



For when times seem desperate

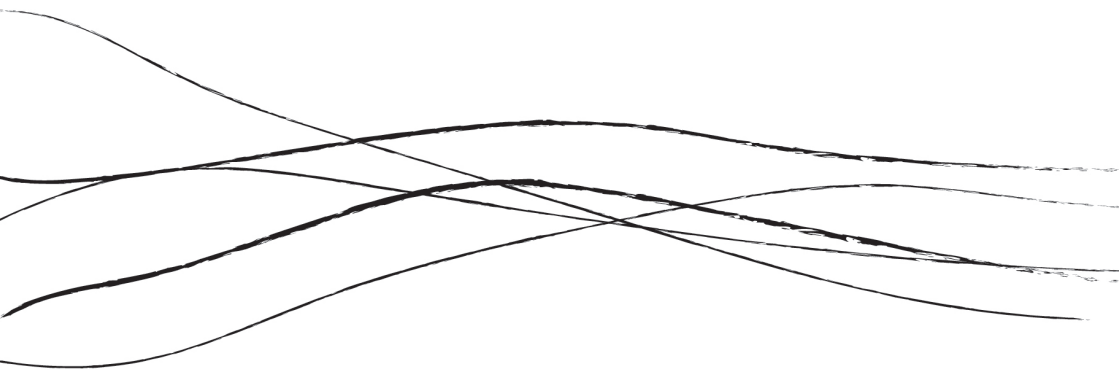
*Freedom*  
CENTRE UK



It's so good that you are looking through this.  
I guess you feel somewhat hopeless or devastated  
by something that has happened or just  
exhausted by life and its ups and downs.

We've written this little book full of the  
promises of God and a few practical ideas to  
help you find hope and peace in your life.

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## **Feeling overwhelmed with negative thoughts?**

It's so easy for our thoughts to escalate and become overwhelming. When we become inundated by negative feelings, it quickly leads us to a hopeless place where we need to find a way out.

The Bible teaches us that the power of life & death is in the tongue, so when we speak, our words can change everything.

Here are some of the promises of God, to speak over yourself today.



SO WE ARE CONVINCED THAT EVERY  
DETAIL OF OUR LIVES IS CONTINUALLY  
WOVEN TOGETHER TO FIT INTO  
GOD'S PERFECT PLAN OF BRINGING  
GOOD INTO OUR LIVES

Romans 8:28







HOPE  
— FEELING SAFE

I can do all things  
through Christ who  
strengthens me.

Philippians 4:13

Even though I walk  
through the darkest  
valley, I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

Psalms 23:4

The Lord will fight for  
you; you need only to  
be still.

Exodus 14:14

And the peace of  
God, which surpasses  
all comprehension,  
will guard your hearts  
and minds in  
Christ Jesus.

Philippians 4:7

The Lord is my light  
and my salvation;  
Whom should I fear?

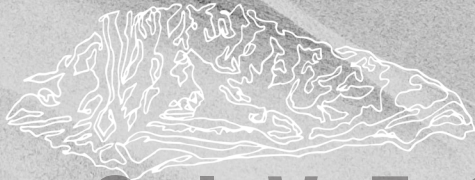
Psalms 27:36

By His wounds you  
have been healed.

1 Peter 2:24

Let the weak one  
throw out his chest  
and say 'I'm tough,  
I'm a fighter'

Joel 3:10



HE GIVES  
STRENGTH

He gives strength to the weary  
and increases the power of the weak.

Isaiah 40:29

# FEAR NOT

for I am with you;  
Be not dismayed,  
for I am your God.  
I will strengthen you,  
Yes, I will help you,  
I will uphold you with  
My righteous right hand.

ISAIAH 41:10



Meanwhile,  
the moment we get  
tired in the waiting,  
God's Spirit is right  
alongside helping  
us along.

Romans 8:28

I lift my eyes to the  
mountains - where  
does my help come  
from? My help  
comes from the  
Lord, the maker of  
Heaven and Earth.

Psalms 121:1-2

Since God assured  
us, "I'll never let you  
down, never walk off  
and leave you,"  
we can boldly quote,  
God is there, ready  
to help; I'm fearless  
no matter what.  
Who or what can get  
to me?

Hebrews 13:6

“Don’t be afraid, I’ve redeemed you.  
I’ve called your name. You’re mine.  
When you’re in over your head,  
I’ll be there with you.  
When you’re in rough waters,  
you will not go down.  
When you’re between a rock and a  
hard place, it won’t be a dead end –  
Because I am God, your personal God,  
The Holy of Israel, your Savior.”

Isaiah 43:2





## **How can I feel emotionally safe?**

When we feel safe, our nervous systems are able to work well to bring calm back when anxiety, terror, overwhelm and exhaustion seem to be dominating.

Feeling safe usually comes from knowing who can reassure us and help us, or finding different sensory things that are meaningful and comforting.





Find a chair, a space, a place where you can relax and focus on stabilising. You could ask yourself:

*What smells comforting?*

People can find eucalyptus or lavender helpful. Others find ginger or leather. Experiment until you find a smell, which brings you a sense of relief or comfort.

*What do you need to feel comfort with your sense of touch - do you prefer warmth or coolness?*

*Do you need a blanket or a walk with the wind in your face?*

*Can you find a drink or chewing gum that helps you feel comfort?*

*Maybe you can create a soundtrack especially for when you feel overwhelmed that helps you feel some hope?*

## **Make an emergency plan**

An emergency plan helps us remember, when we feel really sad, what are good and helpful things to stop us feeling even worse. It's a useful reminder for others too, so they know how to help you if you don't feel able to share that easily.

Who is a safe person to ring?  
What is their number?

What can I do to distract myself from this sadness/ turmoil/ overwhelm for example: go for a run/ have a bath/ watch a film/ do something creative etc

Remember that this feeling will not last forever- so don't make any long term decisions until you feel better and where there is someone who cares for you who agrees that it's a good plan!



We want people to find life, hope and purpose.  
We believe that Jesus is life transforming and  
His church is the hope of the world.  
A community of faith, hope and love in Bath,  
influencing far beyond.

We'd love to Welcome you to Church!

**I N S T A G R A M**

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**W E B S I T E**

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The logo for Freedom Centre UK is centered on a background of a deep teal sky with large, soft, white clouds. The word "Freedom" is written in a white, elegant, cursive script. Below it, the words "CENTRE UK" are written in a smaller, white, all-caps, sans-serif font.

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