

PRACTICAL STEPS TO WALK IN PEACE



job

worry

overwhelmed

debt

sleepless

relationships

raising children

stress

rent

tired

Inflation

family

OVERCOMING ANXIETY AND STRESS THROUGH FAITH

INTRODUCTION

YOU DON'T HAVE TO **LIVE WITH ANXIETY**

Are you tired of feeling overwhelmed by stress and anxiety? Do racing thoughts keep you awake at night? Does worry consume your days and rob you of your joy? Inflation, paying rent, raising children, job searching... there seems to be no end for things to worry about!

The good news is that God never intended for His children to live in anxiety. As a child of God, you are not subject to fear, worry or have anxiety. Through His Word and the power of faith, you can experience the peace that surpasses all understanding, regardless of your circumstances.

Many people accept stress, anxiety and depression as a normal part of life, but these stem from fear—and fear has no place in the life of a believer. It's time to discover how to walk free from these killers and live the abundant life Jesus promised.

UNDERSTANDING ANXIETY FROM A **BIBLICAL PERSPECTIVE**

The Root of Anxiety

Anxiety, like all fear, is deadly. It opens the door to the devil. The root of all anxiety is fear—fear of the unknown, fear of failure, fear of rejection, fear of not having enough. But God has not given you a spirit of fear!

God’s Design for Your Mind

God designed you to live in peace, and not in anxiety. When anxious thoughts try to overwhelm you, remember this:

- ◆ **You have the mind of Christ** (1 Corinthians 2:16)
- ◆ **God has given you a sound mind** (2 Timothy 1:7)
- ◆ **His thoughts toward you are of peace, not evil** (Jeremiah 29:11)

The Enemy’s Strategy

The devil knows that if he can get you out of faith and into fear, he can stop God’s blessings in your life. He uses things like:

- ◆ Bad reports and negative news
- ◆ Discouraging thoughts
- ◆ Negative words from others
- ◆ Unpleasant circumstances

But you don’t have to take his bait!

GOD'S PRESCRIPTION FOR PEACE

The Foundation: God's Love

When you know that God loves you, and you allow that love to fill every area of your life, fear cannot stay. It has no other option. Anxiety, fear and worry must leave.

Biblical Steps to Freedom from Anxiety

1. Cast Your Cares on Him "Cast all your anxiety on him because he cares for you" (1 Peter 5:7). God has commanded believers to cast all of their worry and care over on Him. You don't have to carry these burdens at all!

2. Pray with Thanksgiving "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6).

3. Focus Your Mind on Truth "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" (Philippians 4:8).

4. Trust in God's Provision Remember that God takes care of the birds of the air, and you are much more valuable to Him than they are (Matthew 6:26).

PRACTICAL STEPS TO **WALK IN PEACE**

Step 1: Rebuke Fear and Anxiety

When anxious thoughts or sick feeling try to come up, speak to them. "By the stripes of Jesus, I am healed. I have the mind of Christ. Praise God!"

Don't let anxiety set up residence in your mind. The moment you feel it trying to enter your mind, rebuke it in Jesus' Name.

Step 2: Use God's Word as Your Weapon

Get scriptures that contradict what fear is saying to you and swing them at fear like a sword. Be violent about driving out all fear and seize the promises of protection God has given you.

Key scriptures to memorize and speak:

- ◆ "God has not given me a spirit of fear, but of power, love, and sound mind" (2 Timothy 1:7)
 - ◆ "The Lord is my Helper; I will not fear. What can man do to me?" (Hebrews 13:6)
 - ◆ "When I am afraid, I put my trust in you" (Psalm 56:3)
- are (Matthew 6:26).

Step 3: Speak Faith Over Your Situations

Here are some examples of how you can speak God's Word by faith: "God is on my side!" (Psalm 118:6; Hebrews 13:6). "Since God is for me, who can be against me?" (Romans 8:31). "No weapon turned against me will succeed" (Isaiah 54:17).

Step 4: Find Faith-Filled Community

Find two or three trusted, faith-filled believers to stand for your healing to appear. Don't fight this battle alone. Surround yourself with people who will agree with you in prayer and speak faith over your situation.

Step 5: Take Action in Faith

Faith without action is dead. Begin acting on your healing even if symptoms are still present. Obey whatever the Holy Spirit directs you to do—whether it's changing jobs, ending toxic relationships, or making other life adjustments.

DAILY CONFESSIONS **FOR PEACE**

Morning Declaration

Thank You, Lord, for Your peace that passes all understanding. No matter what I may be facing, I don't have to fear, because You are always with me. Philippians 4:6-7 says, "I will not fret or have anxiety about anything, but in every circumstance and in everything, by prayer and petition, with thanksgiving, continue to make my requests known to God. God's peace which transcends all understanding, shall garrison and mount guard over my heart and mind in Christ Jesus." Because Your Word is truth, I know that I don't have to fret or have anxiety about anything. That means everything in my life has to line up with what Your Word says. I'm not moved by what I see, because I'm trusting what Your Word says! Your peace, which is beyond my understanding, is present and evident in my heart and mind, continually working on my behalf.

Confessions When Anxiety Strikes – You can't fight thoughts with thoughts. Use these words and God's Word to strike back!

