

Military and Mental Illness 2 by Ben Huot

Military and Mental Illness 2

5th Generation Psychology Writings

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Attributes of Victory

So what does victory look like?

Realizing I was happier before
Believing God will provide
Stopping to think before acting
Getting back up again
Letting the old me die
Listening to the rhythm of God's voice
Letting God take the burden
Realizing things get worse over time
When I try things on your own
Not believing the lies of the enemy
Amplifying the voice of God
Minimizing the influence of evil
Understanding I need to fear myself more than God
Accepting that I cannot do it on my own
Understanding how to give God control
Seeking God with all my heart
Accepting the peace of the Holy Spirit
Becoming addicted to God

Slowing down and cleaning up my life
Concentrating on putting God first
Finding ways to prove my devotion
Refusing to give up at any cost
God closing doors as well as opening them
Society changing sometimes in good ways
Understanding better who God is
Being surprised by the relevance of Scripture
Many years of prayer
Allowing God to transform my mind and heal me
Time passing by

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Learning to trust others less and God more
Minor successes and a glimpse of the power of good
Seeing the mirror of serving God
In being burdened by sin

Many years of trying to understand myself
And trying to communicate it to others
A breaking of my heart
Internally divided by moral compromise
A long process of sinning less
Realizing how much the sinner suffers
Realizing the cost of sin
Victory over other addictions
My heart finally broke
And my depression was removed
I had a mountain top experience
Focusing more and more on God
Increasing my exposure to God
Decreasing my exposure to the world
The influence of caring family
The fear of sin escalating
Concern about how others see me
More concerned about how others see God in me

Seeking devotion from God
Realizing how my bad choices affect others
Not feeling alone anymore
Returning to church
Finding the support of other Christians
Getting solid Bible knowledge
Realizing how many others
Deal with similar issues
Taking care of myself and my house
Realizing sin ends up not being fun
You can only pursue sin so long until it gets ugly
What appears like acceptable compromise at first

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Does not stay there
Understanding what things are problems for me
That are not problems for others
Things that are not evil for others
That are evil for me
Realizing how much is spiritual
That appear secular or psychological at first

The fear of following God leaves
Putting God first makes everything better
Realizing preparing for future uncertainty
Is all about being vigilant spiritually
You must work hard spiritually
As well as mentally and physically
Sin never allows rest
Taking back my life
And praying back against the devil
Breaking ties with past sins
Confidence that the devil's plan has no teeth
The devil's entire plan is based on deception
All the idols are empty
They have no power over us anymore
Understand that God answers prayers in creative ways
God is much more creative than me
And much smarter than the devil
God is also the key to relaxation
This is why animals are so good at relaxing

Cost of Service

There is a cost to everything
Even being creative has a cost
As does serving God without rest

Typing in the dark
Falling asleep next to my phone

Habits are easy to form
Even without notice
But almost impossible to break

I try not to speak of things
Which I have no knowledge of

But dwelling on just a few things
Or being burdened by work to complete
Is something I can speak of

The devil does not love you
And he hides behind many things
We may think are good and beautiful

But Christ is hiding in plain sight
In even the darkest places

I try not to lie but I have fallen for lies
That we can still be comfortable with the world
And still be Christian

Or that we can do anything but fight evil actively
And live in submission to God

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This is a very dangerous place to be

I try to document what I learn
So others can learn from my mistakes
But some things are hard to explain
And I don't want to interest others
Or advertise ways too screw up your life

I once thought it was ok to have one vice
Or that good things could not be abused
But many are addicts to good things
Like food and work

You cannot remain neutral politically today
And the same situation exists spiritually

It is true that you can go not church, read the Bible, and pray
And still not be at peace
Although this is all helpful and powerful

But once you decide to never stop fighting
Stop trusting yourself at all
Realize you need God for everything
Have your heart broken
And seek God more than anything else in your life
Things will start to get better

Everyone's path is different
Even amongst Christians
But what will save you will always be the Holy Spirit
And it will often take time

The pain of hurting God must increase enough
And the belief that God can break any curse
Becomes so real
That the darkness in your heart

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Is thrown out and banished

Some in the secular world
Call this cognitive dissonance
At some point sin either causes death
Of your pride or your spirit

I remember I was surprised when
I saw someone who was both mentally ill and in a wheel chair
It is actually common to have multiple disabilities
Or multiple addictions

