

# *Goodbye* ANXIETY, *Hello* PEACE

We can all experience moments of anxiety and being overwhelmed. The car broke down. There was a negative assessment at work. A disagreement with a loved one. A setback in your goals that you never saw coming. A nagging bad habit you can't seem to break. We can find ourselves at the end of ourselves, wondering where to turn and how to survive tomorrow.

This episode will empower you to experience peace in your heart and overcome the anxiety, fear, and worry within you so you can transform the world around you.

**HOW'S YOUR HEART TODAY?**

**WHO (OR WHAT) IS RECEIVING YOUR ATTENTION AND AFFECTION?**

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**HOW CAN YOU MAKE DAVID'S PRAYER IN PSALM 51  
THAT CHRIS TALKED ABOUT YOUR OWN?**

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**WHEN YOU FEEL OVERWHELMED, HOW DO YOU REACT?  
HOW CAN YOU RESPOND IN A HEALTHY WAY MOVING FORWARD?**

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**SCRIPTURES REFERENCED:**

MATTHEW 22:34-40

# *Goodbye* SHAME, *Hello* FREEDOM

Do you feel defined by what you've done wrong?  
Do you live with a nagging sense of shame and despair?  
Your life doesn't have to be defined by your pain or mistakes.  
You can receive forgiveness and healing for your past.  
You can have a fresh start. You can experience hope for your future!

This episode will empower you to overcome the enemy's scheme  
of shame and step forward into the freedom Jesus has for you.

**HAVE YOU EVER HIDDEN FROM GOD? WHY?  
WHAT IS HE REVEALING TO YOU ABOUT HIS NATURE TODAY?**

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**WHAT DO YOU FOCUS MORE ON — YOUR *WHO* OR YOUR *DO*?**

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**HOW IS THE TRUTH OF YOUR IDENTITY IN CHRIST SETTING YOU FREE TODAY?**

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## **SCRIPTURES REFERENCED:**

GENESIS 2:25-3:10 • 2 TIMOTHY 3:16 • HEBREWS 4:12  
MATTHEW 4:35 • ISAIAH 40:8 • PROVERBS 4:20 • JOHN 1:1 • PSALM 84:11

# *Goodbye* COMPARISON, *Hello* CONFIDENCE

Do you struggle with self-doubt and insecurity? Do you compare your achievements and failures to others'? We live in a world that seemingly thrives on the pressure to perform. We encounter this daily on social media, where filters and highlight reels can make it all feel like a competition to see who's more picture-perfect. But there is a better way, a higher way, a more fulfilling way.

This episode will empower you to break free from the trap of comparison and confidently embrace the place God has for you.

**ARE YOU LIVING WITH AN OFFENSE AGAINST SOMEONE?  
IS THERE ANYONE YOU NEED TO FORGIVE?**

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**WHICH OPINION MATTERS MORE TO YOU —  
GOD'S OR THOSE OF THE PEOPLE AROUND YOU?**

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**HOW IS THE TRUTH OF YOUR IDENTITY IN CHRIST SETTING YOU FREE TODAY?**

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**SCRIPTURES REFERENCED:**

1 CORINTHIANS 12:21-22

# *Goodbye* APATHY, *Hello* PURPOSE

Do you know why you're alive? Do you wake up with energy for the day ahead and go to sleep feeling fulfilled? For many, the answer to those questions is an undeniable "No." But what if that didn't have to be your reality?

What if you could live with purpose for today and hope for tomorrow?

This episode will empower you to take hold of the truth that you're not an accident or a mistake but a product of eternity, destined for amazing things.

**AFTER HEARING THE PODCAST, WHAT HAVE YOU HEARD GOD  
SPEAKING TO YOUR HEART ABOUT YOUR DREAMS AND CALLING?**

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**WHAT IS ONE STEP YOU CAN TAKE TOWARD  
WHAT GOD IS CALLING YOU TO DO?**

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**WHAT ARE SOME TRUTHS YOU CAN DECLARE  
OVER YOURSELF ABOUT WHO GOD SAYS YOU ARE?**

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**SCRIPTURES REFERENCED:**

PSALM 139:13-14 • EPHESIANS 2:10 • ISAIAH 49:1

# *Goodbye* **CONFUSION,** *Hello* **CLARITY**

The times we live in are undoubtedly chaotic, with messages about things to buy, how to act, and what to believe coming at us from every angle. From the moment our feet hit the floor in the morning, we can find ourselves stressed and confused. But clarity is possible!

This episode will empower you to find clarity in your life by learning how to hear God's voice above all the noise.

**WHERE DO YOU NEED CLARITY IN YOUR LIFE TODAY?**

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**HOW CAN YOU PROTECT YOUR HEART AND FILTER WHAT YOU'RE LISTENING TO, WHETHER ON THE NEWS OR SOCIAL MEDIA, EACH DAY?**

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**TAKE A MOMENT TO ASK GOD TO SPEAK TO YOU RIGHT NOW. WHAT IS HE SAYING? HOW DID TODAY'S EPISODE ENCOURAGE YOU?**

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**SCRIPTURES REFERENCED:**

1 SAMUEL 17

# *Goodbye* DISCOURAGEMENT, *Hello* BREAKTHROUGH

Are you praying for a miracle today? Are you asking God for healing, restoration, or breakthrough? Do you find yourself discouraged waiting for God to move?

This episode will empower you to activate the promises of God in your life and expect Him to do what seems impossible.

