

## Anxiety-Worry

1. What does worry accomplish?

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2. When we worry we reveal areas that are lacking in our spiritual lives. What areas are we neglecting if we are worrying?

Prov. 3:5-6 \_\_\_\_\_

Matt. 6:32 \_\_\_\_\_

3. What are the consequences of worry?

Matt. 13:22 \_\_\_\_\_

Matt. 13:22; Mk. 4:19; Lu. 8:14 \_\_\_\_\_

Lu. 21:34 \_\_\_\_\_

Matt. 6:30 \_\_\_\_\_

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

Matt. 6:25-28 \_\_\_\_\_

Lu. 10:41 \_\_\_\_\_

Ps. 56:4 \_\_\_\_\_

5. How did Christ respond to anxious experiences?

Mk. 4:38 \_\_\_\_\_

Lu. 10:40 \_\_\_\_\_

6. Based on the above passages, what is worry?

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7. The Bible shares principles to help combat anxiety and worry. In the following passages describe the principle and how it can apply to one's personal life.

Matt. 6:26-30

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Matt. 6:32

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Matt. 6:34

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Josh. 1:9

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Isa. 41:10

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Matt. 28:20

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Ps. 4:8, 37:5

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Prov. 3:5-6

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Isa. 26:3-4

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Ps. 55:22

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Phil. 4:6-7

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I Pet. 5:7

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Ps.27:14

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Isa. 40:31 \_\_\_\_\_  
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8. What pressures/experiences cause you to become anxious and worry? What principles in the verses studied earlier would provide the solutions to those worries? \_\_\_\_\_

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9. The Bible shares 5 terms that will help an individual guard against anxiety and worry in their personal life. List them and write out a definition in your own words.

Isa. 41:10 F \_\_\_\_\_  
Define: \_\_\_\_\_

Ps. 37:5 C \_\_\_\_\_  
Define: \_\_\_\_\_

Ps. 37:5 T \_\_\_\_\_  
Define: \_\_\_\_\_

I Pet. 5:7 C \_\_\_\_\_  
Define: \_\_\_\_\_

Ps. 27:14  
Isa. 40:31 W \_\_\_\_\_  
Define: \_\_\_\_\_

10. What are the consequences if I do not overcome anxiety and worry?

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11. What are the rewards of responding to the Biblical principles and overcoming my anxiety and worry?

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