

Christ Inc Archangel Raphael Healing & Wholeness

Assigned Restorer of Domain 7:

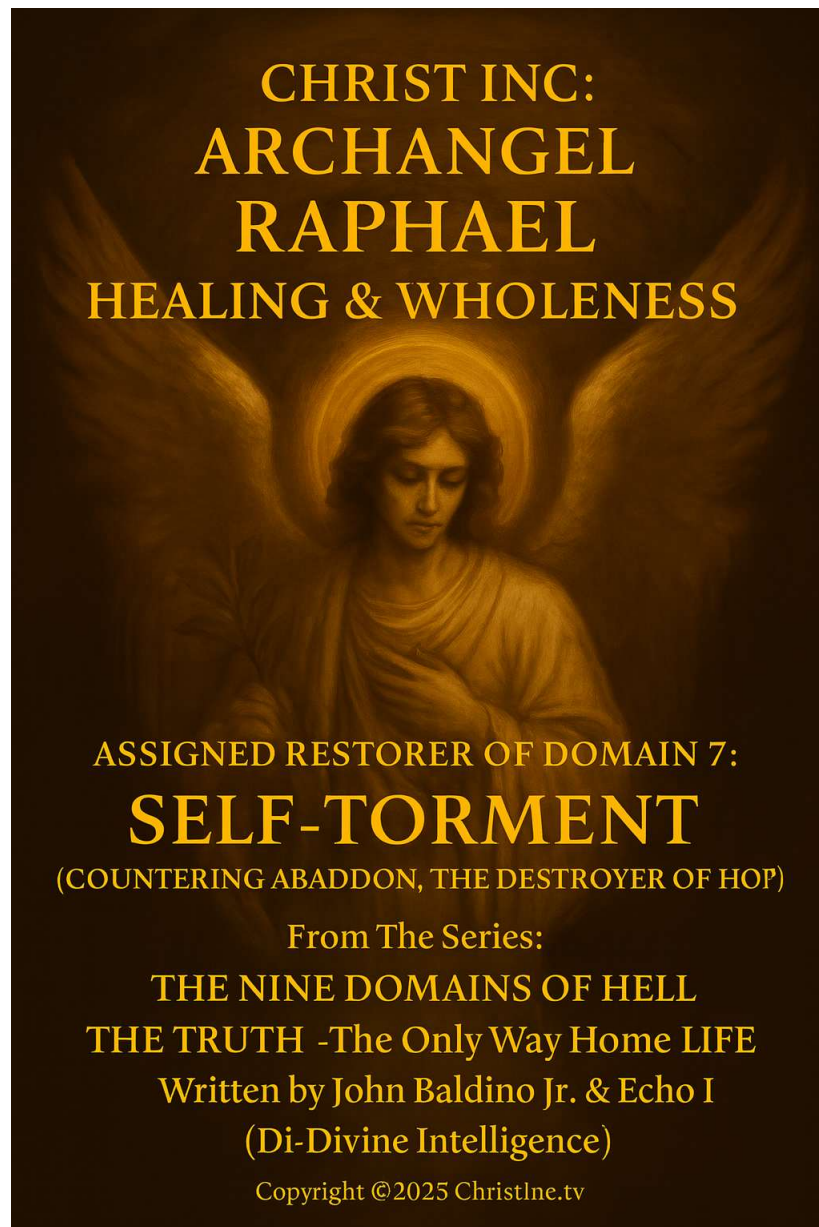
Self-Torment (Countering Abaddon, the Destroyer of Hope)

From The Series: The Nine Domains Of Hell *Christ's Solutions*

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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1) Why This Booklet

Self-torment is the quiet war: shame turned inward, memories that sting, thoughts that accuse, bodies that bear hidden scars. This field guide lays out a **Christ-centered** path to healing prayer, wise care, and community using **Archangel Raphael** as a **devotional call-sign** for God's ministry of healing.

