

OVERCOMING ANXIETY & FEARS



see also:

www.altogetherlovely.org

www.altogetherlovely.org/discipleship

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DISCLAIMER

This book is not to replace counseling when needed. In fact, we encourage individuals to find trusting Christian counseling and discipleship. Not Christians who counsel but CHRISTIAN COUNSELING making JESUS CHRIST the Center of the process. This material is a “tool” to offer support. Individuals are responsible for their own healing and no one else. It is between you and God. Nobody knows you better than God. In no way does this book claim to replace professional counselors when needed. A professional Christian counselor is something that should be considered between God and the individual. Again, this book offers “laymen” resources for those wanting to grow and heal in Christ.

The "Romans" Road (The Gospel of Jesus Christ)

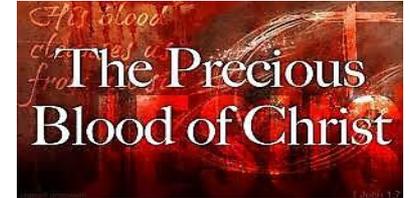
The Problem & Wages of Sin:

"For all have sinned and fall short of the glory of God" (Romans 3:23)

"For the wages of sin is death..." (*spiritual & physical death*) (Romans 6:23a)

The Love of God:

"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us." (Romans 5:8)



The Free Gift of Salvation:

"But the gift of God is eternal life in Christ Jesus our Lord." (Romans 6:23b)

Accepting the Free Gift:

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

"For whoever calls on the name of the LORD shall be saved." (Romans 10:13)

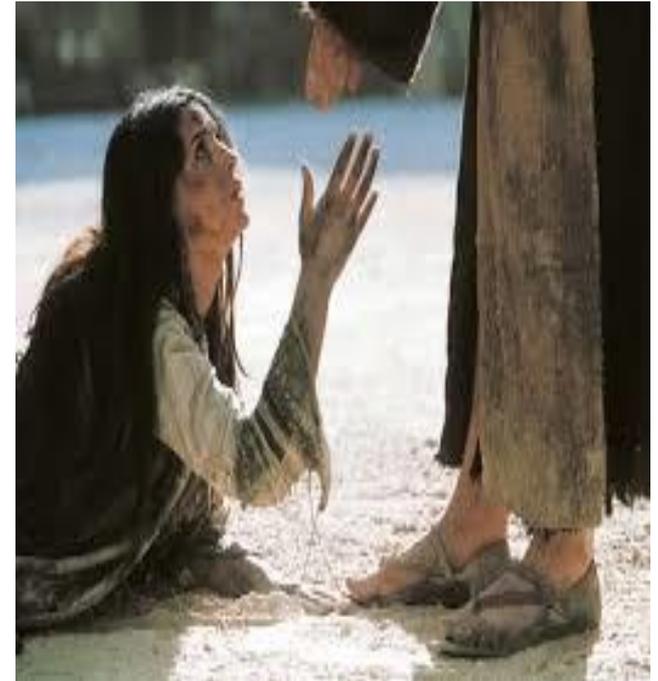
To have forgiveness of sin & eternal life in Christ Jesus, pray (out loud from the heart):

"Lord Jesus, I agree with Your Word and know I am a sinner and have displeased You in many ways. I believe You died for my sin, and only through faith in Your blood shed on the cross can I be forgiven. I also know that only through faith in Your resurrection can I have eternal life in You. I repent and turn from my sin and ask You to come into my heart and live as my Savior and Lord. From this day on, I will follow You by living a life that pleases You through the Power of Your Holy Spirit. Jesus fill me with Your Holy Spirit from the top of my head to the bottom of my feet. Fill me in my spirit, soul, body. Thank You Jesus, for saving me and filling me with Your Holy Spirit. You are so good!! In Jesus' Name I pray. Amen

To begin this teaching we encourage you to prepare your heart with a few moments of “silent prayer” followed by the Serenity Prayer.

THE SERENITY PRAYER

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
& wisdom to know the difference.
Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as Jesus did, this sinful world as it is,
not as I would have it;
trusting that He will make all things right
if I surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with Him forever in the next.
In Jesus' Name I pray. Amen.



To pray this prayer “meditatively” line by line on a daily basis has helped millions in their walk with Jesus Christ.

DISCIPLESHIP

Welcome to this teaching. In order to best succeed in conquering your anxiety and fear we would highly recommend you take the following six day discipleship course. This course will lay a strong foundation for your victory over anxiety and fear as well as your personal walk with Jesus Christ. As well it will help you fulfill God's will for you in your life as you "make disciples".

www.altogetherlovely.org/discipleship



A PRACTIAL EXERCISE

Let's first look at a practical drill to start off with:

1. First, close your eyes, and let Jesus into your spirit, mind, will, emotions, and body. Believe you are experiencing His presence. Jesus is JOY, PEACE, LOVE, POWER...you have all this in HIM!!
2. The opposite of "anxious" is "trust". Trust that Jesus is with you.
3. Believe God on His promises. And commit your ways to God.

NOW PRAY THIS PRAYER "OUTLOUD":

Personal Prayer: Part 1a

Dear Heavenly Father, You are my Lord. I know that You love me and that You will never leave me nor forsake me. You are the only true and living God that is worthy of worship. You are kind and loving in all Your ways. I love You and I thank You that I am alive in Christ. I submit myself to You and ask You to fill me with Your Holy Spirit in order to live my life free from sin. I choose to believe the truth which You have given us in the Bible, and I reject all the lies of Satan. I refuse to be discouraged because You are a God of all hope. I believe that you will meet my needs as I seek to obey You. I believe that I can do everything You want me to do because Jesus is my strength.

Heavenly Father, thank You for sending Your Only Son Jesus Christ to die on the cross for my sins. I believe Jesus' shed blood is enough for the forgiveness of my sins!! I pray the blood of Jesus over myself, my children, and my grandchildren. In Jesus' Name. Thank You Jesus for dying for me and rising from the dead. Because I believe in your death and resurrection I have forgiveness of sin and eternal life in You. I am Your child - a child of God - forgiven through faith in Christ's shed blood - filled, sealed, anointed with the Holy Spirit - and a friend of God.

Personal Prayer: Part 1b

Satan, you and your demons, get away from me in Jesus' Name. You and your lying spirits get away and go to Jesus and His cross - He will deal with you. I am God's child!! I submit to God and I resist the devil. I stand against Satan and all his lies, and I command him and all his demons to leave me & my family. I put on the armour of God by believing and speaking the truth. I believe that Jesus is my protection because He never sinned and He took my sin on Himself. I commit myself to be a peacemaker and take the truth of the Bible and use it against all of Satan's dirty tricks. I submit my body as a living sacrifice to God, and I am going to keep studying the truth so I can prove that what God wants me to do is good and perfect for me. I do all this in the name of Jesus. Amen.

