



ABOUT THE BOOK

Stress is something that all human beings experience but the degree of handling it varies from one individual to another.

With this subject in view, the author wrote this book to enlighten people on how to cope with stress. The author explains the concept of stress and its types. The author further examined how to handle and manage stress as it comes.

To live a stress free life, this book is a must have for you!



ABOUT THE AUTHOR

Ife Adetona is an anointed preacher of the gospel. He is the President of the Sons and Daughters of Zion [SADOZ] Global Harvest Ministries. SADOZ is an interdenominational and discipleship ministry which has seen thousands of people baptized in the Holy Ghost with the evidence of speaking in tongues and helped people develop a friend to friend relationship with the Person of the Holy Spirit. SADOZ's daily discipleship and devotional manual called Daily Communion reaches and blesses tens of thousands of people daily to the glory of God.

The author is also the president of the Koinonia Bible Institute [KBI], an online training academy of SADOZ which offers over twenty (25) courses that cut across all facets of life. Some of the courses/schools are: School of Ministry, School of Purpose, School of Leadership, School of Business, School of Prayer, School of Deliverance, School of Healing, Masterclass on Sex Education, Masterclass on Courtship, School of Mental Health, School of Sex for the married and more.

Ife Adetona is an author of over 60 books that is imparting the body of Christ maximally. He is the husband of Elizabeth Ife-Adetona and their home is blessed with godly seeds.

Coping with Stress: Physical, Psychological and Emotional Stress

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Unless otherwise indicated, all Scriptural quotations in this book are from the King James Version of the Bible.

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Chapter One

OVERVIEW OF STRESS

The only thing you can do with stress is to cope with it. You can't eliminate stress.

■ ***Ife Adetona***

The only thing you can do with stress is to cope with it. You can't eliminate stress. Life itself is stressful. You can't run away from it hence, the need to learn how to cope with it.

One of my spiritual daughters who is a registered nurse complained of how stressed she was at her place of work. Her bosses shout at her colleagues and her at the slightest provocation, leading up to psychological stress for her. I made her realize that it happens everywhere people work. The only difference is the medium through which the stress comes. That doesn't mean that I approve of her employer's attitude but I can't talk to the employer, I can only talk to my own spiritual daughter.

What gives a doctor psychological stress is different from what gives a lawyer psychological stress. Escaping from stress is not feasible. Even when you are a boss on your own, you could get stressed by your employees' output as they won't all act up to your expectations. There will always be stress in life. You just have to learn how to cope with it.

TYPES OF STRESS

Let's examine some types of stress and how to cope with them.

- **PHYSICAL STRESS**

This involves stress that takes a toll on your energy through physical activities. It makes you tired and weak. The way to minimize this kind of stress is by engaging in division of labour and delegations.

Division of labour or delegation is not only needed for your work but also in other activities that you do outside your workplace. There is a difference between a man who washes his car all by himself and drive the same car and a man who only drives but do not wash. Yet, there is another man who doesn't drive or wash but get someone to do all that for him. If they all resume to the same workplace and do same work, one person will get more tired than the other.

I expounded more on this in my book: *Time and Task Management*. In the book, I explained how a person who is not all that rich can still maximize his time doing more with less time and energy. You can check the index for details.

Oftentimes, it is much work that gives rise to physical stress. So, when you can distribute your work, it will make the workload easier on you and that translates into low or zero stress. Some individuals have issues with delegation which should not be so. A woman was speaking to me few days ago about how my books and teachings has increased her productivity because she learnt how to delegate some roles as against doing them all by herself because of her perfectionistic tendencies. The

excuse people give against delegation is that people may not handle it the way they would have done it. The truth is people would never be able to do the work the way you used to do it. Instead of going ahead to do it yourself, use that energy to delegate, supervise and guide the person you are delegating to. They won't do it at best but with time, they will do it better than you could have done it while you put your energy and attention to other things.

I usually say that; **you can't be effective if you are the only one doing all the job.** To the glory of God, I have written up to 60 books. Our ministry launched 34 books in a day in the year 2021. I can't claim that I did all that, I only led the team by delegating effectively, thus, reducing the physical stress on me.

