

# GOD'S REMEDY FOR ANXIETY



REFLECTION  
QUESTIONS

Thank you for using this valuable resource. As a pastor and the son of a pastor I have experienced many things throughout my life that have caused or triggered anxiety in me. I'm not ashamed to say that I take medication for it. I'm so glad that much of the stigma around the subject of mental health has dissipated in the modern world. Sometimes however we ourselves have a hard time facing the reality of things like anxiety or depression; especially as believers. I have faith and I believe in God and I read the Bible. That means these difficulties will never affect me, right? I'm afraid it's not that simple.

We live in a world of turmoil, pandemic, crime, disappointment and anger. Sometimes this can feel overwhelming. We here at UBIC are here to help. If you need someone to talk to please reach out to us. My number and the church address is below. If you'd like a visit in your home let us know.

This set of questions will help you look inwardly and discover more about how you react to things that go on around you. Answer them honestly; not like you think you should answer them. You will get the best result if you are real.

Finally, if you or someone you love does not have a relationship with God through His son, Jesus please let us help you or them start one. He is the only one who can truly give us the eternal remedy for anxiety.

Thank you again and God bless you,

A handwritten signature in black ink that reads "Matt McKeown". The signature is written in a cursive, flowing style.

**Matt McKeown**  
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# God's Remedy for Anxiety: Reflection Questions

**Is anxiety a consistent challenge in your life or does it only arise occasionally?**

**In what areas of your life are you most tempted to experience anxiety?**

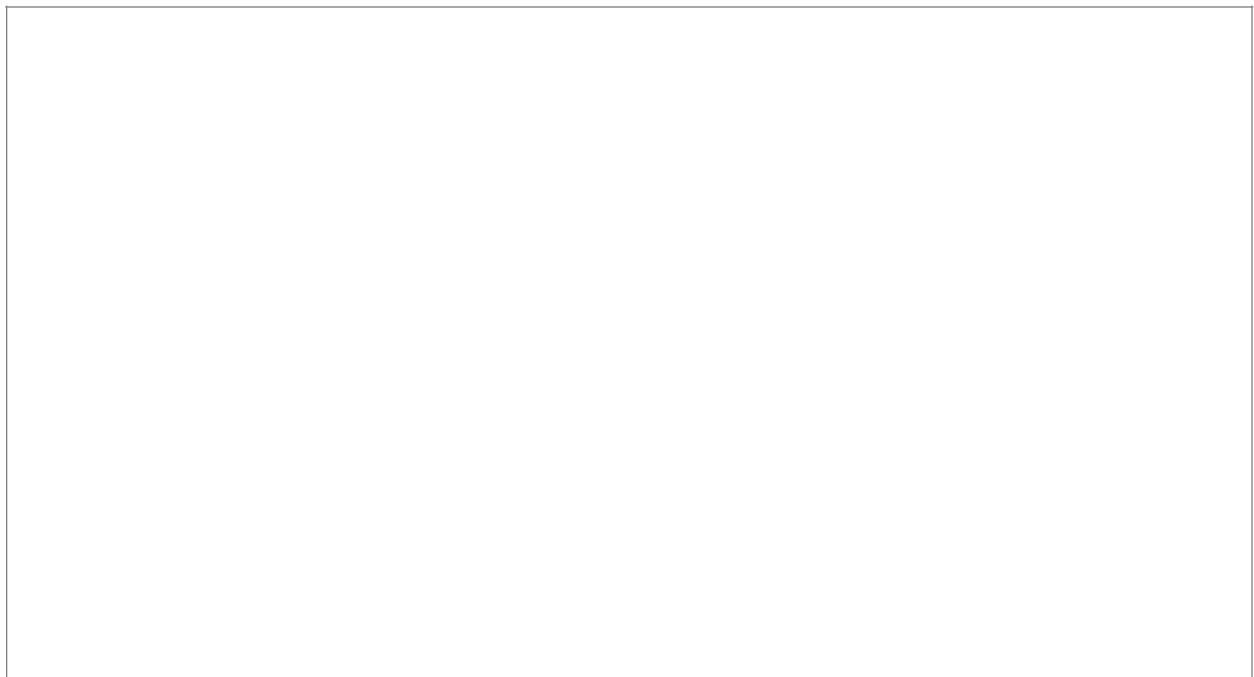
**Which remedies have you tried — either spiritual or practical — that have worked for you? Which ones have NOT worked?**

