

HOPE GROUP

STUDY & DISCUSSION GUIDE

Alleviating Anxiety

Selected Scriptures

January 28, 2018

GETTING TO KNOW ME

Would you say that you worry often? What is it that you worry about most?

How do you respond to Paul's challenge to us in **Phil. 4:6-9** to be anxious about nothing?

INTO THE BIBLE

Discuss what it means to "take every thought captive". **2 Cor. 10:5**

List some of the steps to take when dealing with anxiety as outlined in **Phil. 4:6-9**.

Studying the promises of God can be very helpful in times of need. Which of God's promises might bring comfort to you during stressful times?

What can we conclude is the primary reason for our worry? **Matt. 6:30**

APPLICATION

Write out a definition for "worry" and "anxiety".

Do you believe God's peace can really be obtained? If, why, how? If not, why?