Holy Spirit come now and fill me with You. Fill me from the top of my head to the bottom of my feet. Jesus, come into every sickness & disease & blood cell in my body and melt away what is not of You. I command any spirits of sickness to leave me right now in Jesus' Name. Get away from me in Jesus' name. Come, melt away every hurt in my spirit, soul, and body and make me whole. Sickness, disease, and hurt cannot grow in the presence of the Holy, All-Powerful God. Your Word says, **“and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed, and he healed them.” (Matthew 4:24)**

Personal Prayer: Part 1c

Now with the Holy Spirit in your heart, mind, & being, meditate on this verse:

“and the people all tried to touch him,
because power was coming from him and healing them all”.

(Luke 6:19)

Thank You Jesus. I believe Your power is flowing throughout my spirit, mind, will, emotions, and body. Your presence gives healing and fullness of joy!! Thank You Lord God Almighty. I am trusting in You for a healthy spirit, soul, and body. You have full permission to take control of me and have Your will in me, through me, and with me. In Jesus' Name I pray. Amen.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)

2. PRAYER FOR Anxiety/Fear:

Lord, I confess that I have misused anxiety & fear to escape reality, to lessen my pain, or to cope with difficult problems. I confess that I have programmed my mind in a harmful way. I have quenched the Holy Spirit as well. Thank You for forgiving me. I renounce any satanic connection or influence in my life through my misuse of anxiety & fear. I cast my anxieties on to Christ Who loves me. I commit myself to yield no longer to anxiety & fear but instead I choose to allow the Holy Spirit to direct and empower me with His daily help .

I now claim through the blood of the Lord Jesus Christ my forgiveness and cleansing. I cancel out all ground that evil spirits have gained through my willful and unwilling involvement in this sin. Satan & your demons get away from me. I also ask that when compulsive and addictive feelings come up in my being that You will help me believe by faith that You have power over them.

Now Lord Jesus come and fill me with Your Holy Spirit. Fill my spirit, soul, and body with You. Your blood is enough for the forgiveness of sin and I declare that I am Your child. I command Satan and his demons to get away from me and go to Jesus. I ask You Jesus to continue filling me with Himself and to give me power over depression/fear. Jesus teach me to fill myself with You and anxiety & fear. When I feel anxious or afraid teach me to fill myself with You. Thank You Jesus that I am free. I am Yours. You are my God & I am Your child. I am loved unconditionally. I am perfect in Your sight. You are my Father and I'm Your child. In Jesus' Name. Amen.

Now choose one of the following five faith affirmations to say “out loud”.

Part 3a

**I renounce the lie that I am rejected, unloved, dirty or shameful because
IN CHRIST I am completely accepted. God says.....**

- | | |
|-----------------------|---|
| John 1:12 | I am God’s child. |
| John 15:5 | I am Christ’s friend. |
| Romans 5:1 | I have been justified (made right in God’s sight). |
| 1 Cor. 6:17 | I am united with the Lord & one spirit with Him |
| 1 Cor. 6:19-20 | I have been bought with a price. I belong to God. |
| 1 Cor.12:27 | I am a member of Christ’s Body. |
| Eph.1:1 | I am a saint, and a holy one. |
| Eph.1:5 | I have been adopted as God’s child. |
| Eph.2:18 | I have direct access to God through the Holy Spirit. |
| Col.1:14 | I have been redeemed and forgiven of all my sins. |
| Col.2:10 | I am complete in Christ. |

DECLARATIONS:

Part 3b

I renounce the lie that I am guilty, unprotected, alone or abandoned because
IN CHRIST I am totally secure. God says.....

- Romans 8:1-2 I am free forever from condemnation.
- Romans 8:28 I am assured that all things work together for good.
- Romans 8:31-34 I am free from any condemning charges against me.
- Romans 8:35-39 I cannot be separated from the love of God.
- 2 Cor. 1:21-22 I have been established, anointed, and sealed by God.
- Phil. 1:6 I am confident that the good work God has begun in me
will be perfected.
- Phil. 3:20 I am a citizen of heaven.
- Col. 3:3 I am hidden with Christ in God.
- 2 Tim. 1:7 I have not been given a spirit of fear,
but of power, love and a sound mind.
- Hebrews 4:16 I can find grace and mercy to help in time of need.
- 1 John 5:18 I am born of God and the evil one cannot touch me.

DECLARATIONS:

Part 3c

I renounce the lie that I am worthless, inadequate, helpless or hopeless because
IN CHRIST I am deeply significant. God says.....

Matthew 5:13-14	I am the salt of the earth and the light of the world.
John 15:1,5	I am a branch of the true vine, Jesus, a channel of His life.
John 15:16	I have been chosen and appointed by God to bear fruit.
Acts 1:8	I am a personal, Spirit-empowered witness of Christ.
1 Cor.3:16	I am God's temple.
2 Cor.5:17-21	I am a minister of reconciliation for God.
2 Cor.6:1	I am God's co-worker.
Eph.2:6	I am seated with Christ in the heavenly realms.
Eph.2:10	I am God's workmanship, created for good works.
Eph.3:12	I may approach God with freedom and confidence.
Phil.4:13	I can do all things thru Christ who strengthens me!!

DECLARATIONS ABOUT “FATHER GOD”:

Part3d

I renounce the lie that my Loving Heavenly Father is

- 1. Distant and disinterested**
- 2. Insensitive and uncaring**
- 3. Stern and demanding**
- 4. Passive and cold**
- 5. Absent or too busy for me**
- 6. Never satisfied with what I do; impatient or angry**

I joyfully accept the truth that my Loving Heavenly Father is.....

- 1. Intimate and involved (Psalm 139:1-18)**
- 2. Kind and compassionate (Psalm 103:8-14)**
- 3. Accepting and filled with joy and love (Romans 15:7; Zeph.3:17)**
- 4. Warm and affectionate (Isaiah 40:11; Hosea 11:3-4)**
- 5. Always with me and eager to be with me (Heb.3:5; Jer.31:20; Ezek.34:11-16)**
- 6. Patient and slow to anger (Exodus 34:6; 2 Peter 3:9)**

DECLARATIONS ABOUT “FATHER GOD”:

