

BETHESDA TEMPLE SCHOOL OF KNOWLEDGE

BETTER LIVING THROUGH GOD'S WORD!

Session Five

Joshua 1:8

“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”

The Word of God teaches us to successfully navigate through the troubles and problems that commonly and not so commonly occur in life.

In this session we will examine:

God's Word For Anxiety

Anxiety is an anticipatory tension. It is a vague dread persisting in the absence of a specific threat.

1. Consider the effects of anxiety

Proverbs 12:25

Psalm 127:1-2

What can anxiety do for you?

Matthew 6:27

2. God does not want us to be anxious

Matthew 6:31-34

God promised to give us all that we need and then some.

Luke 12:32

Psalm 37:25

Ephesians 3:20

3. Biblical examples of dealing with anxiety

A. David

Psalm 34:4-9

B. Paul

2 Corinthians 1:8-10

4. How we should deal with our anxiety

A. Fix your thoughts on God

Isaiah 26:3

B. Pray and praise

Philippians 4:6-7

C. Give your anxieties to God

1 Peter 5:7

God wants to help you deal with the anxieties in your life. He wants you to bring your doubts, worries and fears to Him.