

**ANXIETY AND ME STUDY QUESTIONS LESSON #3**  
***"From Our Self toward Others"***

1. Read Psalm 131
2. Describe the feelings and thoughts one experiences when feeling anxious.
3. How does anxiety affect the way you think about others?
4. Is there ever a time when we are exempt from loving and serving others and seeking God's desires for our lives?
5. Some people say that in order to love you have to be loved and if you have not experienced love you cannot love and serve others - especially in hard difficult times. Looking at Christ's example in Phil. 2:1-8, is that true??? Explain your answer
6. Describe the discipline required to serve others when struggling inside your mind and heart.
7. In what ways can you offer hope to others, even when you may be struggling with anxiety and burdens?