

# *“Spiritual Action Guide”*

## TRAUMA AND ACTIONABLE STEPS TO ADDRESS IT



PEACE - DO YOU HAVE IT?  
ARE YOU ABLE TO MAINTAIN IT?

**NEED HELP FAST?**

WATCH THIS [LIVE IN THE PRESENCE.COM](https://liveinthepresence.com) TRILOGY

TO SEE OTHERS WHO HAVE MAINTAINED PEACE THROUGH

“THE PRINCE OF PEACE”

IN THE MIDST OF THEIR TRAUMA

<https://vimeo.com/manage/videos/1075429559>



## TOPIC ONE

### TRAUMA, EVERYONE HAS IT... BUT DO YOU HAVE PEACE IN THE MIDST OF YOUR TRAUMA?

#### INTRODUCTION

### THE VERY HEART OF SPIRITUAL CARE IS COMPASSION AND LOVE FOR THE WOUNDED

PLEASE CONSIDER THIS –

Trauma is a deeply distressing experience, and *everyone* experiences some form of trauma. Trauma is the result of a threat or an actual event that can cause harm. It can come as health issues, relationship problems, financial struggles, personal loss, or the injury and death of a loved one. Some people do not realize they are being affected by trauma but only know they feel empty, living without peace in their life.

**Trauma evokes questions like; What and why is this happening to me? How do I endure this? Will I ever trust again? Did God leave me? If so, why? How do I live in this new reality? Am I going to die?**

Local and national governmental concerns can be threatening to one's peace. *A Worldwide Threat is trauma on a global scale.* Trauma Informed Care helps the individual find solutions for their physical, emotional, physiological, church, and social safety.

**Fundamentally trauma is some form of death.** Trauma can bring on FEAR. *Fear left unattended can cripple.* The greatest fear is of death. Second to that is the fear of living a defeated life. Many near-death survivors bear witness to having an out-of-body experience, suffering acute fear or encounter a tunnel of light with the presence of peace. Those who activated their faith in the God of the Bible before their near-death experience report they encountered peace.

#### OUT OF THE KINGDOM OF FEAR AND INTO THE KINGDOM OF PEACE

*"He has rescued us and has drawn us to Himself from the dominion of darkness and has transferred us to the kingdom of His beloved Son," (Colossians 1:13, AMP).*

#### Do You Want to Have Peace & Spiritual Authority?

Peace could be very elusive during a personal or worldwide threat because of the stress any specific threat would create in one's life. Let alone if these threats appear in clusters

or simultaneously, as often is the case. Dealing with stress is very important during times of personal relationship problems, financial, health, and survival issues. Successful stress management and remaining clear headed could make the difference in your survival.

More than stress management, maintaining your peace during a disaster could prove to be more valuable than the gold you stored to barter with in a worldwide threat. Having peace can help your family, friends, and all of those around you that are in a critical situation to survive in an abundant way.

**Which is ruling your life, fear, or peace?** Spiritually speaking, “the Prince of Fear”, the adversary of God, is known as the devil or Satan. According to the Bible, Satan is looking for opportunities to *traumatize* you. The Bible in John 10:10 correlates Satan’s behavior as a thief who seeks to steal, kill, and destroy – *you!* He directly seeks to trick you and tempt you to do wrong.

Have you succumbed to temptation? You are not alone, everyone throughout all of time has. No wonder Satan is also called the enemy of your soul. No matter who you are, what you have done or your current lifestyle, you can have peace in your life. You can breakthrough fear and maintain lasting peace. **Peace is directly associated with spirituality.** If you have not considered spirituality, now would be the time to develop it while we are in a relatively peaceful time.

### **SERIOUSLY CONSIDER THESE STEPS AND PATHS TO A HEALTHY SPIRITUAL LIFE**

**There is just one decision you must make to have everlasting peace. That is to invite the Prince of Peace into your life.** The well-known Christmas prophecy hundreds of years before His birth in Isaiah 9:6 identified Jesus as the Prince of Peace. His peace transcends all understanding and will guard your heart and mind, (Philippians 4:7). Jesus offers that peace to you today if you just ask. Jesus says in the Bible in John 14:1-3, 27-28:

#### **Jesus is the Way to the Father ...**

*“Jesus said to his disciples, ‘Do not be sad or afraid. Believe in God and believe in me. There are many rooms in my Father’s house. I will go now so that I can prepare a place for you there. If it was not true, I would not have told you this. After I have prepared a place for you, I will return. Then I will take you so that you will be with me. You will be where I am... I will go away but I will give you a gift of peace. It is mine to give and yours to keep. It is not like a gift that this world gives. Do not let yourselves be sad. Do not be afraid. You heard me say to you, “I will go away, but I will return to you.”’ (EEV).*

**Jesus can exchange your fear for His peace** because He took your punishment for disobeying God. Christians refer to that as Jesus dying on the cross. But more than that, Jesus rose from the dead defeating Satan, trauma, and the fear of death. Reflect on the significance of Jesus’ willingness to sacrifice Himself to give you peace with God and embrace His gift of salvation.



