

Overcoming Mental Oppression



Edison Macusi

Overcoming

Mental oppression

Edison Macusi

Jesus did not only come to heal the sick or to mend the brokenhearted. He has also come to set the captives free. There is no exception to the kind of bondage that He can set us free. His head was pierced by thorns so that even our mental oppressions and sufferings can be healed.

“Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty.” 2 Cor 3:17

“Thou art my hiding place; Thou dost preserve me from trouble; Thou dost surround me with songs of deliverance.” Ps 32:6-7 (NASB)

“The angel of the LORD encamps around those who fear Him, And rescues them.” Psalms 34:7 (NASB)

Overcoming mental oppression

Copyright © 2009 by Edison Macusi

Permission is given to print the material for personal study or sharing with family, friends and prayer groups so long as the articles remain unaltered. Any other use of the articles or materials would require written permission.

Unless otherwise indicated, all Scripture quotations are taken from the King James Version of the Bible

Scripture quotations marked NASB are taken from the NEW AMERICAN STANDARD BIBLE, Copyright © 1960,1962,1963,1968,1971,1972,1973,1975,1977,1995 by The Lockman Foundation. Used by permission.

Scripture quotations marked NIV are taken from the NEW INTERNATIONAL VERSION, Copyright © 1973, 1978, 1984 International Bible Society. Used by permission of Zondervan. All rights reserved.

Scripture quotations marked NLT are from the New Living Translation, Copyright © 1996, 2004 by Tyndale Charitable Trust. Used by permission of Tyndale House Publishers. All rights reserved.

The Bible text designated (AMP) is from the AMPLIFIED BIBLE, Copyright © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation. Used by permission.

CONTENTS 4

PREFACE 5

1. THE PROBLEM OF MENTAL OPPRESSION 7

2. MY EXPERIENCE WITH OPPRESSION 34

3. THE ROOT CAUSE OF OPPRESSION 48

4. THE SUPPORT FRAME 67

5. COMBATING SATAN'S COHORTS 78

Preface

This is part of a series to help young Christians overcome their struggles in the light of the Scriptures. Mental oppression is a common struggle but not often discussed even among believers since it seems to border on taboo topics. There are in fact many Christians famous and forgotten who had been afflicted and tormented by this evil spirit of oppression. John Bunyan who wrote *Grace Abounding to the Chief of Sinners* and *Pilgrim's progress* should be a textbook to those who suffer oppression partly because he himself has this testimony that he heard evil blasphemous voices. In the latter end, his groaning was only relieved by the cross of Jesus and His great forgiveness. We must beware of psychologists who do not base their judgments on the Word of God but on their own minds. Let every man a liar but let God be true should guide us because there is no lie in Truth. The Scriptures are clear that only the Lord can bring true healing and integrity to the heart of man. It is part of the ministry of the Lord to set the captives free and mental oppression is not an exception. The increasing darkness released these days will not only facilitate crime and terrorism but also mental problems for many people who are seeking genuine answers to issues surrounding them but could not find in mainstream Christianity and Psychology. As the Apostle John wrote, **“Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he**

knoweth that he hath but a short time.” Rev 12:12. The devil has but a short time now and trying to do all sorts of means in order to cripple the Church and oppress the people. His mission has not changed, it remains to be “to steal, kill and destroy” (Jn 10:10). Part of the inheritance of the Church is to minister freedom to all captives from diseases to oppressions of the devil. It has not changed also. Mental oppression is not a disease that science can heal because drugs do not directly heal the soul or the spirit of man. It is the Word of God which **“is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow” (Heb 4:12)**, which heals mental oppression by deliverance. The Church is mandated to bring deliverance to the captives because all authority has been given to Jesus Christ and which He has also given to His disciples... **“And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.” Matt 10:7-8.** Mental oppression can be a terrible suffering but take heart, cheer up for Jesus Christ has overcome the world and He has come to set the captives free.