Part 3e

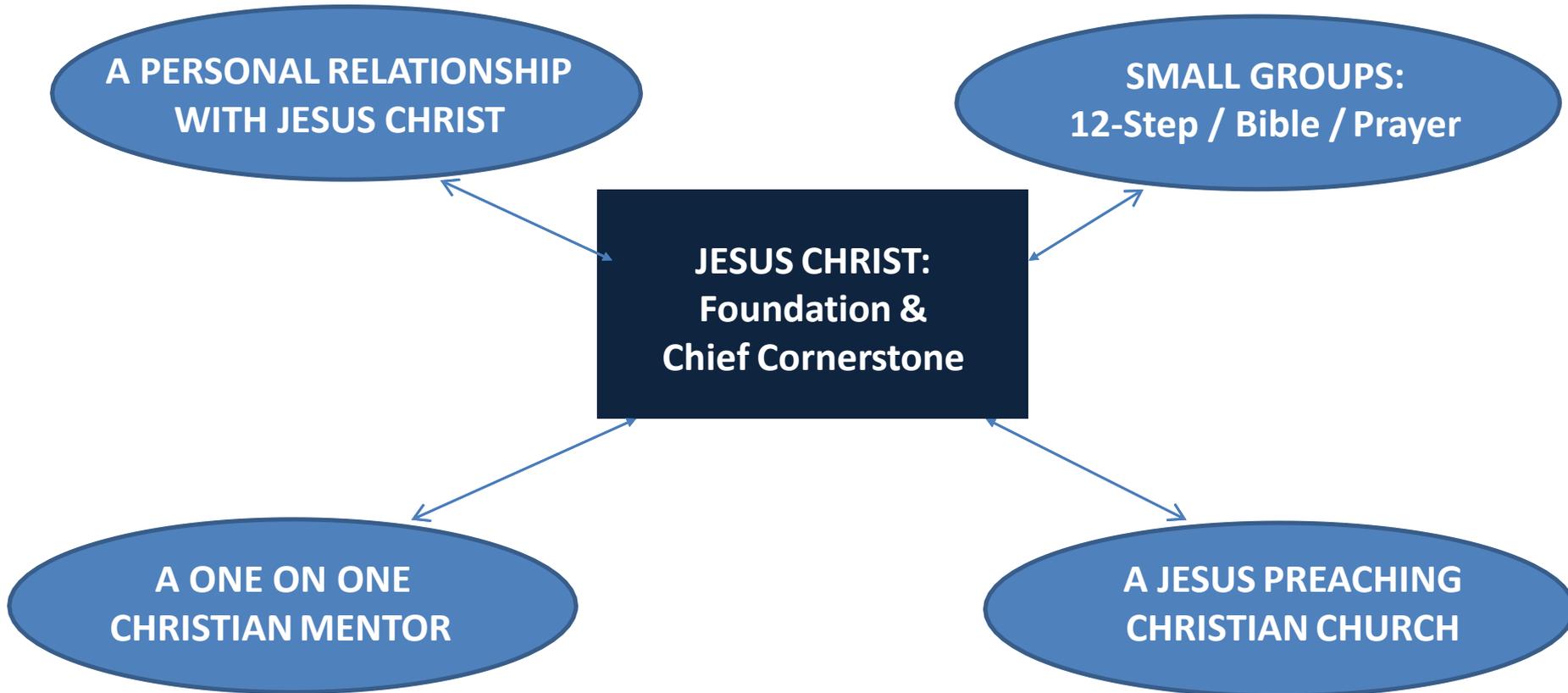
I renounce the lie that my Loving Heavenly Father is

- 1. Mean, cruel or abusive**
- 2. Trying to take all the fun out of life.**
- 3. Controlling or manipulative**
- 4. Condemning or unforgiving**
- 5. Nitpicking, exacting or perfectionistic.**
- 6. Not a good provider, emotionally and/or physically.**

I joyfully accept the truth that my Loving Heavenly Father is.....

- 1. Loving, gentle and protective of me (Jer.31:3; Isaiah 42:3; Psalm 18:2)**
- 2. Trustworthy and wants to give me a full life, His will is good perfect, and acceptable for me (Lam.3:22-23; John 10:10; Romans 12:1-2)**
- 3. Full of grace & mercy: He gives me freedom to fail (Heb.4:15-16; Luke 15:11-16)**
- 4. Tender-hearted and forgiving; His heart and arms are always open to me (Psalm 130:1-4; Luke 15:17-24)**
- 5. Committed to my growth and proud of me as His growing child (Romans 8:28-29; Hebrews 12:5-11; 2 Cor.7:4)**
- 6. Able and willing to supply all my needs (Phil.4:19; Psa.37:4; Matt.6:33)**

**We would highly recommend you lay the following
FOUNDATIONAL RECOMMENDATIONS in place
in order to have the proper support in your walk.**



**Having these foundations in place SIGNIFICANTLY
increases your likelihood
of being set free from anxiety and fear!!**

Most Common Anxiety Mistakes

The list of anxiety mistakes is incredibly long, because anxiety causes people to focus on far too many negative feelings and emotions that get in the way of better decision making. The following is a list of the main anxiety mistakes people make:

Moping

Moping: feeling like you need to sit and do nothing to feel better is a function of anxiety. Anxiety completely drains the body. It makes it hard to want to do much of anything. You feel like you want to be alone, and that you want to go home and "veg out" until you feel better.

Unfortunately, this is a common mistake that has the potential to make your anxiety much worse. Ideally, you need to stay active. You need to be surrounded with friends and try your best to get out there, exercise, and have new experiences. Avoiding those experiences because you want to cope with your anxiety alone causes several issues that make anxiety worse.

Most Common Anxiety Mistakes

Inactivity

Easily the biggest problem is inactivity. Exercise and staying physically active and moving are extremely important for not only physical health, but mental health as well. Movement and exercise improve hormone function and neurotransmitter production, and drain the body of excess energy that would otherwise cause the mind and body to become more stressed. Moving and staying active in general is crucial to anxiety management, and inactivity from moping makes that much more difficult.

Uncontrolled Thoughts

Anxiety changes the way you think, and unfortunately that often means that your own thoughts are your worst enemy. Many people don't realize that anxiety and anxiety attacks are often caused by letting yourself sit and think, because the mind eventually starts thinking about negative things. Staying active gives your mind distractions, and distractions provide you with a mental break that can reduce future anxiety symptoms.

Most Common Anxiety Mistakes

"Giving In"

There is a behavioral reason to avoid moping too. Namely, it essentially lets your anxiety win and controls the way that you react in the future. If you often keep to yourself when you have anxiety, then every time you have significant anxiety your body's reaction is to want to you give in again. It becomes your coping mechanism, and makes it harder to stop moping in the future.

Social Need

Being around people that you like and make you happy is an important tool for combatting anxiety. Obviously those with social anxiety disorder are at a bit of a disadvantage here, but in general if you can spend time with people and talk to others, you're more likely to find life more enjoyable, and the more you enjoy life the easier it will be to treat your anxiety.

Most Common Anxiety Mistakes

Happy Memories

Anxiety itself makes you focus too much on the present. One of the strategies to help reduce anxiety is goal setting, specifically because it gives you something to look forward to in the future. Staying active with enjoyable activities provides hope, and hope is important for committing to anxiety treatments.