Ask Jesus for His peace now. In your own words admit you have done wrong against God and need Him to forgive you and give you, His gift of peace, (Romans 3:23 and Isaiah 53:6).

1. Mean it from your heart,
2. Believe He will respond, and
3. Be willing to let The Prince of Peace govern you in His kingdom of Light.
4. Tell somebody about your decision and it will seal His peace in your heart and mind, (Romans 10:9).

You are now in the Family of God according to John 11:25-26. Christians are those who ask Jesus to be their Prince of Peace. Some call it, “Being Saved.” Share this message of hope with others, emphasizing that it is not earned by good works but received through faith. It is also a good idea to be baptized as a public announcement of your decision. Although many choose to have a pastor or chaplain lead you in baptism, any willing Believer in Jesus can baptize you.

If you have done this, you have stepped into what is known as “**The First Grace.**” Ephesians 2:8 explains, *“For it is by grace you have been saved – and this is not from yourselves, it is the gift of God”* (NIV). Knowing Jesus’s death and resurrection is the gift that settles your peace with God in the afterlife is powerful in maintaining your peace!

You have **not** joined a church, though that is a good idea; you now have **become** the church, the expression of God’s family on earth. You’ll now find that you naturally want to be with others who also love God and have His peace. There are many places where Christians gather outside of Sunday morning services such as bookstores, coffee shops, homes, and the workplace. We encourage you to be intentional in connecting to a community of Believers, wherever they gather.

**If you are not walking in peace or need help in that prayer**, we can help you by introducing you to Jesus and giving you free information that will help. We welcome you to contact us by phone at 888-391-0354, email to [JohnWhite@LiveInThePresence.com](mailto:JohnWhite@LiveInThePresence.com) at [info@theworldwidethreat.com](mailto:info@theworldwidethreat.com) or text us at 828-330-4883 and we will be glad to discuss all of this.

**CONGRATULATIONS, you are now a citizen of the Kingdom of Peace!**

**Seeking a relationship with God makes sense when so many things will be out of your control during any type of trauma, be it a worldwide threat, family troubles, health troubles and/or financial crisis.**

Believing Jews look to the God of Abraham, Isaac, and Jacob to bring them peace.

Prophecies of the Messiah help the Jews focus on God as their victor and keeper. For Jews, their bible predicts the coming of the Messiah, the Prince of Peace who will protect them and establish his forever kingdom.

Those who know the Jesus of the Christian Bible will deal with stress completely differently than those who do not. There are several reasons for that. First, the bible is full of prophecies foretelling the birth and mission of Jesus to make peace between God and mankind in addition to his return to set up a spiritual kingdom of His peace. Jesus came and fulfilled the prophecies of his birth, death, and resurrection. Christians have a great deal of prophetic evidence that He will keep His promise to return and ultimately establish a physical kingdom of worldwide peace.

Prophecies are comforting and stress reducing because they come from a loving Higher Power, (God), that is communicating with his people what to expect. Prophecies for the Christian tell the nature of the times in which Jesus was, is and will be.

### **How do you maintain your relationship with Jesus and HIS peace?**

You maintain your peace through the Holy Spirit and His gifts. After His ascension to Heaven, Jesus sent the third member of the Godhead, The Holy Spirit, to empower Believers with supernatural gifts that trump trauma and fear.





## TOPIC TWO

### BREAKTHROUGH from TRAUMA & FEAR INTO GOD'S POWER

**Acts 1:8** *“But you shall receive power (ability, efficiency, and might) when the Holy Spirit has come upon you, and you shall be My witnesses in Jerusalem and all Judea and Samaria and to the ends (the very bounds) of the earth” (AMP).*

The **Second Grace** of the Holy Spirit is the supernatural empowerment to live a life in His peace that surpasses understanding despite any trauma, (Philippians 4:7).

How to Find Power by Living in God's Presence

[LiveInThePresence.com](http://LiveInThePresence.com) has been seen all over the world. It is about people in various nations who have lived very hard and dramatic lives but through their faith have learned to LIVE IN THE PRESENCE. That means they live in God's peace on this earth while experiencing trauma. They have decided to go deep in their faith by asking to “**be baptized in the Holy Spirit**” as it happened to the disciples of Jesus on the day of Pentecost recorded in Acts 2:1-4. The results of this “**Second Grace**” is the activation of God's supernatural power within the believer.

