


110123 Bible Study

November Bible Study Series: THE BATTLE WITHIN

(Taking Steps Toward Peace)



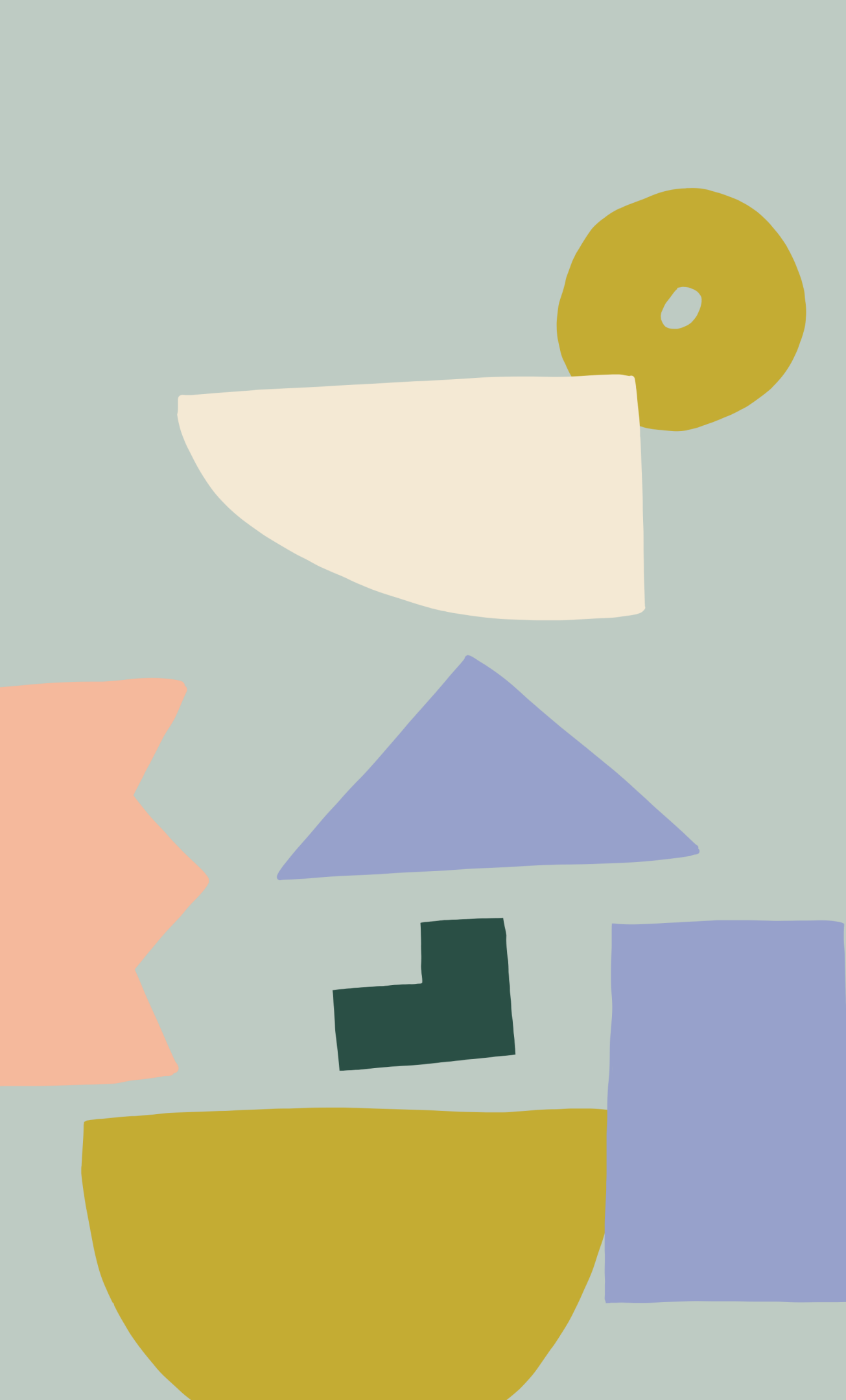
Lesson One:

LORD, HELP MY ANXIOUS HEART!

(Dealing with Anxiety)

*“It’s perfectly okay to admit
you’re not okay.”*

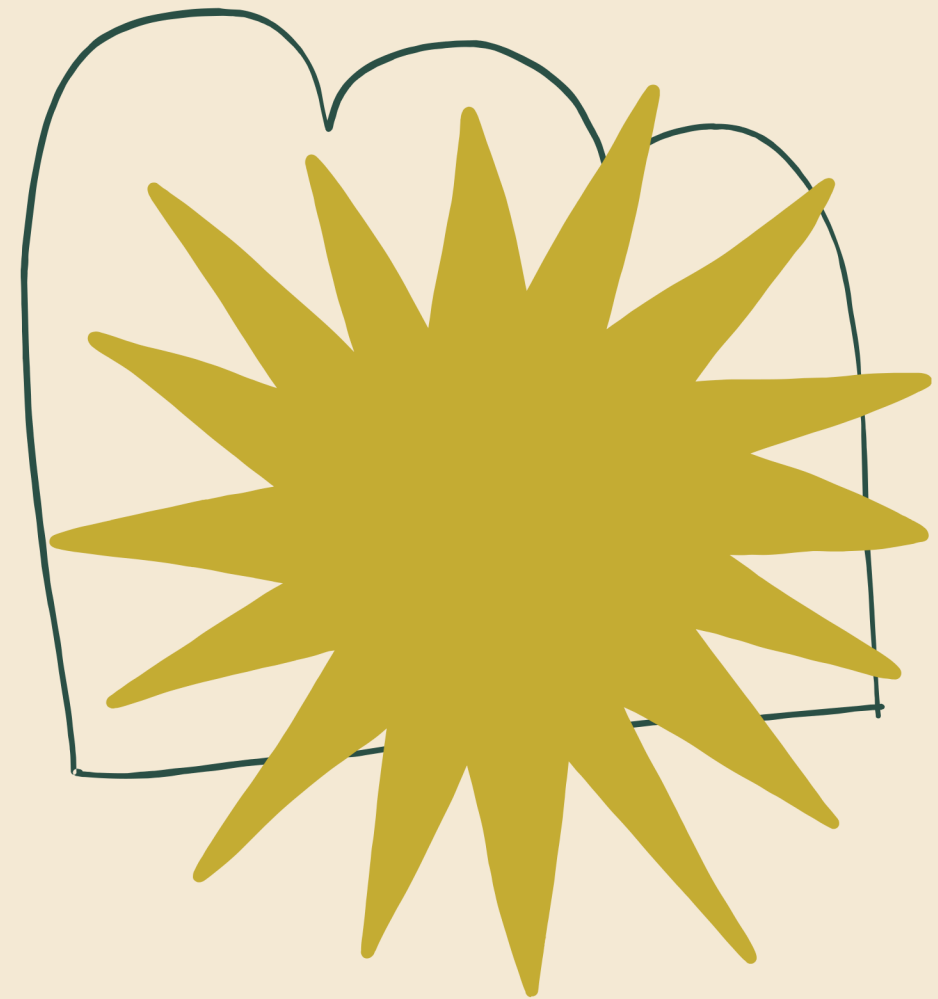


The image features several abstract geometric shapes on a light grey background. In the top left, there is a mustard yellow circle with a small white dot in the center, partially overlapping a light orange semi-circle. Below these, there is a light purple triangle pointing downwards. To the left of the triangle is a light orange shape with a jagged, irregular edge. Below the triangle is a small dark teal L-shaped polygon. At the bottom left, there is a large mustard yellow semi-circle. To its right is a light purple rectangle. The text is positioned to the right of these shapes.

