

We Fight: Anxiety

 **SCRIPTURE:** PSALM 56:3-4

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?