

Anxiety

INFORMATION

- Name the things that cause you anxiety.
- Listen to the anxiety — What is the root cause? What wisdom and instruction is important to me?
- Fear differs from anxiety. Legitimate fears have an object, but obsessive worry can cause unhealthy anxiety.
- Believe you are a child of God and that you are loved.

SCRIPTURES

- **Philippians 4:4-6** — Peace passing understanding.
- **Matthew 6:25-34** — Do not worry.
- **Genesis 1:31** — God saw all that he had made and it was very good.
- **Isaiah 43:1-5** — Do not fear, for I have redeemed you: I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you.
- **1 Peter 5:7-11** — Cast all your anxiety on God; God cares for you.
- **Ephesians 3:20** — God is able to accomplish abundantly far more than all we can ask or imagine.
- **1 John 4:16-21** — There is no fear in love, but perfect love casts out fear.
- **Romans 8:26-28** — Nothing separates us from the love of God.
- **Proverbs 3:5-6** — Trust in the Lord and not on your own understanding.

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PRAYER

The Serenity Prayer:

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to distinguish the one from the other. Amen.

SUGGESTED READING

- *Embracing the Fear: Learning to Manage Anxiety and Panic Attacks* by Judith Bemis and AMR Barrada (Hazelden, 1994)
- *Fearless Relationships: Simple Rules for Lifelong Contentment* by Karen Casey (Hazelden, 2003)
- *Paths to Prayer: Finding Your Own Way to the Presence of God* by Patricia D. Brown (Jossey-Bass, 2003)

RESOURCES

- **National Anxiety Foundation** — 859-281-0003
- Christian help for anxiety, panic and fear — www.overcomepanic.com