

## GIVE IT TO GOD

1. What are some things that cause you fear, or anxiety?

2. Does dwelling on your anxieties do you any good?

**Take to heart:**

*1 Peter 5:7 – Casting all your anxieties on him, because he cares for you.*

---

3. If you get anxiety does that mean you are not a Christian?

**Take to heart:**

*Joshua 1:9 - Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.*

---

4. What should we do if we do start to feel anxious or worried? How can we defeat that feeling?

See: (Philippians 4:6-7, Philippians 4:9, Hebrews 13:5, 1 Peter 5:7, Matthew 11:28-29)

5. How does the world teach us to cope with anxiety? How does the world's solution for anxiety differ from God's solution?

**Take to heart:**

*John 14:27 - Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.*

---

**— This Week —**

In your prayer time this week, pray specifically that God would remove any anxiety in your heart in accordance with Philippians 4:6 and 1 Peter 5:7.

- Confess your anxious thoughts to God.
- Cast your anxiety upon the Lord.
- Pray for others that may also be suffering.
- Ask God to give you His peace and to guard your heart.

**Take to heart:**

## GIVE IT TO GOD

*Philippians 4:6-7 - Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*