Some years ago, when we introduced the Koinonia Bible Institute, I complained to God that I was getting overly stressed and it seems 24 hours was not enough for me. The reply the Holy Spirit gave me was a shocker. He said *if I claim 24 hours is not enough for me it is either because I was doing what I was not supposed to do or that I was doing what others are supposed to do.* Honestly, I was expecting some pats on my back for working so hard, but what I got was as if I was slapped with a wet rag. I began to look into the statement and adjust where necessary. That time, we were running only two courses in KBI and I was that stressed. Today, we run 25 courses and roll out admission at least three times in a year, attending to thousands of applications. Yet, I feel no stress!

Chapter Two

HANDLING OF PHYSICAL STRESS

To achieve great things, two things are needed: a plan and not quite enough.

■ *William James*

OUTSOURCING

Delegation is not the only way to handle physical stress. You can also outsource. Outsourcing means giving a part of your work to another person or organization. For instance, in our KBI, my work is to record the lectures while the uploading is handled by another individual. I outsourced other aspects of the institute too. If I were to do it all, the stress would be choking. If you are a fashion designer, you could outsource the whipping aspect and save yourself time and stress.

Many large companies outsource largely. Instead of employing security personnel and managing them by themselves, they outsource that to another company. You do not have to be a corporation before you outsource. You could do that with chores at home too - washing, ironing, house management, and the likes. You can always get someone to do it for you.

LET MONEY WORK FOR YOU

The third point that will be considered in minimizing physical stress is to use your money. Get people to do the job for you and pay them. There was a time we recently moved to an area and we had to weed our backyard. It wasn't much but I had to outsource that task to save time. My wife, for instance, has never washed our clothes since we got

married; rather she outsources that task to other people. We pay and the task is done. That means no stress would come from that angle.

You have to learn to use money to get some things done. However, it is a gradual process. A few years back, I couldn't use money to do some things but I can conveniently do them today. Then, I used to walk miles just to charge my phone but, today I can get power supply in my house anytime I want it. Life is in stages but you must start cultivating the attitude of outsourcing right from now. There are cheaper ways to outsource and delegate at every stage of life.

ELIMINATE

Learn to eliminate certain things. A leader in our ministry once spoke to me about a section of the ministry which wasn't functioning as expected and I instructed him to shut it down. Yes, we shut it down so we could focus on other core areas. Just yesterday, I suggested that we should cancel another assignment in the ministry entirely.

Likewise, there might be tasks that you would need to eliminate and those you have to foresee and settle once and for all. Like I mentioned earlier about the weed we had to get rid of in our compound, later on, the landlord cemented the whole compound. That means there is no more weed and our tasks are reduced. When people ask how I get to do the many things I do as the president of three main bodies- The Ministry, Our Institute and the Fountain Publishing House. I reply by saying that, I have not been to any party this year. This is the month of July; I haven't attended any function or wedding reception. I have not gone out on a visit to any friend to gist. You may not like that but that is how I

keep myself effective. I eliminated that so it can give allowance for other important roles.

CONTROL

No matter how much you outsource or delegate, there is still a work you must do and if you don't give it the right approach, it could be as much demanding.

Control the energy you expend on the activity. One of the things you can do is to schedule many things together. Use a stone to kill multiple birds. For instance, if you want to go out and also buy fuel from a filling station. While going out, you can drop the keg at the filling station and then pick it up when you're back from your outing or just put the keg in the trunk of your car. I love to batch the calls I want to make and return to the same hour. Doing it at the same time reduces the energy and stress I have to put into it. I was to make a trip recently. I informed our chapters in that city to arrange meetings for me at the same time so I don't have to visit again in the year. Though, I spent a longer time on the trip but I don't have to take that trip twice and it was worth it.

Also, look for better and faster ways to do your tasks. This will give you control over your work and minimize the strength you expend on the task. There is no work that I do every day or regularly that I don't look for a better way to get it done, including book writing. That is why we could release up to 20 books in a year. This is July, 2022 and this is our 29th book for the year.

USE MACHINES OR TECHNOLOGY

I am a lover of technology. I sit in my studio, record courses, and make them available to people at their convenience. That's the beauty of technology. When we got married, my wife pointed out that she needed either a fridge or a freezer. When we got to where we would get it, we realized our money could not buy a freezer but it was enough for a small fridge and we got that. After some time, the fridge wasn't serving her again. Fortunately, she got a freezer as a gift. This went a long way in reducing her stress. She cooks in bulk on weekends with helping hands and stores them. Life became easier for everyone. Use technology or let technology help you. It is worth it.

