



Examine where and how you might be trying to address worries and anxiety on your own instead of with God. Define those places and write about how it's working for you?

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IV. What does God say about this?

- In the Garden of Eden, we learn that leaning on our own understanding instead of God's wisdom will lead us to spiritual death because it causes separation from Him. Scripture is clear that we are to be in a place of trust and dependence on God, listening to His voice. **Read Genesis 2:15 – 3:24** and consider God's original design and what a fallen state of trusting ourselves and our own understanding looks like.
- The Bible is living and active, and God wants you to be dependent on Him. He wants to speak to you through His word, and He wants to draw you closer to Him so He can provide for you and protect you. He is a good God who loves you more than you can imagine and doesn't want you walking in persistent anxiety. The following verses relate to God's truth and how believers are to handle anxiety. Consider how the Lord may be trying to speak into your specific areas of anxiety.
- **Read Proverbs 14:26-27, Isaiah 41:10, and 2 Timothy 1:7** and answer the following questions.

What does it mean, to you, to fear the Lord?

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Why do you not have to fear the things of this world?

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How does trust in the Lord overcome the fear and anxiety you may be experiencing?

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- **Read 1 Peter 5:6-7 and Philippians 4:6-7**, consider what the Bible says to do with anxiety, and answer the following questions.

What type of heart posture should you have when you give your worries and anxieties to God, and why do you think that posture is important? How does heart posture relate to the fear of the Lord?

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According to the passages, what should you do when you feel anxious?

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What does God's Word promise you will experience when you cast your anxieties on Him?

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- **Read Matthew 26:36-46, Deuteronomy 31:6, and Joshua 1:9** and consider what it looks like to trust the Lord with your anxieties while answering the following questions.

Do you think Jesus experienced anxiety before He went to the cross? What was His response to it?

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What promise of God can you rely on for strength and courage when you need it?

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- **Read Isaiah 53:1-11, John 14:23-29, and 1 John 4:18** and answer the following.

Jesus' ultimate act of love on the cross, when received, casts out fear and gives peace in this world. How does the work of the cross provide healing over anxiety for you?

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## V. Repentance and Communion

- When you cast your anxiety unto the Lord, you can trust Him with it... and that His grace is enough. Trust that He has good planned for you. Trust the promise that He will never leave you and you don't have to do it on your own. With God, you always have what you need for any situation you find yourself in. You can trust that His perfect love casts out fear, and He gives anxiety overcoming peace by the power of the Holy Spirit through faith in Christ.

Take some time to meet with Jesus and sit in the presence of the Lord. Repent of anything the Holy Spirit revealed where you are trying to deal with anxiety or fear on your own, any areas of sin, and places in your life that need to be handed over to Jesus. Then, name your anxieties and lay them at the feet of Jesus.

We encourage you to take communion and receive the healing that comes through Jesus' death and resurrection. Any bread, crackers, juice, or wine will do. These elements are simply symbolic of the broken body and spilt blood, the sacrifice Christ made for you. As you take communion, reflect on what it means and how you can now walk in the fullness of the promises of God. Reflect on how you can trust God and live in the peace He gives you.

## VI. Next Steps

- Set up a time to meet with a trusted friend and share what God is doing in your life. Ask them for support. You're not meant to pursue your faith alone. Having the love and support of others is hugely important. This is an important next step!
- The Apostle Paul encourages us in **2 Corinthians 7:1** to "cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of the Lord."

For anyone who wants to cleanse of every defilement and find full freedom in Christ, we highly recommend Dr. Neil T. Anderson's personal freedom in Christ resources accessible on our website here: [https://lovewellministriesonline.org/\\_static/c4791c2379a5e38cfe7f7de709a32028/steps-to-freedom-in-christ-pdf.pdf?dl=1](https://lovewellministriesonline.org/_static/c4791c2379a5e38cfe7f7de709a32028/steps-to-freedom-in-christ-pdf.pdf?dl=1)

- **Note:** The Lord may lead you to counseling or medical resources as part of the healing process. We encourage you to follow His promptings. We also encourage you to use discernment in the practices undertaken to make sure they aren't rooted in false religions or teachings. Practice distinguishing good from evil, testing against Scripture, making sure you are truly hearing God's voice, and following His leading.