

QUESTIONS, LIES & TRUTH

Anxiety & Stress

Read Philippians 4:4-7

1. What is this scripture encouraging us to do?
2. What does it mean to you to rejoice in the Lord?
3. What is the difference between rejoicing in circumstances or materials and rejoicing in the Lord? Why would this be a command to believers?

Reflect:

4. Fear and Anxiety are like two sides of the same coin, we rarely experience one without the other – take some time to think through what fears currently trigger your anxiety, and what anxieties create new fears in you. List them.
5. What are areas of your life and your anxiety that you are struggling to give over to the Lord?
6. How can you allow the Lord to enter into your anxiety and bring peace and hope? Spend some time in prayer asking the Lord to bring peace to your anxiety.
7. List your biggest fears that are currently fueling your anxiousness?
8. What holds you back from believing that the Lord sees you and hears you and desires to protect you?
9. What are some needs or desires that you are afraid will not be provided for? Why do you struggle to trust that God will provide?
10. List out some of the good things that anxiety brings to your life, can you find any? Now list out the negative...

Closing:

To close, take these anxieties and work through the handout attached. Spend some time in prayer giving the Lord your anxiety and asking Him to meet you in your fear and provide peace. Read 1 Peter 5:7 (memorize this so it sticks with you!).

I am anxious about:

REVIEW

What do my sources say?

⇒ The world says:

⇒ Scripture says:

RELEASE

⇒ What can I control?

⇒ What can't I control?

REMEMBER

⇒ How has God provided in the past?

RESPOND

⇒ Take time to stop, pray, and give the situation to the Lord.