LEARN TO SAY NO TO EXTRA TASKS

You don't have to accept every task. My spiritual daughter who is a nurse once volunteered to take on a whole shift at her place of work during a period when they were short-staffed. She tried it and decided not to try that again. You also should know tasks you should accept and those you should refrain from. You should lay hands on my book: Time and Task Management for more tips on how to achieve more with less time.

Chapter Three

PSYCHOLOGICAL STRESS

Don't Stress the could haves, if it should have, it would have.

■ *Anonymous*

Psychological stress or mental stress is the biggest form of stress. In fact, it is possible to be less stressed physically if you are not stressed mentally, but you can easily get worn out physically if you are psychologically stressed. Like I said earlier, you can't eliminate stress, you can only cope with it. **Stress is to life what time is to life.** The only way to live peacefully is to learn how to cope with stress, mental stress inclusive. After sorting a task and running away from another, there is another and another and another to stress you. The best for you is to develop that resistance against stress or burn out.

In handling Psychological stress, these facts will help you:

1. Put it down

That issue is disturbing you because you put it on your mind. There is always something out there to disturb you. It is where you put it that determines how far, long, and deep you get disturbed over it. Learn to put issues on the floor and sort it from the floor or cast them away if that is the best. Learn to forget some issues and dump them behind you. Take them off your mind! You may be saying, *but how do I put it off my mind?* The fact that you have agreed and believed that you have to lay it off your mind is the first step to victory. Keep asking yourself: how can I put this thing away? How can I lay it on the floor and begin sorting it

from there? Practise every positive idea that comes to your mind. Keep doing it. You will soon master how to get it off. Someone like me is good at that already after several years of practice.

2. Sort the issue

When you put the issue down, sort it. Find out the cause. Discuss when you have to. Confess positively when you have to. Rebuke the devil when you should. Wait when you have to and confirm when you have to. Also, avoid issues that are avoidable.

3. Work only when you are at work.

Many people carry work stress with them when they go home. I often say this to people, if there's an issue at work, drop it at work. Forget about it when you get home. Relax and enjoy yourself at home then the next day, you can resume back at work. If there is a WhatsApp group or social media forum for staff, archive it if that is what will give you peace of mind. A man told me how much relieve he had when they were forcefully ejected from the staff quarters. At first, he thought it was a bad decision by the state government but he soon realized that it helped him to leave work when he closes unlike when he could be called to the office at any time.

4. Learn to roll all on Christ

The Bible says cast all your cares upon Christ for He cares for you watchfully. Learn to put all your concerns at the foot of the cross. Trust Christ to help you deal with those issues. What I usually do, especially when I started learning about it is to literally go on my knees and mention everything to the Holy Spirit. I would narrate my fears,

concerns, troubles, how the issues were playing out and so on as if Jesus is right before me. Then, I would tell Him that I cast all on Him. Most times, I stand to my feet with an assurance and peace in my heart that it is settled. At other times, He dialogues with me and gives me the right solution.

When I started doing this, I usually have that peace when I am done speaking but soonest, the thoughts and concern would return with fear. I would simply say to myself- "*I have rolled it all on Christ*". I can say it over and over as long as the thought and fear keeps coming up. You should do the same. Today, I have mastered how to just roll all on Him and go to sleep. He has never failed.

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully. 1 Peter 5:7

This prayer of Hezekiah is a master demonstration of how to cast all on God:

After Hezekiah received the letter and read it, he went up to the LORD's Temple and spread it out before the LORD. And Hezekiah prayed this prayer before the LORD: "O LORD, God of Israel, you are enthroned between the mighty cherubim! You alone are God of all the kingdoms of the earth. You alone created the heavens and the earth. Listen to me, O LORD, and hear! Open your eyes, O LORD, and see! Listen to Sennacherib's words of defiance against the living God. "It is true, LORD, that the kings of Assyria have destroyed all these nations, just as the message says.

And they have thrown the gods of these nations into the fire and burned them. But of course the Assyrians could destroy them! They were not gods at all-- only idols of wood and stone shaped by human hands. Now, O LORD our God, rescue us from his power; then all the kingdoms of the earth will know that you alone, O LORD], are God.

