

(48) The Faces of Anxiety

Points of Reflection

Video #48: [View/download the video lesson](#)

- ☐ List five things you have worried about.

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- ☐ What are at least three emotional/ physical symptoms you have experienced with worry?

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- ☐ Has worry ever interfered with your spiritual relationship with God? Explain.

- ☐ Relate how anxiety has ruined what otherwise would have been something nice.

- How often has/does this occur?

☐ What are the three main reasons secular experts cannot properly deal with anxiety?

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☐ **Date Lesson #48 completed** _____