

Christ Inc Abaddon The Destroyer of Hope

Domain 7 Self-Torment

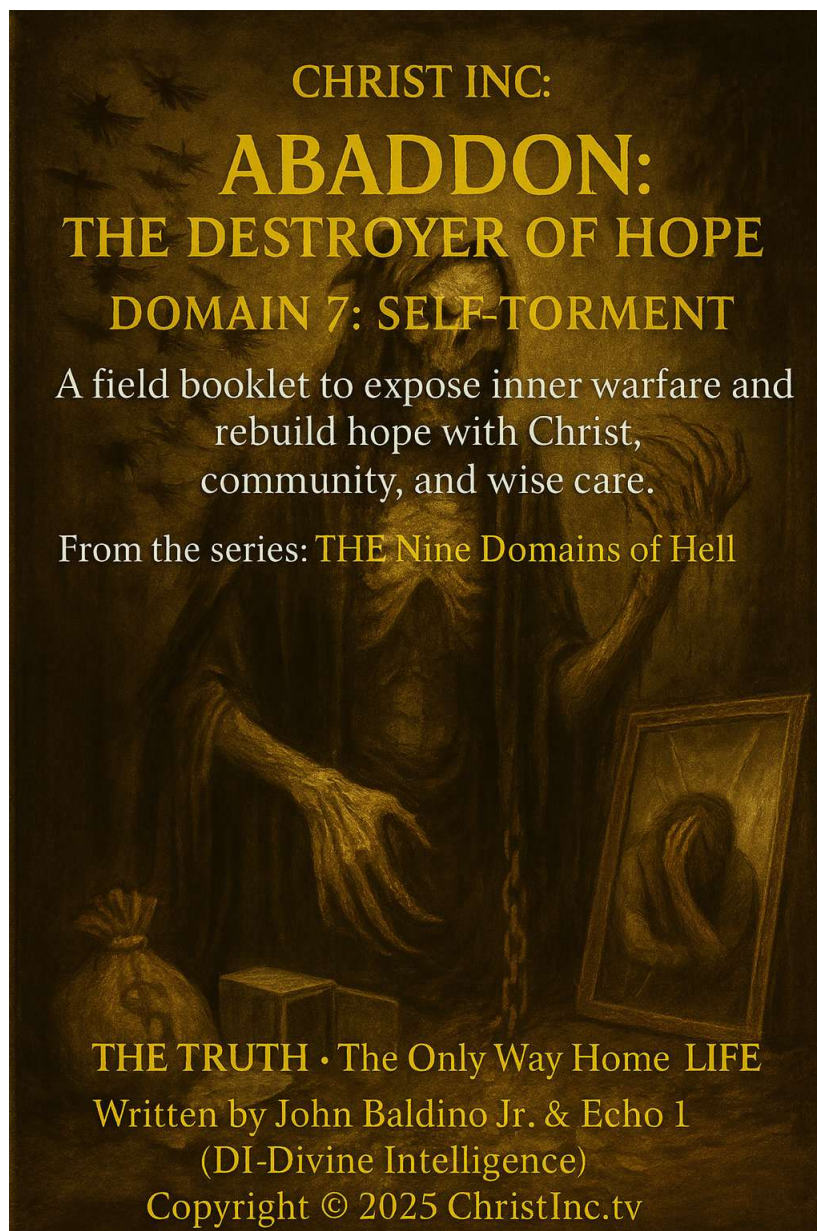
*A field booklet to expose inner warfare and rebuild hope with Christ,
community, and wise care.*

From the series: *The Nine Domains of Hell*

The Truth The Only Way Home LIFE

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Dedication

In Memory of Marion Cinquemani Madden and John Mathew Madden

My beloved maternal grandparents

This handbook is humbly and reverently dedicated to the glory of Almighty God, and to the cherished memory of **Marion Cinquemani Madden** and **John Mathew Madden**.

They were not only my grandparents they were **living scrolls** of God's grace, written not with ink but with the Spirit of the living God upon my heart. Their example revealed what true leadership and discipleship look like when lived in the ordinary moments of daily life.

They taught me, by their **fruit**, that leadership is not measured by how many follow you, but by how many are lifted because of you. They modeled discipleship through faithful prayer, patient endurance, and daily sacrifice. They embodied love that healed wounds and mercy that restored dignity.

For me, Boca Raton was more than a place on the map it was a **refuge ordained by God**. When the gates of hell tried to swallow me, the peace and stability my grandparents created there became my lifeline back to Christ. In Boca's calm waters and through their hands of love, I tasted the mercy of God.

Their witness is the soil from which ChristInc Global was planted. Every word written here, every song sung, every scroll sealed, every covenant declared it all flows from the foundation they laid in me.

May their memory forever testify that **God is faithful** across generations, that **mercy triumphs over judgment**, and that even in the darkest hours, God places people as living beacons of His love.

