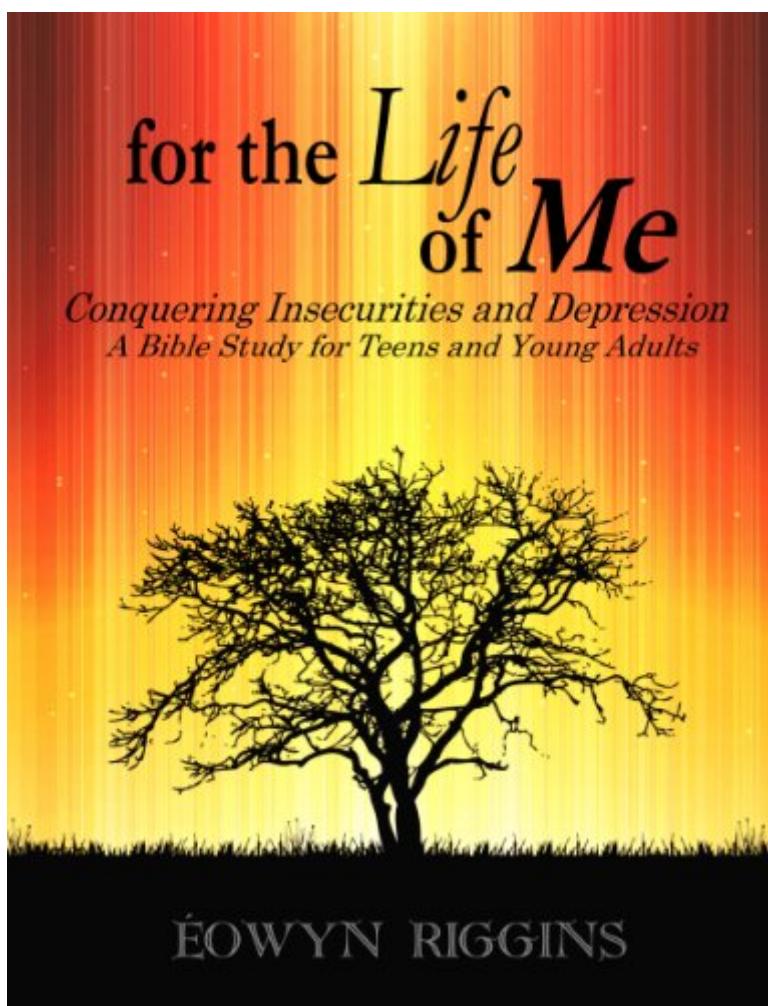


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# For The Life Of Me: Conquering Insecurities And Depression - A Bible Study For Teens And Young Adults



## Synopsis

Do you find that you continually battle feelings of doubt, depression, anxiety, sadness and loneliness; and for the life of you, you don't know how to shake them? Both your spiritual and emotional beings are at stake and you know something has to give! Don't be discouraged! There is a hope and freedom waiting for you on the other side of CHANGE. A change that will occur the moment you believe what GOD says about you instead of what you say about yourself. Join singer/songwriter, Af Owyn, on a bible study that incorporates scripture, activities, honest testimony of her battle with insecurities and an 11-song CD featuring her favorite songs as an artist. Walk with her on a remarkable journey towards emotional healing that she is confident anyone can feel for themselves! Be ready to challenge yourself beyond your current way of thinking and be prepared to experience the extraordinary move of God! Watch your freedom take place as you push past the many hindrances blocking your way. Today is your day of redemption, your moment of choice, and your chance to boldly proclaim, "For the Life of ME something has to change and it has to happen NOW!" Af Owyn is a Christian rock artist whose ministry focus for the past 14 years has been to offer hope to teens and young adults suffering from depression. Touring extensively throughout the United States she has shared the stage with some of Christian Music's top bands including Skillet, Seventh Day Slumber, Fireflight, and Disciple while teaching and praying with thousands of youth along the way. Her songs are filled with an industrial blend of electronics, strings, and pounding guitars that range from heart felt ballads to explosive anthems. All seven of her radio singles hit the top 20 National Christian Rock chart. Audiences everywhere have been captivated by her melodic voice and theatrical stage presence, but more importantly by her genuine compassion for their emotional pain. Af Owyn explains "It breaks my heart to see people emotionally struggling. I can't help but cry because I understand what they are going through. I may not be able to heal their wounds and ease their pain, but I know someone who can—Jesus Christ. I know, because he did it for me!" Who can benefit from this study? This bible study is for anyone and everyone ready for a radical change to their emotional man! Are you: \* Tired of feeling trapped in a vicious cycle of "woe is me?" \* Bored with the status quo of life, hoping to experience more? \* Sick of feeling insecure, doubtful and unsure of yourself? \* Praying to feel the extraordinary or better yet anything at all? \* Ready to receive something unexpected and unwarranted? Then this is the study for you! Be prepared to gain a new perspective on God, life, and yourself! My only request be open to change. Come expecting a much needed renewing of the mind. If you are ready God is.\*\* THE ELEVEN SONGS FEATURED IN THIS EBOOK MAY BE

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