

Chat Example: Anxiety

Hi

COACH 17:13:46

Are you feeling anxiety?

JANICE 17:14:10

Yes

JANICE 17:15:07

Hello

JANICE 17:16:08

Hello

COACH 17:16:19

What is causing your anxiety?

JANICE 17:16:44

I've been diagnosed with gad

COACH 17:17:02

What is gad?

JANICE 17:17:21

Are u a counselor

COACH 17:17:47

I am a Christian volunteer here.

JANICE 17:18:21

Gad is generalized anxiety disorder

COACH 17:18:48

Are you undergoing any treatment?

JANICE 17:20:11

Yes and no I've been on many different anxiety/depression meds and no relief

COACH 17:20:28

How long have you had this?

JANICE 17:21:55

I don't know if I had this a long time but it started a year 1/2 ago when I stopped drinking alcohol

COACH 17:22:59

Did the alcohol mask the anxiety?

JANICE 17:23:20

That's what I've been told

JANICE 17:25:21

The anxiety has gotten so bad that I can't stand noises smells being around people I can't live like this

COACH 17:25:53

Has this kept you from working?

JANICE 17:26:58

2 months ago I was demoted from my position and have not been back to work since I'm on fmla

COACH 17:27:19

Did it get worse?

JANICE 17:28:00

Yes!!!!!! By the way, since I stopped drinking I can't sleep

COACH 17:28:56

What thoughts trigger your anxiety?

JANICE 17:30:32

My job, not sleeping, exposed to mold in my house which I thought I had it treated but I still have a mold smell in my home

COACH 17:31:13

What work do you do?

JANICE 17:31:41

Does it matter

COACH 17:31:57

Is it a stressful job?

JANICE 17:32:42

Not really but a very competitive environment

COACH 17:33:16

I understand that.

COACH 17:33:31

So what treatment is there for your condition?

JANICE 17:34:38

Drugs which I HATE my sleeping pills are not even working

COACH 17:35:09

BTW Janice are you a Christian?

JANICE 17:36:16

Raised catholic and have faith however I don't read the Bible I tried but gave it up

COACH 17:36:37

Why did you give it up?

JANICE 17:38:12

Didn't understand it plus it caused anxiety to read about all the killing, betrayal that went on

COACH 17:39:10

Yes there is a lot of evil being depicted.

COACH 17:39:49

Do you know what the greatest evil described in the Bible is?

JANICE 17:39:58

No

COACH 17:41:35

It's was when Jesus was betrayed, falsely accused, sentenced to death while innocent, beaten, whipped, humiliated and impaled to a cross to die.

COACH 17:42:05

Have you heard why He willingly went to the cross?

JANICE 17:42:29

I thought that when u asked me the question

JANICE 17:42:48

For our sins

COACH 17:44:45

Yes, the Bible says even while we were yet sinners He died to pay the penalty for our breaking God's moral laws.

JANICE 17:46:36

I've been told to pray pray for help which I have but only to find my depression anxiety and other health issues have gotten worse

COACH 17:47:32

I can pray for you but can I ask, do you believe you were so evil that Jesus had to die to pay your penalties?

JANICE 17:52:03

I've had a lot of time since I don't drink anymore of all the bad things I did because of alcohol I regret my whole adult life drinking and thought I was doing myself good by giving it up however my life has turned up side down! I should have continued drinking and all this crap would not have happened to me

COACH 17:53:32

What is made better by your drinking?

JANICE 17:54:05

Don't understand the question

COACH 17:54:44

Do your problems go away when you drink?

JANICE 17:55:52

No but I did not have any sleeping problems or the level of anxiety that I have now

JANICE 17:56:10

i was functioning

JANICE 17:56:58

Now I'm not functioning as a normal person

COACH 17:57:43

Janice do you ever feel anxiety over your death?

JANICE 17:58:42

What do you mean? I think about dying everyday

COACH 17:59:15

I think everyone thinks about it.

COACH 17:59:37

Do you have confidence that you will enter heaven when you die, are you a good person?

JANICE 18:00:18

I'm a very angry person right now!

COACH 18:01:05

So you would say no?

JANICE 18:01:56

I would hope I'd go to heaven!

COACH 18:02:50

I think I could help you make certain you do go there. Can I try?

JANICE 18:03:39

yes, can u help me with these terrible thoughts I have

COACH 18:04:40

The fear of death is the most troubling thing anyone could have.

COACH 18:04:57

Would you allow me to show you how to have assurance of heaven?

JANICE 18:05:21

What about my anxiety issues?

JANICE 18:06:13

I'm not even sure how I reached you and even if you can help me

COACH 18:07:06

Let's try to deal with what I believe is the most urgent thing. Would that be ok?

JANICE 18:08:19

Ok

COACH 18:08:37

Thank you.

