



When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety

By Edward T. Welch

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When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety By Edward T. Welch

You know how anxiety and fear feels, your stomach drops, your neck tightens, your whole body tenses, but do you know what to do when anxiety fills your days and troubles your nights? You've probably already tried a few strategies, like denial or working harder, and noticed that they aren't a permanent solution. If you are tired of dealing with anxiety and worry on your own, then CCEF's *When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety* is for you. As you go through each set of meditations by biblical counseling expert Edward T. Welch, anxiety will gradually yield to hope, peace, and rest. Of course, this is a lifelong process, but going through this devotional guide, either on your own or with a small group, will kick-start the process and bring lifelong change.

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When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety

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Editorial Review

Review

In true kingdom fashion, Welch takes things that are likely to cause us to stumble, to fear, and give up, and challenges us to see how God uses them to make us more like Jesus. He reminds us that freedom from fear and anxiety is not a one-time experience, but rather a daily ongoing process. He has written in a manner suitable for cross generations. --Charles Dunahoo, D. Min; Coordinator of the PCA Christian Education and Publications Committee, author of Foundations and Authority

Ed Welch guides us skillfully through the minefield of our fears and anxieties about money, death, and fear of man to our God who promises to never leave us or forsake us. After reading, I was convicted, encouraged, and resolved to trust God and his promise to be with me instead of giving in to my often nameless fears -- Rose Marie Miller, Missionary; Bible teacher; author of From Fear to Freedom and Nothing is Impossible With God

This book is good food for the soul. Gather a few friends around your kitchen table and read and think together an excellent resource for home groups or adult classes in the life of the church. --Mark Davis, M.Div; Shepherding Pastor, New Life Presbyterian Church, Glenside, PA

About the Author

Edward T. Welch, M.Div., Ph.D., is a licensed psychologist and faculty member at the Christian Counseling & Educational Foundation (CCEF). He has counseled for over twenty-five years and has written many books including When People Are Big and God Is Small; Addictions: A Banquet in the Grave; Depression: A Stubborn Darkness; Crossroads: A Step-by-Step Guide Away from Addiction; Running Scared: Fear, Worry, and the God of Rest; and When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety.

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