Christians today should know
That we are not as strong as we think we are
Do not trust yourself

Do not be afraid to follow God
Following God has meaning
Trusting yourself has none

Most suffering is caused by sin
Not by following God

You need to serve God with all your heart, mind, and soul
There its no way to do it part way
This is my experience

Don't be afraid to talk back to the devil
Just realize that you should never take him on without Christ
And never seek him out
The power of evil is real

But Christ can and does win every time
You allow Him to in your life

Victory is not always visible to everyone

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Even as the attacks are not either

You can have peace with God or the devil
Never can you have both

Serving God is hard
You have to make the same decision
Over and over again

But God will give you peace about it
And God will make sure certain things happen
So you will conquer if you care to

The self has to die completely
For Christ to give you complete peace

But the attacks will never stop regardless
They are actually proof what you are doing is significant
And you are on the right track

The devil is stubborn
And he will never admit defeat
Even though he has lost the war long ago

And each Christian will engage in this battle
Working out their faith with fear and trembling

Christians will eventually outlive the devil
And be free forever
With no suffering at all

Rabbit Holes

Politics/religion is like Alice in Wonderland
They can keep circling downwards

Until you get into very emotionally charged
And hostile explanations
They get more and more extreme

Much as going too deep in most subjects
Leads to disturbing conclusions

There is only one way that a political/religious discussion
With someone who doesn't agree with you ends
It is in anger and moral outrage

Like going into a non-sensical and frightening parallel world

So it often goes like this
When you research another's beliefs you disagree with
Just like people communicating online
It descends into name calling, stalking, and harassment

So it does not go well to discuss these kind of things
With people you disagree with

Having definite political and religious views are important
For moral, social, and psychological reasons

I have never tried to change someone's mind in the 21st century
I remember as a kid debating other people
About religion and politics
But it never ended well

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I have never been good at debate
And I have realized early on it is helpful
To doubt yourself sometimes

But changing your mind
Because someone else has a better argument
Is a bad idea because it does not mean
They have a more moral or logical point of view

Some people are just better
At communicating their ideas than others

The problem with trying to avoid
Talking about religion and politics
Is that all roads lead to it today

People have nothing else on their minds
And these are the most important things to most people

People tend to assume they are always right
And if everyone else were logical and objective
They would come to the very same conclusions

They think people thinking otherwise
Are immoral, deluded, stupid, or some conspiracy explains it

Most people cannot accept that people have
Different kinds of moral systems
Because there are different ways of seeing life

They cannot admit they have doubts or compromise
Because they see this as a sign of weakness
Even babies do not start with a clean slate morally

People will always disagree on the most important issues

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Our ideological divide even in America
Spans hundreds of years now
Just like 1/4 of the population votes one way
1/4 votes the opposite
And the other 1/2 wants nothing to do with it

In the past we have had frontiers in America
And lower population density
And fewer people lived in large cities

Many of the problems we face today
Have been around in large cities for a very long time

In much of Central Asian and Middle Eastern history
The same local leaders stayed in power
Across multiple changes in empires
In much of Chinese history
Their culture and ethnicity was very uniform

In Europe there were many wars
Between different factions of Christianity
Once atheism gained traction in the early 19th century
The divide became more between Christianity and atheism

We will always have both unity and division
As those things that unite also divide
And those things that divide also unite
Because there has to be something to unite around
Which usually excludes someone

So maybe frontiers are good and can
Allow people to start over again
Although the American example is bad
Because someone already lived in these "frontiers"

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Christianity can be a better frontier today
If we had a change in our paradigm
Where we saw the spiritual
As being as real and immediate
As the physical world

The early Church and even the disciples themselves
Lived in very diverse situations

But they were able to overcome and survive despite that
This was possible because of the work of the Holy Spirit
But the Holy Spirit does not force Christians to obey ever

There will always be multiple groups with different opinions
We need to as a Church focus on the how
As we already agree on the Who and somewhat on the what

God controls the future of His Church
So we must wait on Him and follow His will

We will continue to screw things up
As most the patriarchs and apostles did as well
But maybe we can learn from these mistakes

Regardless God will continue to do the bulk of the work
And work with us despite our stubbornness

Holy Spirit

My Best Friend
My Eternal Companion
My First Love
And my Muse

Like a breath of fresh air
After being pulled under the ocean
Or inhaling a mouth full of acid reflux

