

# EXHIBIT

## L

From: [REDACTED]  
Date: Thu, Jan 11, 2018 at 5:13 PM  
Subject: medication  
To: <mica>

Hey babe,

Every day you talk about how much you want to altar your medicine, come off of your lithium, or change the doses- WITHOUT approval from your Doctor or psychiatrist.

This is much more of a serious conversation than what you think it is. To be very honest, it actually angers me at how selfish and ungodly the desire for you to come off of your medication actually is.

You claim that you now have the knowledge to be able to handle yourself without medication or a lower dosage- when in fact, you must not have the control to handle yourself ON the medication- If you actually believe that you're better off without it or a lesser dosage.

If you were in your right mind- If you were operating in the mind of Christ right now- and you had doctors, nurses, friends, family, spouse, co-workers- ALL tell you that you should stay on your medication, and you STILL want to come off... then something isn't right.

Earlier today, I finally gave in, and I am willing to let you do whatever you want to in this area (just like I did with the dog that I agreed for you to get, even though I am the one who has to take care of him).

But as your Husband, and as the one who suffered just as much as you through all this, I believe I have a right to share my heart. I hope to appeal to your integrity, your intelligence, and to your relationship with Jesus and His Word.

### PROS AND CONS OF BEING ON MEDICATION:

1. When you were off your medication, or not on your medication- it costs us a lot of emotional hardship and pain.
2. When you were off your medication, or not on your medication- we suffered a lot financially.
3. When you were off your medication, or not on your medication- you were unaware of what reality was and what was "really" going on- regardless of what you thought. In other words, you were deceived.
4. When you are off your medication, you are unable to function in the work place.
5. When you're off your medication you are unable to determine what is normal and what is abnormal.
6. When off your medication you can't function in the area of your calling (singing, leading worship).
7. When off your medication, you don't sleep properly.
8. When off your medication, you THINK that you are learning other languages and musical instruments when in reality you were wasting time on things that didn't line up with your real life.
9. When off your medication, you are totally fine with being in a mental facility.
10. When off your medication, you draw things and talk about things that nobody understands and that are pointless to your destiny and you communicated those things in ways that were unhealthy.

1. When you are ON your medication- you gain weight. This can be controlled by being more disciplined in the area of WHAT you eat rather than focusing on how MUCH you eat.
  2. When you are ON your medication- you feel lethargic. This can also be helped by WHAT you eat. But in actuality, it may be a side-effect of the medication. And we may have to deal with this like Jacob did with his limp. God blessed Jacob tremendously, but he had to live with a limp. Paul the Apostle had amazing influence and anointing, but he had a thorn in his flesh. Moses was called to lead millions, but he had a stutter that God didn't heal. David had prestige, power, wealth, but he battled depression. Noah was called to save humanity, but he had no friends.
- Sometimes God allows us to have a limp. A limp is something that reminds us how much we need to rely on Jesus. A limp doesn't prevent us from living a blessed life, but it does keep us humble and reminds us of our weakness without daily time with Jesus. We all have a limp. It may not be the same as yours, but we all have one.

It seems to be VERY selfish to want to come off of your medicine when examining the points above. Sacrificing your passions, job, relationships, influence with non-believers/co-workers, finances, and our time and energy to get you back on medicine ALL...

Because you don't like feeling lethargic and because you don't want to exercise self-control and discipline over what you eat throughout the day.

So basically you are so deceived, that you are willing to bypass what EVERY person in your life says is best, AND do what YOU want to do- because you don't like the way you feel.

Wouldn't the best thing we can do, would be to...

1. spend more time in prayer every day asking for Jesus to help.
2. Stay on your medication until altered by your doctor.
3. Eat healthy snacks all through the day when you feel the munchies- (carrots, water, vegetable tray, oatmeal, etc.

The very definition of being deceived is when every authority, loved one, and spiritual overseer- tells us one thing, and we totally believe another. This is how atheists go to Hell.

At the end of my email, I have added two things:

**FIRST:** scriptures and Biblical points that prove a humble person will receive the instruction of much wiser people who are in authority. Your doctors, nurses, father, husband, boss, co-workers, church family/friends- ALL want you to stay medicated. NOT to hurt you, but to help you and because they believe it is best for you.

**SECOND:** The email I received from [REDACTED] on the day that you had to be taken to the ER.

After you have read this email in its entirety- if you still want to change your medication, or stop taking it- I will love you the entire time. I am willing to go through the emotional pain, the financial burden, the relational distress, the time consumption, and the lack of integrity- All so you can stop feeling lethargic and have your way.- UNDER 2 conditions:

1. We tell your father and we tell [REDACTED]  
I don't want to involve [REDACTED] as she has much too much going on in her life. I want to fill your father in because I believe you trust his judgment, and I would want to tell [REDACTED] so that I have someone I can lean on if you have to be hospitalized again.
2. If you have to be hospitalized I don't want it to be my decision, I would want it to be your dad's. And you can promise me that you will not hold it against me.

