BelieverMarketing.com Introduces Resource to Address World News Doomsday Scrolling Among Christians

November 07, 2025

Santa Clarita, California - November 07, 2025 -
BelieverMarketing.com has released a new video resource designed to help Christian believers overcome anxiety and sleep disruption caused by excessive news consumption and doomsday scrolling habits. The video, titled "End Panic Attack and Doomsday Scrolling For Christians," addresses the growing concern of news-related anxiety affecting the faith community.

The video resource specifically targets Christians who struggle with anxiety and fear triggered by consuming news content, particularly before bedtime. According to the video's educational content, 73 percent of adults who consume news before bed experience racing thoughts that interfere with sleep quality. The resource aims to provide faith-based methods to help viewers transition from panic mode to peace mode through Scripture-based techniques.

"We recognized a significant need within the Christian community for practical, faith-based solutions to combat the anxiety that comes from constant exposure to negative news," said Raul Meza, spokesperson for BelieverMarketing.com. "This video resource combines biblical principles with proven techniques to help

believers end doomscrolling habits and find genuine peace through Scripture meditation."

The video introduces several key components designed to address news-related anxiety. These include a seven-minute Scripture method that replaces news anxiety with biblical promises, specific breathing patterns that activate the body's natural rest response in under three minutes, and strategies for breaking the compulsive phone-checking cycle that many people experience throughout the day.

Research from Harvard Medical School, referenced in the video content, indicates that Scripture-based meditation demonstrates 40 percent greater effectiveness than secular alternatives for anxiety reduction. This finding underscores the potential impact of faith-based approaches in addressing mental health concerns within religious communities.

The resource encourages viewers to replace their phone usage with engagement in God's Word, facilitating a mental shift from scanning for threats to resting in biblical promises. This approach aims to transform sleep patterns from restless tossing to deep, restorative rest.

The video release comes at a time when mental health professionals increasingly recognize the impact of continuous news consumption on psychological well-being. The phenomenon of doomsday scrolling, characterized by compulsive consumption of negative news content, has become particularly prevalent in recent years.

"Our goal is to provide Christians with practical tools rooted in their faith tradition," added Meza. "By combining scriptural wisdom with understanding of how our nervous systems respond to stress, we can offer a unique approach to managing modern anxiety challenges."

BelieverMarketing.com specializes in providing faith-based marketing services and resources to churches, ministries, and faith-based organizations. The company offers content marketing, marketing from stage, general marketing, and article marketing services, all tailored specifically for the Christian community. Their approach combines traditional marketing expertise with an understanding of the unique needs and sensitivities of faith-based organizations, helping them effectively reach and serve their audiences while maintaining alignment with 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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