THE PROCESS BEFORE THE PROMISE

AMANDA BURCHFIELD

INTRODUCTION

As you read the first sentence of this introduction, I want you to know how proud I am of you. I am so proud that you read the title and decided to dig deeper. When you opened this booklet, you made a decision to learn, lean in, and lead yourself into growth. As you read, my hope is that my words, and lessons learned would inspire you to embrace the process while waiting on your promise.

I'm here to remind you that you are not alone, you are not broken, and you are not a problem to be solved. You are a daughter of the King of Kings, God's masterpiece, chosen for such a time as this, worthy of love, and adored beyond measure by your Father.

Although you didn't choose your story, the heartache, and the pain of the process, rest assured that you are well able, and equipped to walk through anything that comes your way. If you've never been told before, I'll say it.. I believe in you!!

I am no stranger to the pain, or the process. My life has been anything but easy, or handed to me on a silver platter. I have learned that the greater the calling, the greater the battle. I have learned that I can do hard things, and I've learned that my breakthrough isn't just for me, it's for those around me too. I break generational curses so that my children don't have to. I believe more than ever that truly, by the word of our testimony we can set the captives free!

So, let's walk together as you read along, and I'll show you what I've learned, how to empathize with the hurting, and give you my very best tips on overcoming and walking through anxiety. Most of all, my prayer is that the words you read will bring you healing, and a peace that surpasses understanding.

Take a deep breath, and let's pray:
Jesus, open the eyes and the heart of your daughter right now. Let streams of peace flow through every word. Let your healing love embrace us right now, do what only you can do. Set the captives free, In Jesus Name, Amen.

Luke 1:45

WHERE DID ANXIETY COME FROM?

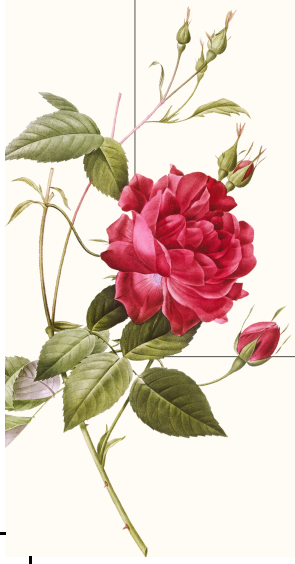
I believe we can trace back anxiety even to the people of the Bible, but let's just start with the more recent family tree. Anxiety could absolutely be passed down in your family from generation to generation. But, that's not everyones story. It could have started at your childhood without you even being aware of it.
Let's unpack this together.

GENERATIONAL HEIRLOOMS

What's an heirloom? An heirloom is something that has "belonged" to a family for several generations. So, anxiety could have been something that was passed down to you that your family carried. I heard the Holy Spirit tell me, "Anxiety was an heirloom, but a sound mind is your inheritance." Receive that inheritance in the Name of Jesus, right now! Trade that heirloom, for the greatest inheritance of all time!

CHILDHOOD DEVELOPMENT

Perhaps, like me, something went really wrong when you were in the early stages of development and growth. Something you didn't ask for, something you wouldn't wish on your worst enemy. Anxiety crept in, and made it's home in your heart. For so long you didn't know why such deep thoughts crossed your mind. You've carried something so heavy, and it manifested in the form of physical anxiety. If you never recieved that apology.. here it is. I am so sorry.
I am so sorry someone took advantage of you, your heart, and your vulnerability. I can't say anything to undo it all, but I know a Father that is wrapping His purely loving arms around you in this moment. Trade the unfair and tragic memories for His sweet redemption, in Jesus Name!



WHAT IS ANXIETY?

Anxiety, in my experience, comes down to one thing. The need to be in control of the outcome of everything. Anxiety comes out in different forms, let's unpack some examples together.

THE OVERTHINKING

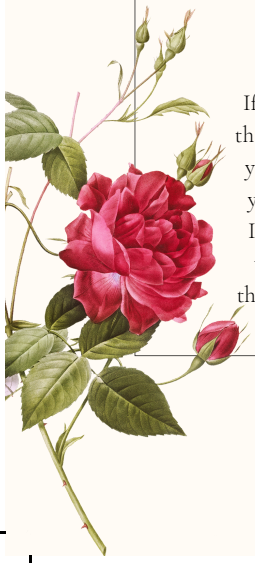
Have you ever had a thought, and that thought led to another thought, and another one? Think Dominos. One thought creating a spiraling reaction. I'm not talking aboout your grocery list, "milk, oh yeah apples, and bread." No, driving in the car, and "what if that car hits me, who would call my husband, who would watch my kids while he comes to help me out?" You get the point. The overthinking. *Isaiah 55:9*

THE WORRY

So much is happening in the world today, and it's easy to "worry" about the future. We worry about our kids, and their future. We worry about that extra bill that popped up this month, or how we're gonna get all the household chores done by the end of the day. Can I just lovingly remind you, you can't worship while you worry. Worrying about the future is like telling God your plans and ideas about the future are better than His. *Jeremiah 29:11*

THE PHYSICAL REACTION

If you've never had your throat close up on you, and a numbing sensation that takes over your whole body.. then this section may not apply to you. If you have experienced that and worse in a vicious "panic attack," I'm with you. I've been there, and have walked out those moments many of times. I'm here to give you hope. This won't last forever, it won't always be this way. I've got some practical steps later in this booklet to help you walk through those moments. You are not alone, and you are not broken. *Isaiah 53:4-5*



"ANXIETY WAS AN HEIRLOOM, BUT A SOUND MIND IS YOUR INHERITANCE."

