

ANXIETY AND ME STUDY QUESTIONS LESSON #4

1. Without giving a circumstance, what are some underlying issues that may bring on anxiety and anxious moments?

- When areas of your life are in the hands of others; their decisions, their choices
- Having experienced hurt and disappointment before
- I believe I have to be “perfect” and no one can see any weakness
- A lack of trust in God and an inner desire to be in control

2. (To be answered in group from an illustration given during group)

- a. What is causing the anxiety?
- b. What is so important to them that they are afraid of losing?
- c. What idols may be revealed in this situation?
- d. What may be “out of whack” when it comes to having a proper or biblical perspective in this situation?

3. Why do the actions of others in our lives cause such a deep anxiety and what does that reveal about our heart?

- It is something that is truly out of our control
- It's someone we really care about and we can see things they can't or they refuse to see and we know it will only lead to troubles

4. Read Philippians 4:4-9. Write down some keywords that you see in these verses that show to us God's counsel for anxiety.

5. How does Hebrews 4:14-16 and 1 Peter 5:6-7 bless us with knowing God does so much more than just saying “stop it”?