#### POWER GIFTS

- 1. Word of Wisdom** – When God gives a word of His wisdom, He is revealing something that has not yet come to pass, or a strategy to deal with trauma.
- 2. Word of Knowledge** – This is a gift of God's knowledge. There would be no mistaking it for man's knowledge.
- 3. Gift of Faith** – This gift has to do with the functioning of God in you and through you with no human strength involved to believe for something supernatural.
- 4. Gift of Healing** – Jesus had perfect gifts of healing as the Holy Spirit led Him to where there was faith. By the same faith in the Holy Spirit, we have authority in specific healing prayers.
- 5. Gift of Miracles** – This is a supernatural intervention by God in the ordinary course of nature. It is God working through a person, animal (such as Balaam's speaking donkey in Numbers 22:21-19), or some other instrument that could not be done normally.
- 6. Gift of Prophecy** – The gift of prophecy is not foretelling the future. It is not for guidance or rebuke. The gift of prophecy is primarily for edification or to build up or strengthen the church by a word of clarification or instruction from God.

## **GIFTS OF INSPIRATION**

**1. Discernment between Spirits** – The discerning of spirits has no relationship to that which is natural. It has nothing to do with the realm of the mind. It is a discernment of spirits. It can operate by identifying the demonic or the kind of human spirit a person possesses.

**2. Speaking in Different Kinds of Languages** – This gift is not the learning of languages, but rather the infilling and overflow of the Holy Spirit expressed by the tongue to edify the individual and others. In 1 Corinthians 14:2 we see that “tongues” is a supernatural prayer language to communicate directly with God. “Various kinds of tongues” are a “sign” to stir the non-believer to “wonder” about and seek God. These can be supernatural or natural, known, languages.

**3. Interpretation of Different Kinds of Languages** – This is when one person gives a message in a language he does not know, and another person interprets it. This reveals the Presence of God in that place. The interpretation is not a translation or an operation of the human mind, but rather a *spiritual comprehension*, understood by the mind and communicated.

**4.** Also consider the **"12 gifts of God"** typically refers to the 12 fruits of the Spirit, which are Perfections that the Holy Spirit forms in believers as the first fruits of eternal glory. These are listed in Galatians 5:22-23 as charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity, (NIV).

## **GIFTS OF SERVICE – Romans 12:6-8**

1. Prophecy,
2. Serving,
3. Teaching,
4. Encouragement,
5. Giving,
6. Leading,
7. Showing Mercy

## **How to Receive the Second Grace of God: The Baptism of the Holy Spirit**

- Prepare your heart by confessing and turning from any sin. The Power of the Holy Spirit is compared to fire, (Acts 2:38, 1 John 1:9, Matthew 3:11).
- Ask Jesus to baptize you in the Holy Spirit, (Eph. 5:18).
- Receive the infilling or activate the spiritual gifts, (Acts 2:4, Romans 12:1, Corinthians 12-14, Ephesians 4).
- Release your prayer language. It is a supernatural gift to speak in a heavenly language directly to God without interference from Satan. Some sing a worship song until they sense the spiritual shift. Certainly, God will not force you to do it and it has nothing to do with being saved. It is simply an empowering gift to help you walk in peace.
- Step out in boldness and live a God empowered, peace centered life, (Acts 4:31).

## **Watch This Video to See Some Examples**

**Live in the Presence, Episode 1 – Breakthrough** <https://vimeo.com/manage/videos/1075424872>

**Understand some of the benefits of a good spiritual life decision.**

- In times of uncertainty, faith is essential. Hebrews 11:1 in the Bible states: *"Now faith is confidence in what we hope for and assurance about what we do not see,"*(NIV).
- God's promises provide hope and assurance. Romans 8:28 declares: *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose,"* (NIV).
- Remember, as stated in Revelation 21:4: *"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away,"* (NIV).
- Having peace requires a blend of spiritual preparedness, practical action, and a commitment to living out one's faith. By following biblical teachings and staying anchored in God's Word, believers can face the future with hope, peace and confidence.





### **End Times: A Biblical Perspective**

The concept of the End Times, often referred to as eschatology, encompasses prophecies and teachings found in the Bible that relate to the final events of history, the second coming of Christ, and the ultimate destiny of humanity. We have a podcast that addresses the issues and Guides with actionable steps to prepare for end times trauma called [www.TheWorldwideThreat.com](http://www.TheWorldwideThreat.com).

