



Overcoming Negativity

Spirit: Meditate on and memorise these—

Phil 4:8 NIV - 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.

Soul: Declaring a negativity fast, where you refuse to speak anything negative of people or situations, is one way to retrain your brain and some churches are taking this on as a challenge.

Body: Magnesium is beneficial for good emotional health and can make a difference in feelings, responses and actions.



Overcoming Anxiety

Spirit: Meditate on and memorise these—

Philippians 4:6-7 NIV - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Soul: Spend some time thanking God, and singing a joyful song. The word for joy in the Bible is always connected to a verbal action of thanks and praise.

Body: From experience, magnesium and niacin are two supplements that greatly help with anxiety



Overcoming Doubt

Spirit: Meditate on and memorise these—

Hebrews 11:6 ESV - And without faith it is impossible to please Him, for whoever would draw near to God must believe that He exists and that He rewards those who seek him.

Soul: Remind your soul of God's goodness towards you. Doubt is often because we don't understand who we are in God, and how much He loves us. Listen to Chris Tomlin's song 'Good Good Father'

Body: Doubt could actually be because we are not peaceful about a decision we are trying to make. Write a list of the pros and cons. Writing things on paper gives clarity about situations.



Overcoming Fear

Spirit: Meditate on and memorise these—

1 John 4:18 NIV - There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love

2 Tim 1:7 KJB - For God has not given us a spirit of fear, but of power and of love and of a sound mind.

Soul: Search for the song 'No Longer Slaves' by Bethel on Youtube. Listen and begin to declare the words over yourself

Body: Camomile or lemon balm tea are known for their soothing effects



Overcoming Weariness

Spirit: Meditate on and memorise these-

Isaiah 40:31 NIV - But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Soul: Don't keep saying, I'm so tired. This perpetuates that reality, let's find some ways to fix it by declaring the above Scripture.

Body: Are you deficient in minerals, esp iron? Are you getting 8-9hrs sleep at night? A quick burst of exercise, esp after a meal can help with energy because your blood sugars could be too high or low.



Overcoming Pain

Spirit: Meditate on and memorise these-

James 5:15 NIV – And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven

Soul: Sharing communion and declaring health and Jesus' victory is a wonderful way to bring your whole spirit, soul and body into alignment with what Jesus died to give us. This act declares the victory of Christ to the spirit realm.

Body: Pain can be because our body is lacking a specific nutrient, so research your pain in regard to nutrients, and also essential oils.

