

# Healing the Mind Series

by  
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## Foundations

I am created by God, and I am valued and loved by Him.  
Ephesians 2:10

God has my best in mind even if at times I don't understand things.  
Psalm 37:23-31

God gives every person a choice to enter into relationship with Him.  
John 3:16

The only way to have relationship with God is through Jesus Christ.  
John 14:6, Acts 4:12, 1 Timothy 2:5-6

All healing is the result of Jesus and His sacrifice and death for us on the cross.  
Isaiah 53:4-6, 1 Peter 2:24, Matthew 8:2-3, Matthew 9:22, Acts 4:8-12

This series is based on my belief that deep healing of the mind can only be accomplished through the application of Biblical principles while in relationship with God. This is not to deny that various aspects of healing can take place through other modalities and methods, but this particular series is based on my personal experience and on my beliefs. Each person has their own choice and may choose to go on this journey or not. Further, I am not a psychiatrist, psychologist, or licensed counselor. Please see the disclaimer on my website and in the description for my videos on YouTube. Should you have any questions or comments you may contact me using my contact form on my website, [www.betsybohan.com](http://www.betsybohan.com).