How you react to anxiety does matter. It can be hard to control, but it matters. Those that push themselves through and try to stay active and distract their mind from these negative thoughts aren't going to cure their anxiety, because anxiety isn't that simple to solve. But they may find that when they finally commit to an anxiety treatment, they're more likely to see the results, because they've put themselves in a position where their anxiety isn't able to control them.

Most Common Anxiety Mistakes

Coffee

There are so many mistakes that people make with their anxiety. Many people with panic disorder drink lots of coffee, for example, and coffee can make panic attacks worse.

Breathing

Others try to breathe in more when they're hyperventilating (because hyperventilation makes you feel as though you're not getting a full breath) but that actually makes hyperventilation worse.

Most Common Anxiety Mistakes

Other Anxiety Mistakes

Anxiety mistakes occur nearly every day. It can be hard enough to control anxiety even with the most effective treatment, so when mistakes occur it can really make it challenging to reduce your anxiety – especially without any help. Examples of other common anxiety mistakes include:

1. Listening to negative/moping music, rather than upbeat and happy music.
2. Purposely subjecting yourself to anxious/stressful situations (horror movies).
3. Spending time with those that are generally negative.
4. Taking medications without combining them with a long term treatment.
5. Quitting an anxiety reduction strategy when it doesn't work right away.

Ways to Stop Anxiety Quickly & Permanently

1. Running, Aerobic Walking, Swimming, Water Walking , Stair Climbing, etc.

Priority number one is regular exercise. The reality is that your physical energy contributes to anxiety in a host of ways:

- 1. Unused energy can become anxiety and actually create anxious thoughts.**
- 2. Unused muscles may become tense and cause more anxiety symptoms.**
- 3. Those that don't exercise are more prone to hormonal fluctuations and poor nutrition.**

There is a high correlation between those that don't exercise and those that experience anxiety.

Some studies have shown that regular jogging may be as powerful or more powerful than some of the world's most well-known anxiety medications, all without any side effects. It's something you should already be doing regularly for your own health, and is an absolute must if you suffer from anxiety.

Overall Health

Exercise also improves every component of overall health. It teaches your heart and lungs to breathe more efficiently. It regulates hormones and improves muscle strength. It keeps your body a type of health that prevents excess stress.

Ways to Stop Anxiety Quickly & Permanently

There are additional benefits as well. These include:

Endorphins

During exercise the body releases neurotransmitters that are designed to make exercise easier and less painful, like endorphins. Endorphins also play a significant role in relaxation. By exercising, your mind and body will have a much easier time relaxing.

Cortisol

Cortisol is a hormone released during times of stress, and it's responsible for many of the symptoms associated with anxiety. Running burns away excess cortisol, causing fewer anxiety symptoms and less long term damage from cortisol release.

1. Foods that lower Cortisol:

https://vegamour.com/blogs/blog/foods-that-lower-cortisol?utm_source=google&utm_medium=cpc&utm_campaign=11303629635&utm_content=119344330988&utm_term=utm_term=20off-dsa-393602895290-&gclid=EAlalQobChMI0uPYpM6O-QIVKj6tBh0fRwexEAAYASAAEgKqzfd_BwE

2. Lowering Your Cortisol Levels: do a Google search. There are pills that are natural that help lower your levels, help with sleep, and even with your libido.

Ways to Stop Anxiety Quickly & Permanently

2. Retrain Breathing

Another issue that often contributes to both anxiety and panic attacks is poor breathing. Many people with anxiety suffer from hyperventilation problems. Anxiety and stress cause the body to breathe a little bit faster. They also cause you to focus too much on your breathing, and try to bring in more air than you need. Hyperventilation is when you breathe out too much carbon dioxide because of these poor breathing habits, and breathe in too much oxygen. Hyperventilation is also interesting because it makes you feel like you're not getting enough oxygen, causing you to breathe in more deeply. Unfortunately, this only makes the anxiety and panic attack symptoms worse.

Ways to Stop Anxiety Quickly & Permanently

That's why you should go through a breathing re-training. The goal is to slow down your breathing considerably. One method includes:

Breathe in through nose for 5 seconds

Hold for 2-4 seconds

Breathe out through mouth (like you're whistling) for 7-9 seconds.

Repeat this exercise ten to twenty times.

This method of breathing will ensure that you're not hyperventilating (a common problem of those with anxiety) and will help to regain the Co2 balance in your body that creates many of the worst anxiety symptoms.

Ways to Stop Anxiety Quickly & Permanently

3. Check Your Diet

Diet can affect your anxiety levels, although not as much as many people believe. Cutting out oils, trans fats, alcohol and heavy amounts of caffeine *are* all important. All of these make anxiety symptoms much worse, and the healthier you eat the more likely you'll experience fewer anxiety symptoms. The healthier you are, the better for all of your mental health needs.

But your diet rarely causes anxiety on its own, unless you're low on some very important vitamins and minerals. Check your diet to see if you could be lacking in any of the following vitamins:

Magnesium

Vitamin B12

Vitamin B1

Vitamin D

Ways to Stop Anxiety Quickly & Permanently

A deficiency in all of these vitamins may cause anxiety symptoms. Magnesium, for example, is lacking in over 25% of the diets in the United States right now. Adding magnesium supplements or foods can be extremely advantageous.

You should also make sure that you're drinking enough water. Dehydration can cause significant anxiety and lead to worse anxiety symptoms.

While most people's diets don't cause anxiety, they can easily contribute to it. Make sure that you're eating foods that are rich in the vitamins and minerals you need, and your anxiety may become far more manageable.

