



WORSHIP

Through the
Overwhelm



3 WORSHIP PRACTICES
TO HELP YOU BREAK SURVIVAL MODE &
RECONNECT WITH GOD

“He restores my soul.”
PSALM 23:3



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Coach Shanice



Everything you need is in this
guide. Worship is the shift that
helps you move from overwhelm to
peace

If you're ready to stop feeling overwhelmed, emotionally drained, and stuck in survival mode where you're constantly pouring out but never feeling restored then you need to **follow these exact** 3 worship practices.

Your breakthrough is in your worship!

For God is not the author of confusion, but of peace.

— 1 Corinthians 14:33

Hey lovely, I'm Coach Shanice

I am on a mission to help overwhelmed mums with young children rebuild from the inside out and become the woman God created them to be.

When we become mothers, many of us forget about ourselves and the healing that needs to take place within. We focus so much on the outward appearance while struggling silently on the inside. Through biblical principles and my personal experience, I want to help you reconnect with peace, understand who you are again, and grow closer to God.

I have struggled with overwhelm, finding peace, understanding who I am, and reconnecting with God myself. But worship became the powerful tool that helped me overcome overwhelm and truly understand the power of God's presence.

I went through a very dark place, and God slowly brought me back to life emotionally, mentally, and spiritually. That is why I created this guide – to remind you that you can worship through overwhelm too, and that breakthrough can come through God's presence.



Client wins



A real blessing. I wasn't sure what we would work on because I have been working on healing for a few years, but I'm also committed to growth, so this was a chance to see what else might be going on. So glad I did have the sessions because together we uncovered 2 things to work on. Each week, building on the next reflective work and journaling (which I love to do anyway), it's so strange how these things work because the unlocking that happened caused a ripple effect into other areas, which would seem unrelated but in a spiritual sense EVERYTHING is connected, right?

Nicole Mathieu-Marius

The 3 worship practices

1. Worship While God Holds You Close

Worship helps shift your focus from pressure to God's presence.

Before carrying the weight of the day, pause and invite God in first.

Overwhelm often makes us rush, strive, overthink, and carry burdens we were never meant to hold by ourselves. But worship slows us down long enough to reconnect with peace, truth, and God's presence.

Practical Ways

- Play worship music in the morning before checking your phone
- Create a "peace playlist" for overwhelming moments
- Worship while cleaning, driving, cooking, washing, or moving around the house
- Let worship become part of your daily atmosphere, not just something you turn to in crisis

Key Reminder

Sometimes breakthrough doesn't happen in a big moment. Sometimes it happens quietly in God's presence while you worship through your everyday routines.

Scripture

"You will keep in perfect peace those whose minds are stayed on You." — Isaiah 26:3

Mini Reflection

What have I been carrying alone that God never asked me to carry by myself?

2. Sit in God's Presence Instead of Staying in Survival Mode

Worship is not performance. It's surrender.

You do not have to strive your way out of overwhelm.

Sometimes healing begins by slowing down long enough to let God minister to you. In a world full of noise, pressure, and constant responsibility, God is inviting you to pause, breathe, and rest in His presence.

You don't always need the perfect words. Sometimes worship looks like sitting quietly with God while He restores your heart.

Practical Ways

- Sit quietly with worship music playing softly in the background
- Spend 5 minutes in stillness with God before starting your day
- Journal what God is speaking to your heart
- Breathe deeply and allow yourself to rest without guilt
- Let worship create space for peace, clarity, and emotional release

Key Reminder

God can give you a song for the season you're in.

Worship allows your heart to reconnect with His peace, even in the middle of chaos.

Scripture

"Come to Me, all who are weary and burdened, and I will give you rest." — Matthew 11:28

Mini Reflection

When was the last time I truly slowed down and allowed God to minister to me?

3. Use Worship to Shift the Atmosphere Around You

What fills your atmosphere eventually fills your mind.

Overwhelm thrives in chaos, pressure, noise, and emotional heaviness. But worship changes atmospheres. It redirects your focus back to God and reminds your soul that He is still present, still faithful, and still in control.

Worship invites peace into places that once felt heavy.

Practical Ways

- Play worship music during stressful moments in your home
- Worship during school runs, bedtime routines, while cooking, cleaning, or moving through your day
- Speak scriptures aloud while worship music is playing
- Replace constant noise and scrolling with moments of worship throughout the day
- Create an atmosphere in your home that welcomes God's peace
- When you feel too overwhelmed to worship, listen to the Audio Bible and allow God's Word to minister to you
- Keep worship, prayer, and the word of God playing quietly or loudly in the background throughout your day, depending on your style and what helps you stay connected to God.

Key Reminder

Breakthrough happens while you worship through your everyday moments. Whether softly in the background or loudly throughout your home, always run back to worship, prayer, and God's Word. Even in the middle of overwhelm, God's presence can bring peace, clarity, strength, and restoration.

Scripture

"About midnight Paul and Silas were praying and singing hymns to God... and suddenly there was such a violent earthquake that the foundations of the prison were shaken." — Acts 16:25–26

Mini Reflection

What atmosphere have I been allowing into my heart, mind, and home lately?

Ready to move from overwhelm to order and rebuild the woman God created you to be?

You'll leave with your personal Life Order Blueprint, helping you focus on one area of your life that will create more peace, clarity, balance, and emotional stability in your everyday life.

Book your Reset Call below 

[\[Insert Link\]](#)

Speak soon

Coach Sharice