

Telling the truth about the awful

THE PERFECT GUIDE TO BEING MISERABLE

Philippians 4:6 *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

Anxiety is...

1. _____ in the absence of _____ danger.

2 Timothy 1:7 *For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

2. _____ of the probability of danger and exaggeration of its degree of _____.

3. _____ negative results.

Two major misbeliefs that lead to anxiety

1. If the thing I worry about were to happen, it would be _____.

2. Even though the likelihood of the terrible happening to me is utterly remote, I believe it's actually _____.

Common areas of anxiety

1. Dread of making _____ mistakes.

2. Fear of making someone else _____ or _____.

3. Losing _____.

4. Physical _____ and _____.

“What _____ think about me is of such crucial importance that I must _____ it in advance of all my actions. I must do all I can in order to prevent others from thinking _____ of me. If they think _____ of me, it will be a mortal blow to me. It would be _____.”

I _____ be _____ someone.

Nobody other than _____ has the power to make you _____

Questions to ask yourself...

1. What am I telling myself is _____?
2. Will the results really be _____ as I tell myself they will be?

Follow-up by...

1. Replacing misbelief with _____

Philippians 4:7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

2 Corinthians 4:17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

Luke 11:9 So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

2. _____ on the truth

John 16:33 I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

1 Peter 5:7 Cast all your anxiety on him because he cares for you.