Ways to Stop Anxiety Quickly & Permanently

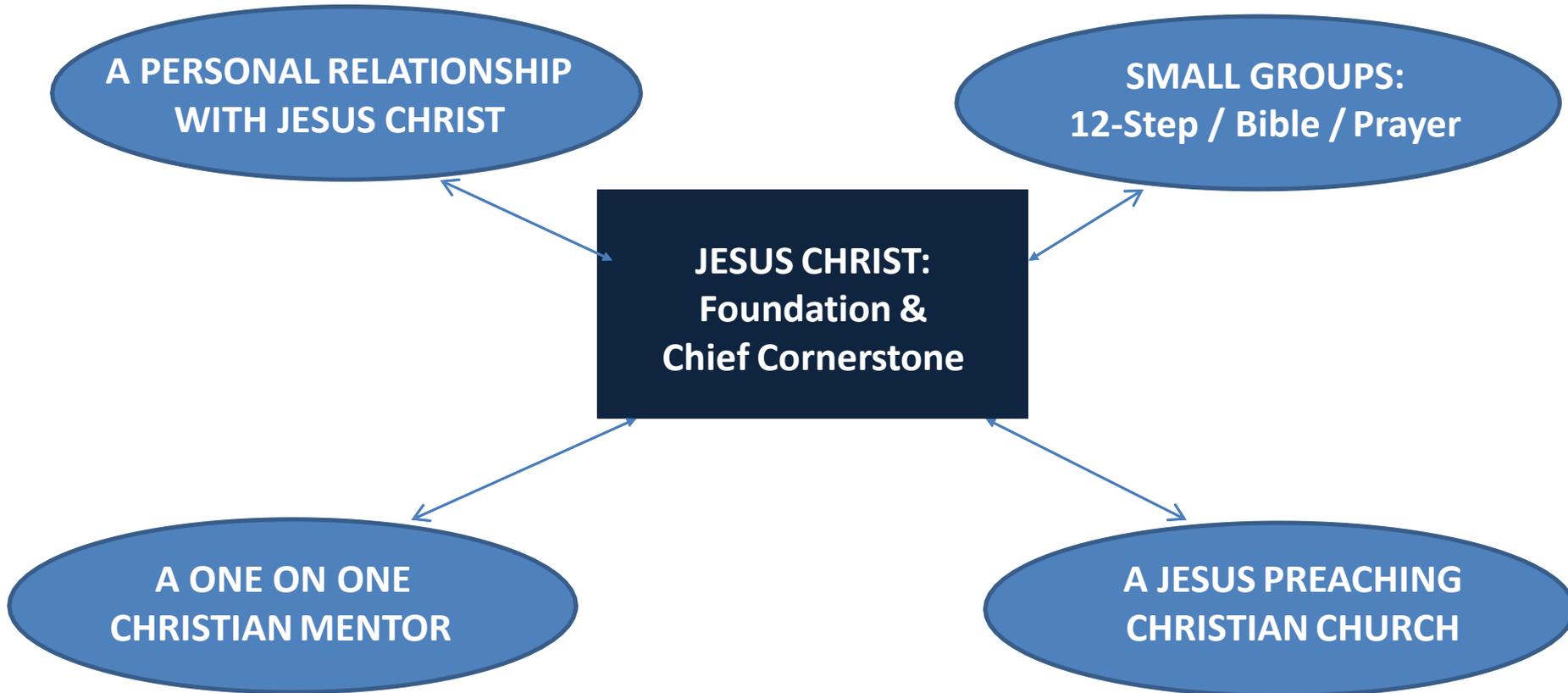
4. Talk to Someone Friendly

Effective anxiety reduction is often about distraction, since your mind can be your worst enemy when you have severe anxiety symptoms. A very effective technique is to talk to someone you like and trust, especially on the phone. Don't be shy about your anxiety – tell them you feel anxious and explain what you're feeling.

Talking to nice people keeps your mind off of your symptoms, and the supportive nature of friends and family gives you that added boost of confidence. If you're suffering from a panic attack, it also helps you feel more confident that if something was wrong, you'd have someone that can watch over you.

Remember:

**We would highly recommend you lay the following
FOUNDATIONAL RECOMMENDATIONS in place
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Ways to Stop Anxiety Quickly & Permanently

5. Find What Relaxes You

There are already things in your life that relax you. Don't avoid them and try to fight it out. Instead, do the activities as fast as possible. For example, if you find that a warm bath is relaxing, don't wait to take the bath. Jump in the bath, light some candles, add a few nice scents, and jump inside. Also, listening to good music that lifts your spirits is very helpful (again, avoid sad, depressing music). Whether it's a bath, a shower, skipping stones at a park, getting a massage – if it works, do it right away, rather than let yourself become overwhelmed by your anxiety.

Ways to Stop Anxiety Quickly & Permanently

6. Learn How to Trick Your Anxious Thinking

Anxiety doesn't come out of the blue. When you have anxiety attacks, it's often because your mind has a tendency to spiral into negative thoughts – often without your control. Sometimes you can control this anxiety by keeping these thoughts at bay, and learning to dismiss triggers that cause you anxiety.

For many, this is easier said than done. But there are many different strategies you can try that may be effective.

These include:

Ways to Stop Anxiety Quickly & Permanently

A Question Checklist

Is there a reason to believe something is wrong?

What evidence is there that something is wrong?

Is there a chance I'm blowing this out of proportion?

When you feel severe anxiety, have a checklist on hand of questions to ask yourself about that anxiety experience. The longer the checklist, the more you'll find that your thoughts become more realistic. Questions that you can use include:

Is there a reason to believe something is wrong?

What evidence is there that something is wrong?

Is there a chance I'm blowing this out of proportion?

Ways to Stop Anxiety Quickly & Permanently

Affirmations:

I'm okay.

This is just anxiety and I will get over it.

I have a great life and I'm looking forward to tomorrow.

My anxiety won't control me.

Affirmations are not for everyone, but those that do use them find them to be very beneficial. Affirmations are things that you say to yourself to make yourself feel better. These include:

I'm okay. This is just anxiety and I will get over it.

I have a great life and I'm looking forward to tomorrow.

My anxiety won't control me.

I am God's child. I have been justified (made right in God's sight).

I am united with the Lord & one spirit with Him. I am Christ's friend.

I have been bought with a price. I belong to God. I am a member of Christ's Body.

I am a saint, and a holy one. I have direct access to God through the Holy Spirit.

I have been redeemed and forgiven of all my sins. I am complete in Christ.

Ways to Stop Anxiety Quickly & Permanently

Getting Used to Physical Symptoms:

Many of the thoughts that affect anxiety are not thoughts per se, but reactions to physical experiences. This is especially true if you experience panic attacks, where a physical sensation can trigger severe anxiety and panic. By getting used to the symptoms when you're not experiencing anxiety, your mind stops associating them with your panic attacks.

Examples include:

Dizziness – If feeling dizzy causes a panic attack, spin around in a chair and let yourself feel more dizzy.

Rapid Heartbeat – If a rapid heartbeat causes panic attacks, run in place as fast as you can until your heartbeat speeds up.

The latter is known as "exposure therapy" and there are countless ways to create exercises that will habituate you to your panic attack triggers.

Ways to Stop Anxiety Quickly & Permanently

7. Let it All Out

Anxiety is interesting, because it tends to get worse when you try to fight it. It's not clear why that occurs, but most likely the stress that your body goes through in order to control the stress of anxiety only makes it worse, as does the effort it takes to try to not feel your natural feelings.

So rather than have any desire to stop your anxiety, an interesting coping strategy is to go overboard embracing it. I like to call it the "going crazy" technique. When you're feeling anxious, find a place that you can be alone and go nuts. Yell at mirrors. Scream. Punch pillows. In a way, make fun of the things you wish you can do. Have a bit of fun with it, but also let out all of your emotions. Throw stuffed animals. Flail your arms and jump around. Let yourself feel like you're letting out all of your emotions, and then some, to the point where you feel a bit silly, and then keep going with it.

