



CHRIST CHURCH RESOURCES

ANXIETY

Fear is normal. We were created and designed to fear things that put us in danger. If you are being chased by a bear, you fear and that causes you to run away, and stay safe. If we are in good mental health it is relatively easy for us to cope with life and family and work and all the things that life will throw at us. We all have times when we feel stressed, down, or frightened and most of the time those feelings pass quickly.

What happens when that isn't the case? FEAR can also be - False - Evidence - Appearing -Real. Sometimes this can be the case with Anxiety. Sometimes this can simply be fearing the "what-if's" or not being able to get passed a circumstance. Mental Wellness issues can include but are not limited to; Anxiety, Depression, Post Traumatic Stress Disorder (PTSD), Obsessive-Compulsive Disorders (OCD), Suicidal Thoughts, Bipolar.

Many times, spending time in God's presence, in His word, in prayer, and in worship will help us begin to receive peace and clarity. Our Altar Ministers are available at every service on Sunday mornings, to pray with you and over you. We want to help you walk through difficult times.

If you are feeling overwhelmed by life and challenges and wonder how you will keep going, you may be suffering from a mental health issue such as anxiety or depression. There is help available. Please do not feel embarrassed or ashamed for reaching out for help. Most people who experience mental health issues like this can overcome them if they seek help and receive appropriate care soon enough. We have a list of licensed counselors and therapists who we refer people to and we are happy to share that list with you.

If you are currently having thoughts of suicide please call the Suicide Prevention Hotline at 1-800-273-8255 or dial 2-1-1 for help.

SCRIPTURE

2 Timothy 1:7
John 4:18
Romans 8:15
Psalm 118:6
Pslam 91:10-11
John 4:18
Joshua 1:9
Pslam 27:3
Proverbs 18:10
Pslam 34:4

RESOURCES

Dr Henry Cloud – www.boundaries.me

Victory Over The Darkness by Neil Anderson

You'll Get Through This by Max Lacado



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ANXIETY: CONTINUED

PRAYER OF DECLARATION

I am a member of the body of Christ and satan has no power over me, for I have overcome evil with good. I am of God and have overcome satan, for greater is He who's in me than he who's in the world. I will fear no evil for God is with me. His Word and His Spirit, they comfort me.

I am far from oppression, and fear does not come near me. No weapon formed against me will prosper. I will not be afraid of the terrors of the night, nor fear the dangers of the day. The Lord is on my side. I will not fear. What can man do to me? My righteousness is of the Lord, and whatever I do will prosper, for I am like a tree planted by the rivers of water. I am delivered from the evil of this present world, for this is God's will for me. No evil will befall me! Neither will any plague come near me, for the Lord has given His angels charge over me. They keep me in all my ways. I take the shield of faith and quench every fiery dart that the wicked one brings against me. Christ has redeemed me from the curse of the law in the name of Jesus. I am an overcomer, and I overcome by the blood of the Lamb and the word of my testimony. I am submitted to God, and the devil flees from me. The Word of God is forever settled in heaven; therefore, I will establish His word on earth. Fear, you must go now! I am made perfect in love. I am a person of faith. Amen.