

# ANXIETY



The Bible Brite series will serve believers in their study of the Bible in a meaningful way. Grab your Bible and your Bible Brite study guide, and you are on your way.

*Anxiety is an emotion characterized by an unpleasant state of inner turmoil.*

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## HOW DOES ANXIETY AFFECT US?

### **Proverbs 12:25 (NASB95)**

Anxiety in a man's heart weighs it down, But a good word makes it glad.

1. Anxiety is in the heart.
2. Anxiety weighs us down.

## WHAT DOES JESUS ASK ABOUT BEING WORRIED?

### **Matthew 6:27 (NASB95)**

"And who of you by being worried can add a single hour to his life?"

1. Can being worried add a single hour to our life?

## WHAT SHOULD WE DO WHEN WE FEEL ANXIETY?

### **Philippians 4:6–7 (NASB95)**

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God.

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And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus

1. Be anxious for nothing.
2. Let our requests be made known to God.
3. How? By prayer(talking to God) and supplication (with some urgency).
4. The peace of God will guard our hearts.
5. The peace of God will guard our minds.
6. All of this in Christ, Jesus.

## **WILL GOD TAKE AWAY OUR ANXIETY?**

### **1 Peter 5:6–7 (NASB95)**

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.

1. We must be humble under God.
2. We are to place our anxiety on Him.
3. He will take those anxieties because He cares for us.



## **WHAT CAN WE TAKE AWAY FROM THIS STUDY?**

1. Anxiety will affect us.
2. We handle anxiety by praying to God.
3. He allows us to place our anxiety on Him.
4. We must humble ourselves before Him.
5. He will guard our hearts and minds in Jesus
6. He will replace our anxiety with His peace.