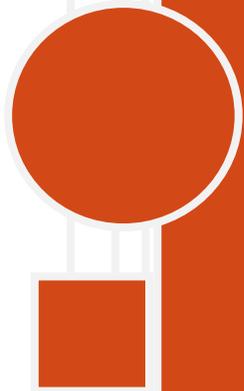




TRUE WORSHIP LIFE COACHING

*8 steps to free yourself from
fear and anxiety*

*One decision can change your life, but it is the
process that transforms you.*



TRUE WORSHIP LIFE COACHING

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Contents

Table of Contents	0
Introduction	3
1. Thought patterns	5
2. Breathing	6
3. Relaxation	7
4. Face your fears	8
5. Get enough sleep	9
6. Eat healthy	10
7. Always be thankful	11
8. Read your Bible	12
About me	14

INTRODUCTION

Thank you for taking the time to download this short e-book. I hope you find it helpful and practical.

For years I have been battling fear, anxiety, and depression. I attempted suicide and ran away from home when I was 16 years old. I accepted Jesus into my life in my twenties but I still lived a defeated life.

Anger, anxiety, fear, and depression seemed to follow me. I could not understand why this was happening, as I am a born-again believer in Jesus Christ. The bible tells us that we need to renew our minds and not follow the pattern of the world. Yes, I became a new creation in Jesus Christ. But, I needed to go through the process of renewing my mind and form new habits.

It does not take long to form a bad habit. Breaking the bad habit is much harder if you do not know how to do it. You don't have to cope with anxiety and depression; you can be free from it.

Key Subjects:

I have summarized eight steps towards overcoming fear and anxiety:

- Use these steps as a guideline and you will succeed
- Practice these steps daily, pray and ask the Holy Spirit for guidance
- Whatever you do, do not give up, you will overcome

Alarice Mitchell

FOLLOW THESE STEPS DAILY AND BE SET FREE

You don't have to live with fear and anxiety. Fear is like cancer to the soul. Free yourself from fear and anxiety with these 8 steps.

Change your thinking from negative:
(Failure, lack, discord, limitation)

To positive:
(Courage, power, inspiration, harmony)

1. THOUGHT PATTERNS

Romans 12: 2

“Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect will of God.”



Let the same mind which was in Christ Jesus be in you, so that you can serve the law of God with your mind. To discern the spiritual things of God and overcome carnal thinking, you must **renew your mind**. The renewing of your mind is a **process** you have to work at and this takes mental effort.

You have to seek the Lord in prayer, read the Bible, and connect with other believers. Pray and ask God to reveal the areas where you need help. To be mentally healthy, you need to **detoxify and train your mind**. Detoxify your mind from all unhealthy thinking and speaking. Train your mind to think of only that which is good and beneficial to you.

2. BREATHING

Philippians 4: 6 - 7

Be anxious for nothing, but in everything, by prayer and supplication with gratitude, make your requests known to God. And the peace which surpasses all understanding will protect your hearts and minds through Christ Jesus.



Breathing exercises help at the onset of anxiety. Think of scripture that inspires you and replace it with those negative thoughts. Take **deep breaths** and calm down! Breathing exercises are not only for helping with anxiety but to be **coherent** when you speak.

It is difficult to understand someone who speaks too fast. They may be nervous and this results in incorrect breathing.

Take deep breaths before you speak and take your time. Breathing in a controlled way will reign in your anxiety symptoms. It is a great way to slow your heart rate and feel better overall. Even better is to focus on the sensation of the air moving in and out of your body, too.

3. RELAXATION

Psalm 62: 1 - 2

My soul finds rest in God alone; my salvation comes from Him. He alone is my rock and my salvation; he is my fortress. I will never be shaken.



It is important to always be in a **relaxed state of mind** and not get too excited. Stressed people don't reason well. They make poor decisions and make many mistakes.

Try some muscle relaxation techniques or play the music that will put you in a relaxed state of mind.

Jesus promises us **rest for our souls**. He is the Prince of Peace. The greatest gift Jesus gave us is His peace (John 14: 27). Not as the world gives, but peace in our hearts where fear cannot live.

4. FACE YOUR FEARS

2 Timothy 1: 7

For God has not given us the spirit of fear, but of **power**, and **love**, and **self-control**.



When you are born into this world, you enter into the dominion of good and evil where the spirit of fear operates. Fear is an evil spirit, but **Jesus has overcome evil** in this world. Once you accept and believe this, then fear won't have power over you. The spirit of fear makes us weak, oppressive, aggressive, depressive, and evil. This spirit separates us from God. We hide from God because of sin in our lives.

