

“Anxiety and Me” – Study Guide #1

1. Read through Psalm 131
2. Which of the following describes you the best?
 - I tend to worry a great deal to the point that it disrupts my life
 - I catch myself worrying more than I know I should
 - It grips me from time to time but for the most part I do not struggle with anxiety and worry
 - I don't worry about anything
3. What do you tend to worry about the most? What keeps you up at night and dominates your mind?
4. How do you think choices can be related to anxiety?
5. What things do you observe in life that truly humbles you?
6. What's the danger of “playing God” in “your world”?
7. How does God's being in control of our lives along with His goodness and grace help us in our anxieties?