- ◆ "Greater is He that is in me than he who is in the world!"
(1 John 4:4)
- ◆ "My God will supply all my needs!" (Philippians 4:19)
- ◆ "The Holy Spirit is guiding me toward the truth" (John 16:13)
- ◆ "I have the mind of Christ, and I think His thoughts"
(1 Corinthians 2:16)
- ◆ "Perfect love casts out fear, and God's love is perfected in me"
(1 John 4:18)

WHEN TO SEEK **ADDITIONAL HELP**

Seeking Wise Counsel

As you pray for direction, ask God to show you if you need to seek outside help. If your faith is ready to stand against the symptoms of anxiety, then by all means do that. If, however, the Holy Spirit leads you to seek out a pastor, counselor, doctor, nutritionist, mentor or good friend, then be obedient to His leading.

Don't let guilt about seeking outside help keep you from obeying the Holy Spirit. God often uses others to get us from Point A to Point B.

Remember: Jesus Paid for Your Complete Victory

Jesus paid the price for your complete deliverance—even deliverance from anxiety and anti-anxiety medication. As you put your faith in the Word of God, you'll begin to enjoy the peaceful life, regardless of what circumstance may come.

LIVING IN **VICTORY**

Your New Identity

You are not:

- ◆ A victim of anxiety
- ◆ Powerless against worry
- ◆ Subject to every negative thought

You are:

- ◆ More than a conqueror through Christ Jesus (Romans 8:37)
- ◆ Seated with Christ in heavenly places (Ephesians 2:6)
- ◆ Able to do all things through Christ who strengthens you (Philippians 4:13)

Keys to Maintaining Your Freedom

- 1. Study the Word Daily** – Feed your spirit with God’s promises everyday (Use daily devotionals like From Faith to Faith from KCM. You can [click here](#) to access today’s word)
- 2. Regular Prayer** – Maintain constant communication with God
- 3. Faith-Filled Fellowship** – Surround yourself with believers who speak life
- 4. Immediate Response** – Don’t let anxious thoughts take root
- 5. Praise and Thanksgiving** – Cultivate an attitude of gratitude

REMEMBER GOD'S FAITHFULNESS

(TESTIMONIES FROM KCM PARTNERS)

"When my husband Dave was seriously ill and X-rays showed black spots on his lungs, anxiety tried to take over—but we chose to stand on God's Word. After praying with Mary from KCM, peace replaced the anxiety. We believed for a good report, and we got it—Dave's CT scan came back clear. His lungs are healed, and we give God all the glory!"

-Carol (BC, Canada)

"Back in March, I sent a prayer request for an urgent job need. As a new immigrant, the pressure on my family was intense. You responded with scriptures to confess daily—and I did. Soon after, I got a part-time job before even being interviewed! It was seamless and lifted so much of the weight. I'm trusting God for the full-time role, but I'm already seeing His hand at work."

-Matthew (Ontario, Canada)

"I was battling torment, depression, and anxiety, feeling completely hopeless. But through prayer and standing on God's Word, I began to experience real freedom. Hope has been restored, and I'm no longer held by fear—God is healing me day by day."

-Teresa (Manitoba, Canada)

**God is faithful to His Word. Others have found freedom,
and so can you!**

C O N C L U S I O N

YOUR PEACEFUL **FUTURE**

God's desire for you is clear: He wants you to live in peace and not in anxiety. "The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life" (John 10:10).

Remember, you don't have to settle for a life dominated by worry and fear. Through faith in God's Word, the power of prayer, and by speaking His promises over your life, you can walk in the peace that Jesus died to give you.

Start today! Speak these truths over your life. Stand firm in faith and watch as God's peace begins to rule in your heart and mind.

Remember: **He is your PEACE!**

PRAYER FOR FREEDOM **FROM ANXIETY**

Father, in the Name of Jesus, I thank You that the chastisement of my peace was upon Jesus on the cross, and that part of Redemption includes redemption from fear, anxiety and worry. I receive that now, in the Name of Jesus.

Lord, You have commanded us not to worry, to take no thought about our circumstances. I am asking for supernatural strength in this area—that You will grant me ability beyond what I naturally have, so I can walk and live in total peace every day, no matter what my circumstances are.

When the temptation comes to worry or be fearful, help me to resist the enemy so he will flee from me. You have not given me a spirit of fear but of power! I take hold of that power today in Jesus' Name! I declare I am free from fear, free from worry, free from depression and anxiety. I refuse these things in my life from this day forward, and I stand against them.

In Jesus' Name, Amen.

SCRIPTURE REFERENCES

- ◆◆ Philippians 4:6-7 – “Do not be anxious about anything...”
- ◆◆ Isaiah 26:3 – “You keep him in perfect peace...”
- ◆◆ 1 Peter 5:7 – “Cast all your anxiety on him...”
- ◆◆ 2 Timothy 1:7 – “God has not given us a spirit of fear...”
- ◆◆ John 14:27 – “Peace I leave with you...”
- ◆◆ Psalm 34:14 – “Turn from evil and do good; seek peace and pursue it”
- ◆◆ Romans 8:31 – “If God is for us, who can be against us?”
- ◆◆ 1 John 4:4 – “Greater is he that is in you...”

*For additional prayer support,
visit **kcmcanada.ca** or
call our prayer line at 1-877-480-3388.
You can also text **PRAVER** to 1-833-533-3623.*