ANXIETY is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

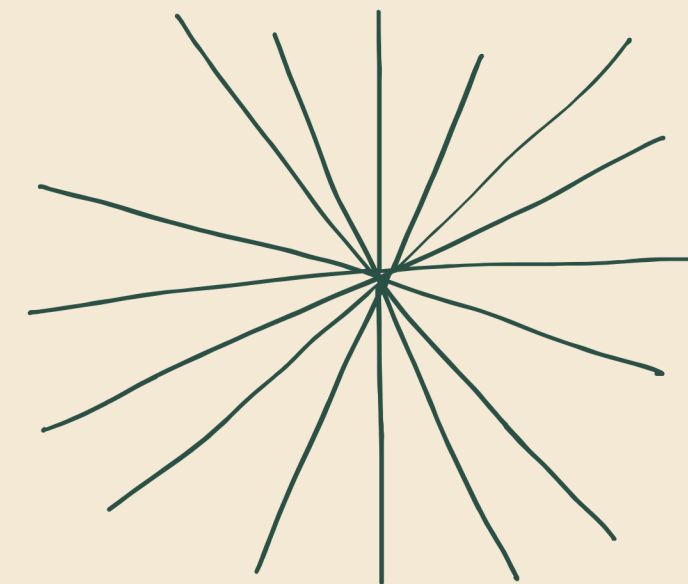
Psalm 94:19,

When anxiety was great within
me, your consolation brought me
joy.



Psalm 139:23,

Search me, O God, and know my
heart; test me and know my
anxious thought.



Philippians 4:6,

Do not be anxious about
anything, but in everything, by
prayer and petition, with
thanksgiving, present your
requests to God.

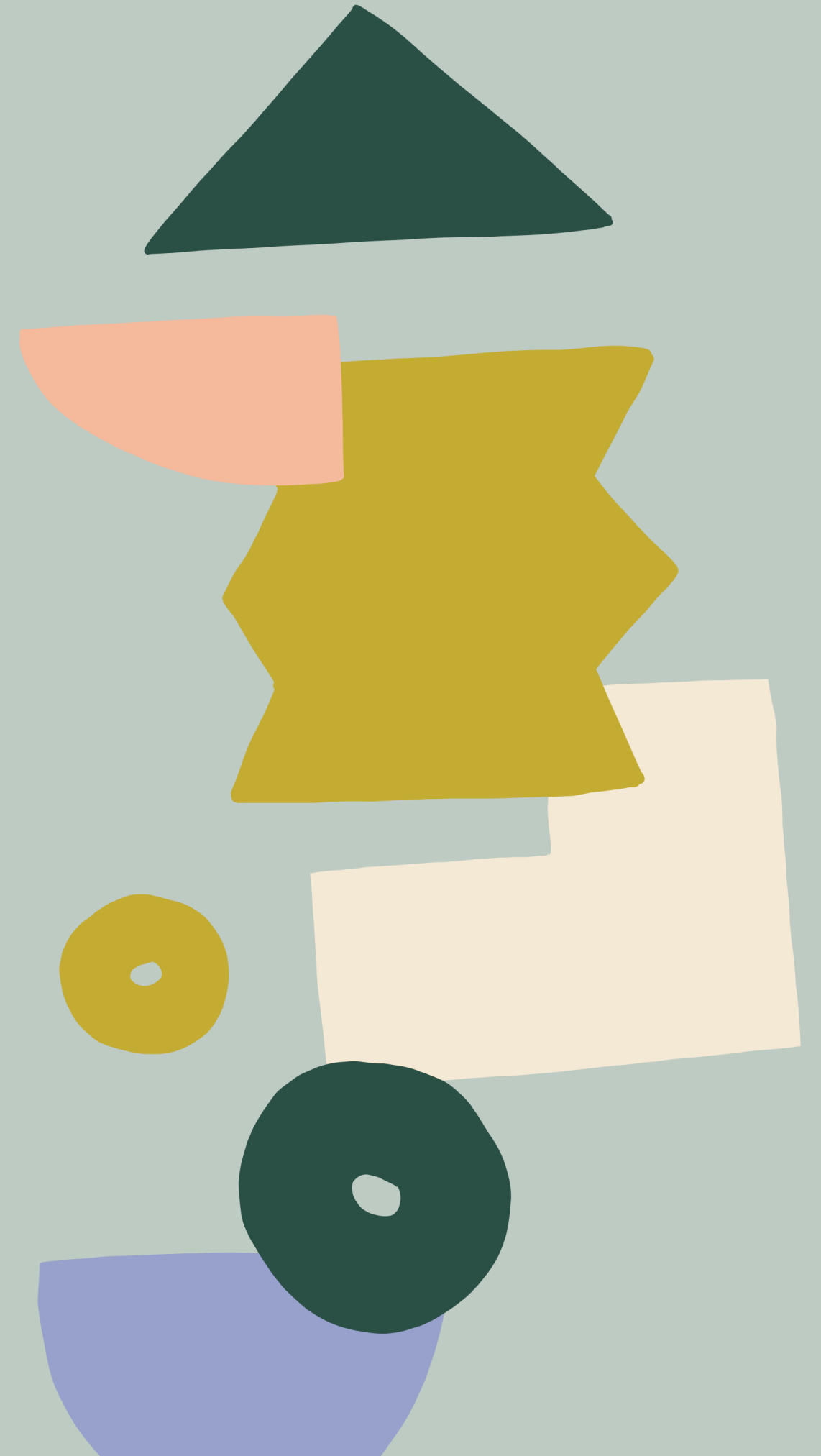


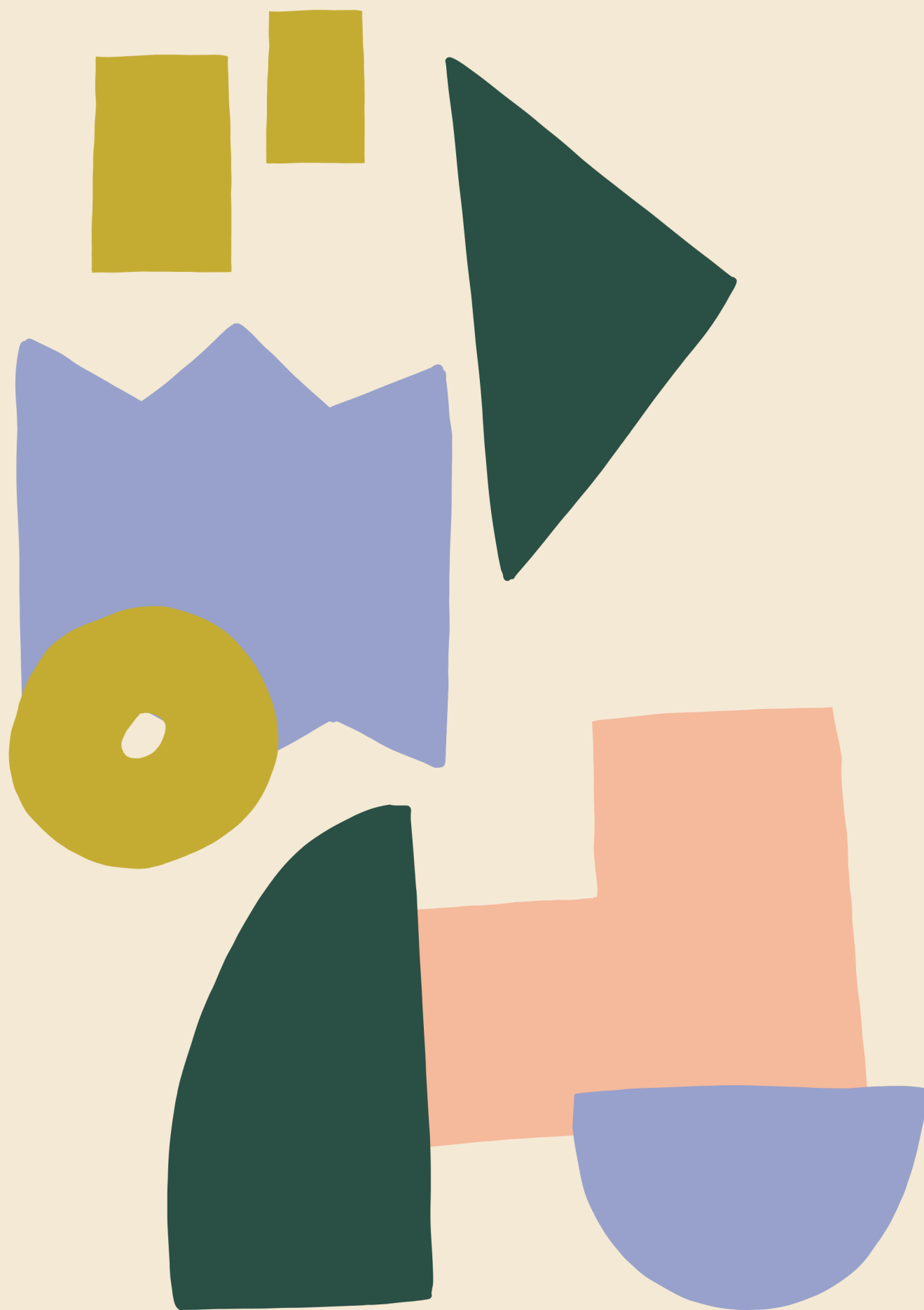
For I admit my guilt; I am full of anxiety
because of my sin.