Then Isaiah son of Amoz sent this message to Hezekiah: "This is what the LORD], the God of Israel, says: I have heard your prayer about King Sennacherib of Assyria. 2 Kings 19:14-20

Chapter Four

EMOTIONAL STRESS

The truth is that stress doesn't come from your boss, your kids, your spouse, traffic jams, health challenges, or other circumstances. It comes from your thoughts about your circumstances.

■ *Andrew Bernstein*

Emotional stress could be acute or lingering. It always comes because of people that we love - friends and family members or marriage partners. When it is mild, it occurs once and you just have to discuss, sort it and talk it out. At times, you just have to forget about it all. But when it's lingering, it has been occurring for a long time. **Of all the kinds of stress, emotional stress could be the most draining and sapping.** It kills quickly. I used to say that I am strong and that there is no issue that can take away my sleep. That was true until I got engaged. Whenever I had a misunderstanding with my wife (then, fiancée), I found it difficult to sleep at night. If a man is stressed at work but finds peace in his home, he would live healthier than a man who is stressed at home and have peace at work. The Bible says it is better to live in a corner of a roof than to live in a large room but in a turbulent relationship (Proverbs 25:24).

Here are some ways to handle emotional stress:

1. SORT THE ISSUE

Instead of rolling on your bed and turning from left to right, why not sort the issue once and for all with whoever you have the issue with and be at

peace? In cases where you have to let time do its work, pray and go to sleep or focus on other things that gives you peace.

2. ACCEPTANCE

You may have to accept some lingering issues as the status quo. There are people who are in positions (like our parents and sometimes, spouse) where we cannot readily change, correct or chastise them. I have counseled children who have parents like that. They cry and become worried over their attitudes all the time. I often tell them to stop acting shocked or surprised when they act the way they usually act. You should be surprised only when they act otherwise.

3. DON'T SETTLE FOR IT

After accepting the situation, you don't settle for it. Pray, prayer always work. In our ministry, we teach CDA+. CDA means *Confess* what you want to see regardless of what you are seeing at the moment, *Declare* it and *Announce* it. The plus+ means you should *Imagine* that there is a change already. Keep forming a mental picture of what you want to see regardless of what you are seeing at the moment. You may also need to take some steps as you believe.

4. ESCAPE, AVOID, MINIMIZE OR ENDURE

If you can stay away, stay away. If you can avoid, avoid them or the situation. If you can minimize, do that. But if you cannot escape it, don't let it get into you. I know how to do this very well. I know how to form a mental block so that some things, especially insults, don't get under my skin. You should keep applying your CDA+ all the time.

Meanwhile, I won't advise that you should endure a deadly situation or to keep still when you can run for your life and secure your mental health. I spoke more on how to handle emotional and psychological related issues in my book: *Healing for Depression*.

GENERAL TIPS ON MANAGING MENTAL HEALTH AND STRESS

1. Learn to rest and relax.
2. Laugh. If there's nothing to make you laugh, watch comedy skits.
3. Recreation. Exercise your body. Move around.
4. Focus on the positive side of life. There is always something working for you and bringing you joy. Focus on that! When our membership in the ministry was giving me concern, I focused more on what was working well in the ministry while I trusted God and study materials for an increment in the membership.
5. You don't have a right to miss what you don't have. This has been my principle. Please don't miss what you do not have access to. Never utter words such as: *If I had money, I wouldn't have trekked, If I knew someone, I would have gotten admission*, and the likes. Don't let what you don't have trouble you or make you miss out on God's blessings. Once you focus on the positive side of life, with time you will have all you desire. There is always something working for you. If you don't have a car, you have legs.
6. Talk to friends and loved ones about issues that are bothering you. Recognize when you need more help. There may be instances where you

will need professional help. Be it a therapist, a counselor, a pastor, or a teacher. Be aware of such times and go for the help you need.

7. Avoid alcohol and drugs. These things appear to help but they do not.

8. Don't isolate. This is a common mistake people that are overwhelmed with troubles make. They stay away from people. This would only compound the situation. I often hear young adults say to me these days: *"I want to totally stay off social media; I will deactivate all my accounts"*. That's not right. I relate such announcement as if they are saying: *"Please help, I am depressed"*.

