

Hope for the Anxious Heart

1 Peter 5:5-7

Questions to answer:

How do we fight against anxiousness in our hearts?

What does humility have to do with anxiety?

_____ is the root of our _____

- 1) _____ believe I ought to be in _____.
- 2) _____ believes my _____ are the most important things in life.
- 3) _____ leads to _____ that result in _____.

We must battle _____ with _____

Trust in God who is...

- 1) A _____
- 2) A _____
- 3) A _____

Discussion Questions

- 1) What do you get most anxious and worried about?
- 2) Which one of the PRIDE statements do you most relate with?
- 3) How does humility help us battle anxiety?
- 4) What can we learn from the word of Paul in Philippians 4:6-7?
- 5) Which truth about God brings you the most comfort?