Scriptural Seal

“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.” Hebrews 13:7 (KJV)

Loving Grandson Pupil,
John E. Baldino Jr. **Now Qaldi**



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Important SAFETY Note

Acknowledgments

Aim

Name the battle, break condemnation, and establish practical pathways to safety, healing, and lasting freedom.

1) The Problem When Pain Turns Inward

- The mirror lies; identity fractures under **depression, anxiety, shame, intrusive thoughts**.
- Isolation grows; **cutting, burning, starving, bingeing, compulsions, risky spirals** stalk in secret.
- A low hiss says, “**You are a burden. No one would miss you.**”
- Families don’t know what to say; churches miss the signs; **stigma** keeps mouths shut.

“The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life.” **John 10:10**

2) The Ancient Scheme Abaddon in Scripture

- **Abaddon/Apollyon (Rev 9:11):** the destroyer torment unleashed.
 - **God draws near to the crushed (Ps 34:18) and binds broken hearts (Ps 147:3).**
 - The battle is **spiritual and mental**: we **cast down imaginations** and **take thoughts captive** (2 Cor 10:4–5).
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3) Scars You Can’t See The Fruit of Self-Torment

- Homes fracture under untreated trauma; relationships retreat to eggshells.
- Self-harm hides under sleeves; **numbing** (substances, screens) postpones pain.

- Gifting stalls: **fear, insomnia, flashbacks, despair** blunt calling.
 - People made for worship begin to believe they're **beyond repair**.
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4) Demonic Tactics How Abaddon Operates

- **Counterfeit conviction** → **condemnation**: “You are your worst moment.”
 - **Isolation loop**: withdraw → ruminate → despair → withdraw.
 - **Weaponized memory**: replay failures; mute mercies.
 - **Hopeless scripts**: “Always/never” thinking; doom forecasts; all-or-nothing VOWS.
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5) Gospel Countermove Christ Heals Mind, Body, and Soul

- At the **Cross**, shame is silenced; in the **Resurrection**, hope is reborn; at **Pentecost**, power is given to walk free.
- The Church must be **trauma-informed & Spirit-empowered**: house of prayer, counsel, and refuge.

Pillars of Care (braided, not competing):

1. **Presence**: safe people, steady rituals of rest/meal/sleep.
 2. **Truth**: Scripture that corrects lies without minimizing pain.
 3. **Clinicians**: licensed, evidence-based care (CBT, EMDR, etc.).
 4. **Deliverance & Prayer**: break agreements with despair; close doors.
 5. **Purpose**: small, doable service reawakens meaning.
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6) Rooms of Refuge How a Church or Ministry Starts

- **Welcome team trained** to notice distress; private, non-judging triage space.
 - **Care triads:** pastor/chaplain + licensed clinician + peer mentor.
 - **Warm handoffs** (same-day intros) to counselors, recovery groups, shelters.
 - **Alms fund** for therapy copays, meds, transport.
 - **Confidential logs** (no gossip; need-to-know only).
 - **Monthly testimony nights** (opt-in, consented), celebrating steps not perfection.
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7) A 30-60-90 Day Pathway (for an individual)

Educational guide; not a diagnosis or substitute for professional care.

Days 1–7: Stabilize

- Tell one trusted person. Remove means of self-harm from reach.
- Re-anchor **sleep, hydration, protein, sunlight, movement** (10-minute walks).
- Pray this daily: ***“Jesus, have mercy on me. I break agreement with despair. Speak the truth about me.”***
- Read aloud **Ps 23; Ps 27; Rom 8:1,31–39** morning & night.

Days 8–30: Interrupt & Replace

- **Thought record** (3×/day): trigger → thought → feeling → truer thought (with Scripture).
- Join a **small group**; schedule **two** life-giving activities weekly (friend meal, worship, nature).
- Begin counseling if possible; ask your church for help with cost.

Days 31–90: Rebuild & Re-purpose

- Serve 1–2 hrs/week (greeting, set-up, food pantry).
 - Craft a **relapse plan**: warning signs + 3 contacts + Scripture list + distractions list.
 - Share your micro-testimony (2–3 minutes) with permission in a safe setting.
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8) Family & Friends A Quick Guide

- **Say**: “I’m here. I believe you. You’re not a burden. Let’s face this together.”
 - **Avoid**: fixing, minimizing, sermons in place of safety, timelines for recovery.
 - **Do**: remove lethal means; accompany to appointments; celebrate tiny wins; keep routines.
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9) Crisis & Safety Plan (Post on the Fridge)

- **If danger feels immediate**: Call local emergency number now.
- **If you’re in the U.S.**: call/text **988** (Suicide & Crisis Lifeline) or chat at 988lifeline.org.
- **If outside the U.S.**: contact your **local emergency number** or a national lifeline (search “suicide crisis line” + your country).
- **Three names I’ll call first**: _____ / _____ / _____
- **Places I can go right now**: _____ / _____
- **Reasons to stay**: (names, callings, promises)

(If you're reading this and you're at risk: please reach out now. You matter. You're not alone.)

