

Anxiety

When you are anxious, what does it prove?

How does your body respond to anxiety?

What does Proverbs 3:5-6 have to say about worry?

What do the following versus say about the consequences of anxiety?

Matthew 13:22	
Mark 4:19	
Luke 21:34	
Matthew 6:30	

What do the following versus say about how Christ responds through us?

Mark 4:38	
Luke 10:40	
Philippians 4:6-7	
Matthew 6:34	

What do the following versus say about the battle against anxiety?

Matthew 6:26	
Matthew 6:32	
Joshua 1:9	
Isaiah 41:10	
I Peter 5:7	
Psalms 27:14	

Key Truth: People who suffer with worry and anxiety are revealing their heart problem. The heart problem is not trusting in the hand of the Almighty. A lack of trust comes from the believer’s refusal to “let go” and let God have full control of their lives. When a believer does not cast their cares on Jesus, they are not going to wait on Him; therefore they are going to carry the weight of the world on their own shoulders. Worriers are like mini gods – appearing to control everything but in actuality have control of nothing.

To walk without anxiety is to live in complete freedom. Those who master the art of trusting in Christ have mastered being a part of the Masters plan.