

Anxiety Study

1. What does worry accomplish?

2. When worry dominates our life it demands that other areas of our life be neglected. What areas do we neglect when we worry?

Proverbs 3: 5-6

Matt. 6: 32

3. What are the consequences of worry?

Matt. 13: 22

Matt. 13: 22; Mark 4: 19; Luke 8: 14

Luke 21:34

Matt. 6: 30

4. What does God warn us not to worry about?

Matt. 6: 25-28

Luke 10: 41

Ps. 56: 4

5. How did Christ respond when faced with anxious circumstances?

Mark 4: 38

Luke 10: 40

6. Define worry.

7. There are many principles in the Bible to help combat anxiety and worry. List the principle and how to apply it to life.

Matt. 6: 26-30

Matt. 6: 32

Matt. 6: 34

Matt. 28: 20

Joshua 1: 9

Isa. 41: 10

Ps. 4: 8; 37: 5

Proverbs 3: 5-6

Isa. 26: 3-4

Ps. 55: 22

Phil. 4: 6-7

1Pet. 5: 7

Ps. 27: 14

Isa. 40:31

8. List the circumstances that cause you to worry.

9. What principles from the former study provide the solutions to those worries you just listed?

10. There are 5 Bible terms that help guard against worry. List them and then write a definition in your own words.

Isa. 41: 10 F _____
define: _____

Ps. 37: 5 C _____
define: _____

Ps. 37: 5 T _____
define: _____

1Pet. 5: 7 C _____
define: _____

Ps. 27: 14; Isa. 40: 31 W _____
define: _____

11. What are the rewards of responding in the Biblical way to worry?
