

# Personal Questions

## *Before Completing Worksheets*

1. Definition: Anxiety is a feeling of uneasiness, apprehension, or fear that something is wrong or something harmful is going to happen. There are many legitimate reasons to be afraid. However, when anxiety robs us of our confidence and trust in God, it becomes unbelief.

What do you think of this definition of anxiety? What do you agree or disagree with?

2. How does anxiety affect you? Consider how you think, your emotions, your physical body, and your actions. What does anxiety produce in you?

3. How does it affect those around you (family, church, coworkers, friends)?

4. What are you hoping God will do in your life as a result of your time in this study?