Let's start at the beginning. Genesis 3: 1 "**Who** told you that you were naked?" God already knew why Adam and Eve hid from him and that Satan tempted and deceived them. Jesus came to free us from being slaves to our fear of death. We are no longer controlled by the spirit of fear which held us in bondage. Fear has no authority over those who remain in Christ.

The opposite of fear is **power**, **love**, and **self-control** according to 2 Timothy 1: 7. You have the power to change your fear and walk in **love** and **confidence**.

5. GET ENOUGH SLEEP

Proverbs 3: 24

When you lie down, you will not be afraid; yes, you will lie down and your sleep will be sweet.



God blessed the human body with sleep. Yet, many people battle to sleep or don't sleep well. If you don't **cast your cares on Him** (1 Peter 5: 7), then you take them with you at night. I remember how I used to tell people that "I can't sleep at night." "If something wakes me up during the night, then I struggle to fall asleep again."

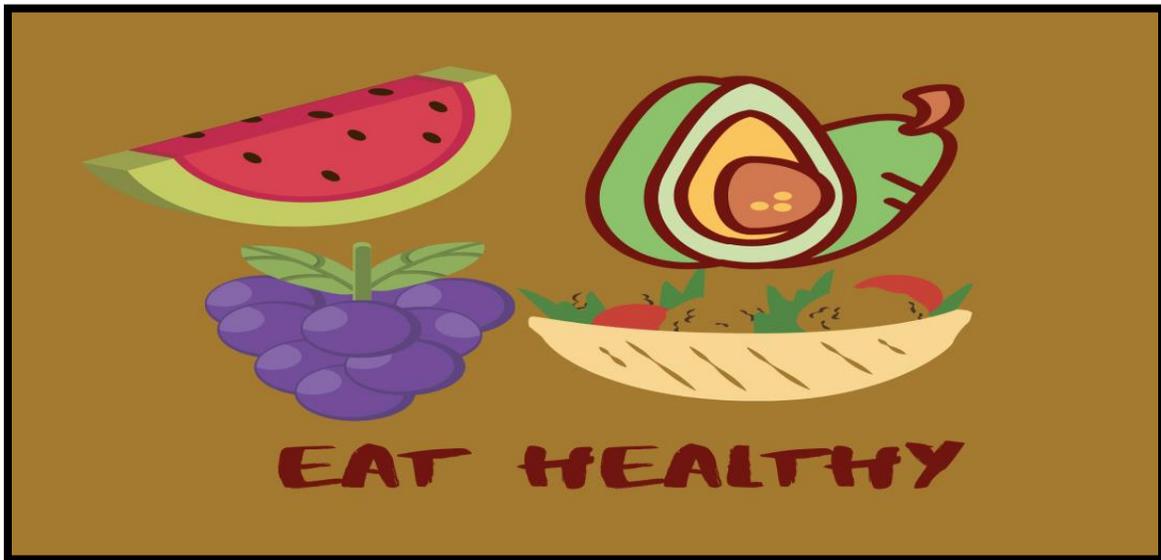
You can feel somnolent if you do not get enough sleep. Getting sufficient sleep regularly is important if you regularly feel anxious. Your brain just does not function optimally if it does not get the sleep it needs.

I prayed and asked God to help me with my sleep. When I did that, my **sleep is sweet and sound**. When I am ready to sleep at the appropriate hour, I make sure I read and am **calm** before getting ready for bed.

6. EAT HEALTHY

1 Corinthians 10: 31

Therefore, whatever you eat, or drink, or whatever you do, do it all to the glory of God.



The human body is not only a physical form. It is physical, spiritual, and mental. We cannot neglect either of the three. Eating well is about eating natural foods. Processed foods have a variety of chemicals and other artificial ingredients that affect many people in negative ways. Cleaning up your diet can have a profound impact on anxiety for many people.

You have to take care of your physical body the same way you take care of your mental and spiritual health. Make sure you **feed your body with good food** so that you can **glorify God with your body** which is the temple of God.

1 Corinthians 3: 16

Do you not know that you are the temple of God and that the Spirit of God dwells in you?

7. ALWAYS BE THANKFUL



Being thankful is an attitude to practice daily, in all circumstances. By being thankful we acknowledge **dependence on God as our source** for everything in our lives. Always be in an **attitude of thankfulness**. It changes your attitude towards everything in life, keeps you humble and grateful.