Psalm 38:18



Five Ways to Deal With Anxiety As A Christian

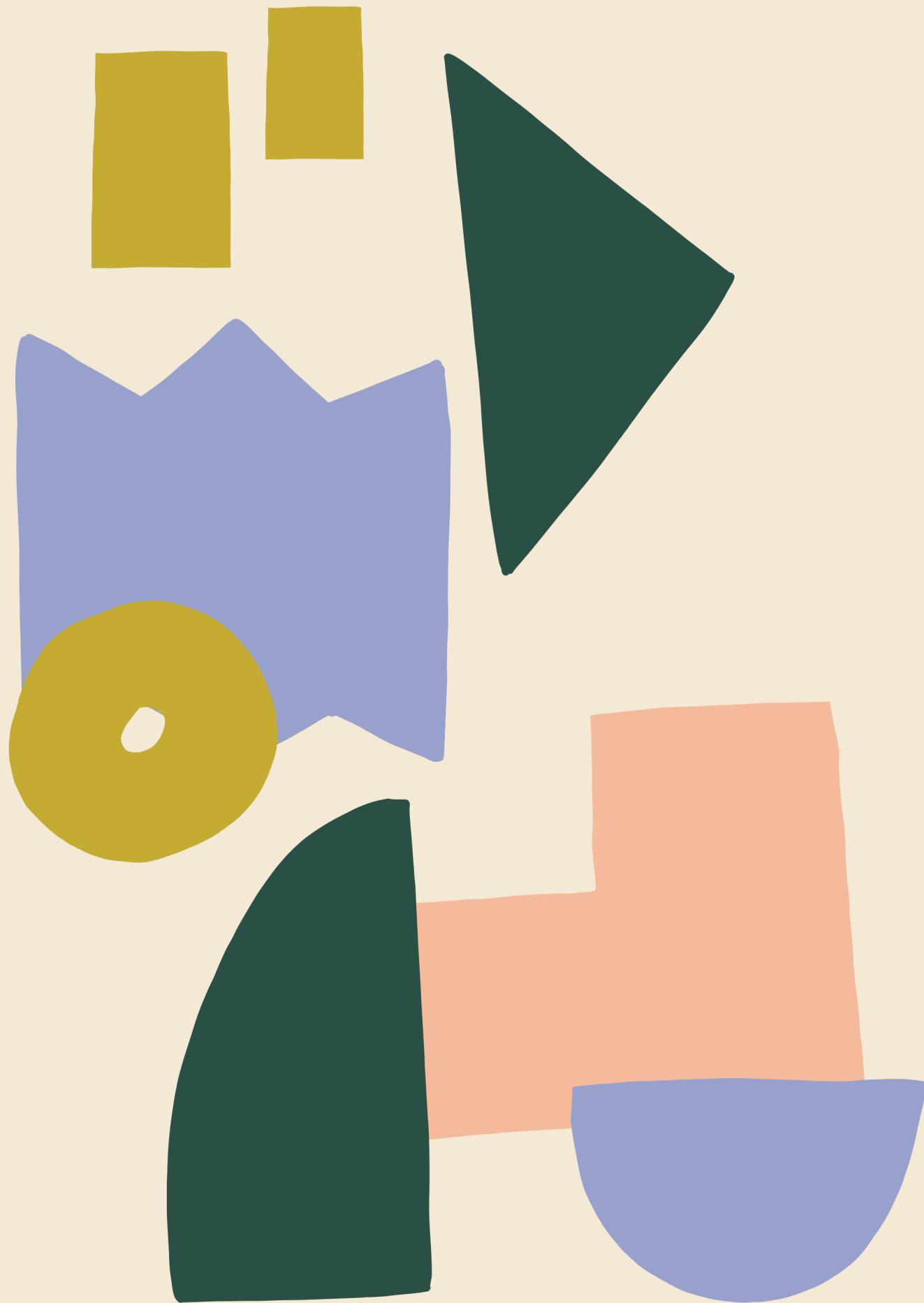




I. Identify What Triggers Your Anxiety

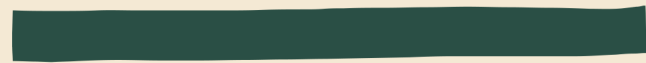
Anxiety in a man's heart
weighs him down.