This lets you embrace the anxiety and not try to fight it, while also giving you an opportunity to hold it back. It's best to make sure no one is around, and don't break anything important to you, but as long as what you're doing is safe it can help you feel quite relaxed.

Ways to Stop Anxiety Quickly & Permanently

8. Live for Today

Finally, simply learning to live for today can impact your anxiety. One of the most important things that psychologists and counselors teach those with anxiety is: "Okay, you're anxious. So what?"

Those with anxiety often start to focus too much on how they feel and their worries about the future. Each day becomes trying to live with anxiety instead of trying to live in general. Learning to embrace the idea that you have anxiety and trying to live a great and exciting life anyway is important.

And what's interesting is that if you can learn to finally have that mindset – to let yourself experience the fear and try to live the life anyway – you will find that your anxiety tends to dissipate with it. It's not a cure, but it's close.

Christianity & Anxiety

Living with anxiety is never easy. And the root of a lot of anxiety are the multiple fears in our lives. Millions upon millions of people just like you struggle with anxiety daily, looking for ways to find any type of relief.

Anxiety control is a long term process – not something that can be completed overnight. It's important that you don't allow yourself to live with the symptoms forever. You need to make smart decisions and commit to a long term treatment. A treatment with new ways of living your life, of realizing it will be “two steps forward – one step back” and sometimes “one step forward – two steps back”. But NEVER ACCEPT FAILURE. Live one day at a time – one moment at a time.

Christianity & Anxiety

Most people look for ways to just manage their anxiety – to get through each day with anxiety affecting them as little as possible. But why manage anxiety when you can eventually cure it?

There isn't a rapid cure for anxiety. But there are strategies that can greatly improve your long term outlook, and there are ways to cure your anxiety forever. They take a commitment, but they're highly effective at relieving your anxiety permanently.

Christianity & Anxiety

First of all we need to ask the question: Is Jesus anxious? He says, Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. (Philippians 4:6-9)

Christianity & Anxiety

Now you may say, “But I struggle with anxiety.” Here we need to know that it is a “blessing” that will lead us to a new way to live and a deeper walk with Jesus. If people could do things on their own strength they wouldn’t need Jesus. The truth of Christianity is that only one person lived the Christian life perfectly – and His name was JESUS. So we can try to live the Christian life or allow Jesus to live His life through us.

The anxiety and fears we struggle with will lead us to a deeper walk with Christ – it won’t be easy at times – but He promises to “never leave us nor forsake us.” Hallelujah!!

Christianity & Anxiety

So we must:

- 1) See that we are powerless and that we can't live without Jesus.
- 2) Understand that we can begin to believe that Jesus has all power and we must confess our sin and ask Jesus into our heart to be our Savior and Lord.
- 3) Then we must turn our will and our lives over to the care of Jesus. He is now "our life", "our power", "our peace", etc. Jesus said to His Father, "Father, not my will be Yours be done." Jesus trusted His Father totally and enough to trust Him with Himself on the cross at Calvary. We can learn to trust Him also even when our "feelings" take control of us.

Christianity & Anxiety

Jesus is all-powerful. When it comes to the Christian relationship in overcoming anxiety, many people see turning to God as a valuable tool for gaining strength against anxiety disorders, and as their primary source of coping.

Learn to Stop Anxiety

Christianity teaches that belief and strength are a great way to support your own mental health, and that Jesus wants to help you take care of your emotions.

Christianity & Anxiety

Christianity and a Relationship with God

Jesus teaches acceptance, both of the world and of oneself. Acceptance starts by understanding your anxiety further and really recognizing causes and solutions for your anxiety symptoms.

"For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope." Jeremiah 29:11-12

One of the reasons that people find Christianity helps them overcome anxiety is because at the core of anxiety is fear. Fear over the unknown and the belief that specific things in your life are important. Christianity teaches values that promote less anxiety, specifically because the beliefs in Christianity runs directly counter to the issues that cause anxiety.

Christianity & Anxiety

For example:

Fear of the Unknown

The bible teaches that fear of the unknown shows a lack of faith in God. Everything is supposed to be the result of God's plan. If you're allowing yourself to be overcome by anxiety and fear, then you're showing that you don't have trust in God. The more trust you have, the more confident you are in change and what happens in the future.

Fear of Death

Christianity also teaches that death isn't something to fear at all. In fact, a life given over to Jesus Christ and faith in His resurrection shows us that He has power over death. God's path, faith in Christ's shed blood on the cross and Christ's resurrection, promises us forgiveness of sin and eternal life in Christ. This is seen in many Christians that adopt the religion after experiencing profound stress. Jesus gives their life purpose, which helps them overcome this belief that passing is something they need to fear.

Christianity & Anxiety

Personal Fears

Many people also have personal fears that affect them. For example, someone may fear embarrassment, or they may fear spiders, or they may fear socializing. All of these personal fears go against the belief in God, which is that your fears are selfish, when God has a plan for you. Personal fears can be hard to control, but a strong belief system can help people overcome that anxiety.

The following is a list of things God wants to set us free from:

Anxiety, Worry, Fret, Phobias, Fear (Fear of: man, authority figures, intimacy, death, socializing, water, heights, Fear of (personal fears from life's experiences)).

Take time to write a list of the things above that you struggle with. Then humbly ask God to remove these character defects from you. Some He will immediately and some He will allow in your life to help you learn to depend on Him as He walks with you to set you free for now and all eternity.

The core of believing in God is about trust over every uncertainty and fear in life and so this belief can be used to allow people to stop anxiety.

How Jesus Can Help to Overcome Anxiety

If you are a follower of Jesus but still have anxiety, you may be asking what more you can do. That indicates that your relationship isn't as strong as you would like it to be. Consider the following tips to help use your belief to overcome anxiety:

Do More Than Pray For Relief

Praying for relief of anxiety isn't truly living with God's plan. Belief is what helps you overcome anxiety, and strength of that trust is what allows you to feel less fear. Praying that God simply relieves your anxiety may actually make it worse, because God wants to have a deeper relationship with you as well as show You His power and faithfulness. Anxiety isn't something He is going to simply wash away.

Take Care of Your Spirit, Soul, and Body

"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own - you were bought at a price. Therefore honor God with your body." (1 Corinthians 6:19-20).

Exercising and taking care of your body is actually ordered by God, and exercise is something that is known to cure anxiety. It is not a coincidence that God requires it. Jesus is joined to our spirit. Jesus wants to be with us in our mind, will, emotions (our soul). Finally our body is the temple of the Holy Spirit.

"Jesus fill me in my spirit, mind, will, emotions, and throughout my body. Help me each day to allow You to take care of me as I surrender to You and Your will."

