

## L.E.T.S. Example Chat: Transition

**COACH** 10:02:29 am  
Good morning. How are you

**JAMES** 10:02:47 am  
Am ok and you?

**COACH** 10:02:57 am  
I'm good.  
what's going on?

**JAMES** 10:03:36 am  
I have been very anxious recently

**COACH** 10:04:12 am  
I'm sorry to hear that - do you want to share why?

**JAMES** 10:04:38 am  
I think it's because I am getting older and realize I do not have anything  
I am also regretting life choices

**COACH** 10:05:27 am  
I understand that - the desire to have it all and have it all together is  
often a source for concern  
regret is never fun - but can be worked through  
Do you have any spiritual beliefs that bring you comfort?

**JAMES** 10:06:34 am  
I believe in God yes

**COACH** 10:07:19 am  
that's great to hear. how do you feel God sees you?

**JAMES** 10:07:40 am  
I have not thought about how God sees me

**COACH** 10:08:16 am  
Often we think so critical of ourselves that we forget that how He sees us  
matters.  
But the Lord said to Samuel, "Do not look at his appearance or at the  
height of his stature, because I have rejected him; for God does not see

as man sees, since man looks at the outward appearance, but the Lord looks at the heart." I Samuel 16:7

**JAMES** 10:10:35 am

But I am looking at myself and do not like what I see

**COACH** 10:11:58 am

I'm sorry to hear that - I can pray for you - but first Can you share how you came to faith in Jesus?

**JAMES** 10:12:33 am

Ummm I have known about Jesus since I was a child

**COACH** 10:14:04 am

that's great -Are you 100% sure you're going to heaven?

**JAMES** 10:14:16 am

I would think I would go to heaven

**COACH** 10:14:40 am

What do you think God requires for a person to go to heaven one day?

**JAMES** 10:15:00 am

For heaven you have to live a good life

**COACH** 10:17:05 am

God sent his son Jesus to die for our sins -

For everyone has sinned; we all fall short of God's glorious standard. ~ Romans 3:23 New Living Translation We all have done our share of sins and we don't measure up to what God's standard is. That's why God had to send His PERFECT Son, Jesus Christ, to die on the cross and sacrifice His life freely for all mankind, for our sins. Our sins were going to send us to Hell. But, God provided a solution for all of mankind. Do you want me to explain further?

**JAMES** 10:19:06 am

I understand about Jesus

**COACH** 10:19:38 am

have you ever asked him into your heart?

**JAMES** 10:19:58 am

I have asked him for strength

**COACH** 10:20:34 am

Do you believe Jesus died on the cross to pay the punishment for your sin as a substitute was buried and rose from the dead?

**JAMES** 10:20:47 am

I think I believe Jesus died on the cross to pay the punishment for my sin as a substitute, was buried and rose from the dead.

**COACH** 10:21:03 am

Are you ready to give the Lord all that you are and all you will ever be?

**JAMES** 10:21:14 am

How does a person give the Lord everything?

**COACH** 10:22:18 am

I would like to show you the requirements laid out in scripture that God has given to every person in how to receive His Son, Jesus freely for salvation. Would you like to see that passage in the Bible?

**JAMES** 10:22:48 am

Ok

**COACH** 10:26:00 am

"9 If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. 10 For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved." Romans 10:9-10 this is it...these are the requirement from God for accepting His Son, Jesus Christ, as Savior. Look in verse 9. Do you see that it says to declare Jesus is Lord. What does Lord mean to you?

**JAMES** 10:28:56 am

?

**COACH** 10:30:13 am

this is the requirements laid out in scripture that God in how to receive Jesus freely for salvation.

for salvation you need to declare that Jesus is Lord - I'm just curious

what Lord means to you

Are you here James?

**JAMES** 10:34:31 am

Yes am here

**COACH** 10:36:04 am

I would love to pray with you for your anxiety - Was just wanting to better understand your relationship with Christ.

**JAMES** 10:38:25 am

Please pray for my anxiety

**COACH** 10:40:26 am

Lord simply means letting Jesus have control of your life. It is a commitment to surrender your everything to Jesus Christ. Your mind, body, and heart. It is a declaration to surrender your will to God's will by letting Him become the Boss of your life. To surrender your will so that God is the One who calls the shots or manages your life. does that make sense

**JAMES** 10:42:33 am

How do I Leave everything up to God?

