primary weapon is deception. He uses unseen spirits and fallen angels to attack your mind with lies—about who you are, about others, and even about God. At times, he also works through people to provoke you, hoping you'll respond in anger or step outside God's will.


This is why, as Jesus hung on the cross, He prayed:

*“Father, forgive them, for they do not know what they are doing.”* — Luke 23:34 (NIV)

People often don't realize they are being influenced by spiritual forces. They only see the natural conflict, so they fight in the natural instead of recognizing the true battle in the spirit.

## **Forgiveness as a Spiritual Weapon**

The apostle Paul reminds us:

 *“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”* — 2 Corinthians 10:5 (NIV)

Understanding that our real struggle is against the powers of darkness frees us to forgive others and pray for them. Satan thrives on division, hatred, and unforgiveness. He wants to trap people in cycles of pain—hurt people staying in hurt, and then hurting others.

Forgiveness breaks that cycle. It doesn't mean you remain in harmful relationships, but it does mean releasing the offense to God, praying for those who wronged you, and recognizing they are also targets of the enemy.

Now, when someone wounds me, I remind myself: *“This is spiritual warfare.”* Instead of holding on to anger, I turn it into prayer. I sometimes even say aloud, *“Satan, now you’ve done it —this person is going on my prayer list.”*

In doing this, I shift the battle back into the spiritual realm where it belongs. Prayer becomes my weapon, forgiveness becomes my shield, and God’s love becomes the force that breaks chains.

## **Freedom for Today**

Deliverance is not only for biblical times. Testimonies worldwide prove that Jesus is still freeing people today—from addictions, emotional torment, physical sickness, night terrors, suicidal and homicidal thoughts, and direct demonic attacks and possessions. The same power that raised Jesus from the dead is alive in believers - living inside of us!

### **Romans 8:11 (NIV)**

And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

## **Whom the Son Sets Free Is Free**

Deliverance is not about fear of the devil—it is about confidence in Jesus.

### **John 8:36 (NIV)**

So if the Son sets you free, you will be free indeed.

Freedom in Christ is real, available, and lasting. You do not need to live under oppression. In Jesus, you are a child of God, filled with His Spirit, and equipped to walk in victory. Use, also, the techniques in the healing section to align yourself with God.

# Chapter 18 — Healing the Cries of the Soul: Freedom from Depression, Anxiety, and Loneliness

Every human soul cries out for peace, love, and belonging. When those needs feel unmet, the cries often come out as depression, anxiety, or deep loneliness. These struggles are not signs of weakness—they are evidence of the human soul longing for wholeness in God.

## The God Who Draws Near

The Bible tells us that God is especially close to the brokenhearted:

### **Psalm 34:18 (NIV)**

The Lord is close to the brokenhearted  
and saves those who are crushed in spirit.

Depression, anxiety, and loneliness are cries of the soul that something is missing—connection with the Creator who made us for Himself. No pill, no distraction, and no human relationship can fully fill that void. Only God can.

## Jesus' Mission to Heal Hearts

Jesus announced His mission this way:

### **Isaiah 61:1 (NIV)**

The Spirit of the Sovereign Lord is on me,  
because the Lord has anointed me  
to proclaim good news to the poor.  
He has sent me to bind up the brokenhearted,  
to proclaim freedom for the captives  
and release from darkness for the prisoners.

This prophecy, fulfilled in Christ, reminds us that healing is not only for the body but also for the heart and soul.

## Freedom from Fear and Anxiety

Anxiety often comes from fear of the unknown, fear of failure, or fear of being unloved. God's perfect love drives out fear.

### **1 John 4:18 (NIV)**

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

When you rest in God's love, fear loses its grip. Anxiety may knock at the door, but you do not have to let it in—because you are safe in Him.

### **God's Presence in Loneliness**

Loneliness is one of the deepest pains of the soul—the ache of feeling unseen or unloved. Yet God promises His presence will never leave us.

### **Deuteronomy 31:6 (NIV)**

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.

When human companionship fails, the eternal companionship of the Lord remains.

### **Hope in the Darkness of Depression**

Depression whispers lies: “*You are worthless. You are hopeless. Nothing will change.*” But God speaks truth: “*You are loved. You are mine. I have a future for you.*”

### **Jeremiah 29:11 (NIV)**

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Even in the pit of despair, God's hand can reach down and lift you up.

