

OVERCOMING ANXIETY

Finding Peace, Discovering God

Releasing God's Life-Changing Truth
to a New Generation



The Bridge of Hope

Session #1

Workbook

Biblical Foundations For Freedom
www.foundationsforfreedom.net



Worry Abounds

We are convinced that there is no solution to our worries. We put up with it. Many are not able to cope with the increasing troubles around us.

Sources of Anxiety

We have one big question,
“Can we stop worrying?”

On the left, write down your two greatest worries.

On the right, write down why these areas concern you.

#1

#2

Signs of Worry

Lets look for signs of worry in our lives and those around us.
What do you see? List the results of worry you find in your life.

**If we put off solving
our anxieties, worse
symptoms will
develop.**

Worries Impact our Spiritual Lives

Worries greatly influence our spiritual lives. What areas of your spiritual life are now or have been impacted because of anxiety?

Starting Point

Worries reveal an overconcern about ourselves. The problems as bad as they may be are not the root issue; it has to do with the way we view a situation.

Worry

Preoccupation of ones own welfare.

Anxiety

A state of unresolved concern for some aspect of my life.

Can Worry be Good?

Usually, when we think of worry being good, we think of three areas.

- GOOD** 1) Warning worries.
- BAD** 2) Worrying for others.
- BAD** 3) Worrying as a motivator.

Discovering Hope

If we have lost hope, then we cannot go on. We won't go on. God wants to bring hope in our hearts. Our circumstances might be totally distressful, and we might see absolutely no solution ahead, but we still can have hope because of Him.

Our Journey

God wants to take us on a journey. Where to? He wants to take us from our worries and safely bring us to His peace.

Finding Peace

The world's peace is not really peace at all.

World's Peace

1. Dependent on _____
2. Must be _____
3. Does _____ allow for troubles
4. _____ manage situation
5. _____ to control
6. _____ fails

SYSTEMS

God's Peace

1. Dependent on _____
2. _____ need to be seen
3. Allows for _____
4. _____ manage situation
5. _____ to control
6. _____ endures

Do you want a peace that fails you just when you need it the most?

Or do you desire God's peace that keeps you calm in the most threatening situations?

Jesus says in John 14:27,

“Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Let not your heart be troubled, nor let it be fearful.”

God's Peace

This peace has two aspects.

1) Peace with God

Peace with God & others.
Reconciliation - peace making

2) Peace of God

Peace in our inner selves.
Inner harmony

We cannot have peace of God until we first have peace with God. Peace of God flows from the peace with God.

Discovering the Bridge of Hope

How do we cross?

#1 Leaving behind

#2 Looking ahead

Can we make it across?

I am willing for God to take me on this life journey to leave my worries and seek His peace in my heart.



_____ **Only need a little hope**
signature & date

What guidelines are there?

We have three guidelines for a smooth journey.

- 1) Get _____ (James 4:8)
- 2) Listen _____ (John 10:27)
- 3) Confidently _____ (1 John 5:3)

Our Journey

What might this journey look like for you?

"Casting all your anxiety upon Him, because He cares for you." (1 Peter 5:7)

Our Starting Place

Our Destination

Write down your major worries.

Rating

Write down what kind of peace you need in each situation.



1 |-----| 5
Minor Extreme

... Note the pattern ...

"Whether _____ (this) or _____ (that), I will _____ Page #5
God will be with me and help me through the circumstances."

Jesus Gives Us Hope

Jesus didn't worry. In spite of all the surprising, impossible, routine and treacherous circumstances that He often found Himself in, we find no anxiety in Him.

Event (What happened)	My response (Any anxiety?)	Jesus' response (Any anxiety?)
<ul style="list-style-type: none">➤ Awoken in a flooding ship at a stormy sea by anxious friends (Luke 8:22-26)➤ Cares for needs of others. Many people hungry and be faint if He sent them home. (Mark 6:30-44)➤ Jesus' life is threatened. Leaders plot to kill Jesus. (Matthew 12:14-16)		

Jesus didn't worry - Why?

If we take a closer look at Jesus' life, I think that you will find Him not changing the events but trusting God through them. There is every bit of difference. It is crucial for us to understand the model Jesus gave us. Jesus was not doing His own will but His Father's.

Our Goals

Principles

- What principles were strongly impressed on me today?

Applications

- What clear decisions, plans, confessions, etc. do I need to make because of what God spoke to me during this session?

Testimony

- What one or two special lessons, stories, illustrations, warnings, etc. can I share with others that might encourage their faith?