

Questions, Lies and Truth
Anxiety & Stress

What are some of your feelings as you experience the uncertainty of the Coronavirus?

Have you ever physically experienced anxiety? What does your body feel when you are anxious?

What is stress? _____

What is causing you stress right now?

What is anxiety? _____

What is causing you anxiety right now?

What is the root cause of our anxiety?

What is something in your life that causes your anxiety that you would be willing to let go of?

Read John 16:33, John 15:19 & Philippians 4:7

What do these scriptures tell us about stress and anxiety?

What does anxiety steal from you?

What does God/The Bible think about anxiety?

“Worry does not empty tomorrow of its sorrow, it empties today of its strength.”

What are some lies you believe about your anxiety?

What does truth tell us?

What are you putting into your mind that is leading to more stress/anxiety?

What are the three steps of dealing with anxiety?

- 1.
- 2.
- 3.
- 4.

“Never be afraid to trust an unknown future to a known God”

Use the attached handout to apply this to your own life and practice it throughout the week.

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.