

BelieverMarketing.com Introduces Faith-Based Solution for Those Addicted to Doomscrolling

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BelieverMarketing.com has introduced a new faith-based program designed to help Christian parents and busy believers break free from the anxiety-inducing cycle of consuming negative news content before bedtime. The End Doom News Panic program offers a structured seven-minute Scripture meditation routine that replaces late-night news consumption with peaceful, faith-centered practices.

"Many Christians find themselves caught in a cycle where they want to stay informed but end up overwhelmed by the constant stream of negative news," said Raul Meza, founder of the program. "This method gives them a practical way to end doomscrolling while deepening their faith connection at the same time. The seven-minute format makes it achievable even for the busiest parents."

The program addresses the growing concern of doomscrolling, the compulsive habit of endlessly scrolling through negative news and social media content that often results in heightened anxiety, stress, and mental exhaustion. This behavior has become increasingly common as modern news feeds are engineered to

capture attention through crisis and outrage, triggering the brain's threat detection system at times when rest is needed most.

The End Doom News Panic program centers on a Seven Minute Peace Protocol that combines slow exhale breathing techniques with Scripture reading and guided prompts. Each minute of the routine serves a specific purpose, helping users orient their body, read Scripture slowly, anchor their focus, reflect briefly, pray a release, and close with gratitude. The method includes soft timers and consistent closing cues that train the body to associate the practice with sleep readiness.

The program launch includes several components designed to provide comprehensive support for users seeking doomsurfing relief. The core package features step-by-step guides, printable verse cards, tracking sheets, and family adaptations. Additionally, three emergency audio sessions are included to help users break out of acute anxiety episodes triggered by news consumption.

The method differs from secular meditation apps by anchoring practices specifically in Scripture, making it particularly relevant for believers who want their stress-relief practices aligned with their faith. The program acknowledges that the brain's threat response system, while valuable for actual danger, becomes counterproductive when activated by news consumption before sleep.

For the launch period, the program is available at a special introductory price of seventeen dollars, significantly reduced from its regular price. The offering includes a thirty-day money-back guarantee for users who do not experience improved sleep and reduced bedtime anxiety.

BelieverMarketing.com specializes in faith-based marketing services for churches, ministries, and Christian organizations. The company provides content marketing, public speaking strategies, and digital marketing solutions tailored specifically for the faith community. Their approach combines modern marketing techniques with an understanding of the unique needs and sensitivities of faith-based organizations, helping them effectively reach and serve their communities while maintaining their spiritual mission.
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BelieverMarketing.com

BelieverMarketing.com is committed to pushing faith - based marketing forward by educating its community on its

various aspects. As such, they welcome all inquiries from those who wish to learn more.

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