As gentle as a stuffed toy
Wiser than an animal
My Best Counselor
Who truly understands my mental illness

If I am fearful
You bring me peace
When depressed
You encourage me

Each day You guide me
You are more real everyday
You are the source
Of all good within me

Knowing You will always
Live within me
Soothes my wildest fears
And gives me courage
To do what is right
Despite the consequences

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Your character is without blemish
You are God within me
You are my conscience

I can always trust You
As You never lie
You speak softly
Your words are like music

May I see through Your eyes
So my world is less troubling
So I can face the future
Without assuming the worst

Only You can satisfy
My heart, mind, and soul

You are older than creation
But You make me new again
You are God
You always give a second chance

I do not always
Recognize how You work
And I don't always appreciate You
Like I should

I can feel You within my soul
And You calm my mind
You reveal to me the secrets of the Bible
You direct my thoughts towards good things

I am blessed by Your presence
And understand spiritual truths
Because You have healed my mind

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I find my way in a hostile world
Because You gave me a creative mind

You are the only hope for the world
Everyone who is creative
Owes You for their ideas and their creative works
You deserve the copyright for every creation

You control history
And all reality is smaller than You

You were with Jesus and the Father
At creation and in the life of Christ
You started the Church at Pentecost

We have a real connection with God
That only exists because of You
We are honored
That You choose to dwell within us

I do appreciate Your Church
In both people and spiritually
But You are both more real to me
And a greater blessing

You are the source of all
That is good in the world
Without You creation would never have happened
What was it like to live
Before You created us?

I cannot imagine the sorrow You experience
When we do not follow You
Or when we break our contract
You are ever merciful

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You speak through us
When we do not know
What words to say
When we do not know
What to pray for

I appreciate that You respect me enough
To never force me to do anything I don't want

But I cannot understand
Why You gave people free will
When we make such bad choices

You do everything for me
And all I do in return
Is try to be better
And learn from my mistakes
And those of others

Please stay with me forever
And give me the strength
To do what is right
Even when I am stubborn
And fight Your perfect plan

Sticking Around

If you respect someone
If you turn to them for support
If you can talk to them
About things you don't with others

If you have developed a friendship
If you are in constant contact
Does this mean you love them?

How is it that everyone seems to leave
When they have nothing more to gain
Or it is inconvenient or takes too much time?

When all business is done
When they have sold you everything they can
When they have finished their job
And the payment has been received?

Does this mean they do not care?
Or is this just the world today?

Is it that family is different or my family is different?

What does it take to be encouraged today?
How do we accept what we cannot change?

It is easy to get cynical about helping others
Especially when they take the opportunity
To get even more out of you
They leave you when they get what they want
And they lose respect for you in the process

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And they are careless with what you give them

God calls us to help those
Who cannot help themselves regardless
Life is messy and complex though

All of us are selfish in our own way
God gives us much and we are often unfaithful

It is like where the Bible says
How many times you are to forgive others
How often do you want God to forgive you?

When Jesus explains how to pray
We are told to ask God to forgive us
To the same extent we forgive others

Many see this as weakness and always will
But there is power in this too

Gandhi's explanation for non-violence
Goes something like this

Violence feeds off itself and never ends
If you decide not to return in kind
You stop the cycle there

Easier said than done
As with everything important in life

One of the good things about forgiveness
Is that it frees the forgiver
As those who commit sins against us
Are rarely turned by their conscience

The person that does not forgive and forget

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Is the ones that suffers unnecessary pain

So if you find someone who is still around
After many years of struggle
Even when things get ugly
These are the people who are your real friends

Sometimes this applies to family or church members
This is always true of God

God is different because He never seeks anything from us
He doesn't need us in any way
And yet He still courts our friendship

And died for us willingly
Even though He suffered terribly
And He had done nothing wrong

He did not even break the law once
Or do anything improper with anyone

And yet the response from us
Was to kill Him rather than
Admit our weakness and follow our conscience

He was totally abandoned by His father
At the worst possible time
And suffered the worst injustice imaginable

He defeated evil with weakness
He proves that we when we are weak
God is strong in us

Our battle is not primarily external
We fight our own minds and hearts

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So when we follow God through hard times
He is not limited in what He does for us

The limit on God is His respect for our free will
So once we remove our stubbornness
God's power and help is not blocked anymore

God is truly a romantic
He wants us to choose to love and follow Him
Why would you not want to follow Him?

