

# We Fight: Anxiety

➤ **SCRIPTURE:** ISAIAH 41:10

## 1. OBSERVE

Write down your first observations about this Scripture.

## 3. EXAMINE

Where do you need to adjust your thinking to conform to the truth of this Scripture?

## 4. CONFESS/REPENT

Has this Scripture revealed any sin(s) of which you need to repent? Write about it.

## 5. BELIEVE

What promise(s) or warning(s) do you need to believe? Write about it.

## 6. APPLY

Where do you specifically need to apply this scripture? Write it down.

## 2. WHAT DOES IT SAY?

In your own words, write down what this Scripture means.

## 7. SPEAK

Imagine you are talking with another person about what you've just learned. Summarize it for them. Tell them what's significant.

## 8. PRAY

Ask God to transform you with this truth. Write down what you are requesting of Him. Watch and wait expectantly for His answers.

## 9. TAKE IT WITH YOU

Should you write it on a chalkboard or pin it on a cork board? Carry it with you on an index card? Memorize it? Tell a friend about it?