COACH 18:09:12

Janice, what do you believe the purpose for your life?

JANICE 18:11:54

I don't know my purpose especially right now I don't have a purpose

JANICE 18:12:32

I know the Christian answer is to live your life to please Jesus

COACH 18:12:57

From the beginning we were created to enjoy the things God created and to be in a relationship with Him. Do you know what broke that relationship?

JANICE 18:13:22

No

COACH 18:14:10

Just like when there is infidelity in a marriage, when we offend God it breaks our relationship with Him.

COACH 18:14:28

Janice do you believe God is happy with you or angry?

JANICE 18:14:49

Yes!!!!!!

COACH 18:15:27

Well let's find out how you are in God's eyes. Can you be honest with me?

JANICE 18:15:44

Yes

COACH 18:16:35

Thanks. Some of what I say may sound harsh but I have to show you the disease that is killing you so you will want the cure. Make sense?

JANICE 18:16:55

Absolutely

COACH 18:17:13

God gave us the standard of the 10 commandments so we can know right from wrong. Do you think you've kept them?

JANICE 18:18:21

Not all of them I really don't even know all them I was raised to be good honest and giving

COACH 18:18:39

Ok let's go over some of them.

COACH 18:18:48

Janice have you told lies before?

JANICE 18:19:32

Yes, but I really don't like to because I know it's not hopd

JANICE 18:19:58

The right thing to do,

COACH 18:20:07

Have you ever stolen anything even if it was small?

JANICE 18:20:16

Yes

COACH 18:20:25

Have you disrespected God's name carelessly or in anger?

JANICE 18:21:00

Meaning? Using god's name or swear

COACH 18:21:10

Have you said something like "OMG" or "Jesus" without reverence?

JANICE 18:21:53

I always try not to say o my god I find a lot of people use that verse

COACH 18:22:13

So you have?

JANICE 18:22:39

I guess yes

COACH 18:22:51

This is called blasphemy and was punishable by death in Biblical times.

COACH 18:22:57

Have you lusted for someone sexually or looked at pornography?

JANICE 18:24:17

Looked at dirty pictures

COACH 18:24:46

So yes?

JANICE 18:24:47

lust for someone sexually I don't think so I'm not a sec freak

COACH 18:25:08

So you did look at pornography?

JANICE 18:25:15

Yes

COACH 18:26:00

This is actually lust. Jesus said lust toward someone was committing adultery with that person in your heart.

COACH 18:26:08

The problem is people treat lying, theft, blasphemy and sexual immorality as normal human behavior because our morals are so low. Do you agree?

JANICE 18:26:43

Especially in today's world

JANICE 18:26:56

which is terrible

COACH 18:27:04

Yes!

COACH 18:27:08

But to our just and holy God these acts are violations of His commandments and offend Him greatly.

COACH 18:27:17

On judgement day if God were to judge you by the 10 commandments would you be innocent or guilty?

JANICE 18:27:56

Guilty I guess we are all sinners

COACH 18:28:14

Would you deserve heaven or hell?

JANICE 18:28:58

I don't deserve hell that's for sure I'm not that bad of a person

COACH 18:30:41

Well as you said we have all sinned. Would our just and holy God allow lying, thieving, blasphemous adulterers into His kingdom?

JANICE 18:31:36

Yes, because I've asked for forgiveness for my sins

COACH 18:33:00

Think of it this way. If you were convicted of car theft could you say to the judge "judge I did steal that car but I've asked forgiveness for that." If he's a good judge would he let you go?

JANICE 18:34:28

No! But we are all sinners

COACH 18:35:05

That' what the Bible tells us, all have sinned and fall short.

COACH 18:35:22

Janice, what did God do for guilty sinners like you and I so we wouldn't have to suffer eternity in hell?

JANICE 18:35:41

Died on the cross

COACH 18:36:07

That's right! Jesus died for the sins of the world! People know this but they miss the importance of it.

COACH 18:36:13

We broke God's laws but Jesus paid our penalty by suffering a cruel death on the cross in our place and then He arose from the dead three days later to overcome death.

COACH 18:36:25

God offers us mercy as a gift, that we cannot earn, so we could escape His wrath in hell.

COACH 18:36:31

To receive the gift of salvation you must repent and surrender your life to Jesus as savior. Can you tell me what it means to repent?

JANICE 18:37:40

No but please tell me how to repent

COACH 18:40:12

To repent means to abandon your immorality because you are convicted that your sins seriously offend God.

COACH 18:40:24

This is why most will reject God's offer of salvation.

COACH 18:40:34

Jesus said people love darkness rather than light. Most enjoy their immoral pleasures too much to abandon them and follow Jesus.

