

ANXIOUS

Fighting Anxiety with the Word of God by Scarlet Hiltibidal

We live in a broken, sad, scary place. We don't need to watch the natural disasters and political unrest in the news to know it; our own bodies tell us. Our bodies get sick. Our minds are fragile. There is plenty to worry about. And the world is full of faulty solutions for our anxiety. But peace comes when we learn to hold God's Word up to what worries us. There, we learn we can't fix ourselves; we can't protect ourselves.

Peace is found in the already finished work of Christ, revealed to us over and over again in God's Word, through prayer, and with our Christian community. When those of us who live with sinkhole awareness and constant cancer concern see the power of Jesus in the pages of the Bible, we can say with certainty, "The Lord is on my side; I will not fear. What can man do to me?" (Ps. 118:6).

TO FIND OUT MORE ABOUT THIS STUDY, CHECK OUT LIFEWAY.COM/ANXIOUS

Here's an overview of the eight sessions:

- **Session 1:** Introduction
- **Session 2:** Anxious David
- **Session 3:** Anxious Jonah
- **Session 4:** Anxious Moses
- **Session 5:** Anxious Esther
- **Session 6:** Anxious Prayer
- **Session 7:** Anxious Reader
- **Session 8:** Anxious Together

A NOTE TO PARENTS:

Date: _____ Time: _____ Location: _____

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