Edison Macusi
Bonn, Germany

Chapter 1

The problem of oppression

“The Spirit of the Lord *is* upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, To preach the acceptable year of the Lord.” Luke 4:18-19

Mental oppression can be experienced by new and old believers alike in many ways. For some restlessness and anxiety can both attack at the same time and for others they can hear evil blasphemous voices, even voices to commit suicide or to kill someone. Others may dream they are killing somebody. Mental oppression is not new and has been one of the oldest ways by which the enemy tries to imprison us into our own world. It is not a disease by which science can heal, if it were so, there would have been no more need for mental institutions in our country. How do we deal with this kind of oppression? How do we overcome and find deliverance? In

experimental ecology if we have a question, we do a demonstration to find out the outcome. The outcome may vary in different latitudes, geographical locations and places but there is always a pattern that emerges at each scale and time which can be interpreted to be relevant to the question asked. The nature of man must be understood so we can begin to comprehend the way we think and the way we act. Unless we do this, we will forever find ourselves asking the question “where are we” and “what brought us here”. The revealed things of the Scriptures are for us and our children while the hidden things of God, let God reveal in His time (Deut 29:29). It is always easier to understand a problem when we have a handbook written about it. When travelling in unknown place, my wife and I are glad to find the name of streets and the maps we have but we are also especially glad that they put the sign, “You’re here”. Without knowing your origin, how can you find your destination? We can only solve our problems by understanding ourselves in the light of the Scriptures. Without the Scriptures to serve like our maps, we will always find ourselves tossed to and fro about the doctrines of man that can easily obstruct our views of God and who we are.

There are many books about man, his ways and his thoughts as well as sufferings. But we will not attempt to do that here, I want to emphasize here, “how do we get deliverance from our struggles”. When Jesus walked on earth and begun His ministry, He refused no one who came for healing. Many of

them were sick in the mind but He primarily dealt with healing the soul of man. Most hospitals today have their origin from the Christian care ministries beginning with the abolition of pagan hospitals in 331 AD by Constantine who converted to Christianity. It was through this abolition that the sick were cared for by the Christian volunteers and ministers. It emphasized the care and the relationship between the sufferer and his fellow man. From this many monasteries that were later established have their own *infirmatorium* where the sick monks are healed and taken care of. During the Middle Ages, Christians continued to operate their own hospitals both for the sick and for the Crusaders. When monasteries in England were dissolved by Henry the 8th in 1540 hospitals supported by religious orders declined and saw the beginnings of transfer of responsibility from religious orders to secular hands. Our hospitals today are mostly secular in nature so that only the body is cared for except in religious hospitals where Jesus is preached as the healer no matter what method of healing He uses to bring about wholeness in the body of the sick.

There are many medical advances and breakthroughs today that we are thankful for, from x-rays, chemotherapy, Computer Tomography (CT) scans and Magnetic Resonance Imaging (MRI), to robotic surgery. All of these are good and God can use them to heal His children because He is the God of Knowledge and Wisdom (Col 2:3). Though many among us more familiar of the notion that science came from the Greeks, it was the Lord who taught Adam about science who

in turn taught his children. Science is basically the study of things around us, how they function and how they work. The first One who taught science to man was the Lord. He taught Adam about the garden (Gen 2:15-16) and who in turn taught his children. Thus in essence, although unacknowledged by the secularists, God is the source of all true revelation whether this happens by chance or through a non-believing scientist, the true source is still the Father above who brings light on the matter, the revealer of truth and hidden things.

“Blessed be the name of God for ever and ever: for wisdom and might are his: And he changeth the times and the seasons: he removeth kings, and setteth up kings: he giveth wisdom unto the wise, and knowledge to them that know understanding: He revealeth the deep and secret things: he knoweth what *is* in the darkness, and the light dwelleth with him.” Dan 2:20-22

“Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.” James 1:17

Mental “diseases” therefore should not be seen as incurable for even AIDS and cancer can be healed by the Lord, for with Him, “nothing shall be impossible” (Lk 1:37; Lk 18:27). Though there are things that we do not understand and remain hidden from us, we should bring them to God who understands everything. He is the light.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

