BIBLE STUDY WORKSHEET

Overcoming Fear and Anxiety

Faith does not deny fear; it brings fear into the presence of God.

Prepared by Vanessa

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God... shall keep your hearts and minds through Christ Jesus."
Philippians 4:6-7 (KJV)

OPENING PRAYER

God of peace, You know what I fear and what I cannot control. Meet me without shame. Slow my thoughts, steady my body, and help me recognize the next faithful step. Guard my heart and mind in Christ Jesus. Amen.

Name _____ Date _____

PURPOSE OF THIS STUDY

This study offers a gentle, faith-centered way to recognize anxious thoughts, bring real concerns to God, and take wise next steps. Prayer and practical support can work together.

What I hope God will show me through this study:

Scripture Foundation

1. Philippians 4:6-7

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God... shall keep your hearts and minds through Christ Jesus.

Observation:

2. Psalm 56:3-4

Read this passage slowly. What does it reveal about God, about us, and about a faithful response?

Observation:

3. Matthew 6:34

Read this passage slowly. What does it reveal about God, about us, and about a faithful response?

Observation:

4. Proverbs 11:14

Read this passage slowly. What does it reveal about God, about us, and about a faithful response?

Observation:

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Teaching and Truth

1. Name what is happening

Fear becomes more powerful when it stays vague. Honest prayer can name the situation, the feeling, the need, and the truth without pretending everything is fine.

Read and reflect: Psalm 56:3-4

2. Return to today

Anxiety often carries tomorrow before it arrives. Jesus invites us to receive today's grace and handle today's responsibilities without rehearsing every possible outcome.

Read and reflect: Matthew 6:34

3. Peace with wise support

Seeking help is not a failure of faith. God may provide care through prayer, Scripture, rest, counseling, medical support, safety planning, and trustworthy people.

Read and reflect: Proverbs 11:14

TRUTH TO REMEMBER

God is with me in this moment. I can tell the truth about fear, receive support, and take one faithful step at a time.

Which teaching point speaks most directly to your current season?

Personal Reflection

1. What situations most often trigger fear or anxious thinking?

2. What does anxiety make you predict or assume?

3. Which part of the situation is yours to handle today?

4. Who is a safe person you can contact when fear feels overwhelming?

5. What truth helps your body and thoughts slow down?

Faith in Action

Choose at least one practice for the coming week.

[ ] Practice a slow prayer: breathe in 'God is near' and breathe out 'I release control.'

[ ] Write three facts that are true right now.

[ ] Choose one small task for today and leave tomorrow's list for tomorrow.

[ ] Reach out for qualified support when anxiety affects safety or daily life.

My specific next step:

GROUP DISCUSSION

1. How can we support someone without minimizing her fear?

2. What is the difference between caution and chronic fear?

3. How can gratitude and lament both belong in honest prayer?

Prayer, Commitment, and Notes

CLOSING PRAYER

Father, hold what I cannot carry. Give me wisdom for what requires action and peace for what I must release. Surround every woman who needs support with safe, capable, compassionate care. Amen.

SPEAK THIS TRUTH

God is with me in this moment. I can tell the truth about fear, receive support, and take one faithful step at a time.

My prayer and commitment:

Group notes and prayer requests: