

Chat Example: Panic Attack/Fear

COACH 11:32:43 pm
Hello Alice

ALICE 11:32:58 pm
Hello Coach. Thank you for being here tonight.

COACH 11:33:16 pm
What brings you to chat tonight?

ALICE 11:34:06 pm
Haven't been feeling my best honestly. I've been experiencing so much fear

COACH 11:34:16 pm
Fear of what?

ALICE 11:34:53 pm
It's mental warfare.

COACH 11:35:18 pm
Do you have any spiritual beliefs?

ALICE 11:35:18 pm
The enemy has been plaguing me with so much threats that he's going to destroy me and kill me
I've been fighting back and confessing the word, but I admit this battle has been so hard. I feel weary and I can't seem to find relief

COACH 11:37:24 pm
Do you have any spiritual beliefs?

ALICE 11:37:35 pm
I believe in Jesus Christ.

COACH 11:37:52 pm
Great!

ALICE 11:38:17 pm
I gave my life to Christ a couple of years ago. I believe He died for my sins and rose from the dead on the 3rd day

I believe he is my answer to life and the only one who can truly save me.

COACH 11:38:56 pm

Do you read your Bible regularly?

ALICE 11:39:27 pm

Yes I manage to memorize scripture as much as possible. Even if I could squeeze in one verse to meditate on.

COACH 11:39:46 pm

That's great.

Reading the Bible is the best way I know to allow God to speak into your life and guide you in the path he has designed for you.

ALICE 11:40:51 pm

I believe so too

The word has been the only thing keeping me strong

COACH 11:41:29 pm

You say the enemy has been plaguing me with so much threats that he's going to destroy me and kill me

Somehow you need to stop listening to him

Since you know its the enemy giving you those thoughts, do you think you could just remind yourself that its just lies?

ALICE 11:43:47 pm

That's where I'm having trouble. I've been taking time to focus on the word and keep myself busy but it hasn't been easy. One moment I'm focused then i'll feel overwhelmed with fear then im focused then i'm afraid. I'm frustrated with myself.

COACH 11:44:33 pm

Its not your fault and at least you understand where its coming from.

ALICE 11:44:54 pm

I understand mentally it's lies. However emotionally its hard

COACH 11:45:24 pm

Have you tried listening to worship music when you get into that mode? Or listening to someone reading the Bible?

ALICE 11:46:26 pm

Yes, I listen to worship music.

I'm actually listening to worship right now as I'm speaking to you.
It always helps.

COACH 11:47:19 pm

That's great. Maybe you have to just drown out the enemy's voice in your head.

ALICE 11:48:48 pm

Worship and praise is always my go to . Though it also helps to talk things with other believers. Coming here is a huge help for encouragement, prayer and reminders to cling to God.

COACH 11:49:16 pm

And you're welcome to come here to chat anytime.
Can I pray for you?

ALICE 11:49:58 pm

I would appreciate it so much . i truly need prayer to get through. Prayer works.

COACH 11:52:05 pm

God, please help Alice as she struggles with fighting off the enemy in her thoughts. Guide her and lead her to effective ways to overcome her fear. Draw her closer to You and we pray that you would keep her thoughts pure and focused on you and your amazing goodness. In Jesus' name, amen.

ALICE 11:54:13 pm

Amen

Thank you so much

COACH 11:54:37 pm

Come back to chat anytime.

ALICE 11:54:43 pm

Will do

COACH 11:54:48 pm

Goodnight

ALICE 11:54:56 pm

Goodnight as well . Thank you again