

## Overcoming Anxiousness

### Philippines 4:6-7 / Sunday, August 5th

- 1.) Anxiousness is a \_\_\_\_\_! It steals your thoughts, steals your peace, your confidence and will steal your joy!
- 2.) Corrie Ten Boom once said, "Worry does not empty tomorrow of its sorrow. It empties today of its \_\_\_\_\_."
- 3.) The meaning of the word "Anxious" in Greek is to have \_\_\_\_\_.
- 4.) Jesus gives us four reasons not to worry 1. It's Unreasonable, 2. It's Unnatural, 3. \_\_\_\_\_, 4. \_\_\_\_\_.
- 5.) "You will keep him in \_\_\_\_\_, Whose mind is stayed on You, because he trusts in You." Isaiah 26:3, NKJV.

Notes: \_\_\_\_\_

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## Growth Group Discussion Questions

(Complete at home on separate sheet of paper if needed)

- 1.) When have you felt anxious, worried or fearful & nothing came from it?
- 2.) What would you have added to overcoming anxiousness that we didn't cover?
- 3.) Read this section in its context (Philippians 4:1-23) How does the rest of the text help build the section we covered in Philippians 4:6-7
- 4.) What are the challenges of overcoming the emotions such as Fear, Worry, Anxiousness? How are we to guard our minds & thoughts? Read 2 Cor. 10:3-6, Ephesians 6:10-18, Proverbs 4:23.
- 5.) What are the most difficult aspects of finding victory over our human emotions & feelings?
- 6.) How does faith, scripture reading & scripture memorization help with overcoming anxiousness, fear, & worry? Discuss.