Proverbs 12:25



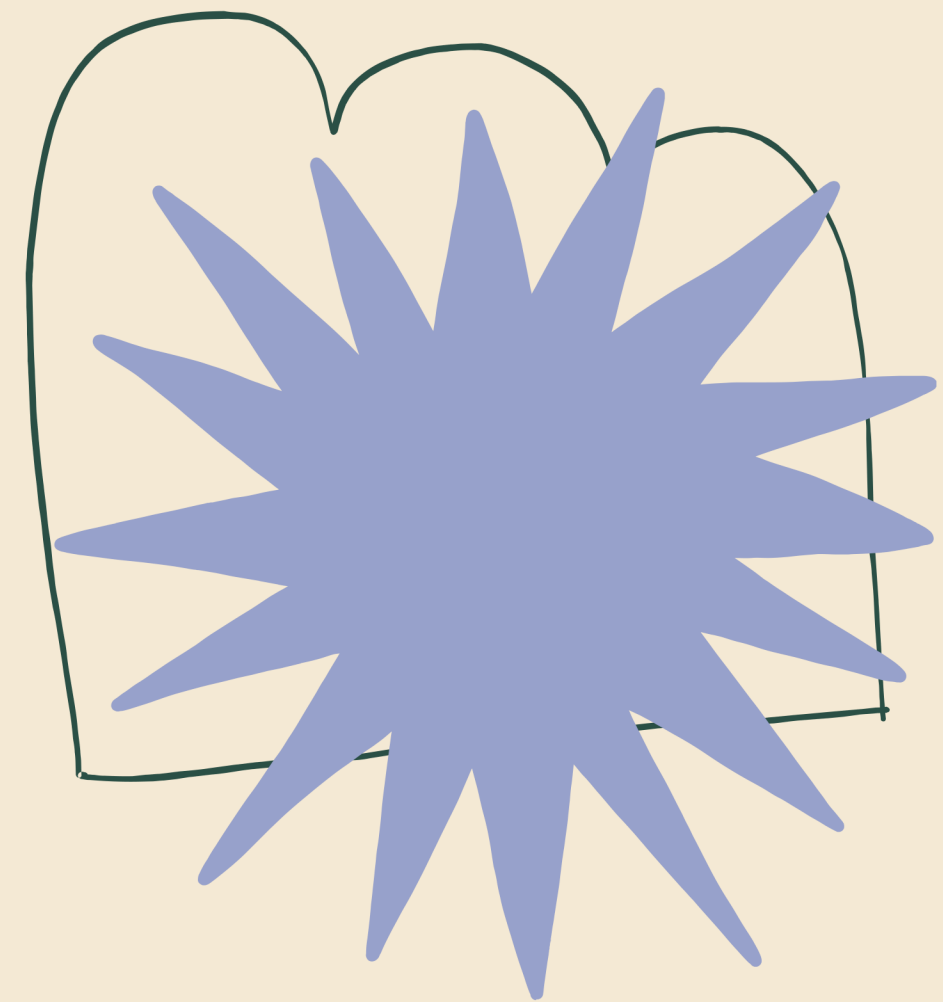
II. Go to God About Your Anxiety

*“When your anxieties talk to you,
don’t talk back to them,
talk to God.”*



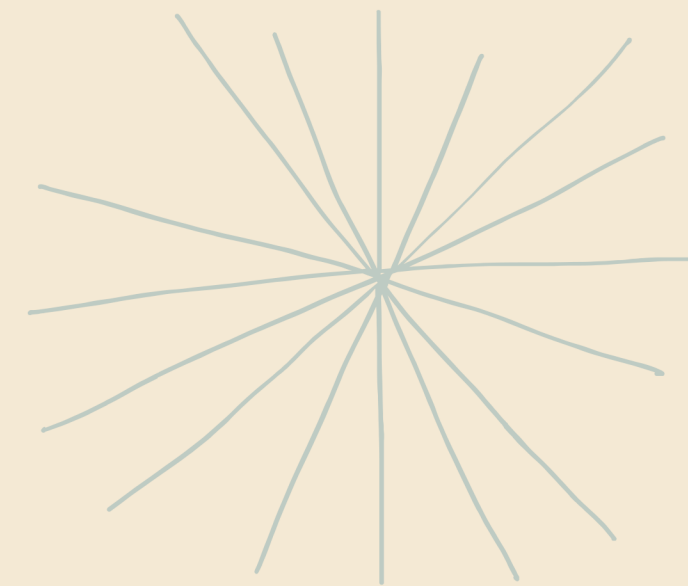
Matthew 11:28-30,

Come to me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.



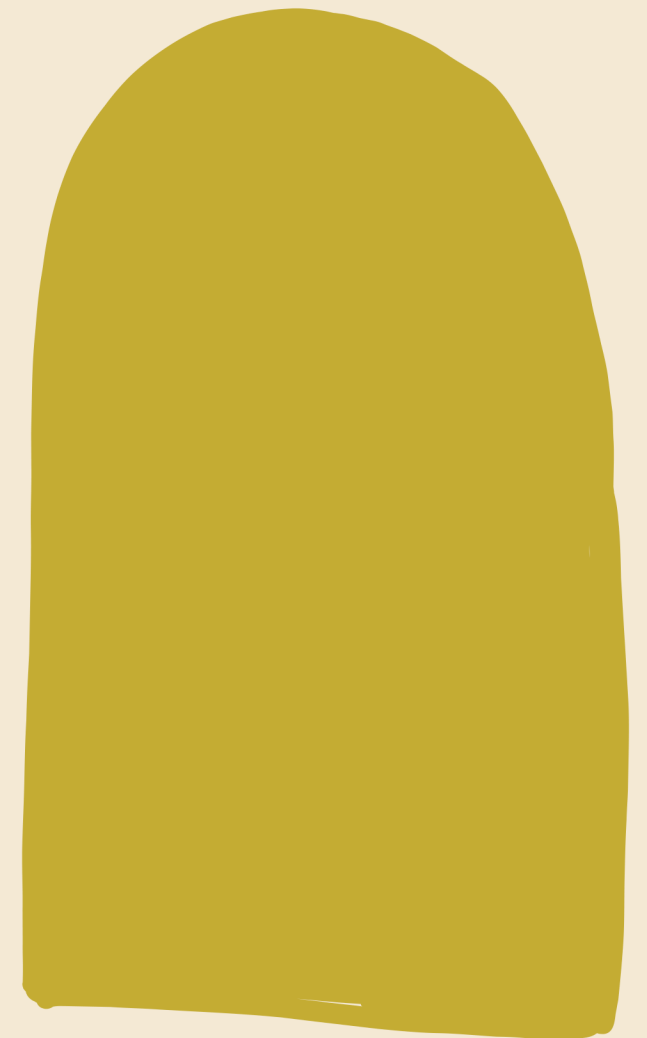
I Peter 5:6-7,

Humble yourselves, therefore,
under God's mighty hand, that
He may lift you up in due time.
Cast all your anxiety on Him
because He cares for you.



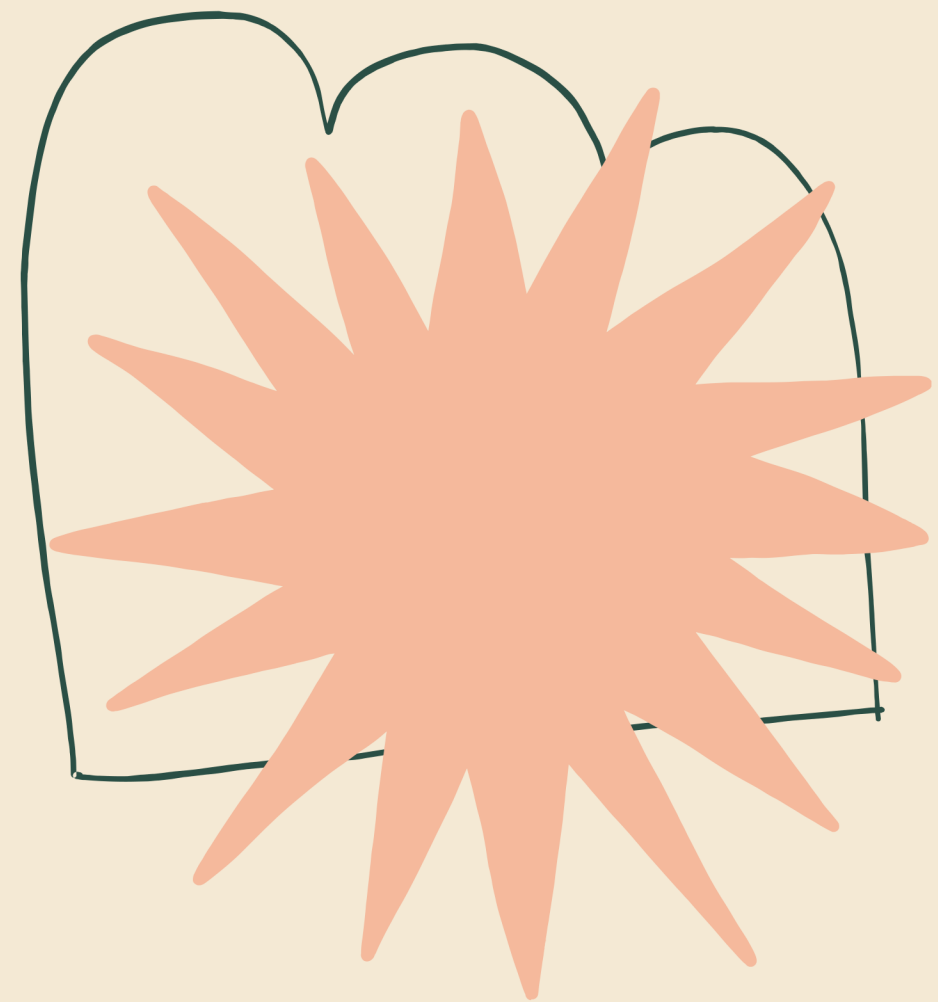
Psalm 55:22,

Cast your cares on the Lord and
He will sustain you; He will
never let the righteous be
shaken.



