

WHEN YOU FEEL ANXIOUS

How To Deal With How You Feel

Matthew 8:23-27 NLT

THE ANATOMY OF ANXIETY

We Tend To Worry When We Have...

- ❶ **UNEXPECTED PROBLEMS.**
- ❷ **OVERWHELMING CIRCUMSTANCES.**
- ❸ **INADEQUATE RESOURCES.**
- ❹ **FEELING OF BEING ALONE.**

THE CURE FOR ANXIETY

Reduce Your Anxiety By...

- ❶ **ASKING FOR HELP.**
(Phil. 4:6)
- ❷ **QUESTIONING YOUR FEARS.**
(Luke 2:10 TLB; John 14:27 TLB)
- ❸ **INCREASING YOUR FAITH.**
(Matt. 6:30 NCV; Luke 8:14 NCV)
- ❹ **ACKNOWLEDGING GOD'S CONTROL.**
(1 Chron. 29:11 TLB; Matt. 6:26-27 NIV; Matt. 6:34 TLB; 1 Pt 5:7 NLT)

LIFE APPLICATION

QUICK REVIEW - Looking back over your sermon notes, which particular point or passage of Scripture most challenged, confused or caught your attention?

1. This weekend we heard that worry is something we all do and something most of us think we shouldn't do.

As you think about the areas you're prone to worry about, are there any signs that indicate you've moved from proactive concern to unhealthy anxiety?

2. Jesse mentioned that sometimes worry can be a good thing. Have you experienced times when worry has been a good thing for you? If so, explain?

DIGGING DEEPER

1. We heard this weekend that part of worrying well is to develop the right kind of focus. In Philippians 4:4, Paul gives the Philippians advice on focusing when he twice tells them to "rejoice in the Lord always." How can each of the following verses help you include more rejoicing in your life?

Romans 5:3, Psalm 13:5, Psalm 31:7 Psalm 119:162, Proverbs 29:2

Have you seen the practice of rejoicing help you or someone you know deal with unhealthy worry? In what ways?

2. Jesus directly addressed the issue of worry in Luke 12:22-31. As you read the passage, jot down any reasons you see for not worrying.

If someone asked you to summarize what this passage says about worry in one sentence, what would you tell them?

What encouragement do you find in Luke 12:22-31 for the things you're prone to worry about?

3. Jesse talked about the role prayer plays in finding peace in a scary place. David is an example of someone who often found himself in scary places and who prayed the right kind of prayers. He recorded several of these prayers in the Psalms. How do you see the principles of "tell God exactly what you want" and "thank God for all he's already done" reflected in David's prayers in Psalms 13 and 54?

Can you think of any ways David's prayer could help you pray about the things that are causing you anxiety in your life right now? If so, explain.

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- ❷ OVERWHELMING _____.
- ❸ INADEQUATE _____.
- ❹ FEELING OF BEING _____.

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Reduce Your Anxiety By...

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(Phil. 4:6)
- ❷ QUESTIONING YOUR _____.
(Luke 2:10 TLB; John 14:27 TLB)
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- ❹ ACKNOWLEDGING _____.
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Current Series: How To Deal With How You Feel
WHEN YOU'RE ANXIOUS_Part5-by Pastor Jesse Elizondo (03/20/16).

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