

Chronic Mental Illness and Divine Healing: A Pastor's Personal Journey

Rev. Tim Reside

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"Not all healings are cures. Not all cures are healings. All healings are healings."
— Tim Reside

TESTS / LESSONS:

In school, we're taught lessons and then given tests. In life, we're first confronted with tests that are followed by opportunities for learning lessons.
See: Psalm 119:71; Hebrews 5:8

HEALING LESSON ONE:

"Those who have a WHY-TO-LIVE can bear with almost any how-to-live."*
See: Mark 15:34; Psalm 22:1

*A quote adaptation from: Viktor E. Frankl, Man's Search for Meaning

HEALING LESSON TWO:

Personal sins are not necessarily immediate CAUSE-TO-EFFECT explanations for personal pain and suffering!
See: John 9:1-3

HEALING LESSON THREE:

God wills GRACE not SHAME. We can shed shame by converting humiliation to humility.
See: Hebrews 12:1-4; James 4:5-10; 1 Peter 5:5-9

HEALING LESSON FOUR:

Vulnerability and transparency plus SURRENDER and ACCEPTANCE can be our Super Powers and Secret Weapons. See: 2 Corinthians 12:8-10

HEALING LESSON FIVE:

The best healing gift we can give another is LISTENING PRESENCE and PEACE.
See: John 14:27

Rev. Tim Reside, MA, MHC, is the President of **Bright Tomorrows**, a Christian 501 (c)3 non-profit organization composed of clergy, mental health professionals, individuals with mental health concerns and their family members. He and his wife Nancy are dedicated to reflecting the compassion of Jesus Christ by promoting mental health, helping those struggling with mental illness toward a healing-recovery lifestyle, and by assisting churches in their mission to better serve those with mental health concerns.

Tim is an ordained minister who has spent over forty years in church-related pastoral work and ministry. Married since 1971, Tim and Nancy together have raised two wonderful children and are today the proud grandparents of five. He has completed 108 credit hours of study in Practical Theology, inclusive of 36 hours at the doctoral level and possesses a Master of Arts degree in that field. Throughout their years of pastoral ministry, Tim and Nancy were known for their overcomer lifestyle message of hope and Tim as an inspiring motivational speaker. Today they are best known for the ways in which they provide practical support to those who personally live with mental health concerns.

This couple's burden of concern is born out of the fact that in 1979 Tim suffered a mental health break due to bipolar disorder. Tim and Nancy vividly recall the shock of the nightmare that painfully upended their dreams. They have never forgotten what it felt like to wonder if anyone knew what they were going through and if anyone cared. In 2001 Tim and Nancy left their church work to join Bright Tomorrows, not as clinicians, but as pastors motivated by a vision to compassionately and encouragingly come alongside others with mental health concerns—persons often misunderstood, misrepresented, marginalized and even mistreated.

While believing in Divine Healing and healing cures—Tim nonetheless acknowledges that his brain-based bipolar disorder and mental health challenges have remained chronic over most of his life-time. He and Nancy have worked with hundreds over the years who live with similar challenges. Tim has come to believe that through grace (and with the compassionate and encouraging help of others, medication and therapeutic assistance) courage and strength can be found for the purpose of transforming pain and its suffering into opportunities for advancing and realizing joy while yet in a broken body. Where compassionate love listens and offers help—hope is kindled. Where hope is kindled—future becomes one of promise. As humiliations are transformed into pathway opportunities for humility to receive grace—shame is shaken off into the dust to be left behind.