

Quick-Start Guide to Overcoming Anxiety

01 Recognize That You Are in a Fight Against Fear

You're not merely trying to *control* stress, anxiety and depression. You're in an all-out attack against them, and ultimately, against fear — fear that whatever situations you face are bigger than you can handle. But the God you serve is more than enough to defeat those attacks and help you adjust your focus.

02 PRAY

You need the guidance and wisdom of the Holy Spirit to adjust your thinking so, along with The WORD, you can follow His guidance to be free from stress, anxiety and/or depression. You'll need to get serious about spending time in prayer so you can connect with God — the Source of your peace. First Thessalonians 5:17 tells you to pray without ceasing. Jude 20 says pray in the Holy Ghost. And, be sure to include time to get quiet before The Lord so you can hear what He is speaking to you.

03 Commit to Walk in Love

Galatians 5:6 explains the vital connection between faith and love. It tells you that faith works by love. So give your faith walk a boost by forgiving those who have wronged you. The power of forgiveness and the power of healing are the same. Love others with the grace that your heavenly Father extends to you. His healing power will flow. And, let the fruit of the spirit operate in your life (Galatians 5:22-23).

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Give the Word of God First Place

In Joshua 1:7-8, The LORD tells Joshua to meditate on the book of the Law (His WORD) day and night. Like him, your victory over stress, anxiety, and/or depression depends on giving God's WORD first place. Ponder what it says, pray it out loud, proclaim it and practice it. Immerse yourself in it. The zoe life of God that fills His Word will floor your being and begin driving out fear — stress, anxiety and/or depression — so you can enjoy the rest and freedom you seek.

Decide to Live by Faith

Let the time you spend thinking about and pondering what God says in His WORD and Praying, change the way you perceive your environment. Understand that you are *not* a victim without hope. You are a child of God, and the price has already been paid for your freedom.



KENNETH
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Your Promises From God's Word

ROMANS 8:2 (NKJV)

"For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death."

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 16:33 (NKJV)

"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

ISAIAH 26:3 (NKJV)

"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You."

ISAIAH 53:4-5 (NKJV)

*"Surely He has borne our griefs and carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted.
⁵ But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed."*

PSALM 91:1-7 (NKJV)

"He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. ² I will say of the Lord, 'He is my refuge and my fortress; My God, in Him I will trust.' ³ Surely He shall deliver you from the snare of the [a]fowler And from the perilous pestilence. ⁴ He shall cover you with His feathers, And under His wings you shall take refuge; His truth shall be your shield and buckler. ⁵ You shall not be afraid of the terror by night, Nor of the arrow that flies by day, ⁶ Nor of the pestilence that walks in darkness, Nor of the destruction that lays waste at noonday. ⁷ A thousand may fall at your side, And ten thousand at your right hand; But it shall not come near you."

YOUR QUICK-START PRAYER

Father, thank You that You have led me to this moment of change. I submit my whole begin to You—spirit, soul, and body. As I begin this journey toward freedom from stress, anxiety, and/or depression, i pray You'll direct and lead me by Your Holy Spirit. I commit to putting these faith steps into practice, to look to You, Your Holy Spirit and Your WORD for guidance. I trust You will meet all my needs according to Your riches in glory. I trust what You said in Your WORD and proclaim that by the stripes of Jesus, I am healed. I speak to the mountain of _____ to be removed and casted into the sea!

Thank You that Your WORD is true. I know that I can trust You, and that Your love surrounds me and lifts me up to receive all You have for me. In the Name of Jesus. Amen!

We at KCM Canada are here for you!

Do you have a prayer request and need someone to pray with you?
Call **1-877-480-3388** and have a live prayer minister stand in agreement with you or text **PRAYER** to **1-833-533-3623**