



6:30p Bible Study: Pastor Chip Luter

Wednesday, September 7, 2022

"Analyzing Anxiety"

Matthew 6:25-34; Luke 12:22-31

Opening Discussion

- Anxiety – distress or uneasiness of mind caused by fear of danger or misfortune; a lack of peace, experienced physically, spiritually, or mentally.
- What situations in life usually cause us to have some anxiety?
- What are some unhealthy ways people respond to anxiety?

A Biblical Analysis of Anxiety

I. The Depth of Anxiety

- Anxiety keeps life in a _____ view.
- Anxiety is _____.
- Anxiety keeps your life in _____ mode.

II. The Deception of Anxiety

- Anxiety is _____.
 - Luke 12:25-26
- Anxiety gives no _____ progress toward a solution.

III. The Danger of Anxiety

- Anxiety will cause us to lose _____ on the Father.
- Anxiety will cause us to lose confidence in the _____.
- Anxiety will cause us to _____ like non-believers.
- Anxiety will cause us to _____ the joy of today.
 - Prov. 12:25

How To Attack Anxiety

1. Keep God as your top _____ daily.
2. Be _____ to Christ's commands daily.
3. Live in total _____ on God daily.
4. When you feel anxious, _____.
 - Phil. 4:6-7; Matthew 6:7-8; Romans 8:26-27

Big Idea

Anxiety is a reality of life. The best response is to seek and depend on Jesus Christ who knows everything you need and has everything you will ever need.

Personal Follow Up

- Are you aware that you deal with anxiety? Is there anything that you excessively worry about in your life?
- Make a prayer list this week of the matters in your life that you need to give to God, so you can keep your joy in your daily walk.