

Chat Example: India

COACH 10:24:03 pm
Hello

AASHVI 10:24:10 pm
Hi

COACH 10:24:11 pm
How are you today

AASHVI 10:24:26 pm
I am ok. How are you?

COACH 10:24:36 pm
I am blessed
what is on your mind today

AASHVI 10:26:21 pm
There are things going on in my mind. I wonder if i am wrong or a bad person. I am a bit clueless here about what is happening in my life and how can i make things better.

COACH 10:26:43 pm
can you tell me more

AASHVI 10:26:45 pm
To talk about it.. i was a bit suicidal lately

COACH 10:27:03 pm
not good
any particular reason

AASHVI 10:27:18 pm
And i see no hope of being ok or happy in my life anymore

COACH 10:27:45 pm
hope is important

AASHVI 10:27:57 pm
I have a partner. I love him and want to give him my everything. I eant to put in all good efforts i can
So

COACH 10:28:07 pm
but?

AASHVI 10:28:30 pm
There's a lot that goes on. It's been months

COACH 10:28:36 pm
I see
is he the source of all your hopes and happiness?

AASHVI 10:29:17 pm
My partner wants me to tell every little detail about my past. My past relation and the fact that later on i had become friends with that ex of mine We hit a good bond as friends

COACH 10:29:43 pm
he is jealous?

AASHVI 10:30:05 pm
Talking about source..it feels like nothing ehen your partner is not happy My partner is ok. I don't know if i want to share his part of life yet because i have not asked him if i can discuss his life with anyone.
I feel all alone

COACH 10:30:55 pm
maybe you need to have a source for your hope that is bigger then your partner

AASHVI 10:31:12 pm
At the moment i have no friends. I have ghosted everyone
Life just feels a bit tough

COACH 10:31:34 pm
May I ask if you know Jesus

AASHVI 10:31:52 pm
And lately it has been a constant thought that just sticks..it is like a feeling..a strong one and also a kind that breaks me
I have never been suicidal or consider self harm that serious
I am a Roman Catholic
From India
I am an Indian

COACH 10:32:51 pm
okay but do you personally know Jesus
do you talk to Him

AASHVI 10:33:11 pm
I do believe in Jesus...but lately again it feels like no hope because
Ok
I have memory issues since the last 7 months or so...that is remembering
little details

COACH 10:33:59 pm
there is big difference between knowing about Jesus and knowing Jessu

AASHVI 10:34:11 pm
My partner wants to know all of it...all the little details from my past relation
and the friendship i had with my ex
Talking about jesus

COACH 10:35:07 pm
Jesus is my purpose and hope
He gives me strength

AASHVI 10:35:18 pm
It's been quite an on and off thibg with him...i guess a few months i started
reading bible.. i do not know if i really know Jesus or understand... i am not
sure. But i tried to follow and at this moment

COACH 10:35:27 pm
and when my husband and I are at ods He gives me clariety

AASHVI 10:35:29 pm
Ok so...i used to read bible daily lately
But few days back i stopped
Because i have been holding on to jesus about my life
And this time when i got suicidal it felt like jesus also thinks that i am not a
good person or someobe eho deserves to be ok or saved

COACH 10:36:23 pm
Do you pray

AASHVI 10:36:55 pm
I think it's karma from maybe past life (not this life but the previous one) i
am not sure..i feel crazy

I do prat
Although i have stopped reading bible
I still pray for my partner and his family

COACH 10:37:57 pm
karma assumes that there is a vengeful god
Jesus is a forgiving God
big difference

AASHVI 10:38:11 pm
Ok

COACH 10:38:39 pm
Your past has been forgiven by the blood of Jesus if you give him your life

AASHVI 10:39:08 pm
What does it mean by giving life to Jesus?

COACH 10:39:25 pm
surrender
asking HIM to take control
to be more than just your savior

AASHVI 10:39:45 pm
And how do I do it?
Coach? Are you there?