What happens around you is not as important as what happens within you. Your attitude determines your state of mind and the direction of your life.

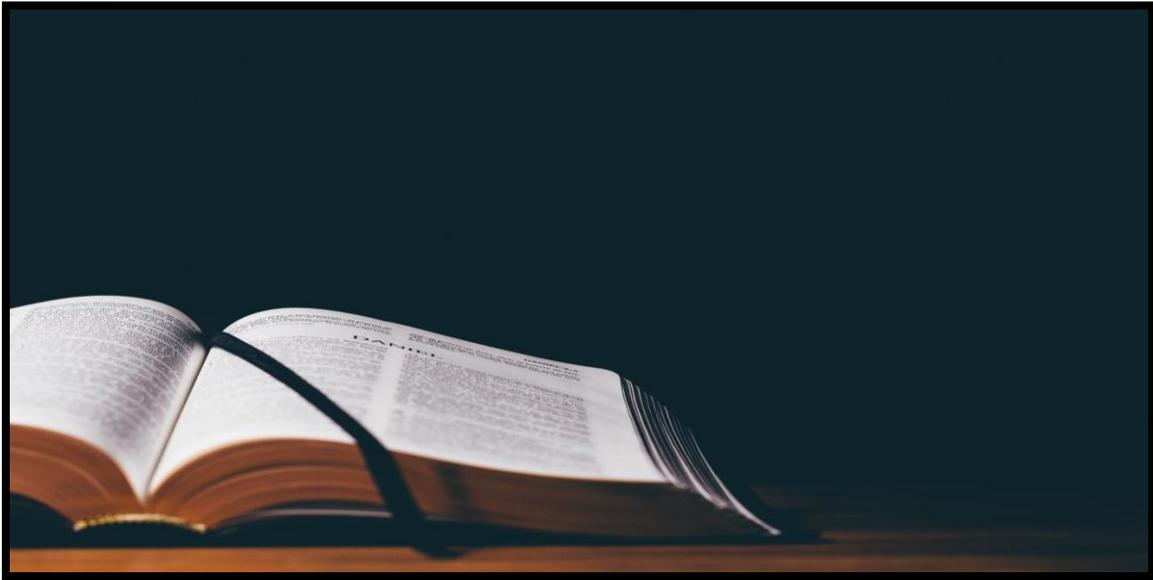
People with a wrong mindset will behave with the wrong attitude. They will work with the wrong attitude and respond with the wrong attitude. Anything given or done for them is not appreciated because of their mindset.

Change your attitude - be in an attitude of thankfulness in every circumstance. Always be thankful for even the smallest of things given to you. A **thankful spirit** will always be **positive** even if something doesn't work as planned. **Thank God** that He knows best in your circumstances so that He gets the glory through your life.

8. READ YOUR BIBLE

Hebrews 4: 12

For the word of God is alive, and active, and sharper than any two-edged sword, piercing even to the division of soul and spirit, of joints and marrow, and able to judge the thoughts and intents of the heart.



Renew your mind from the pattern of the worldly ways by **reading the Bible**. All scripture is **God-breathed** for you to comprehend what the will of God is for your life. Read the Bible as an act of worship.

Food nourishes your physical body. In the same way, the **word of God nourishes your spiritual body**. If you don't eat food your body will starve, right? Well, in the same way, your spirit starves when you do not eat spiritual food.

Read your Bible daily.

If your anxiety is manageable, but making you unhappy, there are plenty of things you can try to bring your anxiety down to a more reasonable level. Try some of the ideas above or talk to a trusted friend or family member.

You are sure to find something that helps significantly without the cost and potential side effects of a pill.

You have nothing to lose -- except some anxiety!

ABOUT ME

As a Christian, I suffered from anxiety and depression until I called out to God for healing. It was during my search in the Bible that I discovered the true meaning of worship. The Holy Spirit guided me through a process of healing. I can tell you that I am healed from anxiety and depression.

Hi, my name is Alarice and I am a Certified Life Coach Minister. I studied through Christian Leaders Institute which is an online donation-based college. The transformation that took place in my life has encouraged me to share with others.

I want people to know that you do not have to live with anxiety and depression. There is healing for mental disease. I have experiential knowledge of battling and overcoming anxiety and depression. It took me years to get to this stage in my life where I am completely set free in Jesus name.

To find out more about worship, visit my website:

