

# Bible Study Focus - Anxiety

Good morning!

As people, anxiety is a natural part of our human make up. In a fallen world, God understands that we experience anxiety and, as members of God's family, citizens of God's kingdom and God's image bearers on earth.

The definition of anxiety is, "a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome." Some common words for anxiety are worry, concern, fear, nervousness and foreboding.

In the upcoming study, we look at anxiety in both the Old and New Testament, showing 1). How God handles people who are going through anxiety, 2). How people in the bible dealt with anxiety and 3). How we are able to handle anxiety.

The study will work along with the Verse of the Day Meditations.

Remember, if you have questions and/or comments that you want to post for the entire group, just reply to the text. If you want it Ono-on-one, text me individually.... Enjoy the day

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As you read over the daily meditation passages and meditate of God's word regarding our Focus on Anxiety, a few things to watch out for are the connection between:

1. Anxiety and Faith with Works
2. Anxiety and Mental & Physical Rest
3. Anxiety and Helping Others
4. Anxiety and Decision Making
5. Anxiety and Physical Actions

Bible Study Questions:

1. On an average day, week or month, do you find yourself feeling anxious?
  - a. All of the time? \_\_\_\_\_
  - b. A lot of the time? \_\_\_\_\_
  - c. Most of the time? \_\_\_\_\_
  - d. Some of the time? \_\_\_\_\_
  - e. None of the time? \_\_\_\_\_

2. Why does Satan, the world system and our own human nature try to keep us anxious? \_\_\_\_\_
3. What are some ways that you use to overcome anxiety? \_\_\_\_\_

***Verse of the Day Meditations - A Focus on Anxiety: Accept God's Peace***

Philippians 4:6-7 KJV

6 Be careful [anxious] for nothing; but in every thing by prayer [positioning in a place of rest] and supplication [requesting, submitting a request] with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep [guards, protects from attack] your hearts and minds through Christ Jesus.

God's peace, which is something that we can't really understand, is given to us through Jesus Christ. This is a peace that protects our hearts and minds from attacks against our entire being and allows us to be free from overwhelming anxiety. We experience this peace when we 1). put ourselves in an inner and external position of rest and reliance on God, 2). take our requests to God about everything and 3). choose to thank God in advance of our hoped for outcome.

Realize that in Christ our hearts and minds are already protected and we have access to God's peace.

Make it a great week. Stay safe and keep others safe.

***Verse of the Day Meditations - A Focus on Anxiety: Looking At God  
Numbers 13:1-31 [27,28,30,33]***

And they told him, and said, We came unto the land whither thou sentest us, and surely it floweth with milk and honey; and this is the fruit of it... Nevertheless the people be strong that dwell in the land, and the cities are walled, and very great: and moreover we saw the children of Anak there... 30 And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it... And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.

As God gave the children of Israel the opportunity to grow by placing their faith in Him and His promises, He also gives us similar opportunities. While all of the spies may have been anxious at being in an unknown place and seeing the giants, ten were overcome by their anxiety. Their anxiety was based on what they saw in front of them and not what they had seen and experienced previously. The lack of anxiety of the two other spies was based on what they had seen and experienced previously, so the opportunity to grow was based on faith instead of anxiety.

Have a Faithfilled, Anxiety Free Day!  
And stay safe while keeping others safe.

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***Verse of the Day Meditations - A Focus on Anxiety: Projected Anxiety  
Colossians 2: 10-17 [15-17]***

And having spoiled [ruthlessly plundered, throw off] principalities and powers [both spiritual and humans in authority and with power over], He [Jesus] made a shew [open display, an exhibit] of them openly, triumphing over them in it. Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days: Which are a shadow of things to come; but the body is of Christ.

Since Jesus ruthlessly took away the power that both seen and unseen forces and authorities had over us, we don't need to be anxious and feel guilty about what others think about what we do in regard to religious rituals and rules. Those rituals and rules are just an image of Jesus Christ and all that He has for us. The anxious judgement of other people trying to keep you in bondage carries no weight, so don't let it make you anxious as well.

Don't Live In The Shadows, Live In The Life Of Christ.  
Make it a great day and help yourself and others stay safe.

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***Verse of the Day Meditations - A Focus on Anxiety: At Peace In God's Family  
Romans 8:11-17 [15-16]***

For ye have not received the spirit of bondage again to fear [anxiety, worry]; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. The Spirit itself beareth witness with our spirit, that we are the children of God:

The ability to call out to God the Father in the most intimate way comes from being part of God's Spirit. And, since the Holy Spirit confirms the fact that we are children of God we are no longer bound by our natural inclinations and eternal death, we don't have to be anxious or worried about our relationship with God or our relationship with ourselves. And, that will filter into our relationships with others.

Since We Are God's Children, We Can Live Without Anxiety Regarding Our Relationship with God.

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**Verse of the Day Meditations - A Focus on One Another (con't OT): Supporting One Another Through Strength In Numbers**  
**Ecclesiastes 4: 8-12**

Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Again, if two lie together, then they have heat: but how can one be warm alone? And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

When we work together, we have a much better level of productivity and support than working alone. If we don't work together and support one another, we can be overcome and broken by someone or something stronger. But, standing unified, as with the threat of bad weather, physical conflict and division, we can overcome and withstand all challenges.

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**Bible Study Questions:**

Are you comfortable building up one another through correction?

1. All of the time? \_\_\_\_\_
2. A lot of the time? \_\_\_\_\_
3. Most of the time? \_\_\_\_\_
4. Some of the time? \_\_\_\_\_
5. None of the time? \_\_\_\_\_

Do you find strength in the unity of one another?

1. All of the time? \_\_\_\_\_
2. A lot of the time? \_\_\_\_\_
3. Most of the time? \_\_\_\_\_
4. Some of the time? \_\_\_\_\_
5. None of the time? \_\_\_\_\_

Why is being friendly and committed to one another as family important?

What are some ways that you might demonstrate your love for one another based on these verses?



**Verse of the Day Meditations - A Focus on One Another (con't OT): The Commitment Of Loving One Another Like Family**  
**Proverbs 17:17, 18:24**

(17:17) A friend loveth at all times, and a brother is born for adversity... (18:24) A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother.

As friends, we are here to help one another through adversity. And, by being friendly, we'll have and be friends who will bind ourselves to one another like a family member.

**Being in and maintaining good relationships with one another takes on many forms.**

Do you see your relationships with one another being better through meditation?

1. All of the time? \_\_\_\_\_
2. A lot of the time? \_\_\_\_\_
3. Most of the time? \_\_\_\_\_
4. Some of the time? \_\_\_\_\_
5. None of the time? \_\_\_\_\_

How often do you ever make plans to comfort one another?

1. All of the time? \_\_\_\_\_
2. A lot of the time? \_\_\_\_\_
3. Most of the time? \_\_\_\_\_
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