### **Practical Steps Toward Healing in God**

- 1. Cry Out Honestly** — Bring your feelings to God in prayer, even if it's raw (Psalm 13).
- 2. Trust in His Salvation** — The promise of salvation helps us to look to the promises of eternity in paradise.

*I trust in you unfailing love; my heart rejoices in your salvation. — Psalm 13: 5*

*So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. — 2 Corinthians 4:18*

*But since we belong to the day, let us be sober, putting on faith and love as a breast plate, and the hope of salvation as a helmet. — 1 Thessalonians 5:8*

- 3. Stand on Scripture** — Speak His promises daily to replace lies with truth. Remember he always there. Trust in Him.

*Peace I live with you; my peace I give you. I do not give us the world gives. Do not let your heart be troubled and do not be afraid. — John 14:27*

- 4. Invite the Holy Spirit** — Ask Him to fill you with peace and comfort.

*May the God of Hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

- 5. Connect with Others** — Join a Christ-centered community; healing often flows through fellowship.

*Therefore, encourage one another and build each other up... — 1 Thessalonians 5:11*

- 6. Worship and Praise** — Praise breaks the chains of heaviness (Isaiah 61:3).

Trade the “...*spirit of despair for the garment of praise*”.

- 7. Seek Deliverance if Needed** — Depression and anxiety can be spiritual strongholds; freedom comes through Jesus’ power. Look to the healing and deliverance techniques provided in previous chapters.

## **God’s Healing Still Happens**

Healing from depression, anxiety, and loneliness is not always instant. Sometimes God works gradually, layer by layer, renewing the mind and healing wounds. But His power is alive today, and countless testimonies prove that He still sets people free.

### **Philippians 4:6–7 (NIV)**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

## **A New Song**

God promises to replace despair with praise:

### **Psalm 40:1–3 (NIV)**

I waited patiently for the Lord;  
he turned to me and heard my cry.  
He lifted me out of the slimy pit,  
out of the mud and mire;  
he set my feet on a rock  
and gave me a firm place to stand.  
He put a new song in my mouth,  
a hymn of praise to our God.

When the soul cries, God listens. When the soul weeps, God comforts. And when the soul calls out, God responds with love, healing, and freedom.

# Chapter 19 — Trials, Trauma, and the Refiner's Fire

No one escapes trials. Life brings loss, betrayal, disappointment, sickness, and trauma. It's a fallen world...Satan's world. At first glance, these feel like cruel interruptions—but in God's hands, they can become instruments of salvation and sanctification.

## **Trials That Lead Us to Salvation**

Often it is pain that finally turns our eyes to God. When human strength fails and the world offers no cure, we are forced to ask questions of eternity. In this way, trials can strip away false hopes and awaken our desperate need for a Savior.

### **Psalm 34:17–18 (NIV)**

The righteous cry out, and the Lord hears them;  
he delivers them from all their troubles.  
The Lord is close to the brokenhearted  
and saves those who are crushed in spirit.

When we cry out to Him in the midst of trauma, God does not waste our pain. He uses it as a doorway to eternal life.

## **Trials That Sanctify**

For those already saved, trials refine us. They burn away impurities of pride, selfishness, and unbelief, shaping us into Christ's likeness.

### **James 1:2–3 (NIV)**

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

### **Romans 5:3–4 (NIV)**

Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.

Suffering is not meaningless—it is the workshop where God molds saints.

## The Refiner's Fire

Scripture often pictures God as a refiner, purifying His people like gold and silver.

### Malachi 3:2–3 (NIV)

But who can endure the day of his coming? Who can stand when he appears?  
For he will be like a refiner's fire or a launderer's soap.  
He will sit as a refiner and purifier of silver;  
he will purify the Levites and refine them like gold and silver.

The refining process involves heat—intense, searing, uncomfortable. But the fire has purpose: to remove dross, leaving only what is pure and valuable. Likewise, God allows the fire of trials to purify our faith, until His reflection shines in us.

A silversmith, in describing his process of refining silver explained that he holds the silver over the fire until all the impurities have burned off. He know when it is finished because he sees his image in it! That is what God does with us. We are a work in progress.

