

Angie's Marriage Column - January 21, 2015

No Pharmaceutical Drug CAN Heal a Person's Mental, Emotional, and Spiritual State, *that's* Gods Job!

Ask Angie: I have a wife that has a psychotic and mood disorder I love her so much and I don't want to leave her, I'd rather die than to live without her but I need help she's on Facebook, dresses any kind of way, she goes to nightclubs talks to me like she doesn't know me, hits me and she doesn't see the wrong she does and this is every day. I gave her heaven ministries website to read, and see I'm not the only person who feels the way I do about certain things that she does. Is it time for me to leave because I do but always want to come back. what do I need to do?

Guidance: We're sorry you are going through troubles in your marriage at this time. To really get the healing you and your wife need, you have to deal with this issue in a GODLY WAY by first understanding the problem.

***You will have to take your whole way of believing *how things should be done in your life* in a totally different perspective. In a nutshell you will need to put your faith and trust in God rather than man. Can you both do that? Then read on and remember to click on the links within this column to get a broader understanding.

If you wife is taking medication(s) and not eating a healthy diet (lots of sugar, refined foods, canned and boxed foods, white flour products, etc) then that is where her mood swings are coming from, besides not knowing God. (note: do not attempt going off any medications without the authorization/supervision of your doctor)

The "besides not knowing God" is the bigger issue here. So please print out this marriage column and have your wife read it with you. Read it together and talk about what you both can do in the home to come together, in Jesus Christ, and be the man and woman for each other that God wants you to be. BUILD UP YOUR HOME.

LOOK to God for HELP rather than drugs and mere men. BELIEVE that God will do what He says: God says He will HEAL our souls and restore marriages to Him!

God helps those who help themselves and you both need to make the choice to CHOOSE GOD, and then put in the effort!! It is not going to be easy and there will be some hurdles, but together your both can heal from the past and begin to live for today! Your wife can email me at anytime for encouragement and support.

You do not leave your wife because she is having some mental, spiritual and emotional problems, in this stage of her life. Marriage is a lifetime commitment which means we continue to LOVE the one we married until death do us part, through the good times as well as the BAD TIMES. Your wife needs you now, more than she'll ever know.

Your home, because of unbelief, is barely standing up, in fact it is getting sucked in by the quicksand it is positioned on. As the man of your home you have to take certain steps to let your wife know that you love her but will NOT tolerate being "beat up on" verbally or physically. You have to sit her down and be loving but stern with her.

***Your wife needs much healing that only Jesus Christ can provide and she NEEDS to come to know there is no pharmaceutical drug on this planet that actually heals a person's mental, emotional, and spiritual state. Inner healing ONLY comes from our Lord Jesus Christ.

FYI: Drugs only mask the problems (so they get swept under the rug) but never heal the problem, whether it is physical, mental, or spiritual. God is our doctor and ONLY HE can transform our heart and mind from the depths of wrong thinking.

...And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. Romans 12:2 KJV

It is not in our power to change people. There is nothing you can do for your wife directly, but indirectly you can influence her by letting her see your good

[example for Jesus Christ.](#) Be the loving husband that God has asked you to be. Take care of yourself, get close to God and keep your eyes on Jesus Christ. Build up your home in Jesus Christ.

**Your wife is looking outward for happiness when happiness comes from Jesus Christ who LIVES IN US. When we stop looking outward for things to fill us up and invite Jesus Christ into our lives, and begin serving others, our husband, children, and those who need it, etc...*THAT* is when we begin to feel better in all areas of our life. But FIRST we need healing before we can help/love others in the proper ways.

Understand that emotional illness such as depression, mental illness, and other emotional problems stem from unbelief. You see, when we turn away from God and look towards men for healing our emptiness, we become slaves to sinful behavior, such as addictions, sexual promiscuity, emotional and mental breakdowns like anger, resentment and jealousy; we may have negative feelings and thoughts towards others, and terrible internal emotional issues within ourselves. **These negative health issues all stem from unbelief!**

God, Plus Food and Herbs and Healthy Lifestyle Equals Total Health

We at [Heaven Ministries practice natural health](#) and believe food and herbs, plus God = HEALTH! Doctors are for things that are NOT in our control, like if we fall off our roof and break a leg, naturally we would need a doctor to set it in a cast, or if we get into a car crash and lose a lot of blood, surely we'd go to the hospital for a blood transfusion; these examples are things that happen to us that are not in our control and so that is what doctors are for!! Doctors, however are not for telling us how to live our life; here again, *that's* Gods job!

Doctors are NOT nutritionists, nor are they mental, emotional and spiritual healers.