I guess you have not experienced enough of life
To know how rare it is
To find someone who would sacrifice even a little
For anyone else

Christianity is a game changer
Once we admit the evil in us
Is as great as the evil in others

One Person at a Time

When I was a young adult
I would fall down into rabbits holes
Searching for answers

I wanted to be a Christian
In different way

My home church
That I grew up in
Inspired me immensely

But I also got the impression
Of Christians being arrogant

I know that the Church
And especially my local church
It is not the same as God

It is very hard for the moral
To see their need for God
But it is also hard for the fallen
To rise back in faith

We think in our society
That most people are good
And our problems come from a few

But the Bible teaches the opposite
Everyone is equal in the Church
Because we are all morally fallen

Like most religions understand

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Evil originates in our thoughts
There is no need to battle our actions

If we control our thoughts
We can reform ourselves

It is so hard to do this
That few or none ever achieve this
This is without the Grace of God

Some try meditation
Some try exercise
Some try medicine

But getting up from the pit
Is too hard for us to ever achieve
Without divine intervention

I once thought to express my faith
In different ways

I once thought I was gothic
I later found out I was mentally ill

Much later I found the original center of the Church
Christianity was always a multicultural religion
Spanning empires and continents

But restoring Christianity
To the level that most will be saved
Is not about us changing anything external

To really have God grow His Church
Requires us to take a step back
We need to wait upon the Lord

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We will not be able to legislate morality
And enforce it through fear
We need to focus on the ideology

The only ideology we need
Is in the Person of Christ
We need to stop trying to re-imagine the Church

We need to focus on our own lives
We need to focus on our own communities

The way we think in America today
Is we need to have big solutions
And to do so we need money and power

And need to bring it to fruition
Within a matter of several decades

Where does God get credit then?
What kind of witness is this?

This is why people no longer want to join things
Everything feels like a commercial

We need to go for the miraculous first
We need to seek God's help first
And consider people as a secondary approach

Just like Schizophrenia is treated
Primarily through medicine
So the Church is to be healed by Christ

The most powerful way to change society
Is to let God take control of us

We do not know the solution

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We will never find it
We need God to solve our many problems

Because only God can forgive sin
We will be judged for our disrespect for His creation
And we will suffer because of our arrogance

We cannot expect our current lifestyle
Losing technology is not a punishment
By any stretch of the imagination

Our problems are worse today
As we are all in one place
Like in the Tower of Babylon

Everyone was together
And they believed they didn't need God

We need to separate the world system
Back into geographic regions and countries
And even to the level of counties and cities

Putting everyone together in one place
Makes crime easier and more efficient

Our problem is not that we don't save enough money
Our problem is that our focus is not on Christ

We need to work out our faith
Before we can criticize others

Once we do this
We will already have
Much of the problem solved

To solve spiritual problems

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We first need to understand
What God sees the problem as

The Church needs to lead by example
Once the Church is able to reform itself
Others will flock to it

Christianity does work and save us
We just need to take God at His word
And be willing to do things His way

We see our biggest problems as political
God sees them as sin problems

If we want to deal with sin
We need to deal directly with God

But we must change our view of how we see
Both the battle and what victory means

We will not get past our need for God
And the battles will never stop

But the war is won
When we choose to follow God
Once we accept God's grace

The proof of change is in the fruits of the spirit
Works are the proof of faith
This is how we prepare for the second coming

We must put God's promises to the test
And He will show us the power of good

What I Honestly Believe

When I read about the suffering of Christ
And I learn about the suffering of the early Church
Or that throughout much of the world today
I really don't know what to do with that knowledge
Except just be more afraid

I know from experience how little helps words are
In times of great trial
I do believe everything the Bible says
Which scares me more because I take it very seriously

It is very true and yet comforts me little in times of trial
Furthermore Christians saying
You can lose your faith later in life
Or that you will go to Hell if you commit suicide
Are not at all helpful

I cannot speak for anyone else's experience
And I do not fault God at all
How could anyone fault Jesus Christ and what He did?
But some parts of the Bible
Are just not very encouraging especially for Christians