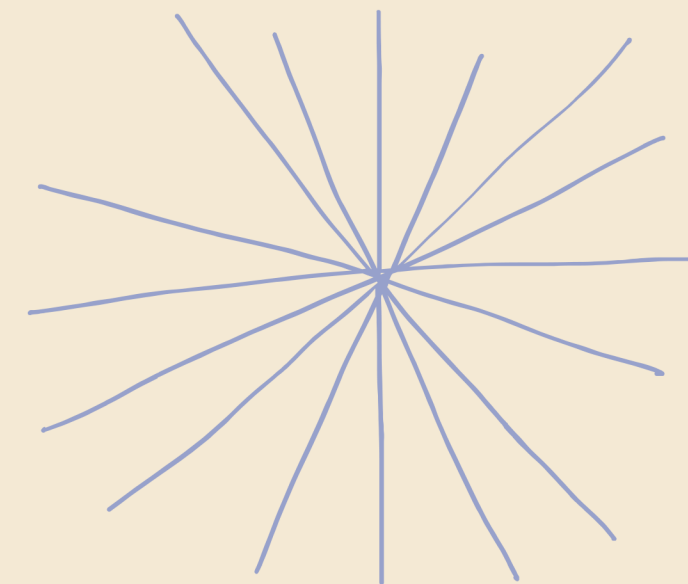
Philippians 4:6-7,

Do not be anxious about anything,
but in every situation, by prayer
and petition, with thanksgiving,
present your requests to God. And
the peace of God, which
transcends all understanding, will
guard your hearts and your minds
in Christ Jesus.



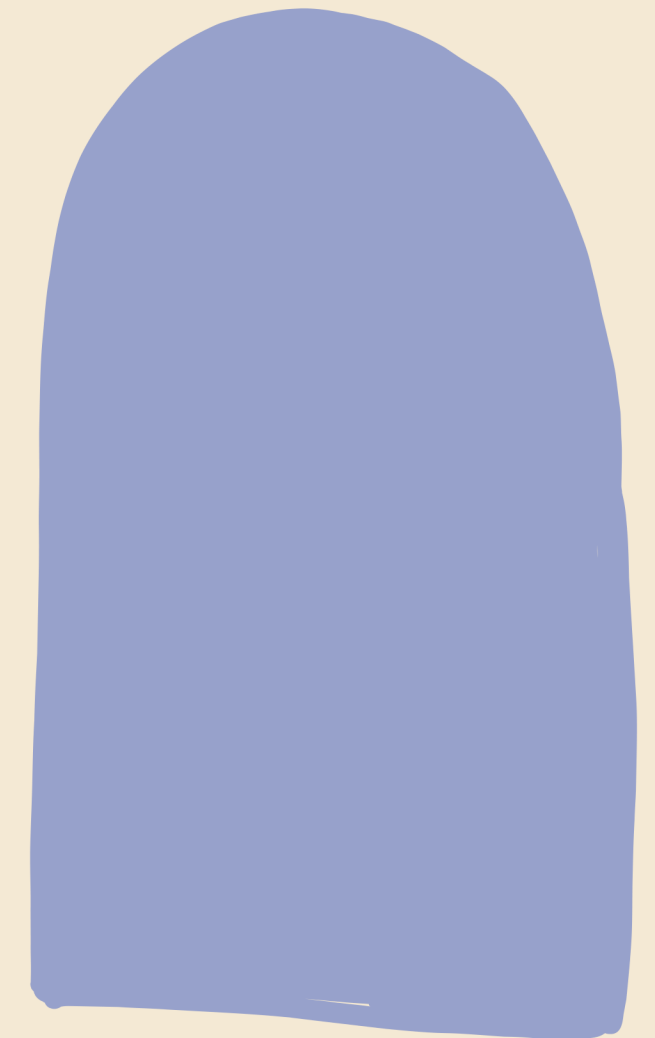
Isaiah 26:3,

You will keep in perfect peace all
who trust in You, all whose
thoughts are fixed on You!



John 14:27,

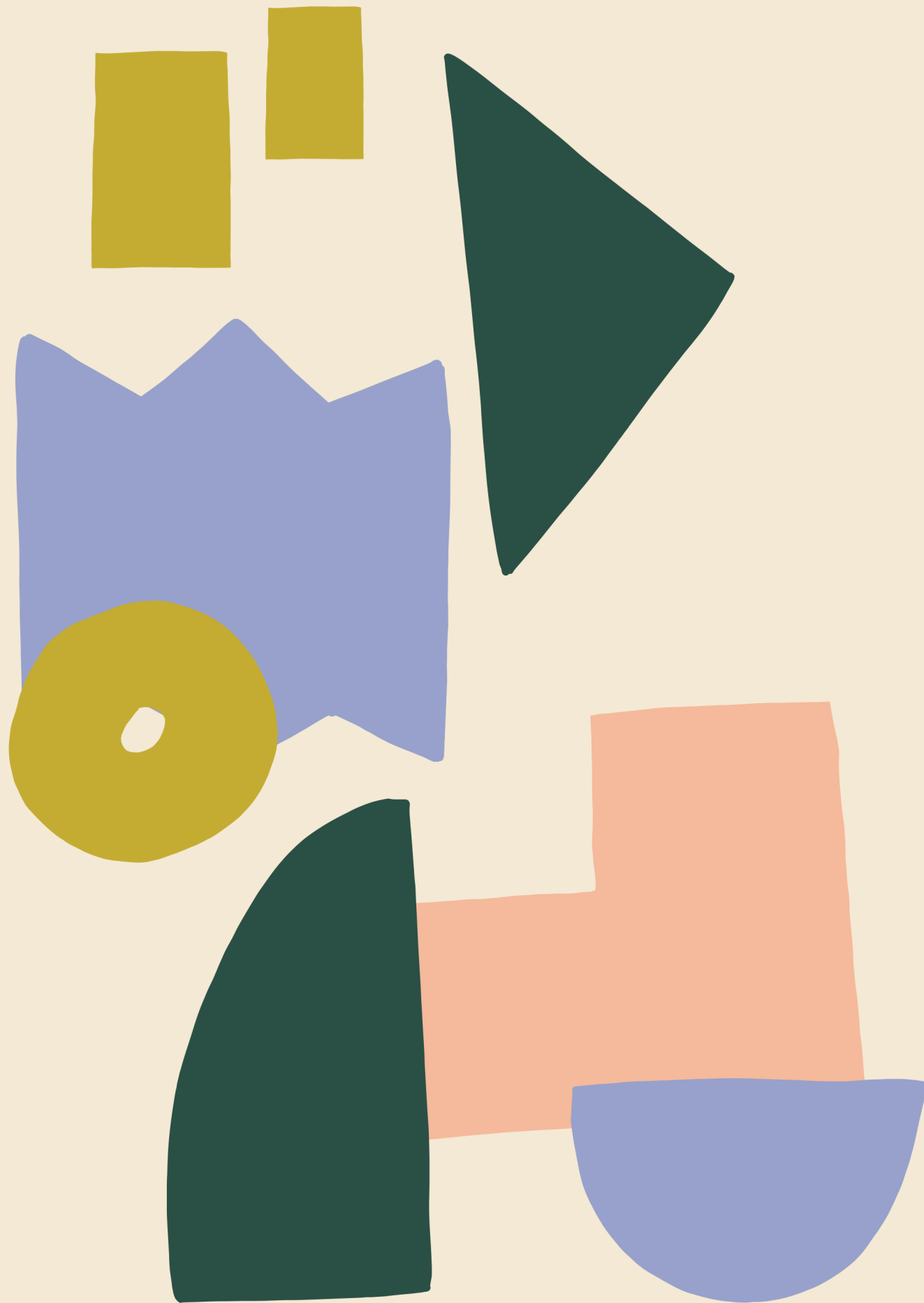
Peace I leave with you; My peace
I give you. I do not give to you as
the world gives. Do not let your
heart be troubled and do not be
afraid.