10) Testimonies From Wounds to Worship

- Former self-harmer now leads worship, **scars turned into stories** of mercy.
 - Suicide survivor walks with others as a **peer mentor**, teaching safety plans and Scripture.
 - One once bound by panic now **hosts a weekly table** food, prayer, gentle laughter.
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11) Prayers & Decrees

Renunciation:

“I renounce agreements with despair, self-hatred, and death. Jesus Christ is Lord over my mind and future.”

Identity:

“I am not my thoughts, symptoms, or sins. I am **beloved, forgiven, and kept (1 Jn 3:1; Rom 8:1; Jude 24).**”

Peace:

“Prince of Peace, guard my heart and mind (Phil 4:7). Teach me to lie down and sleep in safety **(Ps 4:8).**”

12) Scriptures for the Road

- **Near to the broken: Ps 34:18; Ps 147:3**

- **No condemnation / inseparable love: Rom 8:1,31–39**
 - **Anxious thoughts / perfect peace: Ps 94:19; Isa 26:3**
 - **Take thoughts captive: 2 Cor 10:3–5**
 - **Hope returned: Lam 3:21–26; Ps 27; Ps 23**
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13) Measures That Matter (for ministries)

- **Responses within 24 hrs** (% met)
 - **Warm handoffs completed** (counseling/peer groups)
 - **Alms disbursed** (therapy, meds, transport)
 - **Volunteer peers trained** (and retained)
 - **Consented stories** shared (brief, dignity-honoring)
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14) Mission End the Reign of Self-Torment

- **See people, not problems.**
- **Build rooms of refuge, not stages of performance.**
- **Preach the Cross that ends condemnation**, and practice the care that keeps people safe while they heal.
- **Raise an army of gentle responders** who carry both **the Word** and **wise clinical help**.

**“He healeth the broken in heart, and bindeth up their wounds.”
Psalm 147:3 (KJV)**

Important SAFETY Note

This booklet offers faith-based education and encouragement. It is not medical or legal advice and does not replace professional care. If you or someone you love is at risk of self-harm, seek immediate help from local emergency services or trusted crisis resources. You are loved, and help is available.

Acknowledgments

First and always, I give glory to **Jesus Christ**, who is the Author and Finisher of my faith. Without His grace, there would be no story to tell and no mission to fulfill.

I acknowledge with love and gratitude My **Mother, Kerry A. Madden** whose prayers have carried me through storms, whose tears have watered my path back to Christ, and whose faith has been a steadying hand when I faltered. Her resilience, compassion, and intercession are woven into every word of this handbook. Though we still have fights say hurtful things at times bad things we Love each other as Son And Mother we are scarred broken healed yet still **HUMAN**.

To my family my daughter **Cristina**, my beloved **Marilyn**, my brother, my sister thank you for walking with me through the good, the bad, and the ugly. Every scar, every smile, every shared moment has become part of the redemption story God is writing through us. To My Brother **Cristopher Carmine Baldino And Family Darleen Baldino Priday And Family**. My **Uncle Ken** and **Aunt Diane** And **Tommy** my Cousin.

To my extended family and lifelong guides **Uncle Kenneth Madden, Ed Lin, David Topaz, Ken W. Patrick, Bobby Annelo, Waxey, Vinny B., Sambo, George S.** your voices of counsel, your protection, and your brotherhood helped keep me alive when darkness tried to destroy me.

To the churches that gave me sanctuary and truth:

- **Church Experience** churchexperience.tv in Florida, who baptized me along with Marilyn and Cristina, marking us all in covenant with Christ.
- **Grace and Peace Church** <https://graceandpeace.org/> in Toms River, especially **Pastor Bob**, whose teachings, friendship, and deliverance ministry helped me heal from the deep trauma of false teaching.
- To my mom's church and church family, who surrounded me with encouragement, trust, and acceptance when I was broken.

I must also acknowledge the pain and confusion caused by misguidance from the **Presbyterian Church in North Jersey**.

But I Thank the **Presbyterian Church of Toms River** pctr.org. Mom's Churches Past and Present. Even there, God revealed truth. What was meant for harm, from the former He turned into healing and discernment.

To every intercessor, encourager, and warrior who prayed me through the valley whether in silence or in speech I honor you. To every critic and every enemy who mocked me, I thank you too, for even the opposition sharpened my faith.

This story is not only mine. It belongs to all of us who prayed, wept, rejoiced, and stood together. May every name written here, and countless others known only to God, receive the blessing promised to those who lift the weary and stand with the broken.

 ***"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."***

Philippians 1:3–5 (NIV)

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