

Chat Example: Mental Health Issues

COACH 7:27:44 pm

Hello Cassady
Welcome!

CASSADY 7:28:48 pm

Hi Diana. Thank you for answering. I won't keep you long. I'm just feeling very discouraged and angry about my situation. I suffered from Postpartum Depression, after the birth of my second child, in September 2019. My marriage went downhill from there. He and I separated last September.

COACH 7:29:16 pm

I am so sorry, Cassady

CASSADY 7:30:33 pm

In October 2021, I had a mental breakdown and tried to end my life. Since then, my husband issued a PPO against me and I can now only see my kids with supervision (my Mother). I am angry because my husband hasn't been cooperative and keeps the kids from me. My lawyer isn't helpful. I've already been through 3 lawyers. I am overly emotional. My husband has had 2 girlfriends since October 2021, both of whom have been around our kids. I've seen them maybe a handful of times.

I snuck and saw them the other day while my Father-In-Law was at the bus stop with my son, 3, as they waited for my eldest, 10. Well, my husband sent a message to me last night and said if I see the kids again, he will call the cops.

I'm angry and don't know what to do. I messaged my lawyer today and told him I want my husband to have legal and physical custody and for my husband to never contact me again. I'm angry with God. Why is this happening to me and why allow me to have kids if He knew I wasn't mentally and emotionally stable to care for them?

COACH 7:33:13 pm

Oh, Cassady, I cannot imagine how you are going through this
It is terrible
You mentioned God

CASSADY 7:33:48 pm

Thank you. It is terrible and I just don't understand why it's happening to me.

COACH 7:33:55 pm

Would you tell me about your relationship with Him?

CASSADY 7:35:58 pm

I barely have one. I've been struggling, mentally, for 26 years. I'm 40. I was diagnosed with Panic Disorder and Major Depression at 14. I've been praying since 14 for God to heal me. I got sicker in 2015 and around that time, I lost my faith but when He answered my prayer to have another baby, and then I got sicker after that, I just can't seem to trust in Him anymore.

COACH 7:36:22 pm

You have been through a lot

CASSADY 7:36:33 pm

I attend a Bible Study, weekly, but I have so many doubts and I am angry with Him. I talk to Him, a lot, lately, and am mad at yelling at Him.

COACH 7:36:52 pm

God can handle your anger

I have another question if that is ok

CASSADY 7:37:14 pm

Yes, it's ok.

COACH 7:37:21 pm

Thank you

If you were suddenly standing before God and He asked you, "Why should I let you into My heaven?" what would you say to Him?

CASSADY 7:38:48 pm

Wow, that is a good question. I would say that He shouldn't to be honest because I've done nothing but slander His name.

COACH 7:39:26 pm

What do you think God requires for entrance into His heaven?

CASSADY 7:40:12 pm

To accept Him as our Lord and Savior?

COACH 7:40:27 pm

Yes!

CASSADY 7:41:03 pm

I need help learning how to accept Him. I need help believing in Him. I can't see or hear Him.

COACH 7:41:03 pm

That begs another question. Have you had a time in your life where you accepted Jesus as your Lord and Savior?

CASSADY 7:41:19 pm

I did about 15 years ago.

COACH 7:41:53 pm

We can go over what it means to have that close intimate relationship with Him if you like?

CASSADY 7:42:03 pm

Yes, please. Thank you.

COACH 7:42:49 pm

I encounter many people here who know a lot ABOUT Jesus but they have never actually come to KNOW Him personally

Knowing Him personally is an event that happens in their life that Jesus described as being "born again"

Are you familiar with that term?

CASSADY 7:43:57 pm

Somewhat, yes.

COACH 7:44:25 pm

It is a work of the Holy Spirit in a person's life

7 Do not marvel that I said to you, 'You must be born again.' 8 The wind blows where it wishes, and you hear the sound of it, but cannot tell where it comes from and where it goes. So is everyone who is born of the Spirit."

John 3:7-8

That is Jesus talking to a very religious man who culture would have described as a Great man

So what is my point?

A person can't just say well I want to believe in Jesus and be saved. It is the Holy Spirit who gives them understanding of God's rescue plan, shows them they are sinful and separated from God by their sin and then draws them to Jesus, giving them the faith to believe

Do you feel confident that has occurred in your life?

CASSADY 7:48:51 pm

No :(

COACH 7:50:21 pm

Then, if it is okay with you I can review God's rescue plan with you and then if the Holy Spirit leads you to, I can lead you in a prayer to receive Jesus. I want to show you a verse that is very important to what I think you need in your life right now

This verse is a promise from God to all who receive His rescue plan"

CASSADY 7:50:48 pm

Definitely OK. I would love that. Thank you!