*And we know that in all things, God works for the good of those who love him, who have been called according to his purpose. — Romans 8:28*

## What to Do in Times of Trial

- 1. Seek God in Prayer** — Pour out your heart honestly, as the psalmists did. He can handle your questions and pain.
- 2. Hold Fast to Scripture** — God's Word anchors us when everything else shakes. Memorize and declare promises such as:
  - *"God is our refuge and strength, an ever-present help in trouble."* (Psalm 46:1, NIV)
  - *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."* (Romans 8:28, NIV)
  - Hebrews Chapter 11 is known as the great hall of faith and can offer encouragement
  - Remember that Satan tested Job and Job trusted God through the process. Job recognized the Sovereignty of God and his need for God as a redeemer through God's grace. He was then blessed with twice as much as before.

3. **Stay in Community** — Don't isolate yourself; lean on fellow believers for prayer, encouragement, and strength. However, make sure your community stands on the word of God and not on their own ideas and thoughts. Test everything by scripture.
4. **Worship Through the Pain** — Praising God in the fire lifts your eyes from your problem to your Deliverer.

Throughout the Old Testament, the Israelites won battles through their faith and praise

*And when Moses lifted up his hands, Israel overcame: but if he let them down a little, Amalec overcame. — Exodus 17:11*

When the Israelites marched around the city of Jericho for the seventh day, “...at the sound of the trumpet, when the men gave a loud shout, the wall collapsed; so everyone charged straight in and took the city.” — Joshua 6:20

*Yet you are throned as the holy one; you are the one Israel praises. — Psalm 22:3*

5. **Trust the Process** — Remember that sanctification takes time. The fire will not last forever, but its results will.

*...the Lord disciplines the one He loves, and He chastens everyone he accepts as his child. — Hebrews 12:6*

*...Blessed are those who have not seen and yet have believed. — John 20:29*

*...Although you have not seen him, you love him and are filled with a joy that is indescribable and glorious. — 1 Peter 1:8*

*Trust in the Lord with all your heart and lean not on your own understanding. — Proverbs 3:5-6*

*For we live by faith, not by what we see. — Corinthians 5:7*

## **Understanding the Process**

Trials are not evidence that God has abandoned you. They are proof that He is at work in you.

### **1 Peter 1:6–7 (NIV)**

In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.

These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.

Every tear, every hardship, every sleepless night can become a tool in the hands of the Refiner. He is not destroying you—He is shaping you for eternity.

## **The Promise**

You will not walk through the fire alone.

### **Isaiah 43:2 (NIV)**

When you pass through the waters, I will be with you;  
and when you pass through the rivers, they will not sweep over you.  
When you walk through the fire, you will not be burned;  
the flames will not set you ablaze.

God Himself walks with you in every trial. Trauma may leave scars, but even scars can testify of His healing. And in the end, your refined faith will shine brighter than gold.

# Epilogue — The Only Way to Life

We began this book with a simple but urgent question: *How do you save a life?* The answer has unfolded page by page.

- Creation testifies that God is real.
- Sin has separated us from Him.
- The law shows our inability to save ourselves.
- Jesus, the Son of God, lived the life we could not live, died the death we deserved, and rose again victorious.
- Through Him alone we are forgiven, healed, delivered, and made whole.
- In Him, we find strength in trials, hope in suffering, and eternal life beyond death.

There is no other name under heaven given to mankind by which we must be saved (Acts 4:12, NIV).

## The Urgency

Time is short. Life is fragile. Eternity is certain. To delay is to risk everything. Today is the day of salvation.

### **2 Corinthians 6:2 (NIV)**

For he says, “In the time of my favor I heard you, and in the day of salvation I helped you.” I tell you, now is the time of God’s favor, now is the day of salvation.

## The Assurance

If you have confessed Jesus as Lord and believed in your heart that God raised Him from the dead, you are saved. You are forgiven. You are new. Nothing can separate you from His love.

## The Commission

Now that you have received life, you carry the cure the world desperately needs. This is how you save a life—not by your own power, but by pointing others to Jesus, the only Savior.