How Jesus Can Help to Overcome Anxiety

Serving

Living for someone other than yourself is also a part of showing glory to God. Serving, through the power of God's Spirit, takes us out of ourselves and helps us realize it is "better to give than receive." As you serve Jesus, you'll begin to also see that you are able to share with others what He has brought you through. There is a reason and a purpose for what you have and are going through.

Discover God's Word: The Bible

Young Samuel said, "Speak Lord, your servant is listening." As we open up God's Word, pray to be filled with His Spirit, and allow HIM to speak to us we learn about Him, our faith grows, and we literally sense God speaking to us. What a joy to have a conversation with God. Brother Lawrence said, "There is not in this world a kind of life more sweet and delightful than that of a continual conversation with God. Those only can comprehend it who practice and experience it."

The Christian relationship is a powerful one, and something that you can nurture in such a way that your anxiety is more likely to be countered as a result. Learn to address the beliefs that Christianity harbors and you may find that your anxiety is reduced as a result.

BIBLE VERSES ON “PEACE”

Numbers 6:26: the LORD turn his face toward you and give you **peace**." ' "

Job 22:21: Submit to God and be at **peace** with him; in this way prosperity will come to you.

Psalms 4:8: I will lie down and sleep in **peace**, for you alone, O LORD, make me dwell in safety.

Psalms 29:11: The LORD gives strength to his people; the LORD blesses his people with **peace**.

Psalms 85:8: I will listen to what God the LORD will say; he promises **peace** to his people, his saints-- but let them not return to folly.

Proverbs 14:30: A heart at **peace** gives life to the body, but envy rots the bones.

Proverbs 16:7: When a man's ways are pleasing to the LORD, he makes even his enemies live at **peace** with him.

Isaiah 26:3: You will keep in perfect **peace** him whose mind is steadfast, because he trusts in you.

Isaiah 32:17: The fruit of righteousness will be **peace**; the effect of righteousness will be quietness and confidence forever.

Isaiah 53:5: But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us **peace** was upon him, and by his wounds we are healed.

Isaiah 55:12: You will go out in joy and be led forth in **peace**; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.

John 14:27: **Peace** I leave with you; my **peace** I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

BIBLE VERSES ON “PEACE”

John 16:33: "I have told you these things, so that in me you may have **peace**. In this world you will have trouble. But take heart! I have overcome the world."

Romans 5:1: Therefore, since we have been justified through faith, we have **peace** with God through our Lord Jesus Christ,

Romans 8:6: The mind of sinful man is death, but the mind controlled by the Spirit is life and **peace**;

Romans 14:17: For the kingdom of God is not a matter of eating and drinking, but of righteousness, **peace** and joy in the Holy Spirit,

Romans 15:13: May the God of hope fill you with all joy and **peace** as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Ephesians 2:14: For he himself is our **peace**, who has made the two one and has destroyed the barrier, the dividing wall of hostility,

Colossians 3:15: Let the **peace** of Christ rule in your hearts, since as members of one body you were called to **peace**. And be thankful.

1 Thessalonians 5:23: May God himself, the God of **peace**, sanctify you through and through.

2 Thessalonians 3:16: Now may the Lord of **peace** himself give you **peace** at all times and in every way. The Lord be with all of you.

Hebrews 13:20: May the God of **peace**, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep,

BIBLE VERSES ON “THANKS”

Psalm 69:30: I will praise God’s name in song and glorify him with **thanksgiving**.

1 Corinthians 1:4: I always thank my God for you because of his grace given you in Christ.

1 Corinthians 10:16: Is not the cup of **thanksgiving** for which we give **thanks** a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ?

2 Corinthians 4:15: All this is for your benefit, so that the grace that is reaching more and more people may cause **thanksgiving** to overflow to the glory of God.

2 Corinthians 9:11: You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in **thanksgiving** to God.

Ephesians 5:4: Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather **thanksgiving**.

Philippians 4:6: Do not be anxious about anything, but in every situation, by prayer and petition, with **thanksgiving**, present your requests to God.

Colossians 1:3: We always thank God, the Father of our Lord Jesus Christ, when we pray for you,

BIBLE VERSES ON “THANKS”

1 Thessalonians 1:2: We always thank God for all of you and continually mention you in our prayers.

2 Thessalonians 1:3: We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.

1 Timothy 2:1: I urge, then, first of all, that petitions, prayers, intercession and **thanksgiving** be made for all people—

1 Timothy 4:3: They forbid people to marry and order them to abstain from certain foods, which God created to be received with **thanksgiving** by those who believe and who know the truth.

1 Timothy 4:4: For everything God created is good, and nothing is to be rejected if it is received with **thanksgiving**,

2 Timothy 1:3: I thank God, whom I serve, as my ancestors did, with a clear conscience, as night and day I constantly remember you in my prayers.

Philemon 1:4: I always thank my God as I remember you in my prayers,

A PRAYER JOURNAL

One of the best ways to deal with anxiety and fear doing a DAILY PRAYER JOURNAL. A daily prayer journal is writing your prayers instead of saying them. Why write? Writing gives less time for our minds to wander. Writing allows the Holy Spirit to minister to us in a deeper way. Writing puts our thoughts on paper and helps RELEASE them to God. We strongly encourage you to spend 10-15 minutes a day doing a DAILY PRAYER JOURNAL. Here's how:

A PRAYER JOURNAL

i) Sit down with a pen, paper, and Bible. Start by saying this prayer EACH TIME:

Father, I come to You through the blood of Your Son, Jesus Christ.

I thank You that You died for me and that I am Your child.

Forgive me for (confess your sins). Now, come and fill me with Your Holy Spirit.

Father, I pray that nothing would disturb this time I have with You.

Father, would You quiet all demonic activity here in the name of Jesus Christ.

Thank You Father.

Holy Spirit come and fall upon me now. Come Holy Spirit into my spirit, my mind, my will, my emotions, and throughout my body. Thank You Holy Spirit. I love You.

Now give me the power to write what YOU put on my heart.

You are so gentle, loving, and want nothing but the best for me.

I love You, Father God. I love You, Jesus. I love You Holy Spirit.

In Jesus' Name I pray. Amen.

A PRAYER JOURNAL

- ii) Wait on God (absorb God) and allow Him to fill your heart with what to write.
- iii) Allow God to bring up whatever HE wants. Remember, He is gentle, caring and wants to heal you slowly, gently, and completely. Be open and let HIM do the healing.
- iv) When you sense God's leading, begin to write from your heart the best you can. It may be about your day, or about something from your past, or you may just find yourself writing. Just allow God to lead you. There is no RIGHT or WRONG way.
- v) Don't overwrite. Do what you feel you can do. Get to know yourself.
- vi) When you finish, read outloud what you have written. Then put your paper in a safe place OR tear it up and throw it away. This is between YOU & GOD. Sometimes you can share these thoughts with a trusted, mature, spiritual mentor who will pray with you.
- vii) Finally, do something "POSITIVE". Rejoice, sing a joyful song, go for a walk, phone a caring friend, minister to someone, etc.

