

Anxiety From A Biblical Perspective

Session 1

Definitions:

- **Cambridge Dictionary:** An uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future; something that causes a feeling of fear and worry
- **Most basic definition:** When I look ahead, what I see coming feels overwhelming to me

Anxiety is _____ and _____

If you struggle with anxiety:

- You are not _____ to God
- You are not less of a _____
- You are not less of a _____
- You are not less _____ by God

Matthew 6:25-34

When the Bible talks about Anxiety, it's a _____

- It's not a Condition, it's an _____
- It's not an _____, it's a Choice
- It's not who you _____, it's something you _____

If Anxiety defines me or describes me, there is no hope for change.

Anxiety does not _____ you and it shouldn't _____ you!

It is not a _____ to feel anxious, to feel worry, or to have fear

- We can have a sinful _____ to these feelings

Being consumed with anxiety, worry, and fear can reveal a lack of faith in the _____ and _____ of God (Romans 14:23; Hebrews 11:6)

- *The things you worry about the most, are probably areas where you have some idols in your heart.*

“Do not be anxious” - Instead:

- Remember who's in _____ (v.26, 28-29)
- Do what is required of you _____ (v.27, 34)
- _____ where your heart is (v.19-21, 33)

- Replace wrong action with right action. Replace a wrong response to your feelings with a right response to those feelings.

Philippians 4:6-8

- Do not be anxious about _____, but pray for _____

Fight your anxiety with:

1. _____ (v.6)

- With _____

- The Result: The _____ of God (v.7)

2. Right _____ (v.8)

- What _____ vs. What _____

- The most costly form of laziness is the laziness of your mind