

## Stress, Anxiety, and Worry Study Guide

- Matthew 6:25-34
- Philippians 1:12-14: Paul was able to look past his problem of being in jail, and saw that people around him need Jesus. Are you worrying so much that you miss opportunities to share Christ with others?
- Philippians 3:12-14: Don't continuously beat yourself up over the mistakes that you've made in the past- learn from them, move on, and keep your focus on Christ.
- Philippians 4:12-13: Do you think that verse 13 is talking about doing everything in Christ, or is it talking about being content no matter what is going on in life?
- Hebrews 3:1: When we worry we need to fix our thoughts on Jesus, not our circumstances.
- Ephesians 3:20-21: If you have trusted Christ as your Savior, His power is at work in you. What more could we ask for?
- Joshua 1:6-9: God tells Joshua to not fear because He is with him, and to always be thinking about His Word. Do you think that there is a connection between our amount of worry and our amount of time in God's Words?
- Psalm 94:18-19
- 1 Peter 5:7
- Psalm 55:22-23
- Philippians 4:6-7
- Proverbs 12:25
- Mark 13:11
- Luke 12:25-26
- Psalm 95:19
- Ecclesiastes 11:10
- Psalm 139:23-24
- Isaiah 40:27-31
- Psalm 121
- Matthew 11:28-31
- Are there some things in life that you constantly worry about? Do you excuse this worry because it is worry about "good things" such as worrying about others salvation, or other people in general? God doesn't say that it's ok to worry about things because they are "good" or "for Him." He tells us to cast ALL our burdens on Him.
- How much time do you spend each day giving your worries over to God?
- If you're up at night worrying about things, try listening to worship music as you are falling asleep. It will help keep God in perspective, that He is bigger than all your problems.