

FREEDOM FROM ANXIETY

WALKING IN PEACE THROUGH FAITH

Panel talk with Kristy, Carrie and John



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YOU ARE NOT ALONE

If you're struggling with anxiety right now, you need to know something important: you are not alone, and there is hope. Anxiety can feel overwhelming, paralyzing, and endless but it doesn't have to be. This document is based on real stories from people who have walked through the valley of anxiety and found freedom on the other side.

Whether your anxiety manifests as intrusive thoughts, panic attacks, health concerns, or a general sense of dread, there is a path forward. These Bible verses, action steps, and encouragements are here to remind you that anxiety does not define you, and it does not have the final word in your life.



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KEY SCRIPTURE FOR OVERCOMING ANXIETY

These scriptures are powerful weapons against anxiety. Write them down, memorize them, and speak them out loud when fear tries to take hold.

2 Timothy 1:7 (NKJV)

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

Psalms 118:17 (NKJV)

"I shall not die, but live, And declare the works of the Lord."

1 John 4:18 (NKJV)

"There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."

John 8:36 (NKJV)

"Therefore if the Son makes you free, you shall be free indeed."

1 Peter 5:7 (NKJV)

"Casting all your care upon Him, for He cares for you."



KEY SCRIPTURE FOR OVERCOMING ANXIETY

Hebrews 13:5 (NKJV)

"For He Himself has said, "I will never leave you nor forsake you."

Jeremiah 29:11 (NKJV)

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."

Ephesians 6:11 (NKJV)

"Put on the whole armor of God, that you may be able to stand against the wiles of the devil."

Psalms 23:4 (NKJV)

"Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me."



ACTION STEPS: YOUR PATH TO FREEDOM

These practical steps are drawn from the experiences of those who have overcome anxiety. Remember, this is a journey—be patient with yourself as you take these steps.

1. **Recognize the Source** — Understand that anxious, fearful thoughts are not your own. They are lies from the enemy designed to paralyze and steal your peace. When you recognize them as external attacks rather than truth, you can begin to fight back.

2. **Invite God into Your Journey** — Don't try to fix it alone. Go to Jesus immediately. Be real with Him. If you need to cry in your van, cry in your van. He's not against you—He's with you in every moment. Ask the Holy Spirit to take you by the hand and teach you how to walk through this valley.

3. **Speak Truth Over the Lies** — When the anxious thoughts come, immediately speak Scripture and truth out loud. Declare: 'I shall not die, but live' (Psalm 118:17). 'God has not given me a spirit of fear, but of power and of love and of a sound mind' (2 Timothy 1:7). 'Perfect love casts out fear' (1 John 4:18). At first, you may be saying it as a principle—but keep going. Faith will catch up.

ACTION STEPS: YOUR PATH TO FREEDOM

4. **Take Authority** — You have the authority in Christ to say ‘No’ to anxiety. Put down what you’re doing, look to Jesus, and declare: ‘Nope, I’m not listening to you. I take authority over this thought. Who the Son sets free is free indeed’ (John 8:36). Do this as often as needed—even if it’s every two seconds at first.

5. **Find Your Scripture** — Search the Word for yourself and find scriptures that speak directly to your situation. Write them down. Memorize them. Carry them everywhere. These are your weapons in the battle, and they need to be easily accessible when anxiety strikes.

6. **Open Up to Someone** — There is no shame in anxiety. Talk to someone—a parent, sibling, pastor, friend, or professional. Everyone goes through challenges. International speakers and successful people have walked through anxiety. When you open up, you let people into your fear, and you allow love to enter. That love will cast out the fear.



ACTION STEPS: YOUR PATH TO FREEDOM

7. **Seek Professional Help When Needed** — Sometimes you need specialized help, and that's completely okay. If your anxiety is severe, reach out to a counselor, therapist, or doctor. Church leaders may also know resources in your community. Getting help is not a sign of weakness—it's a sign of wisdom.

8. **Do the Work** — While others can pray for you and speak into your life, you must also take steps yourself. Search Scripture. Speak truth. Stand firm. This is part of your journey, and as you do the work, you'll learn how to walk in victory—not just now, but in any future battles.

9. **Remember: It Has an Expiration Date** — Anxiety feels endless, but it's not. There is an expiration date for it. God's got this. You're going to get through it—every single time. He is no respecter of persons. If He delivered others from anxiety, He will deliver you too.



