

# Study QUESTIONS



## Ep.1384: Can I Find Balance When Overwhelmed with Anxiety? (Part II)

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

1. Please review the four steps for coping with anxiety. Which ones do you use and why?
2. Describe the first three of “Anxiety’s Obsessions” and “Anxiety’s Solutions”:
  - a. Anxiety’s Obsessions and Solutions (Matthew 6:25-26, Psalms 88:1-3, 139:1-6, 1 Corinthians 4:7-10, 12:9)
  - b. Anxiety’s Obsessions and Solutions (Matthew 6:27, Psalm 27:11-14, 139:7-12)
  - c. Anxiety’s Obsessions and Solutions (Matthew 6:1-2, 2 Explain 8-30, Philippians 4:4-8, 1 Peter 5:5-9)
  - d. Ultimately, what helps us deal with these kinds of anxiety? (1 Peter 5:5-9)
  - e. When do you struggle with any of these anxieties in your personal life?
3. How do we handle the “Anxiety’s Obsession” over insecurity in the stability of our lives?
  - a. Thoroughly describe how the four steps apply in this situation with the focus of the power of faith:
    1. Learn: (Matthew 6:32, Romans 8:15-16)
    2. Apply: (Matthew 6:33, Romans 8:28-29)
    3. Build: (Matthew 6:34, 1 Corinthians 10:12-14)
    4. Reboot: (Psalms 139:21-24, James 1:2-4)
  - b. Do you get anxious when you feel your life’s stability is insecure? Explain.
4. How can we redirect the emotion and energy given to our obsessive anxieties towards something productive? (1 Corinthians 12:21-26)
  - a. In what way was Paul *strengthening the souls of the disciples* after his stoning? (Acts 14:20-23)
  - b. How did Judas and Silas’ message *strengthen the brethren* with the conclusions of the Council at Jerusalem? How was it different from the first example? (Acts 15:30-33)
  - c. How were Paul and Silas *strengthening the churches* in Syria and Cilicia? (Acts 15:40-41)
5. List how you can strengthen those in your fellowship individually, in what is needed in the spreading of the word, and collectively to promote unity in your fellowship. Be aware of your opportunities to strengthen! Elaborate on the examples below:
  - a. How did Jesus react to interruptions to his schedule and focus? (Matthew 9:20-22)
  - b. How did Paul exhibit his concern for the churches he established? (2 Corinthians 11:26-29)
  - c. How did Timothy serve the Philippines? (Philippians 2:19-22)
6. How can you be “passionately caring?”
  - a. Describe, using the examples in 2 Corinthians 9:12-15 and Galatians 6:1-2.
  - b. How does Romans 8:31-39 strengthen you and comfort your anxieties?