# Chapter 1: Don't Worry About Anything?

**How quickly do you recognize when a temptation to worry comes along?**



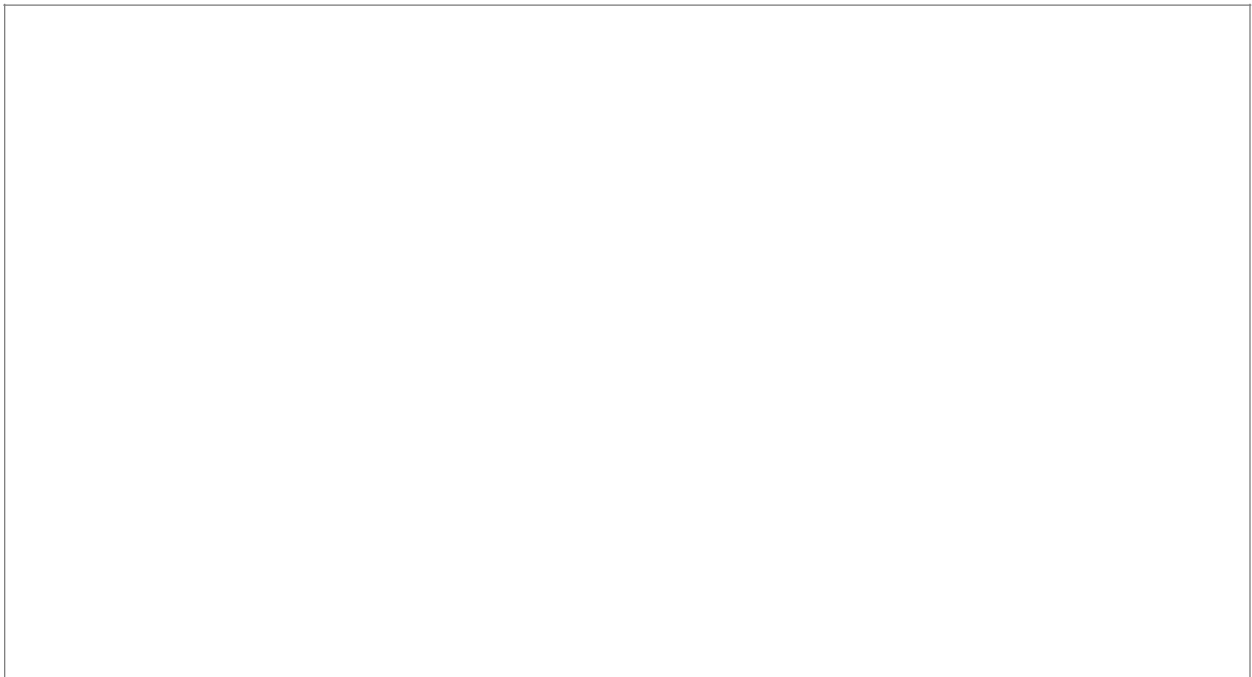
**What circumstances cause you to fall into thinking “If I just try harder, I can conquer this anxiety”?**



**Do you consciously ask God for help when anxiety comes along, or are you more apt to try and figure it out by yourself?**



**Describe what your present prayer life looks like. What would you like to change about your habit of communing with God?**



