

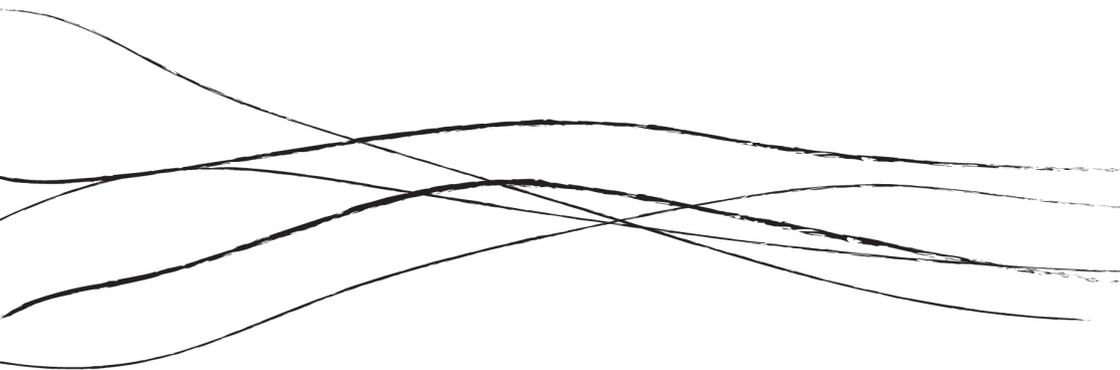


For when times seem desperate

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.





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.

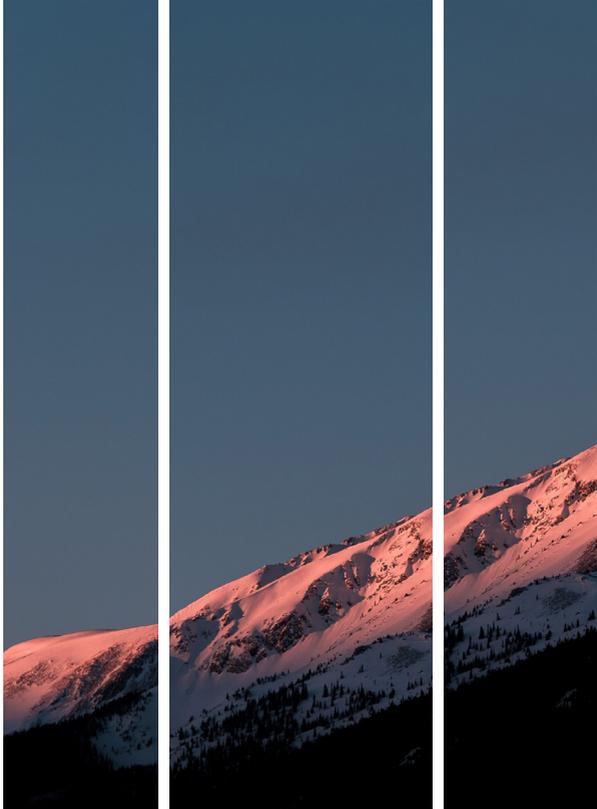
Psalms 121:1-2

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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E M A I L

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The logo for Freedom Centre UK is centered on a background of a dark teal sky with white, wispy clouds. The word "Freedom" is written in a white, elegant script font, while "CENTRE UK" is written in a smaller, white, all-caps sans-serif font directly below it.

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