

Series: New Year, New Mind

Do Not Be Afraid

Luke 12:22-34

Prov. 12:25

Anxiety weighs down the heart

Ecc. 11:10

Banish anxiety from your heart, cast off your troubles

Rom. 12:2

Be transformed by renewing your mind

1 Peter 5:7

Cast all your anxiety on the Lord, because he cares for you

Based on these verses, what does the Bible teach about anxiety?

1)

2)

3)

Common types of anxiety:

Acute >

Trauma >

Grief >

Chronic >

When diagnosing anxiety, we need to identify:

Lies (see John 8:44)

Superlatives

Exaggerations

Isolation

Read Luke 12:5 and note that there is a valid fear

Pray Psalm 139:23-24 to God, and write down anxious thoughts that come to mind:

“Anxiety does not displace the Lord, it’s not that powerful; it just distorts your belief.”

Steve Cuss