COACH 7:50:53 pm

17 This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! 2 Corinthians 5:17 New Living Translation

What I am going to share with you will be somewhat familiar. Do you mind sticking with me while I share the basics?

CASSADY 7:52:02 pm

I don't mind, at all. Thank you so much.

COACH 7:52:15 pm

You are very welcome

So basics ...

The Bible tells us we have ALL blown it. We have ALL sinned. NONE of us deserves God to let us into His heaven

23 For everyone has sinned; we all fall short of God's glorious standard. Romans 3:23 New Living Translation

10 As the Scriptures say, "No one is righteous not even one. Romans 3:10 New Living Translation

The problem with that fact is God is holy and He cannot connect to us sinful humans. We are separated from Him and we can't fix that
If we leave this world separated from God we will spend all eternity separated from Him

Are you with me so far?

CASSADY 7:54:51 pm
Yes :)

COACH 7:55:15 pm
There are consequences for our sin. It is spiritual DEATH

23 For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. Romans 6:23 New Living Translation

Do you know what spiritual death is?

CASSADY 7:56:11 pm
No, not really.

COACH 7:56:40 pm
Spiritual death is called the "Second Death" in the Bible. It is hell
God does not want that for any of us. That is why He provided a rescue plan

Here is God's rescue plan for us

16 God loved the people of this world so much that he gave his only Son, so that everyone who has faith in him will have eternal life and never really die. 17 God did not send his Son into the world to condemn its people. He sent him to save them! 18 No one who has faith in God's Son will be condemned. But everyone who doesn't have faith in him has already been condemned for not having faith in God's only Son. John 3:16-18 Contemporary English Version

Let me break it down for us

Jesus is God's rescue plan

Jesus is actually God according to the Bible

He left heaven and came to earth in order to PAY the required DEATH PENALTY for OUR sin as a SUBSTITUTE when He died on the cross. He was buried and 3 days later rose from the dead
God says anyone who repents of their sin and receives Jesus as their Lord and Savior will have ALL their sin forgiven AND removed!

They will no longer be separated from God. Their prayers will be heard. They are given a new life. Heaven is guaranteed

CASSADY 8:00:29 pm

What if one sins, repeatedly, and repents after each time? Does God forgive us?

COACH 8:01:20 pm

It all begins with being born again. At that moment ALL their sin, past, present and future sin will be forgiven and removed

They will be covered in Jesus' perfect righteousness

Does that mean they won't sin anymore? NO

They will be clean before God and start a REAL journey of spiritual growth where God will begin to change them from the inside out. They will sin less. But their sin will NOT change their relationship with God

CASSADY 8:03:42 pm

Will God forgive me for not being in my children's lives?

COACH 8:04:30 pm

God will forgive ALL sin in a person's life past, present and future sin the moment they humble their heart and received Jesus

CASSADY 8:04:36 pm

I am hoping I will be born again and my thoughts will change as far as being present in their life, but as of now, I'm not well.
Thank you.

COACH 8:05:09 pm

They will. It will be a spiritual journey

Let me share a couple more verses for you to consider

CASSADY 8:05:51 pm

Thank you so much and thank you for talking to me. I was in a very depressed state. Feeling hopeful after talking to you.

COACH 8:06:29 pm

I am glad. I don't think you are here by accident. I think God brought you here for a time such as this

How can a person receive God's rescue plan. Ephesian 2:8-9 answers that

8 God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. 9 Salvation is not a reward for the good things we have done, so none of us can boast about it. Ephesians 2:8-9 New Living Translation

God gives His amazing salvation as a free gift

Would you like to see God's instructions for receiving His rescue plan?

CASSADY 8:08:08 pm

Yes, thank you.

COACH 8:08:12 pm

9 If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. 10 For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved. Romans 10:9-10 New Living Translation

Notice verse 9 where it says "declare that Jesus is Lord"

That is a commitment to repent of your sin and allow Jesus to become the Boss (Lord) of your life. The One who calls the shots

Are you willing to do that?

CASSADY 8:09:49 pm

Yes, I am willing. I desperately want a relationship with Him.

I want Him to trust in Him without any doubts.

to*

COACH 8:10:38 pm

I would be glad to lead you in a chat prayer now to receive the Savior. Is that what you want to do?

CASSADY 8:10:49 pm
Very much so!

COACH 8:11:09 pm
Great! I have 2 questions to ask you first, okay?

CASSADY 8:11:16 pm
Ok

COACH 8:11:29 pm
Do you believe that Jesus died on the cross for your sin and rose from the dead?

CASSADY 8:11:38 pm
Yes.

COACH 8:11:48 pm
Are you ready to give Jesus control of your life?