WORDS OF ENCOURAGEMENT

If you're going through anxiety right now and it looks like there's no way out, that is a lie.

There is always a way. God is always there for you, and He is so near. Think of when the disciples were terrified on the stormy sea—Jesus came to them even before they knew they needed Him, even before the storm. He is here with you, so near, so ready to reach out and grab you and help you.

You might think you're going through this alone and there's no way out, but God is never going to leave you or forsake you (Hebrews 13:5).

Call upon Him. He can save you. He's going to help you. He's going to deliver you, and He's going to really put you on a solid foundation onto the path that He wants you to walk. He will walk alongside you every step of the way. Cast all your cares upon Him, for He cares for you (1 Peter 5:7).

Don't try to fix it yourself—go to Jesus right away.

Walk and talk with Him. In those moments, just be real. If you have to cry, cry. He's not against you—He's with you in every moment. He doesn't want you to stay stuck in anxiety. He wants to set you free. Open your mouth and say, 'No, I'm not doing that anymore. Jesus, the Prince of Peace, is with me, and I am set free.'

WORDS OF ENCOURAGEMENT

Rest in who you are: a daughter or son of God.

He's not mad at you. This is not something so horrible that you deserve it. You are free. God loves you. He knows you intimately. He's right there with you. You just have to reach out to Him.

You may feel alone, you may feel like there's no hope, but you are not alone.

God is there with you. You may feel like you want to give up or take the easy way out, but that's the lie speaking. There are people who need you. There are people who love you. God loves you, and He's going to use you. If you stick through this—through the anxiety, through the depression—there is hope at the end. It's going to provide you with strength you never knew you had.

Never give up.

God is not a respecter of persons. If He delivered Kirsty, John, Carrie, Pastor Terry Copeland Pearsons, and countless others from anxiety, He will deliver you too. Hold on to His word. Hold on to His truth. Walk in the victory that Jesus has already paid for.

WORDS OF ENCOURAGEMENT

Receive the love.

The fear will tell you lies. It will tell you that God didn't really say what He said, or that His promises aren't for you. But if you go to God and ask Him, 'Did You really say this? Can You remind me again?' He will confirm His truth. Talk to someone. Let people into this fear. Receive the love from people, and receive the love from God. Perfect love casts out all fear.



A PRAYER FOR YOU

Father, I'm going to live my life anxious for nothing. I pray with thanksgiving about everything, making my requests known to You. Your peace, which passes all understanding, keeps my heart and mind through Jesus Christ.

You will keep me in perfect peace for my mind is fixed on You. I trust in You. I seek peace and pursue it. I know Your peace will rule in my heart and my ways will please You so that You will make even my enemies to be at peace with me.

Thank You that Your love casts out fear. I pray I'll be like a tree planted by the water whose roots are deep, and that I won't be nervous about the heat or worried by long months of drought because I trust in You and my hope and confidence are in You.

You are the author and the finisher of our faith, God, and You are leading me into a good place. Your plans are good and not evil—plans to give hope and a future (Jeremiah 29:11).

Thank You that You have already defeated every fear, every anxiety, every sickness. I can look to You, hold on to Your Word, hold Your truth, and walk in the victory that You have already paid for.

The peace You give me is a gift the world cannot give. I'll not let my heart be anxious or afraid. I won't lean to my own understanding. I'll trust in You with all my heart. Amen!

In Jesus' name, Amen.

REMEMBER

“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 (NKJV)*

“Therefore if the Son makes you free, you shall be
free indeed.”

— *John 8:36 (NKJV)*

You are free. Walk in victory.



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**Your 10-Day Spiritual Action Plan for
Overcoming Stress, Anxiety & Depression**
<https://shop.kcmcanada.ca/product/your-10-day-spiritual-action-plan-for-overcoming-stress-anxiety-depression/>

Healing From Heaven by Lilian B Yeomans
<https://www.amazon.ca/Healing-Heaven-Lilian-Yeomans/dp/0882437305>

We are here for you!

If you need someone to pray with you for anything, please
call us at **1-877-480-3388 (Mon-Fri, 6am-4pm PT)** or text
PRAYER to 1 833-533-3623.



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