

# INSIDE OUT.

## ANXIETY

### INSIDE OUT REFLECTION AND RESOURCES

#### WEEK 1: ANXIETY

##### Scripture:

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.*

PHILIPPIANS 4:6-7

##### Reflection:

- What is the one thing you worry about most?
- What do you think the root of your worry really is?
- How could you turn your worry over to God today?

##### Prayer:


Spend some time in silent prayer with God. You can use the PRAY acronym below to guide you.

- **P: Praise** - Spend some time thanking God for who He is in your life.
- **R: Real life** - Spend some time engaging God about your real needs and concerns.
- **A: Ask** - Ask for God's provision, love, and power to be made known to people in your life.
- **Y: Your will** - Spend some time being silent and listening for God's direction.

"Father, help me see that you are at work in all things. Help me not to be anxious with a world that seems to be spinning out of control. No matter what happens, I know that the future is ultimately in your loving hands. Remind me of your faithfulness and fill me with trust and peace. Amen."

##### Resources for Conversation and Further Study:

- [For Family discussion and prayer](#)
- [A 40-day devotional on resiliency](#)



# INSIDE OUT. ANXIETY

## INSIDE OUT REFLECTION AND RESOURCES

### BOOKS, ARTICLES, AND ADDITIONAL RESOURCES ON ANXIETY:

- [The Anxiety Cure](#), Dr. Archibald Hart
- [Anxious for Nothing](#), Max Lucado
- [Get Out of Your Head](#), Jennie Allen

### MENTAL AND EMOTIONAL HEALTH RESOURCES

#### Right Now Media Video Resources:

- [Free membership from Hope](#)
  - Mental Health, Dr. Jeff Baker
  - Facing and Overcoming Anxiety, Jonathan Pokluda
  - Changes that Heal, Henry Cloud
  - Free of Me, Sharon Miller
  - Steps to Freedom in Christ, Neil Anderson