

FIFTEEN

Letting Go of Anxiety

PHILIPPIANS 4:8–9



8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.



OBSERVE

1. Summarize or diagram this passage.

5. Instead of worrying, God wants us to pray, and He sometimes wants us to act to prevent our worry from taking place. He also wants us to let go and trust Him.²² Let's look at these options one at a time. Define the words and phrases below:

Worry²³

Action

Prayer

Letting go

Trusting God

6. Now let's see what this looks like with our own worries. What are your top three current worries?

7. Of the five options I listed in question 5, what would be the best options with each of your current worries? (Note: Your worries may have more than one best option.)

Worry #1

Worry #2

Worry #3

8. What did you learn from listing your best options in the previous question?

9. Dwelling on the good helps us avoid the worry option and choose one of those other more helpful options. If you were to dwell on the good in each of your worries, what would you dwell on? Be specific, remembering who God is in that situation.

Worry #1

Worry #2

Worry #3

10. What happened when you started listing the good in the midst of your worries?



PRAYER

11. Read the passage again with your worries in mind, then spend some time visiting with God about them. Ask Him for the outcome you want, but then thank Him for all the good you saw as you thought of the ways He has already blessed you. Ask Him to give you wisdom about any actions He wants you to take and the strength to carry out those actions.



TAKEAWAY

12. What was your biggest takeaway from today's lesson?



ACTION STEPS

13. List any action steps you'd like to take based on your takeaway.

Chapter 15 Footnotes

22. Proverbs 3:5–6; Luke 10:40–42; Philippians 4:6; 1 Peter 5:7.

23. I know you defined worry in the last chapter, but I think it's helpful to define it again here to see how it compares with our other choices.