## Chapter 2: God's Perfect Love

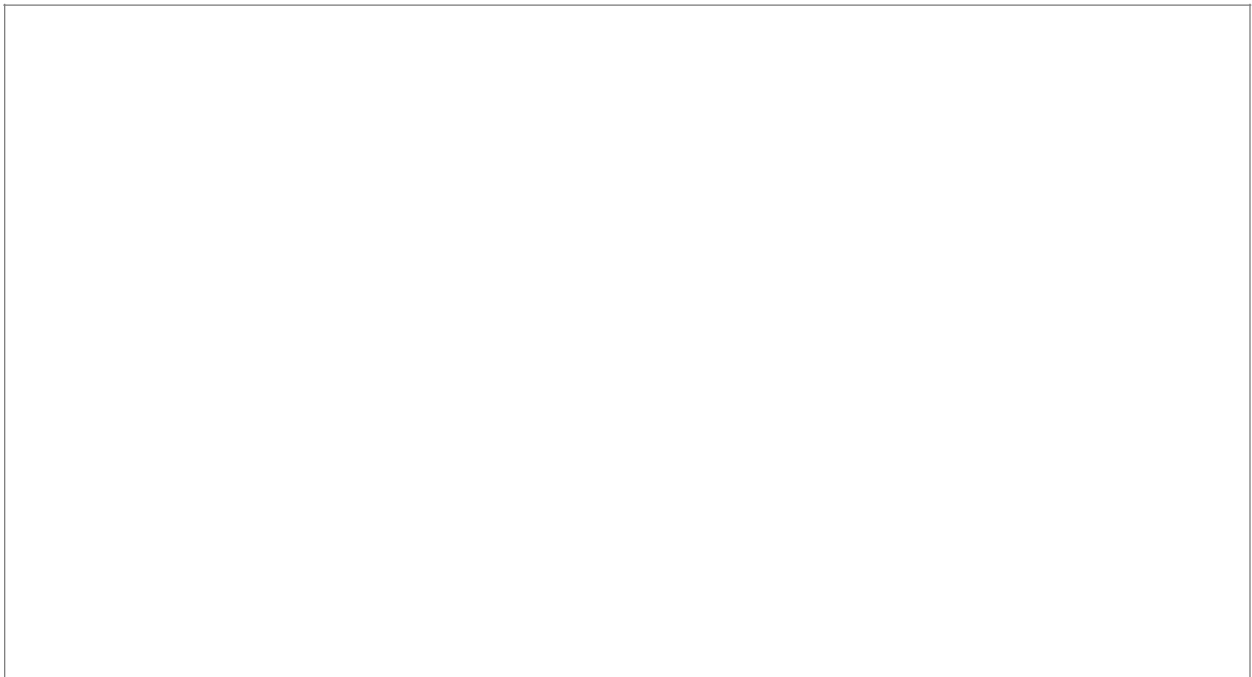
**How does it encourage you that you are God's child?**

