

SOUL CARE RESOURCE GUIDE

AS A CHURCH COMMUNITY WE ARE COMMITTED TO SEEING YOU GROW IN YOUR RELATIONSHIP WITH GOD, WITH YOURSELF AND WITH OTHERS. BELOW YOU WILL FIND A NUMBER OF RESOURCES TO HELP PROVIDE YOU WITH MENTAL AND EMOTIONAL SUPPORT.

**THE GOAL:
TO EQUIP YOU WITH RESOURCES THAT OFFER HEALING,
COMPASSION, AND GROWTH IN EVERY AREA OF YOUR LIFE.**

**PLEASE NOTE:
IF YOU'RE EXPERIENCING A MENTAL HEALTH EMERGENCY,
PLEASE CALL 911 IMMEDIATELY.**



SCRIPTURES TO DECLARE OVER FEAR

**FOR GOD DID NOT GIVE US A SPIRIT OF FEAR, BUT OF POWER
AND OF LOVE AND A SOUND MIND. 2 TIMOTHY 1:7**

**HE WILL NEVER LEAVE YOU NOR FORSAKE YOU.
DO NOT BE AFRAID; DO NOT BE DISCOURAGED.
DEUTERONOMY 31:8**

**DO NOT FEAR, FOR I AM WITH YOU; DO NOT ANXIOUSLY
LOOK ABOUT YOU, FOR I AM YOUR GOD. I WILL STRENGTHEN
YOU, SURELY I WILL HELP YOU, SURELY I WILL UPHOLD YOU
WITH MY RIGHTEOUS RIGHT HAND. ISAIAH 41:10**

SCRIPTURES TO DECLARE OVER DEPRESSION

**THE RIGHTEOUS CRY OUT, AND THE LORD HEARS THEM;
HE DELIVERS THEM FROM ALL THEIR TROUBLES. PSALM 34:17**

**WHY, MY SOUL, ARE YOU DOWNCAST? WHY SO DISTURBED
WITHIN ME? PUT YOUR HOPE IN GOD, FOR I WILL YET PRAISE
HIM, MY SAVIOR AND MY GOD. PSALM 42:11**

**PRAISE BE TO THE GOD AND FATHER OF OUR LORD JESUS CHRIST,
THE FATHER OF COMPASSION AND THE GOD OF ALL COMFORT,
WHO COMFORTS US IN ALL OUR TROUBLES, SO THAT WE CAN
COMFORT THOSE IN ANY TROUBLE WITH THE COMFORT WE
OURSELVES RECEIVE FROM GOD. 2 CORINTHIANS 1: 3-4**

SCRIPTURES TO DECLARE OVER ANXIETY

BE ANXIOUS FOR NOTHING,
BUT IN EVERYTHING BY PRAYER AND SUPPLICATION,
WITH THANKSGIVING, LET YOUR REQUESTS BE MADE KNOWN TO GOD;
AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING,
WILL GUARD YOUR HEARTS AND MINDS THROUGH CHRIST JESUS.
PHILIPPIANS 4:6-7

FOR I KNOW THE THOUGHTS THAT I THINK TOWARD YOU,
SAYS THE LORD, THOUGHTS OF PEACE AND NOT OF EVIL,
TO GIVE YOU A FUTURE AND A HOPE. JEREMIAH 29:11

PEACE IS WHAT I LEAVE WITH YOU; IT IS MY OWN
PEACE THAT I GIVE YOU. I DO NOT GIVE IT AS THE WORLD DOES.
DO NOT BE WORRIED AND UPSET; DO NOT BE AFRAID. JOHN 14:27

CAST ALL YOUR ANXIETY ON HIM,
BECAUSE HE CARES FOR YOU.
1 PETER 5:7

SCRIPTURES FOR PEACE

PEACE I LEAVE WITH YOU;
MY PEACE I GIVE TO YOU; NOT AS THE WORLD
GIVES DO I GIVE TO YOU. DO NOT LET YOUR HEART BE TROUBLED,
NOR LET IT BE FEARFUL.
JOHN 14:27

12 SOUL CARE STEPS

1. PRAY
2. READ YOUR BIBLE
3. MEMORIZE *ONE* BIBLE VERSE A WEEK
4. PRACTICE FORGIVENESS
5. SLOW DOWN & REST
6. DRINK WATER
7. SPEND TIME DOING YOUR FAVORITE HOBBIES
8. GET OUT IN NATURE
9. LAUGH. A LOT!
10. WRITE A COUPLE THINGS THAT YOU ARE GRATEFUL FOR DOWN EVERYDAY
11. SERVE SOMEWHERE!!
12. CHECK IN ON A FRIEND
13. PRACTICE VULNERABILITY WITH A TRUSTED FRIEND OR LEADER.

