

THE ANXIOUS HEART

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SESSION 1

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Anxiety in a man's heart weighs him down, but a good word makes him glad. Proverbs 12:25


Weighed Down


Two types of anxiety:


1: _____
 Characteristics of: _____


2: _____
 Characteristics of: _____


5 False Needs

 _____ - needing things or people to be a _____ so we can relax.

 _____ - belief that we must do everything _____ the _____ time.
 We can't say, "that was _____" If you are a perfectionist, the _____ wildly exaggerates what will happen if you make a mistake.

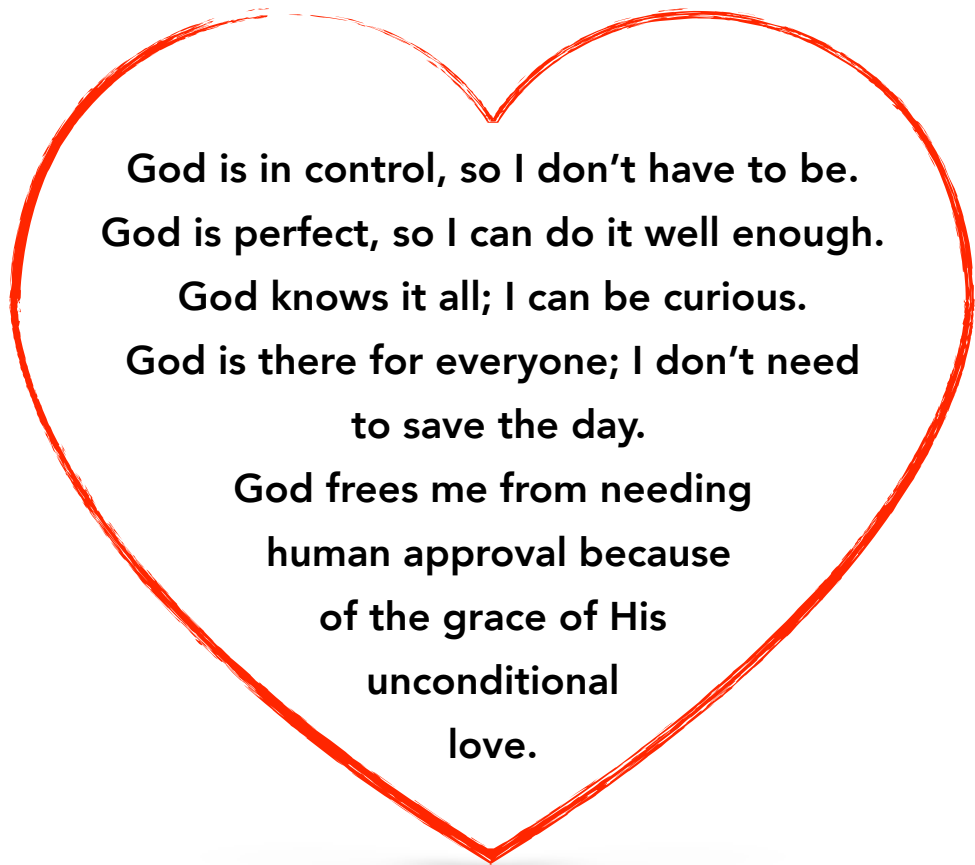
 _____ - some of us need to always be the one with the _____. We need to prove we cannot be _____ and that we are not _____. The three most painful words in the English language are, "_____"

 _____ - Struggling to discern the difference between someone else's _____ and our incessant need to be _____. Maybe we overcommit to help and then can't keep all commitments, then blame others for not being there to help. We help _____ but we struggle to ask _____ for help.

 _____ - we leave a conversation replaying it on loop, evaluating how we came across. We spend lots of time living in _____. Even if many people esteem us, we can only focus on those who do not. _____ is a huge trigger.

God...
Is Perfect
Is In Control
Is Omniscient - knows all answers
Is Omnipresent - is everywhere (for everyone)
Gives His Approval

Reactivity: _____



Good words...



From friends:

From Scripture:

Gospel Words:

Anxiety is a _____



Jesus died so I
 don't have
 to _____
 anymore.

True gospel phrases to memorize.



Jesus died to
 set me free
 from the need
 to _____
 anymore.