

Dealing with ANXIETY

Worry is such a time waster. God wants us to enjoy the gift of today and not be overwhelmed with worry. This year has brought the issue of anxiety to the forefront and so it is important to learn how to deal with our thoughts and feelings in a biblical manner.

_____ will feel _____ from life's _____.

God wants you to eliminate an _____
before it shifts into _____.

Since ongoing anxiety hurts your spiritual, emotional and mental health, addressing the signs of anxiety in your life will allow you to understand what will help you through your specific trouble:

_____ (JOB) _____ (ELIJAH)

_____ (MOSES) _____ (MARTHA)

_____ (DAVID)

Practical actions you can take to move you from chaos to calm:

_____ your _____ to Jesus.

_____ your _____ with a _____.

_____ pray to God that you _____ His _____.

Discussion Questions

Getting Started

1. What have you been most anxious about this year? Have you been able to work through this anxiety, or do you still feel burdened down with a spirit of worry?

Digging Deeper

2. What does the Bible tell us to do when we are shaken by life's circumstances (Psalm 16:8; 28:7; 34:4-7; 34:17-19; 55:22; 56:3; 62:6; 91:4; 112:7; 121:1-2; Hebrews 12:1-2; 1 Peter 5:7; 2 Samuel 22:31; Isaiah 41:10; Deut. 31:6; John 14:27; Philippians 4:6-7; Galatians 1:10; Romans 8:6).
3. According to Proverbs 12:25, ongoing anxiety can affect us emotionally and physically. Have you ever worried so much about something that it has robbed you of your appetite? You can't seem to sleep well? You get headaches? Why do you think worry affects us in this way?
4. If you are worrying about something and don't know how you are going to get through it, read these passages and discuss what God does for us in our weakness (Ph. 4:13; Isaiah 40:31).

Applying the Bible

5. The next time you feel chaos entering your heart, what will you do to remain calm? Do you need to cast an anxiety away? Do you have a friend to share the burden with? What is your prayer life like, is it full of trust towards God?
6. What is the main way that you can seek after the kingdom of heaven this week? Is there an anxious thought you need to replace with the knowledge that God is sovereign over your situation and He truly wants what is best for you?