I appreciate that God respects us enough
To always tell us the truth
I have heard we will suffer no more than we can bear
But people can bear much more suffering
Than they could imagine

It is in that old hymn that there is no turning back
Which makes me very afraid of the consequences
Of what I have signed up for

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I have been in the military
I miraculously came out with only Schizophrenia, chronic pink
eye, and a distrust of everyone save God

I did have to go through the gas chamber
Although only once
Which is not really bad
Compared to what many face in combat

But this and other experiences
Gave me a glimpse of how much pain
Others want Americans to go through

The little I know about America
From my experience in the Army
Is that the Army has a way off getting things done
That are very difficult for soldiers to do

They control information very well
Within the Army at least
Sometimes they flat out lie

The bottom line is the country
Wants certain things to happen
But in order for these things to happen
Really bad things are the only things
That will achieve the required results

We say we want a lot of things of our country
But when push comes to shove
And we enter a difficult time
We want to be safe from
What we consider to be the enemy
Which is usually later accepted as one of us

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So on the one hand we don't want to be the bad guy
But we also want someone to take care
Of our problems without us making significant changes
Otherwise known as sacrifices

We as a nation have become very selfish
So many suffer for so very few

And then one of the biggest proponents of this behavior
Are people who claim to love Christ
It seems many have trouble bearing this love

So while I understand the Church in America
And Christ are not the same thing

You might see how others could see things differently
When they are on the other side of the chair or missile

This anger
Although I contribute as little as possible towards
I am also in the same group technically

Suffering for my own failures is scary enough
But suffering for someone else's seems more scary sometimes

As the world continues to get darker
Often at the pressure of said American Church

I want to side with the Church
But I already gave a lot for my country
Who really doesn't care much about it

I just would be helpful if
I did not see so many connections
Between the suffering of the world
And the American Church

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Which I am technically part of

I will continue onward with Christ
But I am not willingly going
To suffer any more for politics

And I am going to make it very clear
That I do not support the actions and non-actions
Of much of the American Church

Although I will still support the Church
In every other way

There are while religions devoted
To solving the problem of suffering
And it helps somewhat to try to alleviate
The suffering of others

But ultimately I wish God
Would have placed greater limits
On the amount of suffering
A person can withstand before death
Ironically Christ suffered a huge amount

You could say I am weak
And I do not deny this accusation
Such was apparent as early as Basic Training
Ironically the Army didn't see this as a problem

On the other hand I did volunteer
And will suffer the remainder of my life for it
If you had the same experiences
Hopefully you would have a more positive outlook

Self Reflection

The hobbits were very brave
Because of the joy in their hearts
They had happy childhoods

I too reminisce about the past
I really idolize the 1990s

Before all those really bad things
That started off the 21st century

We are not even a quarter of the way through
And it feels like a mini apocalypse

Just like being in the military
I felt bad how little I rose to the occasion

So the same happened in America
We really over reacted to both war and disease
But not enough to weather changes and causes

We made all the problems worse
And the lasting effects for us were mostly economic

I stopped watching the news around the economic crisis of 2008
I stopped watching most science fiction around 2015

Not long before the pandemic that made us realize
How deep the divisions are in this country
We really need to form a new national constitution

I am trying to remember how I was
Before I became mentally ill

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I was too silly then though
Other people don't like that either

Half the problem is with the medicine
The biggest side effects
Are always being tired and hungry
And being paranoid or depressed
And sometimes both at once

Bipolar disorder gets more positive press
Partly because it is easier to relate with
But there are no ups with Schizophrenia

One of my curses is that I am very ambitious
But I also have huge limitations
Many of which are not visible

The thing that I cannot do that affects me most
Is that I cannot keep any kind of schedule
Either with sleep cycles or volunteering jobs
I cannot commit to almost anything

I did my own website for 25 years
Partly to try to counsel myself
And give an account for what is happening

And a record that not all agreed with
The decisions people made
And the issue they ignored
Because they were inconvenient

Making websites can be as much a rabbit hole
As exploring them can be
Most people stop their personal websites
After just 18 months of working on them

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Making a website seems so simple at first
But the difficulty curve never levels
And now so much is demanded
And even legally regulated

Only big corporations can do it well
Many more but smaller companies
Think they can do it
Until they get hacked
And lose the trust of their users

Some just think this is the cost of doing business
But there are a few reasons why
Only a couple businesses rule the web