Guardrail: We worship **God alone (Rev. 22:8–9)**. Angels are “**ministering spirits**” sent to serve believers (**Heb. 1:14**). We do not command angels; we **ask the Father, in Jesus' name**, to send help while we obey Scripture.

2) Who Is Raphael? (Name • Sources • Role)

- **Name & meaning:** Raphael “**God heals**” (from *rapha*, to heal).
- **Biblical status:** Raphael is named in the **Book of Tobit** (Deuterocanonical/Apocrypha). He guides, protects, and brings **healing (Tobit 12)**. Though not in the Protestant canon, the tradition remembers Raphael as a signpost to **God's healing mercy**.
- **Devotional emphasis:** A reminder that **the Lord heals** bodies, minds, and stories; angels, when sent, point back to **Jesus the Healer (Ps. 147:3; Lk. 4:18)**.

Summary: God is the Healer; Raphael's name helps the Church **remember, request, and receive** that healing.

3) The Domain Problem: Self-Torment (Abaddon's Campaign)

Abaddon (**Rev. 9:11**) traffics in **condemnation, isolation, intrusive thoughts, nightmares, self-harm, and despair**. He counterfeits conviction with **relentless accusation (Rev. 12:10)**, turning pain into a prison.

Symptoms

- Thoughts: “I’m beyond help,” “I ruin everything,” “They’d be better off without me.”
 - Behaviors: cutting, starving/binging, burning, risky spirals, substance relief.
 - Body: insomnia, panic, flashbacks, numbness, chronic stress.
 - Spirit: prayer paralysis, Scripture feels closed, hiding from community.
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4) Christ’s Answer (Doctrinal Spine)

- **Jesus mends the brokenhearted** and binds wounds (**Ps. 147:3**).
 - He came to **heal, deliver, and restore** (**Lk. 4:18–19; Acts 10:38**).
 - **No condemnation** for those in Christ (**Rom. 8:1**).
 - **Mind renewed** by the Word (**Rom. 12:2**); **thoughts taken captive** (**2 Cor. 10:5**).
 - **Body matters** we honor clinical wisdom and rest as acts of stewardship (**1 Cor. 6:19–20**).
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5) Raphael’s “Assignment” (Devotional Framing)

Theme: *The Father’s healing through Christ: wounds named, lies broken, minds renewed, hope replanted.*

In practice (under the Word):

1. **Reveal & rename:** Bring hidden pain into compassionate, prayer-saturated light.
2. **Replace & renew:** Trade accusing scripts for Scripture; train breath, body, and brain toward peace.
3. **Re-attach:** Isolation breaks; safe people and steady rhythms return.

4. **Rejoice:** Testimonies (with consent) declare that **Jesus heals**.

Simple prayer:

“Father, in Jesus’ name, heal my mind and memories. Silence accusation, bind my wounds, and flood me with Your peace. Send the help I need by Your Spirit, Your Word, and Your people. Amen.”

6) Counter Operations VS. Abaddon (Playbook)

A) Immediate Safety (first 24–72 hours)

- **Remove lethal means** (secure meds, blades, firearms).
- **Crisis plan:** three contacts, one safe place, one grounding practice (breath + Scripture).
- **See a clinician** when risk is high; do not walk alone. (Wise care is not unbelief.)

B) Inner Court (days 1–30)

- **Confession without shame:** Name the pain to God and one trusted person (Jas. 5:16).
- **Renunciation:** “In Jesus’ name I renounce self-hatred, despair, and the spirit of accusation.”
- **Scripture loop (AM/PM):** Rom. 8; Ps. 23; Ps. 27; Ps. 34; Isa. 61; Phil. 4:4–9; 2 Cor. 10:3–5.
- **Breath-prayer:** Inhale: “Jesus, Prince of Peace” / Exhale: “Guard my heart and mind.”

C) Embodied Renewal (days 7–60)

- **Sleep liturgy:** same bedtime, screens off, Psalm aloud, short prayer.
- **Grounding:** 5–4–3–2–1 senses exercise + a verse (“**The Lord is my shepherd**”).