When Anxiety Attacks

I want to equip you with some tools that have helped me. This is the process of walking out your healing. This doesn't deny the anxiety, it helps you walk through it with the Word. I believe even if you don't personally need this information, someone else that you know might! There may come a day that these tips will be pulled out of your pocket to help someone walk through an anxiety attack in love and comfort.

PRACTICAL TIPS

1. *Breathe.* Stop whatever you're doing and take time to focus on your breathing. Breathe in, and breathe out.
2. *Turn up the worship music.* Keep it soft and gentle. Make a playlist for these moments so you can go straight to it, and aren't flipping through songs. Turn your worry into worship.
3. *Pray.* Tell Jesus everything. Say it out loud. Cast your cares upon Him (not your mom, husband, wife, sister, brother, or friend) because HE cares. Be careful not to work yourself up again, just tell Jesus what's on your heart. He cares.
4. *Replace the lie.* Ask yourself "what do I KNOW to be true about this situation," and start speaking life over your situation, speak truth out loud, when you say it out loud you're telling your mind, body, and soul to LINE UP with TRUTH.
5. *Process.* This might be right after your moment, this might be hours later but just process. This will look different for everyone. Write out what triggered you, the situation that took place, the lies and the truths. Maybe it might look like processing with a family, friend, or Jesus. If you have a spouse, grab a drink when the kids are down and process together that moment. Worship is also a form of processing. Whatever you do, just get it out. If it stays in, you give it the power to become a building block again.

PUT THE WORD ON IT

1. 2 Timothy 1:7
2. Isaiah 41:10
3. John 14:1
4. Joshua 1:9
5. Psalms 34:4-6
6. Psalms 94:19
7. Psalms 3:5-6
8. Jeremiah 17:7-8
9. Matthew 11:28-30
10. Psalms 55:22

WHY ME?

I have asked myself this question more times than I'd like to admit. It's all about perspective. You could say why me, or you could thank God that it IS you and not your children. *YOU* get to be the one that changes the course, you are the one that paves the platform of peace for your children and their children. You are the chain breaker, the strong one, the bold one, the brave one. Nothing is by accident. What the enemy meant for harm, the Lord is turning it around for your good! The process leads you to the promise.

Affirmations To Speak Over Yourself

1. I CAN DO HARD THINGS
2. I AM BRAVE
3. I AM A CHAIN BREAKER
4. I AM NOT ALONE
5. I AM STRONG

WHO DOES THIS APPLY TO?

To the one who deals with anxiety:
Whether by generational heirloom, or childhood development, I want you to know that neither one was your fault or your doing. I am so sorry this path is yours to walk, but I am filled with hope that you will see the light again. I am filled with faith to believe that today could be the day that you walk out your healing. I am filled with compassion for your journey.

Friend, if you read nothing else.. always remember it is not "your anxiety." It is not your anxiety, because it is His victory. We don't fight for victory, we fight from victory. Jesus didn't just have guilt, shame, and anger written on His back at the cross, he also took anxiety for you on that cross. He dealt with anxiety forever, and you can rest assured that He's already won the battle. The battle on earth is to be walked out with a mindset of victory, with a graceful boldness, and an awareness that even in the worry, overthinking, and physical reactions that He is not bumped off his throne in those moments. He is near, He is a whisper away, and He still delights in you. Don't ever shy away from the process, because through the process of healing, you find the promises of Jesus. You are so loved, so valued, and so seen by a Faithful Father.

To the one with a loved one who deals with anxiety:
Don't ever underestimate the power of your listening ear, and the warmth of your smile. If you have anyone in your life that has shared their journey of anxiety with you, count it an honor. That vulnerability cost your loved one so much courage, and more than anything, they felt safe with you. Please don't take for granted the trust that was given to you. I am asking that you would never take your loved ones vulernable moment and share it with your friends and family for gossip. Their pain is not meant for your pleasure. Their pain is real, their journey is not fake or made up. Real feelings require real friends. Would you decide today to be a friend that can be found trustworthy? Would you settle today in your heart that you would be a reliable, compassionate, and non-judgmental friend? You have a huge part to play in your loved ones journey. Send them random texts of love, pray for them, be available, give grace, and ultimately be you. Being you is what brought your loved one to trust you. You have what they need, you can add to their life by just being you. If your loved one is in danger of harm, please reach out to the necessary medical or local authorities to keep your loved one safe. Inivite the Holy Spirit to help you with what to say, when to say it, and how to say it to your loved one. He is the greatest helper, truly.

A PRAYER FOR YOU

Faithful Father, thank you for your comfort. Thank you that you walk with us in the valley, and you climb with us to the mountaintop. You are so near to the brokenhearted, You are a Man of your Word. Jesus, you can be trusted with our mind, body, and soul. You are who You say You are. You are the Prince of Peace, and we receive that peace today. Settle this word in our hearts today, bring these words to our remembrance at the right time. Thank you Jesus for Your finished work at the cross, we cast our cares upon you right now. We give you our burdens, worry, and anxiety.

Have it all, Jesus. We surrender. In Jesus Name, Amen.

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