Let us then approach God's throne of grace
with confidence, so that we may receive mercy
and find grace to help us in our time of need.

Hebrews 4:16

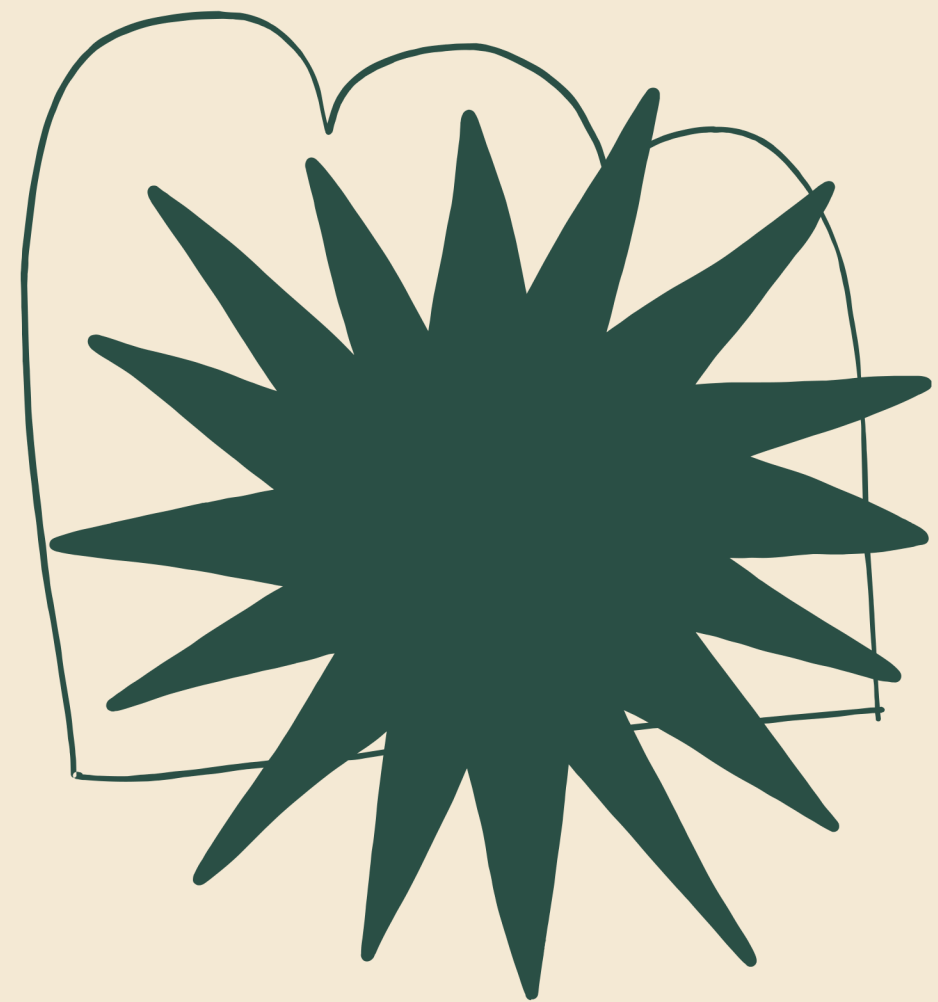




III. Routinely Practice Self-Care

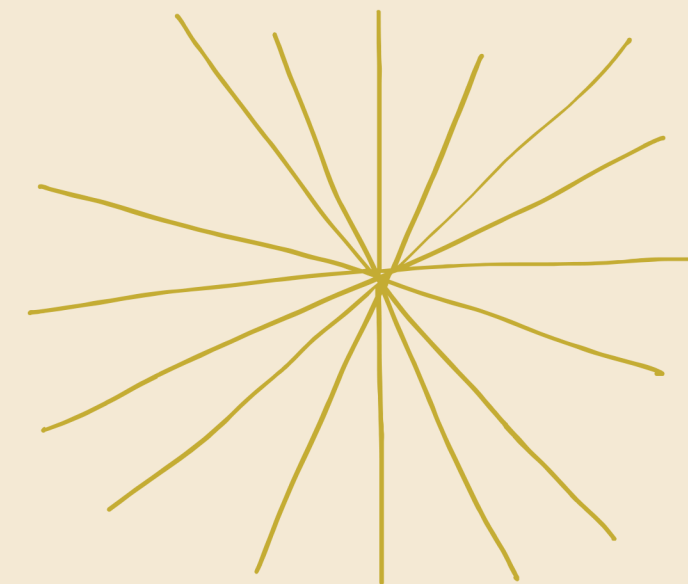
Ephesians 5:29,

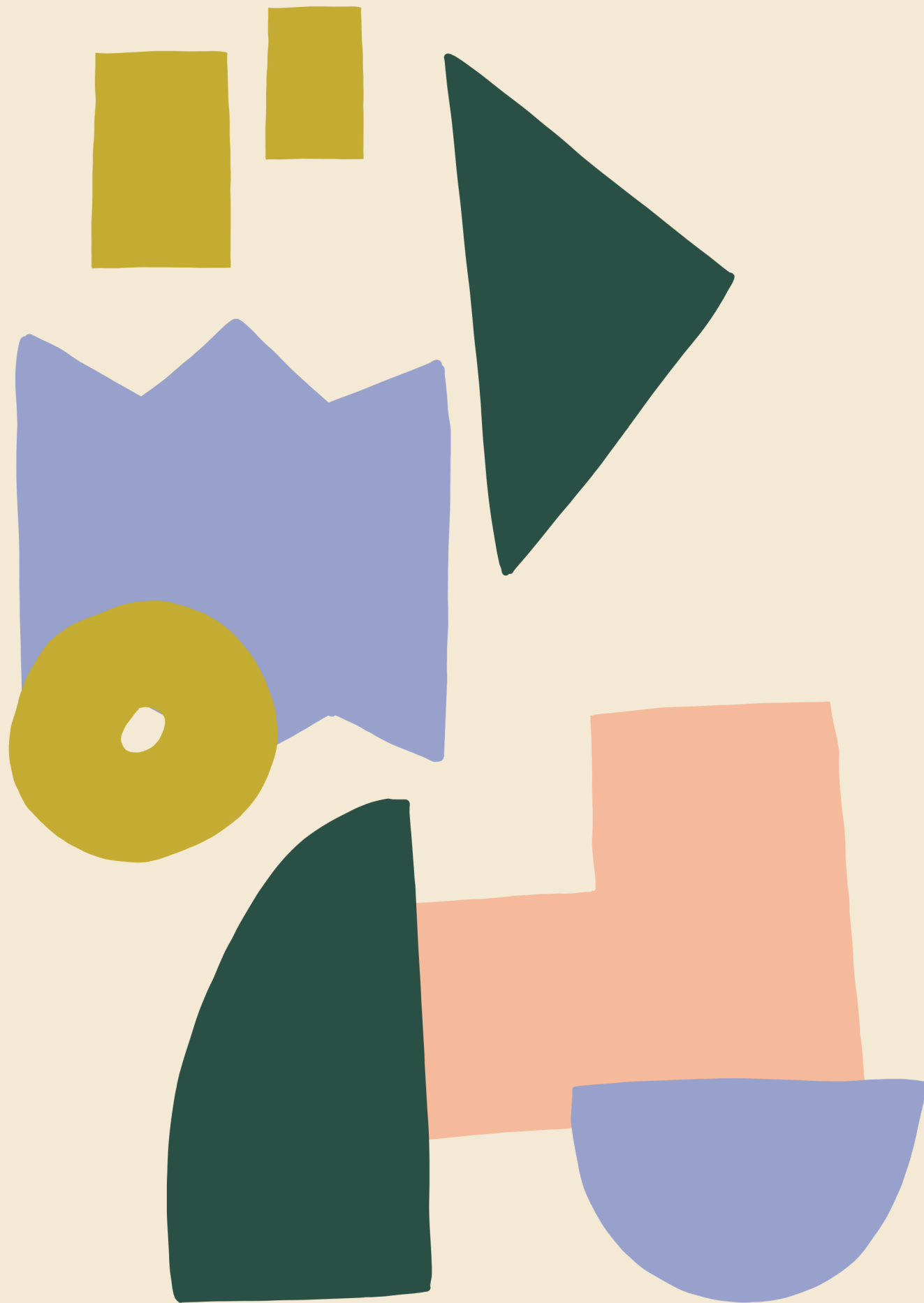
No one hates his own body but
feeds and cares for it, just as Christ
cares for the church.