CASSADY 8:11:56 pm
Yes.

COACH 8:12:06 pm
Great
I will type your prayer line by line. Type each line back to me BUT say it to God from your heart."

Are you ready?

CASSADY 8:12:30 pm
I'm ready.

COACH 8:12:36 pm
God, I know I have sinned. Please forgive me and wash me clean

CASSADY 8:12:55 pm
God, I know I have sinned. Please forgive me and wash me clean.

COACH 8:13:39 pm
You know my past and You know my pain. I am ready for the new life You have promised in Your word

CASSADY 8:14:06 pm

You know my past and You know my pain. I am ready for the new life You have promised in Your word

COACH 8:14:22 pm

I believe Jesus died on the cross for my sin and rose from the dead.

CASSADY 8:14:45 pm

I believe Jesus died on the cross for my sin and rose from the dead.

COACH 8:14:50 pm

I give You control of my life today

CASSADY 8:15:07 pm

I give You control of my life to today.

COACH 8:15:14 pm

I receive Jesus Christ as my Lord and Savior

CASSADY 8:15:34 pm

I receive Jesus Christ as my Lord and Savior.

COACH 8:15:38 pm

Thank You for saving me

CASSADY 8:15:50 pm

Thank You for saving me.

COACH 8:15:55 pm

In Jesus' name I pray. Amen.

CASSADY 8:16:08 pm

In Jesus' name I pray. Amen.

COACH 8:16:30 pm

Congratulations, Cassady and welcome to the family of God!

CASSADY 8:16:43 pm

Thank you!!!

COACH 8:16:45 pm

12 But to all who believed him and accepted him, he gave the right to become children of God. John 1:12 New Living Translation

The Bible tells us the angels in heaven are rejoicing right now!

CASSADY 8:17:33 pm

That makes me smile so hard and I'm crying tears of joy. Thank you so much.

COACH 8:17:45 pm

Things won't change instantaneously, but they WILL change.

CASSADY 8:17:52 pm

Agreed!

COACH 8:18:48 pm

I received God's rescue plan when I was 26. My life had been a mess. I have been following Jesus for nearly 50 years and He has patiently and steadily changed me from the inside out and He will do the same for you!

There are some important things that need to become priorities in your life so God can teach you and draw you closer to Him. May I share some resources with you?

CASSADY 8:19:45 pm

That's amazing! ...gives me so much hope. I'm looking forward to sharing my testimony someday, too.

COACH 8:19:53 pm

Yes!!!

CASSADY 8:19:58 pm

Please do share, thank you.

COACH 8:20:07 pm

Do you own a Bible?

CASSADY 8:20:15 pm

I do, yes!

COACH 8:20:45 pm

Awesome. I encourage you to write today's date in the front of your Bible so you will always remember the date you received Jesus

CASSADY 8:20:47 pm

I spent some time in it today, looking up verses on anger.
Awww! I love that and I will do that.

COACH 8:21:09 pm

Great! I encourage you to begin reading the Gospel of John

CASSADY 8:21:31 pm

Thank you. I certainly will.

COACH 8:22:10 pm

Here is a link called Go Deeper. I would like you to sign up for it. You will begin receiving a text every day for 7 days with a link to a short video that will really encourage you in your new walk with the Lord

<https://www.groundwire.net/go-deeper>

CASSADY 8:23:35 pm

Oh, wow. I just got a notification from my Holy Bible app. The verse of the day reads: The light shines in the darkness, and the darkness has not overcome it. John 1:5.

I'm now even more excited to read John.

COACH 8:23:53 pm

So cool!

CASSADY 8:23:55 pm

I will sign up for the link, thank you!

COACH 8:24:15 pm

You mentioned a Bible study. Are you part of a local church?

CASSADY 8:25:02 pm

I am. I had a panic attack about 2 months ago, while in Church, and I've been scared to go back since. Agoraphobia started in 2018 and I've been slowly trying to overcome it.

The Bible Study is via Zoom, though.

COACH 8:26:10 pm

I am going to share a link to a church finder. The churches in it are vetted and are solid. If you want to check out a new church you can use this

<https://churches.goingfarther.net/>

CASSADY 8:26:41 pm

I have migraines, too, and the lights were overwhelming. I believe that caused the panic attack but I got so embarrassed so I haven't been back. I know that's not what God wants but I am also working on FEAR, too. Thank you. I saved that link, too.

COACH 8:27:03 pm

Before we sign off in a moment I want to pray for you about these things

CASSADY 8:27:25 pm

Yes, please. Thank you!

COACH 8:27:44 pm

If you go back to your church I encourage you to talk to your Pastor and tell him about what God has done for you tonight.

CASSADY 8:28:18 pm

I will.

