



Bible Study
Wednesday, March 19, 2025

An Anecdote for Anxiety **Philippians 4: 6**

What is Anxiety?

Anxiety is an emotion characterized by feelings of _____, worried _____, and can even on occasion _____ like elevated blood pressure.

Anxiety is _____. How do we know? I Peter 5: 7

What does the Bible teach us about Managing Anxiety?

1. Trust in God's _____ (Matthew 6: 34)
2. Travail in _____ (Philippians 4: 6)
3. Throw your _____ (I Peter 5: 7)
4. Thrive in the _____ (Matthew 6: 34)

How to Make Decisions While Managing Anxiety

I. _____ Romans 12: 1-2

1. Consecration demands that we become _____.
2. When we become consecrated vessels as living sacrifices, Paul says only then will we be able to _____ and _____ what God's will is!

II. _____ Proverbs 18: 17

1. The most important piece of information to collect is the answer to a simple question. "Is one path of my decision prohibited by God?"
2. But of course, quite often the answer is "no." Both options are permissible for a Christian. Should I marry Tommy or Tyrone? Should I go to law school or mortuary school?
3. Proverbs 18:17 teaches us the importance of gathering information about our decision: "The first to present his case seems right, till another comes forward and questions him."

III. _____ Luke 11: 13

1. When you have a big decision to make, do you pray every day? Or do you pray at the outset and then lose steam?
2. PRACTICALLY: what should we pray for? How should we pray?
 - Pray for _____.
 - Reveal _____ in my heart.
 - Sanctify my _____.

IV. _____ Proverbs 15: 22

1. Heeding these commands to seek out counsel requires humility. We need humility to seek advice, and humility to heed it. We need humility to listen to advice when we it goes against what we want, and humility to ask people we suspect will disagree with us.
2. Who should you ask? Ask _____, _____ Christians who know you and love you.
3. Develop _____ around you that will come into play in times of _____. The quality of advice you will receive is probably somewhat proportional to the quality of the relationship you built before you needed counsel.
4. What about getting advice from non-Christians? God made non-Christians in His image and their counsel may often be wise. Whether or not you should seek their counsel depends on what advice you're looking for. But consider the advice they give, what their worldview is, and filter what they're telling you through the revealed will of God in His Word.

V. _____ Joshua 1: 8

1. Biblical meditation is nothing more than the process of _____ and _____ applying God's word to our lives.
2. Meditation is turning something over in your mind. It's mulling over God's word, taking a serious look at it, thinking and praying about it and applying it to our lives.

VI. _____ Psalm 37: 5

1. After we have followed the previous steps, we then should trust God and make the decision that is in keeping with what God has revealed to us and trust God with the consequences.