Have you noticed various signs that will precede the end times? Jesus, "The Prince of Peace" spoke of these signs in Matthew 24:6-8, *"You will hear of wars and rumors of wars but see to it that you are not alarmed. Such things must happen, but the end is still to come. Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. All these are the beginning of birth pains,"* (NIV).

The Bible also prophecies there will be a One World Currency, (digital money), that will be used to control humanity by another enemy of God called the Beast, or the Anti-Christ. The Anti-Christ will be a global political leader. The global economy will be unbearable and impossible for many to sustain a life. There will be a One World Government eventually controlled by the Anti-Christ and a global spiritual leader called the False Prophet leading a One World Church that everyone must follow. These two anti-God leaders are the ultimate *Worldwide Threats* to humanity and will create deep and dark trauma for the whole world, (Revelation 13:1-18, 1 John 4:1-4).

Do you want to live in this kind of turmoil? What is the status of your Spiritual Life?

### **Preparing Spiritually and Physically**

Preparation involves both spiritual readiness and practical considerations. Luke 21:36 in the Bible advises: *"Be always on the watch and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man, (Jesus),"* (NIV).

Watch This Video to See One Example <https://vimeo.com/manage/videos/1075424872>



## TOPIC THREE

### LIFE CHANGES

#### Strengthening And Empowering Your Faith

**You may need to change who your friends are, what kind of entertainment you have or even what you watch on TV or online.**

You will need to develop a plan for both spiritual growth and physical preparedness. This may include obtaining necessary supplies, establishing a community network, and learning survival skills. It may also include discarding some material items that do not support your decision to follow Jesus. Cultivate a strong relationship with God through prayer, reading Scripture, and participating in community worship. This foundation will provide peace amidst chaos.

#### Living Righteously

The Bible emphasizes the importance of living a life aligned with God's commandments. 1 Peter 1:15-16 reminds us: *"But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy,'"* (NIV).

Holy here means to be spiritually mature.

Central to the Christian faith is the belief in salvation through Jesus Christ. *John 14:6 states: "Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me,'"* (NIV).



## TOPIC FOUR

### SPIRITUAL LIFE PREPARATION – DAILY CHANGES

Engage with a church and Christian community group. Encourage one another and share resources, prayers, and support. Regularly examine your life to ensure it reflects Christ's teachings and values. Engage in acts of kindness, love, and service to others.

Cling to the promises of God in Scripture. Meditate on verses that encourage trust and hope during challenging times. Be proactive in sharing your faith with others. Offer hope and the message of salvation to those around you. Let's review how to stay empowered by the Holy Spirit:

#### **Seven Steps to Stay Connected to the Holy Spirit's Power ...**

1. Forsake Sin – Romans 6:1-2
2. Live a Changed Life – 2 Corinthians 5:17
3. Read The Bible – Matthew 7:7-8
4. Pray – 2 Timothy 3:16-17
5. Find a Church – Hebrews 10:25
6. Be Baptized In Water – Acts 2:41
7. Share Your Faith – Luke 12:8-9, Mark 5:19

#### **Staying Connected with the Community ...**

Fellowship with other believers is crucial during difficult times. Hebrews 10:24-25 encourages: *"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another,"(NIV).*

Cultivate a strong relationship with God through prayer, reading Scripture, and participating in community worship. This foundation will provide peace amidst chaos.



## TOPIC FIVE

### TAKE EVERY THOUGHT CAPTIVE - PREPARING PHYSICALLY AND SPIRITALLY

Preparation involves both spiritual readiness and practical considerations. Luke 21:36 advises: *"Be always on the watch and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man,"* (NIV). This means every temptation must be taken to the cross of Jesus and exchanged for His strength to have power over the enemy's plans to destroy your life and faith.

#### Trusting In God's Promises

God's promises provide hope and assurance. Romans 8:28 declares: *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose,"* (NIV).

#### Living Righteously

The Bible emphasizes the importance of living a life aligned with God's commandments. 1 Peter 1:15-16 reminds us: *"But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy,'"* (NIV).

Watch This Video to See One Example of Someone Who Has Learned How to Take Thoughts Captive <https://vimeo.com/manage/videos/1075427145>



## TOPIC SIX

### PUT ON THE ARMOR OF GOD

#### Battle Time & Spiritual PTSD (POST TRAMATIC STRESS DISORDER)

Anyone who has tried to take every thought captive has engaged in Spiritual Warfare. The devil is the craftiest combatant there is according to Genesis 3:1. He seeks to, kill, steal, and destroy, (John 10:10). Sounds like trauma, doesn't it? And we have already established everyone has suffered trauma. It has been said, "Wounded soldiers cannot be in the fight." Woundedness is trauma by another name. Welcome to the battlefield and spiritual PTSD!