COACH 8:28:39 pm

I have a verse I want you to write down or take a screen shot of it. It is a promise God has made to those who have been born again. It is my favorite verse. God KEEPS His promises

28 And we know that God causes everything to work together[a] for the good of those who love God and are called according to his purpose for them. Romans 8:28 New Living Translation

CASSADY 8:29:00 pm

I will screenshot it and then write it down.

COACH 8:30:19 pm

Your situation is awful today. But now that you belong to God you can count on the fact in God's timing He is going to work everything out in a way that is for your good. Be patient. Trust God to keep His word in HIS time. He will God loves you so much, Cassady

CASSADY 8:30:57 pm

(crying) - I truly believe that, too. I really do!
It's the "Be patient" part I struggle with, Lol!

COACH 8:31:53 pm

It is an awesome thing to be called a child of God. That is WHO you ARE. It will take time but God is going to do great and mighty things in your life.

CASSADY 8:32:09 pm

I love Him, too. I hope it's OK to not always like Him but I love Him.

COACH 8:32:10 pm

God, give me patience and give it to me now! lol

Okay, let me pray for you

Is your real name Cassady?

CASSADY 8:32:50 pm

Nickname Is Cass :)

COACH 8:33:00 pm

Okay. I like it!

Father, I lift Cassady up to You. Thank You for saving her and making her Your precious daughter

She is very wounded Father. You know.

I ask You to bring healing to her spirit, her heart and her mind. Deliver her and heal her from the torments that have been plaguing her and ruining her life.

God You said we have not because we ask not. So I am boldly asking. Heal her, Lord and deliver her. Set her free from all the mental health issues of the past and fill her with Your Holy Spirit

Cause her joy to be full

Father, I don't know how You will do it with regard to her ex-husband and her children, but I do know with absolute certainty that You will work everything out for her good. Please intervene, Lord and restore her children to her.

I also ask You to help Cassady lean in to You and to be patient. Your timing is perfect. You never sleep or slumber. You are always working. Help Cassady take a deep breath and trust You with her children.

CASSADY 8:38:07 pm
Yes!!!

COACH 8:38:58 pm
Help the changes You are going to work in her life be evident to all who see her from her attorney, her church family her ex and to her parents, her children and her in-laws. Help them all see YOU, Lord when they see what You are doing in her life

Give her a deep hunger and thirst for Your word and Your righteousness. Lift the anger. Help her obey You and forgive those who have treated her badly with the same forgiveness You have just bestowed upon her.

CASSADY 8:40:17 pm
Yes!!!!!!

COACH 8:40:40 pm
Help her let You take revenge and let You judge those that have done wrong so she can walk in peace

CASSADY 8:40:54 pm
Amen!

COACH 8:41:02 pm
Thank You for these many favors. In Jesus' name I pray. Amen

CASSADY 8:41:24 pm
Amen! Amen! Amen! Thank you so much!

COACH 8:41:39 pm
Would you like to pray also? God would love to hear your first prayer as His daughter

CASSADY 8:42:30 pm
I'm no good at praying. In fact, I hide when the coordinator for Bible Study asks who would lead us in prayer. I'm not good at it, lol.

I will definitely talk to Him after this. I tend to talk to Him like I would with friends and family.

COACH 8:43:13 pm

God is not looking for a "good" prayer. Cassady. He just likes His kids to talk to Him in plain words

One suggestion before I leave

CASSADY 8:43:55 pm

True, lol! I'm embarrassed but I will pray that He helps me with my self esteem.

COACH 8:44:03 pm

Yes!

I have a free app on my phone called Pandora. I have worship music that I listen to such as the Chris Tomlin station. Every morning I set aside a time early to spend with God. I play worship music softly as I talk to God. It draws my heart to the throne of God. You might try that. Read His word and talk to Him as you have worship music playing

This intentional action will help you grow spiritually and experience that intimate relationship with the Lord

CASSADY 8:47:35 pm

I love that and I will make it a priority each morning.

COACH 8:47:52 pm

It has been a delight to meet you, Cassady

One day we will meet face to face in heaven

CASSADY 8:48:48 pm

I work from home and don't wake up early enough to spend time in prayer so I will make that a priority, for sure. I'm so grateful for you, Diana. I was in a low spot earlier. Thank you for connecting with me.

And yes, we will. Thank you again.

COACH 8:49:38 pm

You are welcome my sister in Christ. I am excited to see what God is going to do in your life.

Have a good rest of your evening

Stop by anytime you need to talk or pray

CASSADY 8:50:19 pm

Thank you! Have a good rest of your evening, too. I will. 😊

COACH 8:50:30 pm

Bye for now :)

CASSADY 8:50:46 pm

Take care! :)