

## ANXIETY AND ME STUDY GUIDE WEEK #2

1. Read Psalm 131
2. Read Matthew 6:25-34 What truths stand out to you related to anxiety in this passage?
3. What connection is there between humbling ourselves under God's control (V1) and then experiencing calm and quietness in our soul? (V2)
4. What is the difference between the actions of an unweaned child with its mother and a weaned child with its mother? Why are they different?
5. What types of things about yourself run through your mind that are not necessarily true about yourself causing these things to blind you from what God and the Gospel has done for you?  
Example: You do something that embarrasses you and your first thought is, "I can never do anything right".
6. What practical things can you do to assure you have proper time to meditate on God's Word?