



Chapter #5

Overcome Anxiety, Possess

Peace

Study Exercises

(45-54)

Chapter resources

Illustrated Teaching Handout: [View PDF](#)

Chapter Exercise Overview: [View PDF](#)

Chapter #5 Exercises on Anxiety

Here are four exercises for overcoming anxiety.

☐ **#1 Understanding our Anxiety:** [pdf](#)

- Purpose: Provides a general understanding of how anxiety and worry affect you

☐ **#2 Tracing Anxious Responses:** [pdf](#)

- Purpose: More deeply understand how you respond and relate to worry. Think of the most recent time you became anxious or worried. Recall that incident and go through the following questions.

☐ **#3 Preventing Anxiety:** [pdf](#)

- Purpose: Better understand how anxiety and worry enter and impact your life. Our fundamental goal is not to worry again. Aside from praying, there are things we can do.

☐ **#4 Combating Anxiety:** [pdf](#)

- Purpose: Equip a person with how to identify and solve a person's worries. Three starting points: (1) Identify the temptation (your worry), (2) think of the opposite (to your worry), then (3) find a few scriptures that discuss that (opposite to worry).

☐ **Life Application sheet:** [pdf](#) | [docx](#) | [epub](#)

- Don't forget to think about the verses, thoughts, or examples most meaningful to you. Just quickly flip through the chapter and remember what you read. Circle significant words as you read or view the lesson.