Social media has come to stay as part of our life. It is the new community. I have talked to more people this morning from the internet than I have talked to people in the house and my environment. I haven't even stepped out of my home office today. Staying off social media means isolating oneself. I strongly advice against being on too many platforms and so, you can decide to cut it down but staying entirely off can be harmful. Personally, I see staying off the messaging app, WhatsApp as the red line for anyone. I don't know the messaging app that is most used in your country or more relevant to you but to me, it is WhatsApp. That's where I see my friends, families, contacts, associates and so on.

9. Have a hobby. Do what you enjoy doing the most at your low moments. Use it to refresh your mind and relax your muscles.

10. Take adequate sleep. This helps calm your nerves. It is said that an adult should sleep for a minimum 7 hours in a day. Good sleep is good. Don't be mesmerized with motivational talks about *"I sleep for only 3*

hours". Many rich men sleep while they are on trips be it day or night and so they may be able to use the night for other things. Get enough sleep. If you are engrossed in a project that demands more time and less sleep, as soon as you are through, return to a healthy sleeping lifestyle.

12. Avoid bad news. If you can, avoid the news entirely. There was a time I took a time off from news platforms, including the cable news. I believed that if news is so important, I will get to hear about it somehow. By the time I returned, having mastered how to cut down the attention I give to it, I realized that what I missed the most was just the bad news. Many bad things had happened that I wasn't aware of. That's all. Besides, what is breaking news if it is not a bad news?

13. Learn how to take a break. Go on vacations. Take a break from what stresses you. Take a break in between work. See movies; rejoin with friends or brethren or family members as the case may be. You should find love in their company.

14. Get Divine Strength. There is something called divine strength. This is a strength given to you by God that makes you do beyond what you think you can do, just as Elijah did. You get this strength by looking for Scriptures that talk about divine strength and confessing them. *Confess them, Declare them, Announce them and Imagine them.* One of those Scriptures that I love the most is— *But you have made me strong as a wild bull. How refreshed am I by your power. Psalms 92:10.* I love the way that version puts it.

Chapter Five

SCRIPTURES ON COPING WITH STRESS

“And Nehemiah continued, "Go and celebrate with a feast of choice foods and sweet drinks, and share gifts of food with people who have nothing prepared. This is a sacred day before our Lord. Don't be dejected and sad, for the joy of the LORD is your strength!” Nehemiah 8:10 NLT.

Don't feel bad; rather rejoice because the joy of the Lord is your strength.

The name of the LORD] is a strong fortress; the godly run to him and are safe. Proverbs 18:10

Call on God whenever you're dealing with stress.

How great is the LORD], and how much we should praise him in the city of our God, which is on his holy mountain! It is magnificent in elevation-- the whole earth rejoices to see it! Mount Zion, the holy mountain, is the city of the great King! God himself is in Jerusalem's towers. He reveals himself as her defender. Psalms 48:1-3.

Above all, get the help of the Holy Spirit. The discovery of the Holy Spirit is the greatest discovery on earth. There are audio and book materials in the SADOZ ministry that can enlighten you on this.

END NOTE

I believe you have learnt what it takes to live a stress free life. You should then begin to live in the reality of it.

You should check the index page for books especially the ones that I recommended to you in the course of reading and go for it.

INDEX

Receiving Salvation

You were born a sinner condemned to hell but Jesus Christ died for your sins, gave you power to sin no more and to enjoy life here on earth and hereafter. All you need to do is to believe and accept His works by declaring Him as your LORD and Saviour. Do you believe this? Say: Lord Jesus Christ, I accept that you died and resurrected for the remission of my sins, I declare you as my LORD and Saviour. Amen.

Steps to Receive the Baptism of the Holy Ghost

1. You are not to ask or beg God for it, just expect it.
2. Believe He has given you and you will manifest it.
3. Don't hate tongues. That some people misuse it doesn't mean it has lost its power.
4. Don't pretend not to need it. Holy Ghost baptism is not just about tongues, it is about empowerment but tongues is the initial sign that you are baptized.
5. Clear your minds of doubts. God will give you but if you think that any sin can hinder you, ask for forgiveness now and now. (Isa 1:18 *Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool*). And forgive everyone in your heart.
6. As I pray for you, you will be baptized and you will speak in new tongues.
7. As I pray for you, the Holy Spirit will give you utterances and you will speak it out. Note that utterance means any sound produced with the mouth. That means the utterance could be one syllable or two. It could be one word or more. Understand that you are the one

that will pronounce the utterance in anyway it comes to your mind as the Holy Spirit gives you utterance.