COACH 18:41:06

Janice are there immoral pleasures you hold on to that keep you from surrendering your life to God?

JANICE 18:41:55

Immoral pleasures such as?

COACH 18:42:19

Pornography, sex with a boyfriend etc.

JANICE 18:43:03

I don't look at porn or in a relationship

COACH 18:43:37

So what things would keep you from completely surrendering your life to Jesus?

JANICE 18:44:16

I'm feeling very anxious

COACH 18:45:34

Janice once you surrender your life to God, He will renew your mind and give you the Holy Spirit to give you a new life.

JANICE 18:46:37

Was it meant for me to communicate with you tonight about this? Like I said I'm not even sure how we connected

COACH 18:46:57

Would you repent and surrender to Him so you can have hope of eternity in heaven free of pain and suffering rather than an eternity in eternal torment in hell?

COACH 18:48:00

You can email me at...

JANICE 18:48:23

I once said in my theology class to a nun that were living in hell

COACH 18:50:09

Having a title of nun, pastor, priest or pope doesn't save you. You must repent and surrender your life to God.

JANICE 18:50:58

I was just sharing with you

COACH 18:51:10

Do you want to get right with God Janice so you can have assurance of eternal life?

JANICE 18:51:31

Yes!

COACH 18:52:24

Jesus said you must be born again to enter God's kingdom. "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. " • 2 Corinthians 5:17

COACH 18:52:37

The ritual of a prayer or any other religious act doesn't save you. You must genuinely repent and put your trust in Jesus as savior.

COACH 18:52:45

Are you ready?

JANICE 18:53:06

Yes

COACH 18:53:37

Surrender your life to Jesus, pray aloud to Him privately in your own words in this way:

- Confess to God of all the immorality you've committed against Him.
- Plead for forgiveness because of Jesus' payment on the cross.
- Ask God to renew your heart to die to selfish desires and live for Him.

COACH 18:53:55

Do you have questions?

JANICE 18:55:33

Many????? Will this help with my anxiety depression sleep health issues

COACH 18:56:53

It will take care of our most urgent problem.

COACH 18:57:18

Will you go to seek God in prayer now?

JANICE 18:57:44

Yes

JANICE 18:58:15

?

COACH 18:58:45

Ok, go now and I'll wait here for you to return.

JANICE 18:59:20

Go where

COACH 19:00:03

To go to God in prayer privately.

COACH 19:00:15

- Confess to God of all the immorality you've committed against Him.
- Plead for forgiveness because of Jesus' payment on the cross.
- Ask God to renew your heart to die to selfish desires and live for Him.

JANICE 19:07:05

Are u still here?

COACH 19:07:34

I am. Did you surrender your life to God?

JANICE 19:08:03

im still asking for forgiveness

COACH 19:09:02

Ok, Janice can I transfer you to another person? I have to take my wife to dinner for our anniversary.

COACH 1 19:10:05

I'm going to transfer to another coach. Thank you for listening.

JANICE 19:10:30

No I don't want another person to go over all this again

JANICE 19:10:45

can I email you

COACH 2 19:10:52

Hi Janice!

COACH 2 19:11:12

you can email if you would like.

JANICE 19:12:13

As I asked him before who are you people? I don't know how we hot connected

COACH 2 19:12:16

or you can chat with me. I can read over your chat.

JANICE 19:13:15

Who is ground wire?

COACH 2 19:13:48

We are here to share the love of Jesus to those who come to our site.

COACH 2 19:14:12

Would you like to surrender your life to Jesus?

JANICE 19:14:21

Yes

COACH 2 19:15:03

awesome! I can lead you in a prayer. Pray it outloud and mean it from your heart.

JANICE 19:15:30

Do you want to call on phone

COACH 2 19:16:00

no we can do it right here.

COACH 2 19:16:04

Dear Lord Jesus, I know that I am a sinner, and I ask for Your forgiveness.

COACH 2 19:16:07

I believe You died for my sins and rose from the dead.

COACH 2 19:16:10

Today I turn from my sins and invite You to come into my heart and life.

COACH 2 19:16:13

I want to trust and follow You as my Lord and Savior and follow you all my life.

COACH 2 19:16:18

In Jesus name, amen

JANICE 19:17:22

Thank You

COACH 2 19:17:39

Did you pray the prayer?

JANICE 19:17:55

Yes

COACH 2 19:18:07

Welcome to the family of God!!!

COACH 2 19:18:36

do you have a bible?

JANICE 19:19:06

I reached out originally for the deep anxiety depression I'm going through and don't want to live like this anymore

COACH 2 19:19:51

Jesus will help you.

COACH 2 19:20:06

Do you know that he speaks through his word?

JANICE 19:20:33

im going through soooo much pain

COACH 2 19:21:12

Matthew 11:28-30 Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

COACH 2 19:21:21

Jesus wants you to come to Him.