COACH 10:41:12 pm
yes
first I need to know if you want Jesus as your only God not a god

AASHVI 10:41:50 pm
Ok

COACH 10:42:15 pm
if that is what you want we will pray together

AASHVI 10:42:27 pm
Yes please

COACH 10:42:49 pm
Let's pray
I will start and you type with me please

AASHVI 10:43:11 pm

Ok

COACH 10:43:15 pm

Lord Jesus I know I cannot do this life alone

I need you because I am not strong

I am a sinner

AASHVI 10:43:39 pm

Lord Jesus i know i cannot do this life alone

I need you because i am not strong

COACH 10:44:12 pm

I recognize you died for me for my sins and paid the price for my forgiveness

AASHVI 10:44:19 pm

I am a sinner

I recognize ypu died for me for my sins and paid the price for my forgiveness

COACH 10:44:53 pm

I ask you Lord to be my Lord, to take my life as my Lord and bring me to You

AASHVI 10:45:26 pm

I ask you Lord to be my Lord, to take my life as my Lord and bring me to You

COACH 10:45:28 pm

I surrender myself to you and receive you as my one and only God

AASHVI 10:45:55 pm

I surrender myself tl you and receive you as my one and only God

COACH 10:46:03 pm

Thank you Lord for saving me and giving me new life in Jesus name amen

AASHVI 10:46:23 pm

Thank you Lord for saving me and giving me new life

In jesus name

Amen

COACH 10:46:45 pm

welcome to the family

AASHVI 10:46:54 pm

Thank you

Thank you for praying with me

COACH 10:47:26 pm

my pleasure

I am thrilled for you

I know Jesus is going to help you

AASHVI 10:47:53 pm

I hope everything will be fine soon

Yes. I hope so too

COACH 10:48:24 pm

do you have a good church to attend

AASHVI 10:48:30 pm

You know, I used to say this to myself like manifesting that Jesus is my saviour

My chosen one

I used to say it three times

COACH 10:48:50 pm

He is your savior and friend

AASHVI 10:49:04 pm

Yes, I do go to church

COACH 10:49:24 pm

I encourage you to start reading your Bible again

AASHVI 10:49:32 pm

Ok

COACH 10:49:40 pm

Maybe start reading John

AASHVI 10:49:46 pm

Is there any way that we can be in touch?

COACH 10:50:09 pm

only here dear

AASHVI 10:50:15 pm

You know, i had started with the gospel

COACH 10:50:31 pm

when you log on ask for me if I am available I would love to chat with you

AASHVI 10:50:33 pm

I have completed reading Matthew and Mark

At the moment I was reading luke but then i stopped

Thank you Coach

COACH 10:51:09 pm

Bless you Aashvi

My sister

AASHVI 10:51:41 pm

I hope and will remember you in my prayers. I hope Lord Jesus takes good care of you and all your loved ones

I have one more question

COACH 10:51:59 pm

ok

AASHVI 10:52:06 pm

What do you think about anxiety?

What does Jesus say about anxiety?

COACH 10:52:30 pm

give me a min

AASHVI 10:52:45 pm

Ok

COACH 10:55:06 pm

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; so what does that tell you to do when you feel anxious

may I tell you a little story

Aashvi are you still with me

AASHVI 10:58:08 pm

I am here

COACH 10:58:14 pm

When I was young in a very stressful moment God spoke 3 little words to me that changed my life
those words were Praise God Anyway
in the midst of my stress and hurt I began to sing praise songs to him
it was hard

but I obeyed

soon the songs lifted my spirit and I began to mean the word
after a bit God showed me the victory was won
not in or over my circumstances but over my soul
as I lifted my voice to praise Him He lifted the burdon from my shoulders to
h is

AASHVI 11:00:16 pm

Ok

COACH 11:00:21 pm

the victory over my soul was won by who I gave my attention to
if you give darkness your whole attention he wins
do you know the definition of darkness

AASHVI 11:01:09 pm

I am not sure if i understand it rightly

COACH 11:01:14 pm

it is simply the absence of light
where there is light there can be no darkness

AASHVI 11:01:28 pm

The absence of God?

COACH 11:01:35 pm

Jesus is the light

AASHVI 11:01:44 pm

Yes

COACH 11:02:25 pm

so when you feel down lift Jesus up with your voice and He will in turn lift you up

if you don't sing simply talk to Him

He is always listening

AASHVI 11:02:51 pm

Ok

COACH 11:03:20 pm

be encouraged my dear you now belong to the God who created everything and He loves you dearly

AASHVI 11:03:29 pm

Yes

COACH 11:03:34 pm

you are his beloved

AASHVI 11:03:58 pm

I am Lord's beloved

COACH 11:04:15 pm

yes you are

AASHVI 11:04:21 pm

Thank you Coach

I do feel better

COACH 11:04:28 pm

you are most welcome

let the light in it will get rid of the darkness for you

AASHVI 11:04:54 pm

Yes

COACH 11:05:01 pm

I love you in Jesus love

God bless you dear one

AASHVI 11:05:22 pm

May God bless you too Coach

COACH 11:05:30 pm

Goodbye

AASHVI 11:05:37 pm

Bye. Take care

Thank you so much