

Freedom From Yourself:

How Getting to The End of You Can Result in Breakthrough

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, Connie will impart hope, passion, and wisdom from her own journey from struggling, striving, and surviving to thriving. You will glean her expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

Connie talks candidly with her Therapist, Angel H. Davis, who helped her heal emotional wounds and transform ineffective mindsets and patterns of behavior that kept her in bondage and struggle for years. Connie and Angel recount their journey together to pursuing freedom and wholeness. Angel shares her own story from struggle to breakthrough in her marriage during that same time, which she details in her book, *The Perfecting Storm*. They share their own stories and how they inspired their work of helping others heal and break free from bondage and strongholds so they can live the life they were destined for!

In this Episode, listen as Angel:

- Recounts how psychology wasn't enough in her healing journey. What's more, she reveals what worked towards her breakthrough (and it's not what you expect!).
- Shares how healing is possible for all of us.
- Discusses the reasons why people live stuck in bondage and defeat and how they can break free and live in victory.
- Shares her personal marital struggles and transformative healing and restoration.
- Explains the importance of surrender in living in freedom and wholeness.

Angel H. Davis is a Licensed Clinical Social Worker, Board Certified Professional Christian Counselor, and the founder of the Chara Group. She discovered the healing and wholeness available from the Lord through her healing over ten years ago. Since then, she has had a passion and calling to connect the Body of Christ to the heart of God's love to encourage and empower them to live as freely as possible and be used for His purposes here on earth.

For over 35 years, Angel has counseled all ages and witnessed the Holy Spirit setting people free from life's wounds and the lies that limit them. Though she is now retired from her counseling practice, she is the host of the *Have You Not Heard Podcast*, a podcast that explores the healing and wholeness that is available through the combination of sound psychology and God's truths. She shares armchair wisdom from a seasoned therapist's point of view for humanity's good and God's glory. She hosts guests, tells real-life stories of healing and relevant truths from the word of God.

Quotes from this Episode:

“Why would you not go to God, the Creator of all, to heal you? Remember, God desires healing and freedom for His children.” —Angel H. Davis

“Ask God, the perfect Father, to transform your heart and renew your mind and experience abundance which is catalytic for you to start living in your true identity.” —Angel H. Davis

“You can’t give what you don’t have. But whatever God calls you to pass on, allow Him to move through you and it’ll increase.” —Angel H. Davis

“Don’t give up. If you stay in the game, you win.” —Angel H. Davis

“Ignorance of what we have in Christ, self-sufficiency, pride, and fear keep us away from the Promised Land, from freedom God meant for us.” —Angel H. Davis

Resources:

Website: <https://www.angelhdavis.com/>

Facebook: <https://www.facebook.com/The.Chara.Group>

Twitter: https://twitter.com/AngelDavis_LCSW

Instagram: <https://www.instagram.com/angel.h.davis/>

Podcast Link: [Have You Not Heard?](#)

Book: [The Perfecting Storm: Experiencing God's Best Through the Trials of Marriage](#)

Golden Timestamp:

51:39-52:25 — Angel H. Davis on Warrior Arise! Podcast talking about how God’s grace is enough to keep us moving forward. Jesus is enough!

Bible Verse:

Romans 12:2 (NIV) Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.

[#WarriorArisePodcast](#) [#iamawarrior](#) [#warriorarise](#) [#livebravelyfreelyauthenticallyyou](#)

[ConnieJonesCoach.com](https://www.ConnieJonesCoach.com)

[Facebook](#) | [Instagram](#) | [LinkedIn](#) | [YouTube](#)

Warrior Arise! Podcast © 2021 Connie Jones Coaching