COACH 2 19:21:29

Isaiah 46:4 Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

COACH 2 19:21:40

He doesn't want you to go through this alone.

JANICE 19:23:25

I've asked him for over a year now to help me with my issues only it's gotten worse I feel like I'm being punished for all the bad I've done in my life

COACH 2 19:24:22

he isn't punishing you. We live in a broken world.

COACH 2 19:24:48

he wants you to come to him. Read the bible. That is how he speaks to us.

COACH 19:25:11

Find a good church home where you will have other Christians to love and support you.

COACH 2 19:25:25

<https://churches.goingfarther.net/>

COACH 2 19:25:34

this link will help you find a church.

JANICE 19:26:24

I tried reading the Bible and reached out to church

COACH 2 19:26:44

Are you struggling with reading the bible?

JANICE 19:28:39

Yes! Plus like I told the the other coach it was causing me anxiety reading how terrible life was for Jesus and all the lies and cruelty that went on

COACH 19:29:39

But that shows us that Jesus went through the same things we go through in this life. So He knows how we feel. He can sympathize with us.

COACH 19:29:56

he chose that life because he loves you very much!

COACH 19:30:27

He chose to live a sinless life and die on the cross so he could take our sins away for us. He paid our penalty.

COACH 19:30:40

Reading what he went through makes us love Him even more!

JANICE 19:31:07

How do I save all this communication

COACH 19:31:57

I can email it to you if you'd like. You have to reach out to me though, I can't initiate an email.

COACH 19:32:17

Put my name in the subject line.

COACH 19:32:33

I want to give you this as well.

COACH 19:32:36

<https://jesuscares.com/go-deeper>

COACH 19:32:50

these videos will help you get to know Jesus better.

JANICE 19:34:08

Do you not want to chat anymore

COACH 19:34:36

no I was just saying if you want me to email you this conversation when we are done.

COACH 19:34:50

I don't know how else you will save it.

JANICE 19:36:16

Yes please!!! I will email you when we're finished

COACH 19:36:41

I want to give you something else as well. My pastor did an awesome sermon on anxiety. I think it will really bless you.

COACH 19:36:46

<https://www.youtube.com/watch?v=CGzPHT7YJ0I>

JANICE 19:37:27

How do I get satan/devil out of my body

COACH 19:38:15

Satan isn't in your body. You belong to Jesus now.

COACH 19:39:12

You need to renew your mind with God's word. try memorizing some scriptures and when you feel anxious focus on the scriptures.

COACH 19:39:39

I will give you some easy ones

COACH 19:39:51

1 Peter 5:7 Cast all your anxiety on him because he cares for you.

COACH 19:39:55

Psalm 62:8 Trust in him at all times, you people; pour out your hearts to him, for God is our refuge

COACH 19:40:07

Psalm 16:8 I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.

COACH 19:40:09

Psalm 34:18 The Lord is close to the brokenhearted and saves those who are crushed in spirit.

JANICE 19:40:15

I have severe anxiety depression that I am not functioning as a normal person

COACH 19:40:17

Psalm 46:1 God is our refuge and strength, an ever-present help in trouble.

COACH 19:40:26

those are some of my favorites.

COACH 19:40:38

You may need to see a medical professional.

COACH 19:41:05

If you are unable to function then maybe they can give you something to help.

JANICE 19:43:31

Thanks I have reached out for help for over a year and no relief all they want is put you on drugs which I'm on many which I think is causing more anxiety

COACH 19:44:14

Yeah I'm not a fan of drugs either but sometimes you have to if you can no longer function.

COACH 19:44:29

I have to be going but I'd like to pray for you first.

JANICE 19:44:52

Okay

COACH 19:47:16

Father I come before you with Janice. thank you for bringing her into the kingdom. Help her to read the word and pray and draw close to you. I pray you heal her of her anxiety. Help her to find a good bible teaching church where she can grow and also make good Christian friends to love and support her. I pray she is able to use this time of anxiety as a testimony to help others in the future. In Jesus naem, amen.

JANICE 19:48:24

Thanks again I'll be emailing you okay

COACH 19:48:46

Ok. I will email you a copy of this.

COACH 19:48:55

Make sure to check out all the links.

JANICE 19:49:07

Where do you live

JANICE 19:49:39

I'm in Wisconsin

COACH 19:49:44

I live in FL

JANICE 19:50:10

Thanks

COACH 19:50:47

You're welcome! Have a great night!

JANICE 19:51:31

I haven't had a good day for over a year

COACH 19:51:57

Things are about to change!

COACH 19:52:44

good night!

JANICE 19:52:59

Amen I need it soooo bad

COACH 19:53:18

check out the links I sent you

Closed by Closed by Coach