**Are there ever times when you don't pray because you think the request is too small? What seems too small to you?**

**Do you feel like you need to pray in a “fancy” way when you talk to God? How do you talk to Him?**



**What can you do to develop a sense of freedom to come to God at all times with all your requests?**

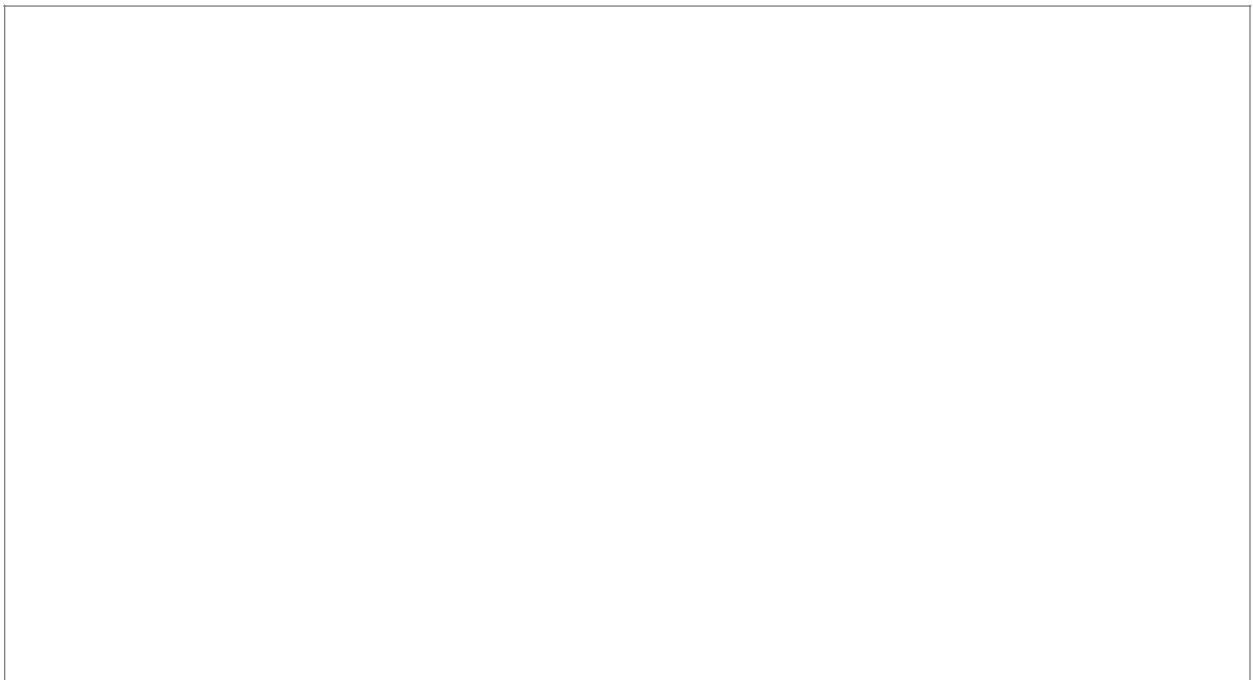


## Chapter 3: Gratefulness Drives Out Worry

**How does gratefulness help you to overcome worry?