That it why is wise to go through the process of:

**First:** Accept Jesus as your Savior.

**Second:** Make Him Lord of your life by following his teaching and life guidelines.

**Third:** Ask for the Baptism of the Holy Spirit to receive Power and Inspiration led by God.

**Fourth:** Take your thoughts captive to Jesus to defeat the enemy's temptations and strategy to destroy you.

**Fifth:** Consider Deliverance Prayer to totally heal your spirit from past torments and habits.

**Sixth:** Emotionally and Mentally prepare your soul, body, and spirit to engage the enemy.

**Seventh:** Put on The Armor of God daily, out loud over your friends, family, and yourself.

# Put on the Armor of God – Daily – Ephesians 6:10-17

(This prayer has been adapted from Ephesians 6:10-17 in order of head to toe.)

“Pray this Prayer Out Loud”

## **In The Name of Jesus**

- I put on the Helmet of Salvation
- The Breastplate Righteousness
- The Belt of Truth
- The Gospel Boots of Peace
- I pick up the Two-Edged Sword of The Word
- The Shield of Faith to put out Any Fiery Darts of the enemy.
- I Bind up the Enemy of Harassment, Retaliation, Strife and Division and I Claim Peace, Health and Prosperity for Myself, Family and Friends.
- I proclaim that No Weapon Formed Against Me or My Family Shall Prosper.
- Today These Prayers Are Sealed in The Mighty Name of Jesus Christ our Savior and Lord!

**Watch This Video to See One Example of  
How to Put on the Full Armor of God**

<https://vimeo.com/manage/videos/1075422491>





## TOPIC SEVEN

### PREPARE FOR MINISTRY AND END TIMES

#### Engage In Ministry and Discipleship

##### Sharing the Gospel

The “End Times” are also a time for evangelism. Matthew 28:19-20 commands: *"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you,"* (NIV).

A community of Believers can help you stay connected to Jesus, your source of peace during a worldwide threat.

**Join The Worldwide Threat Family.** Please share these guides and podcasts to friends and family so you are prepared for the threats. Part of the that preparation is to do your part to support the local storehouse that helps people in need, otherwise known as the local church. Both Jews and Christians know the importance of this principal from the example of Joseph in the Old Testament storing up goods in the storehouse. If you do your part to support your local church, God promises to protect the remainder of your supplies in Malachi 3:10-18. That should give you some peace as well.

To see the start of TheWorldwideThreat.com movement please consider visiting [www.LiveInThePresence.com](http://www.LiveInThePresence.com). We produced a video series called ***Live in the in the Presence***. These shows were produced in different places in the world and primarily show how people in difficult and life-threatening situations live a life of peace and prosperity in many ways.

**We hope to see you for latest instalment of *The Worldwide Threat* and the *Live in the Presence* short videos.**

Until then, we will remind you where we started this Spiritual Action Guide.

The well-known Christmas prophecy hundreds of years before His birth in Isaiah 9:6 identified Jesus as the Prince of Peace. His peace transcends all understanding and will guard your heart and mind, (Philippians 4:7).

Jesus offers that peace to you today if you just ask.

Jesus says in the Bible in John 14:1-3, 27-28:

**Jesus is the way to the Father ...**

*“Jesus said to his disciples, ‘Do not be sad or afraid. Believe in God and believe in me. There are many rooms in my Father’s house. I will go now so that I can prepare a place for you there. If it was not true, I would not have told you this. After I have prepared a place for you, I will return. Then I will take you so that you will be with me. You will be where I am... I will go away but I will give you a gift of peace. It is mine to give and yours to keep. It is not like a gift that this world gives. Do not let yourselves be sad. Do not be afraid. You heard me say to you, “I will go away, but I will return to you” (EEV).*

**Disclaimer:**

The ideas and suggestions in these guides are not meant to provide professional advice. We suggest you communicate with professionals in all areas to design and prepare for any threats you or your family may face. These guides and information are provided free for you to share with friends and family but may not be copied or used for commercial or business use without our written permission.

**Conclusion:**

God’s promise reminds us that ultimately God is in control, and His plan for humanity will prevail. Through faith in Jesus Christ, we find not only hope for the present but also assurance of eternal life beyond the End Times which will help us in His Kingdom Plan for Humanity.

John White & Chaplain Heidi V. White

**Watch This Video to See the Live in the Presence Trilogy**

<https://vimeo.com/manage/videos/1075429559>

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