However, if after this email you are willing to stay the course- then I am willing to pray with you more than we do, help you find snacks that could alter your mood for the better and prevent weight gain, and believe that God will help your discouragement. Your call- I love you no matter what. But regardless of what you choose, I no longer want this as a discussion in our house. Either stay the course, or come off the meds- but it is unhealthy and scary for me to be put in a position to constantly worry whether or not you're going to have to leave our house and family, and go stay in a mental facility again.

I love you  
JP

1) The whole basis of being "teachable" is the realization that at salvation we are no longer the final authority in our lives. Jesus and His truth now rules our life. So....what WE THINK is no longer important. The only issue in our lives is discovering how the Lord views the situation. For the rest of our lives, His word is the final word. Our only job is to find out His will and obey it. (Note: This is why being opinionated is so dangerous to your spiritual health.)

**I Corinthians 6:19, 20** *You are not your own, you were bought at a price.*

*Therefore, honor God with your body.*

**John 14:6** *I am the truth.*

**Romans 10:9** *That if you confess with your mouth Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved.*

2) Scripture indicates that we are to have human spiritual coverings who help us find the blind spots in our lives.

**Hebrews 13:17** *Obey your leaders and submit to their authority. They keep watch over you as men who must give an account. Obey them so that their work will be a joy, not a burden for that would be of no advantage to you.*

**Acts 15:19, 24, 28** *It is my judgment therefore — we have heard that some went out without our authorization ---It seemed good to the Holy Spirit and to us not to burden you with anything beyond the following requirements.*

**II Corinthians 10:6** *And we will be ready to punish every act of disobedience, once your obedience is complete.*

**II Thessalonians 5:12, 13** *Now we ask you brothers to respect those who work hard among you, who are over you in the Lord and who admonish you. Hold them in the highest regard, in love because of their work.*

**II Timothy 4:2** *Correct, rebuke and encourage with great patience and careful instruction.*

**Titus 2:15** *Therefore, exhort these things so that you will be sound in the faith.*

**Titus 1:13** Therefore, rebuke them sharply so they will be sound in the faith.

**Titus 2:15** Encourage and rebuke with all authority.

**Philemon 8:9** Therefore, although in Christ I could be bold and order you to do what you ought to do, yet I appeal to you on the basis of love.

3) The motivation or the reason why human spiritual authority is so important is the realization that WE CAN BE DECEIVED. Anyone who has only himself as the final word on what the Lord is saying can be deceived. The safety net that the Lord has provided to protect us from deception is to have Godly covering to provide Godly counsel.

**Jeremiah 17:9** The heart is deceitful above all things.

**Proverbs 19:16** He who obeys instructions guards his life.

**Proverbs 19:27** Stop listening to instructions, my son, and you will stray from words of knowledge.

**Proverbs 15:22** Plans fail for lack of counsel but with many advisors they succeed.

**Proverbs 6:23** And the corrections of discipline are the way to life.

#### Comment

The subject of human spiritual coverings is a very sensitive subject. It has been taken to both extremes. We have studied God's word carefully and thoroughly to attempt to find God's balance. Time and space limit us from giving the hundreds of scriptures that directed us. However, we encourage you to search the scriptures yourself on our conclusion. The bottom line issue is: When do human spiritual authorities have scriptural authority to correct or rebuke a fellow Christian?

What we found in God's word are the following truths:

1) When God wants to rebuke you, His first method is through His Holy Spirit directly to you. This "Priesthood of Believers" is the single greatest message of the New Testament. We each can approach God directly and God is very able and willing to discipline us directly. (Hebrews 12:5-11)

Whenever **human** authority is OVER-emphasized, the great truth of the Priesthood of Believers gets dangerously diminished.

2) When God wants to rebuke you, His second method is through your marriage partner. The highest covenant is salvation. The second highest is marriage. The covenant between believers is WAY BELOW the marriage covenant. Ephesians 5:21-33 says that the marriage covenant is the highest and clearest picture of salvation that we will ever see on the earth.

This point is not only Biblical but Practical. If you are married, then you are probably already smiling at the obvious wisdom of this point.

3) When God wants to rebuke you, His third method is through circumstances. Scripture is clear that your SIN is what rebukes you. (Romans 6:23)

When you won't listen to God, or your mate, then God will allow you to receive the wages of your sin.

4) The only New Testament examples of Church rebukes are for:

a) Open Sexual Immorality

b) Vicious Continual Strife and Gossip

c) Teaching Heresy (Not just minor doctrinal differences but major truths about salvation)

This brings us back to the real issue. If your HEART is teachable, then you will