

30 Living the way - Stress and anxiety



Some things to think about and discuss:

What are Stress and Anxiety?



Do you think everyone suffers from them?

What are typical causes?

How do they make you feel? How do you recognise them in other people?

What can you do about them?

How can you avoid them?

Can they be good?

What can we do to help other people?

What the Bible says

Tell God

Psalm 55:16-22, when David was fleeing from his own son and his best friend had deserted him. Matthew 11:28-30; 1 Peter 5:5-7; Philipians 4:6-7, 10-15.



Recognise that some things are a result of our faith, and view them positively

2 Corinthians 1:3-7; 1 Peter 4:12-16.

Coping with guilt - ours and other people's

Talk to the person we have offended, or who we think is in the wrong. Be 'up front'. 1 John 1:8 - 2:2, Matthew 18:15.

Trust God about the future; he does understand

Luke 12:22-32.

Recognise that God brings difficult times to develop us.

Hebrews 12:5-11.

Make time to think and meditate

Mark 6:31-32, Luke 10:39-42, John 21:3-6

What do you plan to do to stop worrying?