This is because there is less and less trust
Too many small businesses ran too many near scams
At least when Amazon is hacked
The news reports it

It might seem nice today
To not have to work
But being disabled is no picnic

Most people after 6 months off
Want to go back to work

Living without a job
Makes it much harder to meet people
Even when you do have an income
And Schizophrenia is already very lonely

This is sad because it would be great for society
If people would take on projects
That don't make money

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There is a whole categories of issues
That will likely never be tackled because
They cannot be made into businesses

One of the projects I have taken on
Is to try to reduce both my and others' suffering

Unfortunately there is little one person can do
Especially when they suffer from multiple disabilities
And have few financial resources

I wish I could improve the lives of animals
But most things animals rights activists do
Are highly ineffective

And I cannot even look after a plant
I do everything I can for my stuffed toys
Who are very fortunate and downright spoiled

I also wish I could do more
Because I know we all make the world worse
Just by living in America today

Most people work jobs
But I want to do more good than harm
In my life as well

I used to be so optimistic
But as I get older
Things actually get more difficult

I used to think that growing up
Was very difficult at times
But that was easy
Compared to after graduation

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When your eyes are opened
You cannot go back

This is true of religion
This is true of relationships
This is also true in understanding
How the world works

Sometimes maybe forgetting
Certain things would be healing

But I certainly want to remember
Things I should keep from doing
And why I decided that
This is still helpful information

Unfortunately if we really start over
We are unable to really
Learn from our mistakes

Maybe I just think too much
If only we could get our leaders
To be more self reflective

Seeking Wisdom

God has said we cannot fail
So this must be true
We just need to believe it

There is more to Christianity
Than our failure and weakness
We have God living in our veins
We are now children and friends of God

Being a Christian
Should mean having good self esteem
It is very much a process and not an outcome

But we are to move ahead
Sometimes still with fear
But defeat need not destroy the Christian

There is a real struggle within us
But there is much more to faith
Than having trials and spiritual warfare

Christianity is very much a form of mysticism

There is a type of knowledge
That goes beyond just experience
Or just academic understanding
This is often called wisdom in the Bible

As Christians we need to continue to move
And be going in a forward direction

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It is easy to get lost in a maze
Of suffering and defeat
But this is not God's plan
He will not let us stay there

We have to be willing to trust again
And take some degree of risk
Sometimes the scariest thing
Is inviting someone to Church

Growing is a good and necessary thing
Even if it is painful at times
It is worth it to grow over time
Even at the cost of the unknown

We may be afraid at times
But we cannot always turn inward
We should not want to live
Our entire lives in our room

For some people this is necessary
But most of those are in prison

The progress might be slow at times
But God is worth getting to know
Even if there is a cost to it

The patriarchs, prophets, and apostles
Often were weak and made foolish mistakes
But later proved their faith with grace in action

And were written about and helped write
The very scripture of our faith

There very minds held
At least for a time

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The very thoughts of God Himself

How do we today get to what those in Scripture had?
How do we learn to become like them?
How do we work with the Holy Spirit
Instead of against Him?

Sometimes Christianity seems so simple
And sometimes it seems so complex

How do we start to see through God's eyes?
How do we know we have sought God with all our heart?
How do we get so full of God's grace
That we cannot see anything else?

It would seem much of the world is a distraction
But maybe even trying to save the world
Is a distraction as well

We have only one life to live
Before we see God face to face

Maybe we should spend more time
Preparing for our future with God
Beyond this world

Maybe even the saving of the world
Should wait upon the Lord

I feel so rushed sometimes
As the world descends into flames
I forget to take time to listen to God

Sometimes what God wants is so obvious
Other times it seems almost impossible to know

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If our faith is to be worked out in action
What kind of action does God have for me?

I hope it isn't anything like the military
Or my mental illness

Maybe God has something positive for me to do
That does not involve more pain

I have had multiple mystical experiences
But they have always been painful or scary

I wish I could associate joy with the Lord
Instead of merely suffering

I know there are great spiritual insights
One can have as a believer
But I am afraid of any kind of mystical experience

Is there a way to follow God
That does not involve constant fear?

