

Delivered from Darkness: How Self-Help Books Opened the Door to Demons

When Dayne Kamela was diagnosed with bipolar disorder, he was told it would be a lifelong battle. Doctors said medication would be his only option if he wanted to avoid spiraling into another manic episode. But what happened next defied their expectations—and transformed his life forever.

In a recent episode of Deep Believer, Kamela sat down with host Jennifer Bagnaschi to share how his struggle with mental illness opened his eyes to spiritual warfare and how Jesus Christ set him free.

A Christian Upbringing, But No Real Relationship

Kamela grew up in a Christian home, led by a devoted mother who faithfully brought her children to church.

“My mom was a really strong believer,” he said. “She gave her life to Christ I think at like 13 at a church camp where the fire of the Lord hit her.”

Though Kamela believed in God, he said he didn’t know Jesus personally until much later.

“Up until I was 18 years old I didn’t really have a relationship with the Lord,” he said. “I believed I was saved and I believed in Jesus, I just didn’t know Him.”

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That changed after a severe biking accident—caused by

drinking—that left scars on his face and soul. Broken and searching, he attended church with his mom and rededicated his life to God.

“I was like, ‘I want to know You, Lord. I want to follow You. I want to get to know who I’ve chosen to believe in ever since I can remember,’” he recalled.