

Never Alone
by
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Radio 04/29/10

- Introduction
- Bible verses
 - Hebrews 13:5 – “... I will never leave thee, nor forsake thee.”
 - II Chronicles 20:12 – “... for we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee.”
- A graphic metaphorical hymn
 - I saw the lightning flash – a danger is approaching
 - Relationship
 - Finances
 - Job
 - Health
 - Mental state
 - I heard the thunder roll – the danger moves closer
 - Relationship breakup
 - Bankruptcy
 - Job loss
 - Health failing
 - Mental state is frayed
 - I felt the dashers breaking – imminent danger
 - Relationship gone
 - Bankruptcy imminent
 - No job for several weeks

- Major health concerns
- Mental health problems present
 - MDD (depression)
 - BP (bipolar disorder)
 - Anxiety disorder (OCD, GAD, PTSD, Social Phobia)
 - Psychosis
 - Personality disorder (paranoid, borderline, hysterical)
- Trying to conquer my soul
 - Christ
 - Friends
 - Hope line
 - Retreats
 - Hospital
- He promised never to leave me alone – Christ
- Stress refers to a mental tension caused by a known environmental event. Stress points more to the external stressors, whereas worry points more to the internal uneasiness. Chronic stress can lead to hypertrophy in the amygdala and increased dendrites in the medial prefrontal cortex.

It may be that stress activates the amygdala initially; also it may be that the hippocampus is activated immediately by neuromodulators such as NE, CRF, ACTH, cortisol, D, Ach which \uparrow Ca with \uparrow memory but then NMDA receptor sensitivity \downarrow and \downarrow memory results. Thus,

the hippocampus and amygdala are initially activated but then the hippocampus is suppressed.

- Conclusion
- Bible verses
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Resources

- Minirth Clinic – for outpatient care and **individualized retreats**
www.minirthclinic.com
972-669-1733 or 1-888-MINIRTH (646-4784)
- Hearts of Love International Ministry (for pastors and Christian workers)
www.holinternational.org
- Hope Line – for inpatient and partial hospitalization care in Denton and El Paso, Texas
1-888-789-HOPE (4673)
- Celebrate Recovery – local Churches
www.celebraterecovery.com
- AACC – American Association of Christian Counselors
www.aacc.net
- www.2ndfiddleentertainment.com/maggiespassage
- Retreat for Women and Girls
www.christmascreekvillage.com
- To obtain books written by Frank Minirth:
 - Books available only through the Minirth Clinic:
 - Psychopharmacology 2010, 600 pages
 - The Reflective Genius (obsessive compulsive disorder) 225 pages
 - Grace In Salvation (difficult to understand Bible passages on salvation) 250 pages
 - Other Minirth books available through www.amazon.com