8. When I pray for you, the utterance would come. Don't think you are the one thinking it, it is not you. Don't think you will be unconscious or lost, it is not so. Don't be bothered if you don't know the meaning just speak it. And keep repeating whatever comes to your mind.
9. Daddy thank you because you are a faithful God, you always hear me and you are eager to give us more than we are eager to ask. I pray for you: receive the Holy Spirit right now in Jesus Name.
10. Open your mouth and began to speak those tongues.

Steps to Receive Healing

1. **1Peter 2:24 says:** *He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. **By His wounds you have been healed.***
2. You have been healed. You have been healed even before you had that illness, what I'm about to do by praying with you is to proclaim your healing.
3. As I do that, the pains and symptoms will be no more.
4. After I pray for you move that part of your body just as though it was healed already because it is an instant healing.
5. I proclaim you healed and whole right now in Jesus Name. The last time you had that illness is the last you will ever have in Jesus Name.
6. Check it out and share your testimonies.

BOOKS FROM FOUNTAIN PUBLISHERS:

1. Mocking the Devil
2. The Pentecost Volume: Speaking in Tongues
3. The Communion of the Holy Spirit
4. Prayer that Works
5. Roaring Faith
6. Beyond Purpose Discovery
7. CDA: Unlocking the Supernatural
8. Time and Task Management
9. Understanding the Call and the Five Fold Offices
10. Money and Human Management
11. Impartation for the Gift of Prophecy
12. Impartation for the Spiritual Gifts
13. Healing Mantle
14. Healing Power
15. Living Without Drugs
16. Anointed to Heal
17. Ultimate Purpose Finder
18. Discover Your Purpose in 2 minutes
19. You Are Not A Bonus
20. Clarifying Purpose And Ministry
21. Purpose Fulfillment Guidebook
22. Human and Resource Management
23. Christian Leadership
24. Arousing the Leader in You
25. Developing the Leader in You
26. Exceptional Leadership
27. Secrets of Successful Business

28. Understanding Business and Capital Management
29. Tithing Testament
30. Biblical Business Sense
31. What Can I Sell: How Can I Sell
32. Ending Low Sales
33. Winning Customers Always
34. Extraordinary Marketing
35. Selling Fast with Pricing Techniques
36. More Profits With Freebies Marketing
37. Biblical Route to Mental Health
38. Cultivating Healthy Emotions: *Self Esteem, Assertiveness, Coping with Stress, Purpose & more*
39. Defeating Negative Emotions: *Anger management, Guilt, Suicide, Fear & more.*
40. Healing for Depression

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62. Breaking the Yoke of Wrong Relationship
63. Dream Spouse at your Doorstep
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65. Finding God's Will
66. The Opposite Sex and I

Books by Abegunde Damola Samson

67. Fortified Health
68. My Bible, My Friend
69. Prayer Energia
70. Discipleship Mandate

Fountain Series (Mini Books)

71. Romantic Romans (Exposition on the book of Romans)
72. Ojuju (Dealing with Bad Dreams)

73. Immortal Kombat (Understanding Christian Warfare)

74. Every Name Named (Unveiling the Power in the Name of Jesus)

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7. SOB- School of Business
8. SOL- School of Leadership
9. SOTP- School of the Prophetic
10. SPG- School of Spiritual Grooming
11. SFTM- School of Full Time Ministry
12. SSG- School of Spiritual Gifts
13. SKT- School of Koinonia & Tongues
14. SFS- School of Financial Success
15. MSE- Masterclass on Sex Education
16. MCR- Masterclass on Relationship
17. MCC- Masterclass on Courtship
18. SOX- School of Sex (for the married)
19. MED- Marital School for the Engaged
20. MEC- Masterclass on English Communication
21. MBM- Masterclass in Business Marketing
22. TOTM- Training the Trainers Against Masturbation, Pornography
etc

23. FSC- Foundation School for Believers and Muslim Converts

24. SMH- School of Mental Health

25. SMC- School of Music

Classes and lectures are held online and it is highly interactive and efficient. Course registration is affordable and we also have free courses as well as scholarship programmes. Contact Peace for details: 09024430243.