**COACH** 10:43:04 am

yes - make him the center and surrender you will to God's by letting him be the boss of your life

**JAMES** 10:43:48 am

But what about making my own decisions

**COACH** 10:44:20 am

you see it is about surrendering your life or trusting your life to Jesus and belief in Jesus. you make your decisions based on your relationship with Him

**JAMES** 10:44:48 am

So what about my anxiety and depression

**COACH** 10:45:24 am

great question - that is a struggle you surrender to God. We surrender all to him ..

you are trusting your life - and it's struggles - to Jesus

**JAMES** 10:46:49 am

So what should I do

**COACH** 10:47:42 am

would you like to pray a prayer of salvation with me in order to surrender your life from this moment on to Jesus?

**JAMES** 10:48:04 am

Yes

**COACH** 10:48:34 am

awesome....

let me explain how we'll do the prayer

I'll type one sentence at a time and then you just put into chat the same line

It will be like we're praying together. Even though it's virtually! :)

**JAMES** 10:49:30 am

Ok

**COACH** 10:50:21 am

one more thing - This prayer is not a ritual based on saying certain words, but rather, a willful decision and a sincere step of faith from you.

It's a matter of repenting of your sins and turning the rest of your life over to Jesus Christ. Okay!! Now are you ready,

**JAMES** 10:50:40 am

Yes

**COACH** 10:51:00 am

"Dear Father, I know that I am a sinner.

**JAMES** 10:51:49 am

Dear Father I know I am a Sinner

**COACH** 10:51:53 am

And that my sins have separated me from you.

**JAMES** 10:52:23 am

And that my sins gave separated me from you

**COACH** 10:52:27 am

But I know that Your Son, Jesus Christ, is the Savior,

**JAMES** 10:53:19 am

But I know that your son Jesus Christ is the savior

**COACH** 10:53:22 am  
Who died on the cross for my sin,

**JAMES** 10:54:46 am  
Who died on the cross for my sin

**COACH** 10:54:55 am  
and rose again from the dead.

**JAMES** 10:55:56 am  
And rose again from the dead

**COACH** 10:56:01 am  
I invite Jesus to become Savior and Lord of my life,

**JAMES** 10:57:12 am  
I invite Jesus to become savior and lord of my life

**COACH** 10:57:16 am  
to rule and reign in my heart, over my mind, and my body from this day forward.

**JAMES** 10:58:26 am  
To rule and reign in my heart over my mind and my body from this day forward

**COACH** 10:58:48 am  
Please send your Holy Spirit to live in me, to help me to obey You. And to do Your will for the rest of my life. In Jesus' name I pray, Amen

**JAMES** 11:00:54 am  
Please send your Holy Spirit to live in me to help obey You. And to do Your will for the rest of my life. In Jesus' name I pray, Amen

**COACH** 11:00:59 am  
I would like to share some verses for your anxiety too - is that okay?

**JAMES** 11:01:05 am  
Yes

**COACH** 11:01:50 am

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Phillipians 4:6-7

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Proverbs 3:5-6 ESV

James - do you have a bible?

**JAMES** 11:03:54 am

No

**COACH** 11:04:14 am

Here is a link where you can get one -

<http://www.groundwire.net/freebible>

are you still here ?

**JAMES** 11:06:19 am

Oh ok

**COACH** 11:07:09 am

also - wanted to share a devotional page with you - they send you devotion videos - <https://jesuscared.com/go-deeper>

Can i pray for your anxiety with you?

**JAMES** 11:07:46 am

Yes

**COACH** 11:09:43 am

Father, I come to You today to lift up James to you - You are our everything. Lord, Give James rest. We give you his worry. Take it, Lord. We accept Your peace, love, and understanding. Help James to turn to You and not to himself to stop doing and start trusting. Help James to wait on Your answers, because we know that they are good. Give him wisdom, hope, and peace. Thank you, Lord, for Your patience and grace. I love You, and I know You love us so much more than we could ever imagine.

Aen

Amen

**JAMES** 11:11:22 am

Amen

**COACH** 11:11:45 am

One more verse for you - Matthew 6:34 ESV "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

I would encourage you to write them out and keep them close to you - then you can easily pull them out as you need them.

Also - i pray you find a community of other believers who can support/encourage you-

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

you can find other believers at this website - they will love on you so much and be able to pray for you.

**JAMES** 11:13:20 am

Oh ok

**COACH** 11:14:00 am

are you okay? Is there any thing I can help with?

**JAMES** 11:15:19 am

If you could just pray for me I would appreciate it

**COACH** 11:15:48 am

I will continue to pray for you. Try not to worry - remember He is for you. :)

**JAMES** 11:16:22 am

Thank you again

**COACH** 11:16:28 am

of course!