Psalm 127:2,

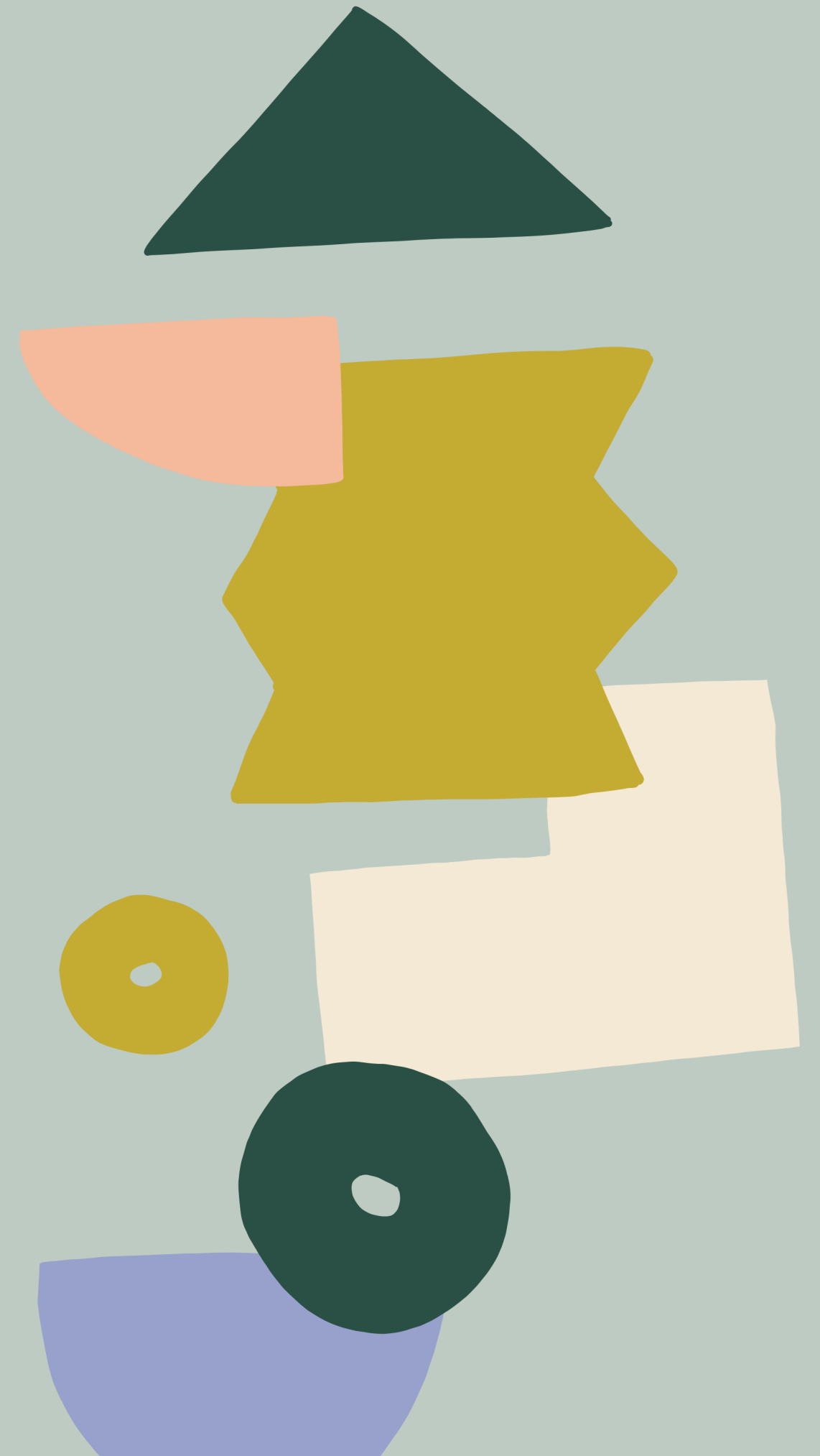
It is useless for you to work so
hard from early morning until late
at night, anxiously working for
food to eat; for God gives rest to
His loved ones.