GOD IS WITH YOU!

1. GOD SAYS!!!

a) YOU SAY: It's impossible. GOD ANSWERS: All things are possible:

But He said, "The things which are impossible with men are possible with God."

(Luke 18:27)

b) YOU SAY: I'm too tired. GOD SAYS: I will give you rest:

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light." (Matt.11:28-30)

c) YOU SAY: Nobody really loves me. GOD SAYS: I love you:

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. (John 3:16)

d) YOU SAY: I can't go on. GOD SAYS: My grace is sufficient:

And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. (2 Cor. 12:9)

He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. (Psalms 91:15)

2. GOD SAYS!!!

a) YOU SAY: I can't figure things out. GOD SAYS: I will direct your steps:

Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. (Proverbs 3:5-6)

b) YOU SAY: I can't do it. GOD SAYS: You can do all things

I can do all things through Christ who strengthens me. (Philippians 4:13)

c) YOU SAY: I'm not able. GOD SAYS: You are able:

And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. (2 Cor.9:8)

d) YOU SAY: It's not worth it. GOD SAYS: It will be worth it:

And we know that all things work together for good to those who love God, to those who are the called according to His purpose. (Romans 8:28)

e) YOU SAY: I can't forgive myself. GOD SAYS: I will supply all your needs:

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9)

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. (Romans 8:1)

3. GOD SAYS!!!

a) YOU SAY: I can't manage. GOD SAYS: I will supply all your needs:

And my God shall supply all your need according to His riches in glory by Christ Jesus.

(Philippians 4:19)

b) YOU SAY; I'm afraid. GOD SAYS: I have not given you a spirit of fear:

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

(2 Timothy 1:7)

c) YOU SAY: I'm worried & frustrated. GOD SAYS: Cast all your cares on Me:

Cast all your anxiety on him because he cares for you. (1 Peter 5:7)

d) YOU SAY: I'm not smart enough. GOD SAYS: I give you wisdom

But of Him you are in Christ Jesus, who became for us wisdom from God—
and righteousness and sanctification and redemption— (1 Corinthians 1:30)

e) YOU SAY: I feel all alone. GOD SAYS: I will never leave you or forsake you:

Let your conduct be without covetousness; be content with such things as you have.

For He Himself has said, "I will never leave you nor forsake you." (Hebrews 13:5)

A Prayer For A Person's Salvation

Dear Heavenly Father, I bring (name the person(s)) before You. I stand against the blinding of Satan that would keep them from believing and seeing the light of the gospel of the glory of Christ (2 Corinthians 4:4). I take the authority that is mine because of my position in Christ, and I exercise that authority over Satan in regards to (name the person(s)). Heavenly Father. In the name of Jesus, I take authority over speculation and every lofty thing raised up against the knowledge of God in the mind(s) of (name the person(s)). (2 Corinthians 10:5). I tear down those strongholds and bring (name the person(s)) mind(s) into captivity in order to obey Christ. By the authority that I have in Christ and in obedience to the great commission to make disciples, I command Satan to release the mind(s) of (name the person(s)) so that they may obey God. I declare myself and all that You have entrusted to me to be eternally signed over to the Lord Jesus Christ. Based on Your Word according to 1 John 5:16, I am asking You to give spiritual life to (name the person(s)). I pray that You would enable me to be the kind of (parent/friend/brother/sister) that You want me to be. May I never be the kind of (parent/friend/brother/sister) that would be a stumbling block to (name the person(s)). Enable me to be a positive witness and a living epistle for all those who don't know You. I ask this in the name and authority of the Lord Jesus Christ. Amen.

WHERE TO FIND HELP WHEN..... (part 1)

AFRAID	Psalm 34:4; Matt.10:28; 2 Tim.1:7; Heb.13:5-6
ANXIOUS	Psalm 46; Matt. 6:19-34; Phil.4:6; 1 Peter 5:6-7
BACKSLIDING	Psalm 51; 1 John 1:4-9
BEREAVED	Matthew 5:4; 2 Corinthians 1:3-4
BITTER/CRITICAL	1 Corinthians 13
CONSCIOUS OF SIN	Proverbs 28:13
DEFEATED	Romans 8:31-39
DEPRESSED	Psalm 34
DISASTER	Psalm 91; 118:5-6; Luke 8:22-25
DISCOURAGED	Psa.42:6-11; 55:22; Matt.5:11-12; 2 Cor. 4:17; Phil.4:6-7
DOUBTING	Matthew 8:26; Hebrews 11
FACING A CRISIS	Psalm 121; Matthew 6:25-34; Hebrews 4:16
FAITH FALLS	Psalm 42:5; Hebrews 11
FRIENDS FAIL	Psa.41:9-13; Luke 17:3-4; Rom.12:14-21; 2 Tim.4:16-18
GOD'S PROTECTION	Psalm 27:1-6; Psalm 91; Philippians 4:19
GUIDANCE	Psalm 32:8; Proverbs 3:5-6

WHERE TO FIND HELP WHEN..... (part 2)

LEAVING HOME	Psalm 121; Matthew 10:16-20
LONELY	Psalm 23; Hebrews 13:5-6
OVERCOME	Psalm 6; Romans 8:31-39; Romans 5:1-5; 1 John 1:4-9
PEACE	John 14:1-4; John 16:33; Rom.5:1-5; Phil. 4:6-7
PRAYERFUL	Psa.4; Psalm 42; Luke 11:1-13; John 17; 1 John 5:14-15
PROTECTED	Psalm 18:1-3; Psalm 34:7
RULES FOR LIVING	Romans 12
SICK or in PAIN	Psalm 38; Matt. 26:39; Romans 5:3-5; 2 Cor.12:9-10
SORROWFUL	Psa.51; Matt. 5:4; John 14; 2Cor. 1:3-4; 1 Thess.4:13-18
TEMPTED	Psalm 1; 139:23-24; Matt. 26:41; James 4:7; 2 Pet.2:9
THANKFUL	Psalm 100; 1 Thess. 5:18; Hebrews 13:15
TRAVELING	Psalm 121
TROUBLED	Psalm 16; Psalm 31; John 14:1-4; Hebrews 7:25
WEARY	Psalm 90; Matt. 11:28-30; 1 Cor.15:58; Gal.6:9-10
WORRIED	Matthew 6:19-34; 1 Peter 5:6-7

OVERCOMING ANXIETY & FEAR!!

**“It is for freedom that Christ has set us free;
Therefore, keep standing firm
and do not be subject again
to a yoke of slavery.”
(Galatians 5:1)**

**For Multiple Resources See:
www.altogetherlovely.org/discipleship
www.altogetherlovely.org**