

Study QUESTIONS

Ep.1383: Can I Find Balance When Overwhelmed with Anxiety? (Part I)

<https://christianquestions.com/character/1383-anxiety-part-i/>

See:



1. **Jesus' teachings on anxiety in the Sermon on the Mount** (Matthew 6)
 - a. In what way do our ambitions cause anxiety in our lives? (verses 19-21)
 - Are your truest treasures anxiety-producing or anxiety-relieving?
 - b. How is our eyesight a factor in obsessive anxiety? (verses 22-23)
 - How do you perceive and interpret your experiences?
 - Whom must we serve? (verse 24) Do your earthly ambitions pull you away from God?
2. **Anxiety's Obsessions and Solutions – "I am nervous and restless about my life and have an impending sense of doom!"** (See Matthew 6:25)
 - a. How can anxiety **"reframe"** our reality? Why does aging and dying fit into this obsession?
 - b. What is the solution? Is this a sure "fix" for fictional worries? Explain. In what ways do you struggle with this form of anxiety?
 - c. What did David do when he felt hopeless? How did he **recognize** his anxiety? (Psalms 88:1-3)
 - d. Is there something that can help us **refrain** from continuing this cycle? Describe. (Matthew 6:26)
 - e. How does Psalms 139:1-6 help us to **reframe** our anxiety? Do you truly believe in God's providence?
 - f. Why is knowing we have "our treasure in earthen vessels" so important to **restart**? (2 Corinthians 4:7-10, 12:9)
 - g. What happens if we fail to get through all four steps?
3. **Anxiety's Obsessions and Solutions – "I am worried that my life will not amount to much of anything. I'm a failure!"** (See Matthew 6:27, Psalm 27:11-14)
 - a. What is the solution? How can we **recognize** our own doubts before Satan magnifies them?
 - Are you "your own worst enemy?" How does Psalm 27:11 help with this?
 - b. How does **refraining** from this negative thinking stop our foes from "breathing out violence"? (verse 12)
 - Who are your "foes," the "false witnesses" in your life?
 - c. How do we build and **reframe** our negative self-talk? Why is this necessary? (Verses 13-14)
 - d. What must we emphatically choose in order to **restart**? (Psalm 139:7-12)
4. **Anxiety's Obsessions and Solutions – "I'm troubled with self-conscious anxiety. I believe I look inferior to others in my natural life and my spiritual life!"** (See Matthew 6:1-2, 28-30)
 - a. What are the two aspects of "image?" What's the difference between Matthew 5:16 and being a hypocrite?
 - b. What do we gain if we **refrain** from or slow down these anxious feelings? (Philippians 4:4-7)
 - c. How do we build and **reframe** to replace obsession, to fill the void when we **refrain**? (Philippians 4:8-8) How does 1 Peter 5:5-9 help us intentionally **restart**?