## **The Final Word - Choose Life Today**

You may be at a crossroads right now. One road leads to more searching, more striving, more emptiness. The other leads to forgiveness, peace, purpose, and everlasting life. The choice is yours, but the invitation is clear: *Choose life.*

### **John 14:6 (NIV)**

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

Jesus is not *a* way; He is *the* way. He is not only the Giver of life; He is Life itself. To know Him is to live forever.

This is the mechanics of salvation. This is the hope of eternity. This is how to save a life.

# A Prayer for Salvation

If you desire to receive Jesus as your Savior and Lord, you can pray something like this from your heart:

**“Father God, I confess that I am a sinner and cannot save myself. I believe that Jesus is Your Son, that He died on the cross for my sins, and that You raised Him from the dead. I confess with my mouth that Jesus is Lord and I give Him my life. Please forgive me, cleanse me, and fill me with Your Holy Spirit. Make me Your child today and forever. In Jesus’ name, Amen.”**

## Your New Beginning

If you prayed this sincerely, you are now a new creation in Christ (2 Corinthians 5:17). Heaven rejoices over you. (Luke 15:10) Nothing can separate you from God’s love (Romans 8:38–39).

This is how to save a life—by finding yours in Jesus, and then turning to share that same hope with others.

**To God Belongs All of the  
Praise, Honor, Wisdom, Power, Thanks, Strength and Power.  
Forever and Ever  
Amen**

## About the Author

I spent years of my life training as a psychiatrist. I invested a lot of money; countless nights of study, and years of grueling work. Eventually, I had everything the world tells you is success: Above all I believed I was helping people. Additionally, I had a lucrative career, stability, respect, and benefits. I thought I was living the dream.

But something inside me knew it was not enough.

Every day, I saw people in pain. Depression, anxiety, trauma, addictions — I tried to treat them with the best tools psychiatry had to offer. Medications, therapy, behavior management. And for a time, these things seemed to provide some help. But it never lasted. The symptoms waxed and waned. The relief was always temporary. The deeper cries of the soul were never answered.

I began to realize that psychiatry was not a cure. It was a counterfeit.

Instead of addressing the deepest need of the human heart — reconciliation with our Creator — psychiatry numbed the pain, veiled the truth, and deafened the soul to God's call. Depression and anxiety are not merely disorders to be erased. They are the alarms of the soul, warning us of separation from God. They are the spirit's cry that eternity is real, that judgment is coming, that we long to be restored to our Maker.

Yet psychiatry silences that cry. It tells people they can cope without God. It offers a false peace, a numbed existence, while the eternal danger of hell still looms. In truth, it is Satan's counterfeit.

Yeshua (Jesus) said:

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

— John 14:27 (NKJV)

The world offers numbing. Messiah offers true peace.

It was through personal hardship and searching that I began to see this. Raised agnostic, I looked for answers everywhere. At one point, I turned toward Judaism, longing for God. But it was only when I opened the New Testament — the book I had ignored — that I encountered the living Messiah, Yeshua.

Suddenly, the pieces came together. He was the Passover Lamb, the Prophet like Moses, the Suffering Servant of Isaiah 53, the Messiah foretold by Daniel. He died for my sins,

and He rose again. Over five hundred eyewitnesses testified to His resurrection (1 Corinthians 15:6). He conquered death, and He alone could give eternal life.

At that moment, everything I had worked for — all the prestige of psychiatry — seemed worthless in comparison. I knew I had to walk away. I could no longer participate in an industry that numbed souls into blindness while pretending to heal. I could not keep people distracted from the One who is the true cure.

Paul, himself once a Pharisee of Pharisees, wrote:

“But what things were gain to me, these I have counted loss for Christ. Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ.”

— Philippians 3:7–8 (NKJV)

That became my story. I left behind the career, the security, the accolades — not because I hated medicine or helping people, but because I found the truth. Psychiatry can offer a prescription. Only Yeshua can offer salvation. Psychiatry can numb your pain for a few years. Yeshua can save your soul for eternity.

And here is the truth that changed me:

“Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved.”

— Acts 4:12 (NKJV)

Today, I stand not as a psychiatrist but as a witness. I found the cure that truly heals, the peace that truly lasts, the salvation that only Messiah gives. And now I write, not to numb souls, but to awaken them — to call Israel and the nations to recognize the Redeemer of the world.