- Our physical health is something that WE CAN CONTROL through [how we live our life!](#)

- [Our mental and emotional health](#) is something WE CAN CONTROL through our lifestyle!

- [Our spiritual health](#) is something WE CAN CONTROL through how we live our life!

- The minute we begin to go to medical doctors to be put on drugs is the minute we have lost faith in our God, who created us and molded us from His image.

- The minute we think that psychologists and psychotherapists, and mainstream marriage counselors can heal us we have turned our back on God, our CREATOR who has molded us from His Image.

God asks us to go to HIM! God will make us whole.

Matthew 11:28-29 King James Version (KJV)---- Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

WHERE IS OUR FAITH?

There is no faith if we are making mere men our Gods!!

What You Can Do Together:

1. Detach with love: If she is really abusive you will have to detach from that. Don't let her abuse you in any way or she will continue to do it. Be loving but stern. Your wife is using you for a sounding board to get stuff off her chest but she is abusing this luxury by not using her emotions properly. If she finds healing through God she will learn to use her emotions properly.

2. Study and read the bible together every single day. Get a good study bible. Pick a study time that is convenient for both of you.

Take the lead in this and be the man she needs you to be. Your wife needs to put her trust with God and realize that she does not need DRUGS OR NIGHTLIFE to be happy. **She only NEEDS God.**

3. Begin a healthier eating lifestyle. Meaning, get rid of all boxed refined foods and start to eat whole grains, whole raw fruits and vegetables, greens, and get healthy. Do this gradually so you will not feel deprived; take one unhealthy food out a week, (soft drinks, sugary treats, white flour) until you are only eating whole foods and whole grains. Believe us when we say your wife's moods will improve one hundred percent. Introduce more raw fruits and veggies to the diet as well as beans and legumes. For more about healthy eating lifestyle, see our natural health books and the health section on the Heaven Ministries website.

Our book [*Sugar Overload Syndrome: Healing Mental and Physical Disorders Naturally*](#) explains very simple, proven, techniques for healing the body, incorporating a whole foods diet, cleansing, exercise and herbs to treat illness, such as ADD, alcoholism and depression. Includes wholesome recipes and two free cleanses. This book is available as an [instant download for \\$7.50](#) or as a hardcopy for \$17.99

4. Take walks in the beautiful outdoors with your wife and spend more quality time together. Couples in marriage so much need to spend more time with each other, and sadly most marriages of today are just the opposite of that as each goes their own direction. Couples should spend one hour of quality time with each other every day. Express your feelings, and communicate important issues that have happened throughout the day. If you do not have quality time conversing with your spouse, couples pay for it later.

5. Pray every day for your wife. It never ceases to amaze us how when we sincerely pray for others, their life does improve and when we pray selfishly for ourselves, nothing changes. That's because our prayers are usually said with the intention of "wanting" something that is self-seeking. God answers our prayers but not when we pray insincerely or with selfish ambition.

Remember: It is Gods will not our own will. Remember that next time you are communicating with Him through your prayers.

6. After reading and studying the bible **start taking your man position (headship) in the home with seriousness.** In other words, [be the loving husband your wife needs.](#)

You cannot just hand over heaven ministries for her to read because of two things, 1) you are overwhelming your wife with a whole new way of thinking and seeing things and she will not believe it and 2) she needs to see an example (that's you) of Jesus Christ working in your life.

This is why I say read, study the bible together and then take your position as the man of the house with seriousness. Then little by little give her an encouraging article or two to read from the Heaven Ministries. **No one wants to be told how to live their life; she has to choose how she will conduct herself, dress and behave.**

You see, she will only learn and know the proper ways of conducting herself by getting close to God on her own time frame, not on yours, however that certainly doesn't mean you cannot take the lead and do [bible study and pray together;](#) these two things are the beginning of breaking down closed minds and barriers between the two of you and between both of you and God!

Do all of these things in the home and then after six months email us again with the progress.

God is our Healer!

Blessings,

Frank and Angie

Marriage Healing Ministry - <http://www.heavenministries.com>

Godly Courtship Ministry - <http://www.heavenministries.org>

[Visit us in Ecuador!](#)

<http://discovercuencaecuador.com>

<http://discoverquitoecuador.com>

Do you have a marriage question that you want biblical answers to? Let us know and we'll pray about it, research it and answer it with the understanding and wisdom God has blessed us with. It's not what Frank or Angie can do for your marriage; it is between YOU and God. We're just the messengers.

Copyright © 2015 Heaven Ministries Marriage Ministry

To unsubscribe from this weekly marriage column, email us from [Heaven Ministries](#) home page and put "unsubscribe" in the subject line.