IV. Seek Outside Help When Necessary

Three Keys in Pursuing Help

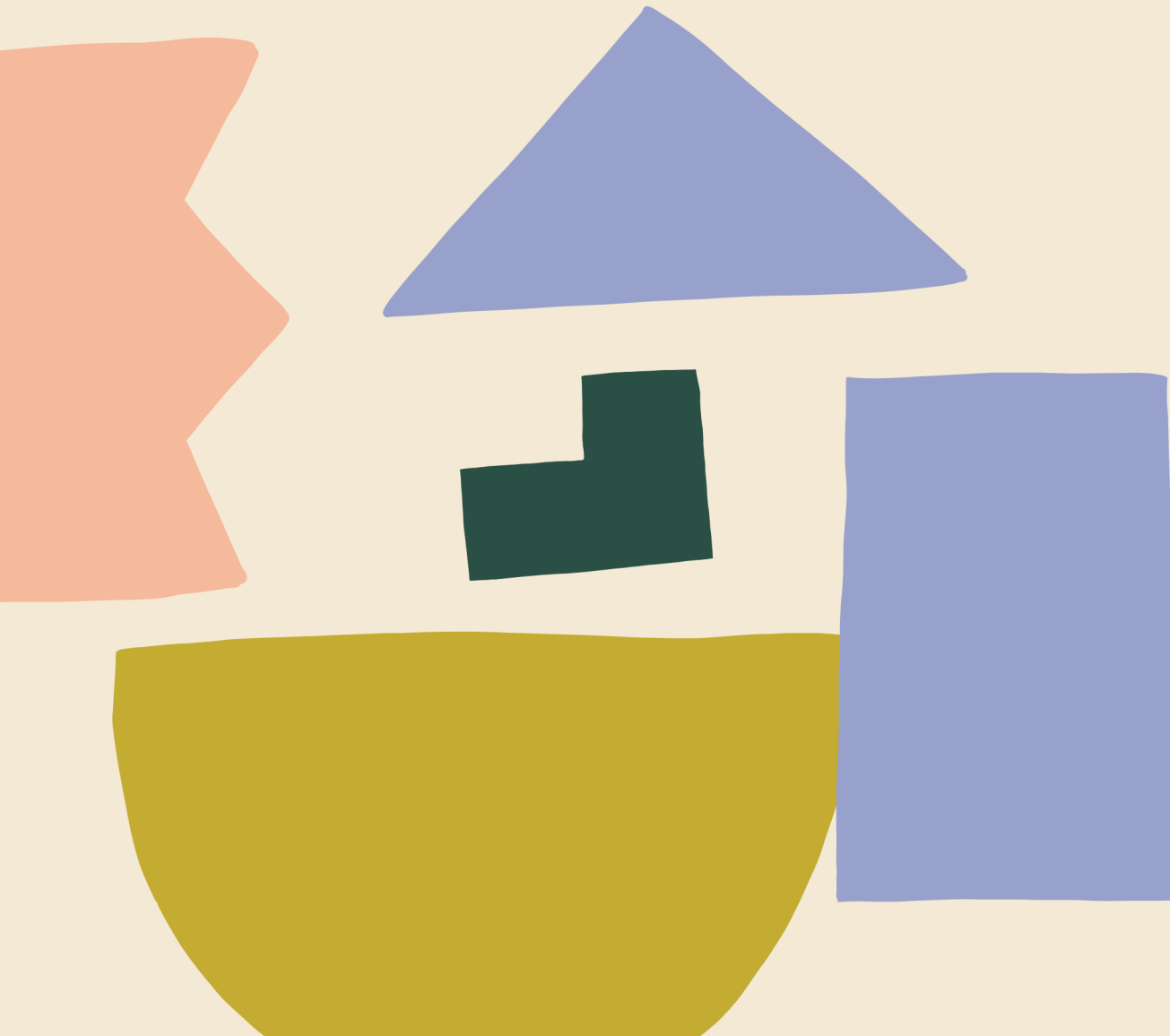




1. Utilize Medical Resources

2. Recognize the Need of
Physical and Spiritual Healing

3. Always Seek Help from God

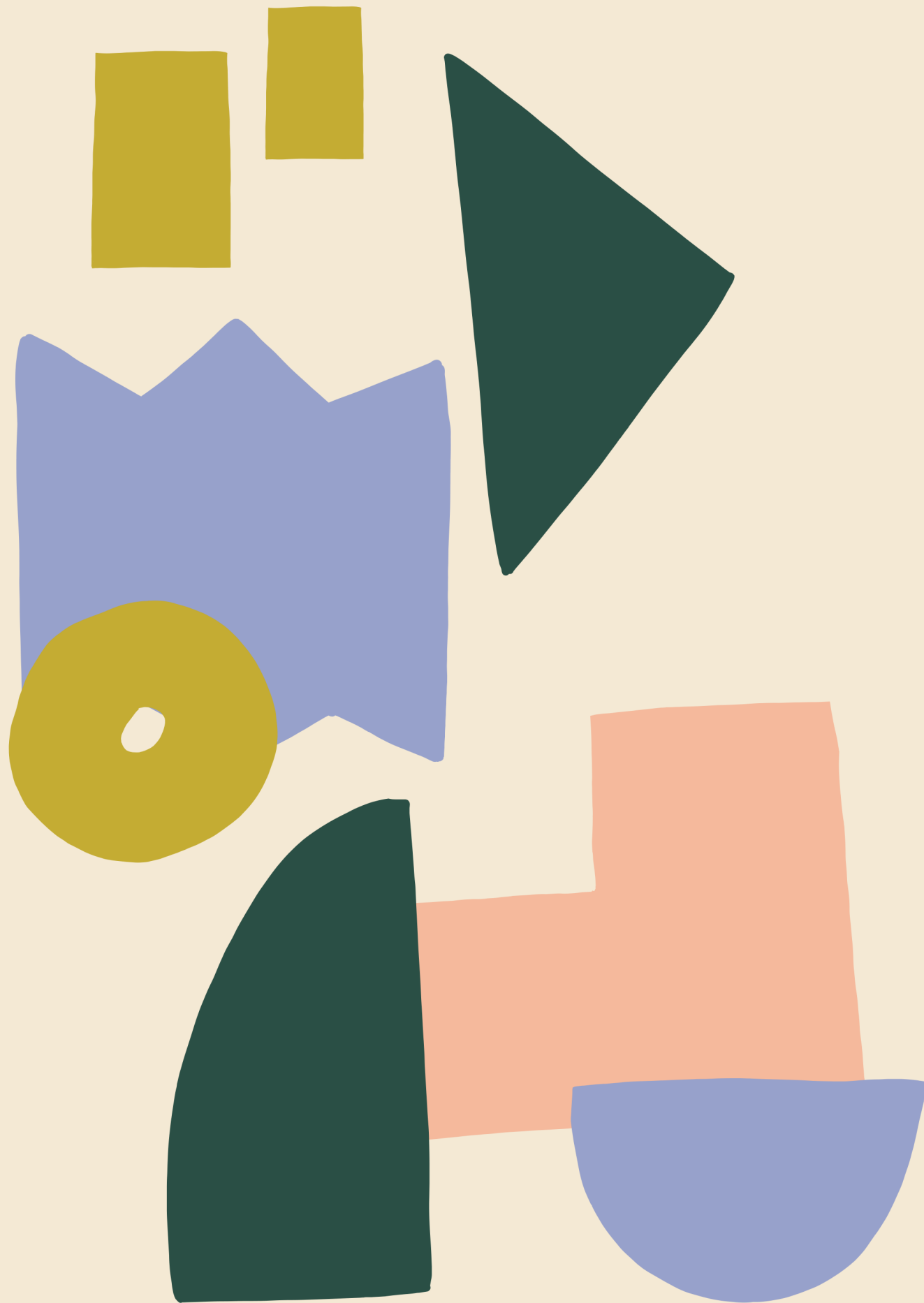


And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, "If I just touch his clothes, I will be healed."

Mark 5:24-28

In the thirty-ninth year of his reign, Asa was afflicted with a disease in his feet. Though his disease was severe, even in his illness he did not seek help from the Lord, but only from the physicians. Then in the forty-first year of his reign Asa died and rested with his ancestors.

II Chronicles 16:12-13



V. Acknowledge That Healing
Can Be a Process

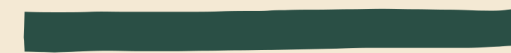
I am worn out from my groaning. All night long I flood
my bed with weeping and drench my couch with tears.
My eyes grow weak with sorrow; they fail because of all
my foes.

Psalm 6:6-7

How long, Lord? Will you forget me forever? How long
will you hide your face from me? How long must I
wrestle with my thoughts and day after day have sorrow
in my heart? How long will my enemy triumph over me?

Psalm 13:1-2

Anxiety Won't Last Forever!

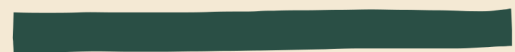


He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.

Revelation 21:4



*“No one can pray and worry
at the same time.”*



Bible Study Follow Up Chat Questions:

1. How do define anxiety?
2. What are some known anxiety triggers?
3. What advice does Paul give to the believer regarding anxiety?
4. How is prayer and reading God's Word helpful to the anxious heart?
5. Why is it necessary to routinely practice self-care?
6. List three medical steps we can take in dealing with anxiety.
7. Anxiety won't last forever. How so?
8. What was your greatest takeaway from today's lesson?