

BEAUTIFULLY BROKEN | trusting Jesus with toxic thoughts

Part 2: ANXIETY | JAN 12 2020

YOU OK?

Do you think the world is getting better or worse? Why?

List a few of the stressors that make you anxious on the average day.

JUST RELAX?

What is anxiety, and who is susceptible to it?

What are some of the things you should never say to someone who is suffering with anxiety, and why?

DID JESUS WORRY?

What are some examples of anxiety showing up in the Bible?

What did Jesus have to say about worrying?

ANXIETY DETOX

What are some of the ways the Gospel of Jesus Christ can help us cope with, and even overcome, toxic anxiety?

+ _____.

+ _____.

+ _____.

Bible Passages from Today's Message

Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

1 Peter 5:7

Casting all your anxieties on him, because he cares for you.

Matthew 6:25-24

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life[\[a\]](#)?"

"And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 26:36-39

Then Jesus went with his disciples to a place called Gethsemane. He said to the disciples, "Stay here while I go and pray over there." When he took Peter and Zebedee's two sons, he began to feel sad and anxious. Then he said to them, "I'm very sad. It's as if I'm dying. Stay here and keep alert with me." Then he went a short distance farther and fell on his face and prayed, "My Father, if it's possible, take this cup of suffering away from me. However - not what I want but what you want."