God offers me great protection
From spiritual dangers
He has always stood up for me there

I just hope He does not expect me
To do things only normal people can do

I had a thought recently
Captain America was once very weak and afraid
They chose to make him strong
Deliberately because he was weak

Because he was forced to fight and survive when weak
So when he became strong

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He became fearless

Maybe God has such a plan for me
In the next life

I wonder what life would be like
If I had to deal with less fear
I do know there would be less pain

Paranoid Public

Whether it is terrorism or a pandemic
People cannot accept death
And they cannot accept anyone hurt
Who looks, thinks, or acts like them

Death is a normal part of our lives
As inevitable as having to follow rules
I understand how people can be afraid of death
I am afraid of a number of things as well

Most of the things that I am afraid of though
No one is going to fight a war over
Or shut the entire world down over
Most people would say what I fear is irrational

But there are at least as many good reasons for what I fear
As what others have for what they fear
Many people might think I am irrational and so fear me

Fear motivates some people
To do evil, some to do good
And others to do nothing but run away

Just like creativity
Fear with boundaries
Is much more useful

If you can control your fear
You can use it to work for you

If you are unwilling to do certain things

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No matter how afraid you are
Then people can trust you more
Even when knowing you are afraid

Fear works on the very simplest level of your brain
It is often referred to as the fight or flight response

Having Schizophrenia feels like
You have always have adrenaline
Running through you
And the medicine feels like it is
Slowing you down and suppressing you

But the usual response to fear
From a person with Schizophrenia
Is to run away from the situation
Not fight over it

With training or drugs the person
May respond differently
But that generally makes a person
Less afraid and more in control

Some people think evil is a kind of mental illness
Or that people are evil because of genetics

These are overly simple answers
That do not provide meaningful insights
Into how to solve these kinds of problems

Christianity teaches us that all have within us
The potential to be truly evil
All of us do evil things sometimes

Some people have the self control to
Avoid things that society thinks are violent

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Or what we have chosen to make illegal

Some of this is learned and some is genetic
There is also the big factor of free choice
Human freedom to love also allows freedom to hate

Hate and fear are not necessarily related
I don't feel hate for anyone
But I do feel fear all the time

I think one of the reasons why Christianity can be helpful
Especially to those who suffer with Schizophrenia
Is that God can be trusted as He never lies

The Bible also talks about
The hardest topics we deal with
Without offering simple or easy answers

There is so little trust today
Because there are so many lies
Because society is trapped
In a re-occurring cycle of distrust

Christ loved us first
So that we can choose to love Him
He has saved us
So we can choose to follow His desires
Not our own

The government does not trust us
So we do not trust the government
Businesses do not trust customers
So customers do not trust businesses

This is a virtuous cycle or a cycle of violence
Both sides can have re-enforcing effects

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So that both feed off each other
Especially when you involve a lot of people

Terrorism as is like all warfare a cycle of violence

Gandhi's approach was to not respond in kind
So although you cannot get the satisfaction of revenge
The violence then stops with you
And more don't then get hurt later in the cycle

This is also known as forgiveness or pacifism

The cycles of symptoms with Schizophrenia
Are all driven by stress
Much as most illnesses are
For acute symptoms

One of the big stressors in a society
Is people working and living in close proximity
Crime and violence thrive
Where people do not have time or room to think

Our society has become less and less willing
To engage in self reflection
We want to distract ourselves and not be alone

On a personal level with Schizophrenia
Different things are real to the paranoid by biology
But there is also a greater sensitivity to pain
For a person with Schizophrenia

This is because pain hurts more when you are afraid
Essentially pain is not purely physical
Like Schizophrenia is not just mental

With Schizophrenia life in civilization

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Like today in the human world
Is a disease that makes interaction difficult

Because everything feels more intense
Not mentally but physically
And so the reactions can be more extreme

The first thing I think
When I do become stressed
Is to leave not get angry

Paranoia takes the healthy concern
People have for how others think of us
And amplifies it to painful levels

So in general people with Schizophrenia
Are more likely victims of crimes
Than committing them

So what should a person be afraid of?
Is it just what everyone else is afraid of?

And what if the mentally ill responded in kind
The same as society does
When it feels threatened?
The public is paranoid too

Maybe the public is afraid of the mentally ill
Because of what they would do if afraid
Maybe they need to exercise more self control

Also what the majority wants is more tolerated
Than what the minority wants

This is why our country formed the laws it first had
To protect the minority from the majority

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And limit the power of law enforcement
To prevent the abuses of fascism