**WHAT KIND OF WORDS HAVE YOU BEEN SPEAKING LATELY?  
WORDS OF FAITH, HOPE, AND LIFE?  
OR WORDS OF DISCOURAGEMENT AND NEGATIVITY?**

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**ARE YOU STRUGGLING WITH DISCOURAGEMENT TODAY?  
WHAT IS ONE GOOD THING GOD IS DOING IN YOUR LIFE?**

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**HOW CAN YOU MAINTAIN A SPIRIT OF GRATITUDE AND EXPECTATION  
EACH DAY? PERHAPS YOU CAN KEEP A GRATITUDE JOURNAL OR CONFESS  
PROMISES FROM SCRIPTURE THAT RESONATE IN YOUR HEART.**

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## **SCRIPTURES REFERENCED:**

1 KINGS 18:41-46 • 1 KINGS 17:1-9 • 1 JOHN 4:4 • 2 CORINTHIANS 5:21  
PSALM 18:29 • PHILIPPIANS 4:19 • PSALM 144:2 • 2 CORINTHIANS 12:9 • HEBREWS 4:12

# *Goodbye* HEAVINESS, *Hello* HOPE

Have you ever felt frustrated as you waited for God to answer a prayer or change a situation in your life? Have you felt burdened by questions, uncertainty, and loneliness? Know this today: Hopelessness is not your destiny. Heaviness doesn't have to define your future.

This episode will empower you to find wisdom for your specific situation and show you the surprising path to limitless hope.

**DO YOU STRUGGLE WITH ACCEPTING LIMITS IN YOUR LIFE?  
DO YOU STRIVE TO MEET THE EXPECTATIONS OF OTHERS?  
HOW DOES IT MAKE YOU FEEL?**

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**HAVE YOU EVER TRIED TO FIX SOMETHING WITHOUT GOD'S HELP?  
WHAT DID YOU LEARN FROM THAT EXPERIENCE?**

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**ARE YOU RUNNING ON FUMES TODAY? TAKE A MOMENT TO INVITE  
THE HOLY SPIRIT TO SPEAK TO YOU, REFRESH YOU, AND GIVE YOU HOPE.**

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## **SCRIPTURES REFERENCED:**

ISAIAH 40:28

# *Goodbye* DISTRACTION, *Hello* CONNECTION

Loneliness is rampant around us. Depression is being experienced at an unprecedented rate. No doubt many of us can feel like we're spiraling out of control as we run from one thing to the next thing to the next thing, desperate for love and a pathway to peace.

This episode will empower you to resist distractions and get connected to what matters most.

**HAVE YOU EVER FOUND YOURSELF SEEKING  
SHORT-TERM SOLUTIONS FOR YOUR EMOTIONAL NEEDS?**

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**ARE YOU SPENDING MORE TIME IN THE VIRTUAL WORLD  
— SOCIAL MEDIA TO NAME ONE EXAMPLE — OR THE SUPERNATURAL ONE?**

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**WHAT IS ONE WAY YOU PRIORITIZE CONNECTION WITH GOD EACH DAY?**

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**SCRIPTURES REFERENCED:**

LUKE 5:12-15 • PHILIPPIANS 4:12 • 3 JOHN 1:2



# *Goodbye* PERFECTION, *Hello* SUCCESS

Have you heard a lot of messages in your life about what you can and can't do? Did you grow up in an environment that pointed out your flaws and discouraged your differences? Do you feel limited in your current role, whether as a teacher, stay-at-home parent, business owner, or student?

There is good news. Right where you are, God wants to help you thrive. This episode will empower you to break free from any lies that have held you back and to step into God's best for you.

**BEFORE LISTENING TO THE EPISODE, HOW WOULD YOU HAVE  
DEFINED SUCCESS? HAS YOUR UNDERSTANDING OF IT CHANGED?**

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**HOW ARE YOU PRAYING FOR GOD TO  
SHOW UP IN YOUR PRESENT SEASON OF LIFE?**

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**HOW ARE YOU EXPERIENCING THE EMPOWERMENT  
AND PROVISION OF GOD TO DO WHAT HE'S CALLED YOU TO DO TODAY?**

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**SCRIPTURES REFERENCED:**

JOSHUA 1:1-9 • NUMBERS 14:1-4

# *Goodbye* FEAR, *Hello* FAITH

There's so much going on in our world today that can cause us to fear — from terrorism to crime to natural disasters to economic uncertainty to struggles at home. Between the people we know, news, and social media, rarely does something bad happen without us knowing about it within seconds. Because of this, we can lose faith and let fear have a grip on our future. We can wonder if the days ahead hold any hope.

This episode will empower you to lean on God's protection and provision for you so you can walk through life full of faith.

**HAVE YOU EVER WANTED TO RING THE BELL?  
HAVE YOU FOUND YOURSELF TIRED, WEARY, AND EXHAUSTED?**

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**DO YOU NEED A FRESH OUTPOURING OF THE GOODNESS  
AND MERCY OF GOD TODAY? RECEIVE HIS PROMISE IN PSALM 23.  
DECLARE IT OVER YOUR LIFE. FORTIFY YOUR FAITH IN HIS WORD RIGHT NOW.**

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## **SCRIPTURES REFERENCED:**

PSALM 23 • ISAIAH 55:8-9 • PSALM 119:68  
DEUTERONOMY 29:29 • EPHESIANS 6:12