DECLARATIONS

I AM BLESSED • PROSPEROUS • REDEEMED
FORGIVEN • HEALTHY • WHOLE • TALENTED • CREATIVE
CONFIDENT • SECURE • DISCIPLINED • FOCUSED • PREPARED
QUALIFIED • MOTIVATED • VALUABLE • FREE
DETERMINED • EQUIPPED • EMPOWERED • ANOINTED
ACCEPTED AND APPROVED • NOT AVERAGE • NOT MEDIOCRE
I AM A CHILD OF THE MOST HIGH GOD
I WILL BECOME ALL I WAS CREATED TO BE
IN JESUS' NAME



LAKEWOOD CHURCH SUPPORT:

FREEDOM MINISTRY
Service time: 7:30p
Fridays 4th floor loft

Depression | Email: depressioncare@lakewood.cc
Addiction | Email: freedom@lakewood.cc

More Resources:
www.lakewoodchurch.com/get-support

ONLINE COUNSELING RESOURCES:

Headway | www.headway.co
Faithful | www.faithfulcounseling.com

MENTAL HEALTH & CRISIS RESOURCES:

CRISIS & SUICIDE

www.crisistextline.org
National Suicide Prevention Lifeline
(800) 273-TALK (8255) or (800) SUICIDE

Harris Center Crisis Line (866) 970-4770
www.texassuicideprevention.org/covid-19

Veteran Crisis Line (800) 273-8255 Press 1

CONT.

National Hopeline Network (800) SUICIDE

National Youth Crisis (800) 442-HOPE (4673)
www.texasuicideprevention.org/covid-19

Chat online: www.suicidepreventionlifeline.org

Mobile Crisis OutreachTeam.pdf (Harris Center)

Memorial Hermann MH Crisis Clinic: (713) 338-6422

The Harris Center Psych Emergency
Harris County Sheriff's Dept Crisis (713) 221-6000
harriscenter.org/ 24-Hr Crisis: 713-970-7000, Option 1
www.crisistextline.org

National Youth Crisis Hotline 1-800-HIT-HOME
www.texanacenter.com
(Fort Bend Co.)

Crisis Hotline 800) 633-5686 (Fort Bend)
www.tricountyservices.org/crisis
Montgomery County 24-hr Crisis: 1-800-659-6994
Para llamadas en Espanol: 1-888-628-9454

MENTAL HEALTH

**ALCOHOL
ADDICTION
SUPPORT:**

Meetings | AA Intergroup
www.councilonrecovery.org

Al-Anon Families of Alcoholics (800) 344-2666

Nat. Council Alcohol/Drug Hopeline (800) 622-2255
www.intherooms.com/home

DRUG ADDICTION SUPPORT:

Nat. Institute Drug Abuse Hotline (800) 662-4357

Cocaine Anonymous (800) 347-8998

Nat. Help Line Substance Abuse (800) 262-2463

RAPE/ DOMESTIC VIOLENCE SUPPORT:

Houston Area Women's Center 24/7 Hotlines.

Montgomery County Women's Center

Fort Bend Women's Center

National Domestic Violence Hotline 1-800-799-7233-Spanish

Childhelp Nat Child Abuse Hotline (800) 422-4453

RAINN | Rape, Abuse and Incest National Network

ADDITIONAL RESOURCES:

Low Cost Counseling:

www.houstoncasemanagers.com/low-cost-counseling-houston

www.mhanational.org/find-support-groups

www.findhelp.org

www.mhahouston.org/mental-health-resources

www.mhahouston.org/mental-health-resources/child-behavioral

www.mhafbc.org/ (MHA-Fort Bend County)

DR. ANITA PHILLIPS

A TRAUMA THERAPIST AND LIFE COACH, DR. ANITA PHILLIPS IS AN EXPERT AT UNRAVELING THE HUMAN EXPERIENCE AND LEADING INDIVIDUALS TO FREEDOM. WATCH A CONVERSATION THAT LAKEWOOD LEADERS AND VOLUNTEERS HAD WITH DR. ANITA EARLY IN 2021.

<https://youtu.be/hRyqNeo683M>



A LETTER FROM OUR YOUTH & YOUNG ADULT PASTORS:

We want to take a moment to say, we're proud of the steps you're taking. We are living in unprecedented times and mental health struggles are at an all-time high however you're continuing to fight through it. As a faith community, we are committed to supporting & praying for your breakthrough.

We know it has been hard, but you are not alone. Keep persevering, keep pushing through. We know that with God and the help of the right individuals, you CAN make it through. You WILL make it through in Jesus name!

The best is yet to come,

Pastor Serena, LYA | Pastor DeVante, LYTH | LYTH Pastor Caleb, LYTH