

Personal Questions

After Completing Worksheets

1. What did you learn about anxiety from working through these scriptures?
2. According to this study, what's the big problem with anxiety?
3. How do you feel about your fight against anxiety? Do you feel more effective at fighting it?
4. How do you see God working in your thinking, your emotions, your physical body, and your actions?
5. How are you going to continue to fight against anxiety?
6. What would you say to help someone who is struggling with anxiety based on what God is teaching you?