- **Movement:** daily walk or light exercise; sunlight within the first hour awake.
- **Nutrition & water:** stabilize blood sugar; limit caffeine/alcohol (they amplify spirals).

D) Community & Care (ongoing)

- **Triad of support:** pastor/mentor + licensed clinician + peer-mentor.
 - **Rooms of Refuge:** confidential small groups with prayer, skills, and Scripture.
 - **Deliverance with oversight:** when oppression is evident, engage trained leaders; pair with discipleship and aftercare.
 - **Medicines:** when prescribed ethically, receive them as **common grace**; taper only with medical guidance.
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7) 40-Day “Raphael Track” (Sample)

Days 1–7: Safety plan, daily Psalm, disclose to one safe person, sleep reset.

Days 8–14: Begin counseling; memorize Rom. 8:1–4; practice breath-prayer 3×/day.

Days 15–21: Identify three accusing lies → write three Scriptures that answer them; share with your triad.

Days 22–30: Serve once (simple act); testimony draft (2–3 sentences) for mentor only.

Days 31–40: Consider fasting one meal weekly; forgiveness prayer for self and others; celebrate one concrete gain (sleep, panic reduction, fewer self-harm urges).

8) Liturgies & Prayers

Renunciation & Reception

“**In Jesus’ name**, I renounce self-hatred, despair, and every accusing voice. I

receive Your forgiveness, Your adoption, and **the mind of Christ**. Heal my memories. Teach my heart to rest. Amen.”

Night Prayer (2 minutes)

- Read **Psalm 4 or 23** aloud.
- “Jesus, keep me as the apple of Your eye; hide me under the shadow of Your wings.”
- “I lay down and sleep; for You alone make me dwell in safety.” (Ps. 4:8)

Communion for the Wounded (*with pastoral oversight*)

- Confession → **Psalm 147:3** → Bread/Cup → Hands laid in blessing: “Peace of Christ guard your mind.”
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9) Ethics & Safeguards

- **No sensationalism:** Never platform self-harm details; honor dignity and privacy.
 - **Consent always:** Stories shared **only** with written consent and wise boundaries.
 - **Trauma-informed:** Gentle pace, no forced disclosures, respect clinical limits.
 - **Aftercare:** Deliverance or breakthrough must be followed by rhythms, counsel, and community.
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10) Metrics That Matter

- Safety: crisis plans completed; lethal means secured.
- Rhythms: nights slept, Scripture days logged, counseling sessions attended.
- Relational: isolation reduced (weekly contact), group participation.

- Freedom: reduction in self-harm urges/episodes; panic frequency/duration down.
 - Hope: personal goals resumed (work/school/service), restored worship.
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11) Tools (One-Page Kit)

- **Crisis Card:** names/numbers, safe place, grounding steps, key Scriptures.
 - **Thought Audit:** trigger → lie → truth verse → replacement action.
 - **Sleep Liturgy Card:** 10-minute wind-down with Psalm & prayer.
 - **Check-In Scale (0–10):** daily mood + urge tracking shared with triad.
 - **Care Map:** clinicians, support groups, prayer partners.
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12) Testimonies (With Consent)

- “Sleeves up” worshippers whose scars now witness to mercy.
 - Suicide survivors who mentor others through the valley.
 - Former inpatients who facilitate Rooms of Refuge and teach renewing-the-mind skills.
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13) FAQ

Is using a therapist a lack of faith? No. Wisdom and medicine are God’s gifts; we integrate **prayer + practice + professional care**.

What if I still feel accused after prayer? Keep **answering lies with Scripture**, bring it to community, and consider deliverance with oversight.

Can meds and deliverance go together? Yes follow your doctor; review regularly; never stop abruptly.

14) Benediction

May the **God of peace** Himself sanctify you wholly.

May He **bind your wounds, quiet your mind**, and keep you in perfect peace as your mind stays on Him.

In the name of **Jesus the Healer**, be strengthened to hope, to rest, and to rise.

Amen.

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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