**



**What are you grateful for today?**

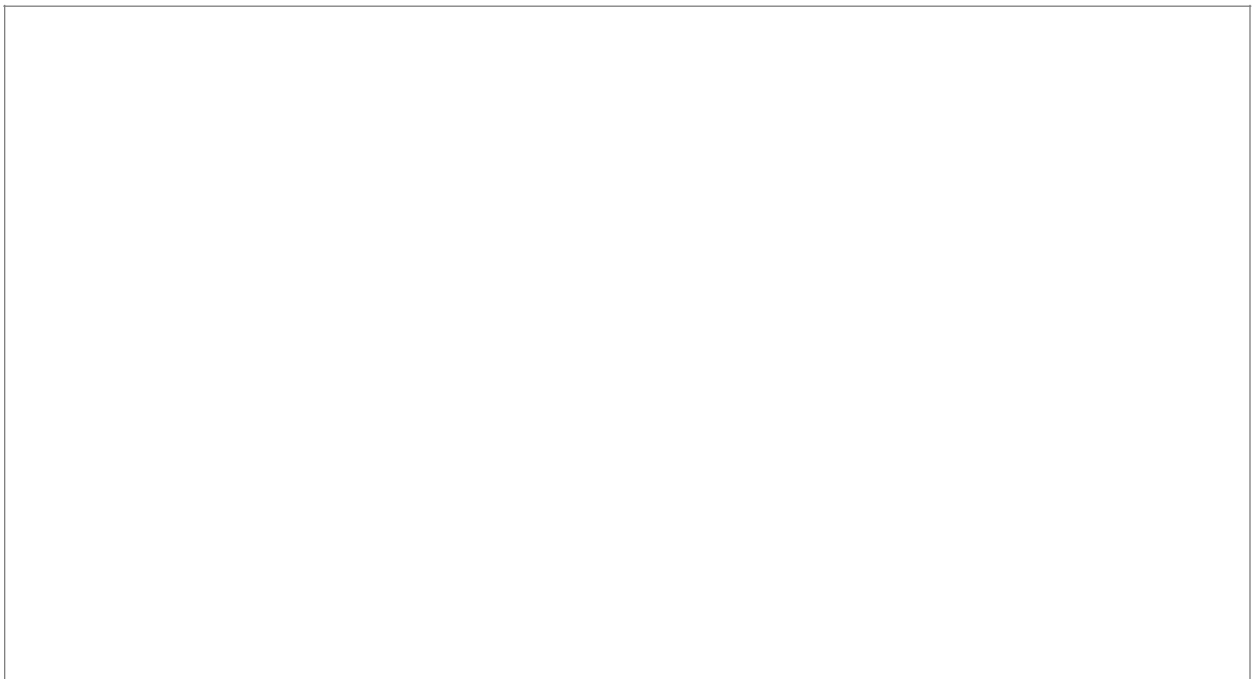




**How can you remind yourself to focus on your blessings rather than negative things?**



**What steps can you take to incorporate more gratefulness into your life?**

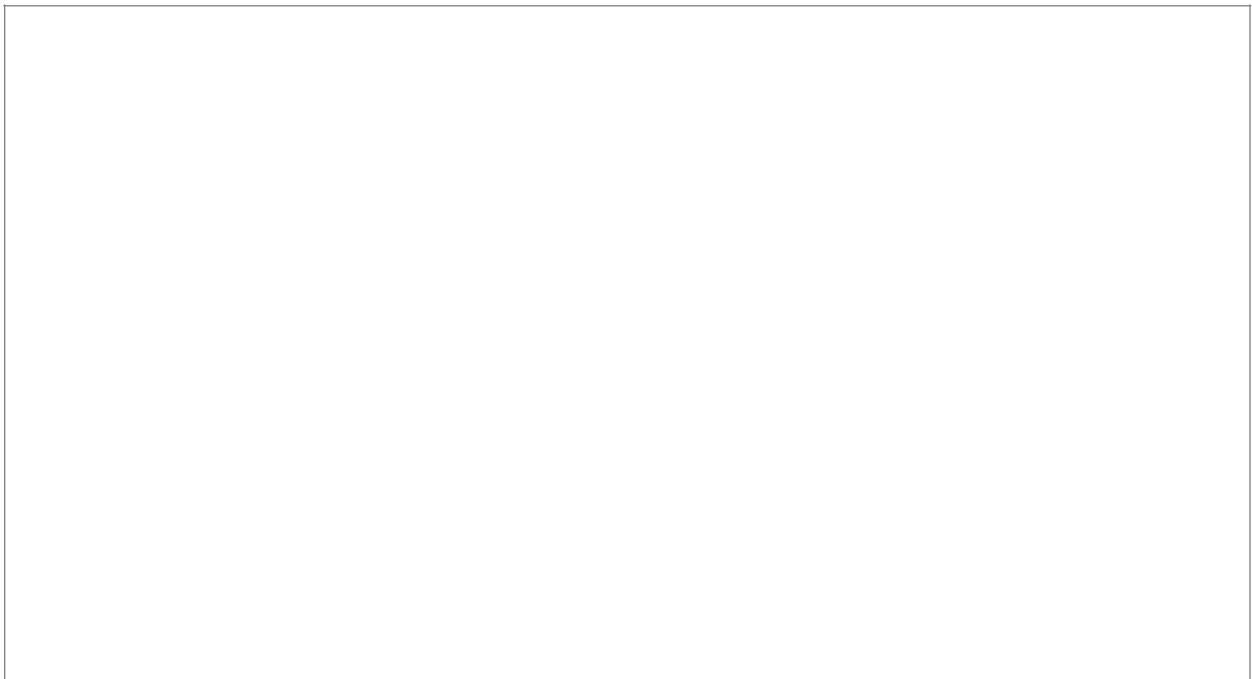


## Chapter 4: Specific Prayers For Specific Worries

**Why is it important to pray even though God already knows what you need?**



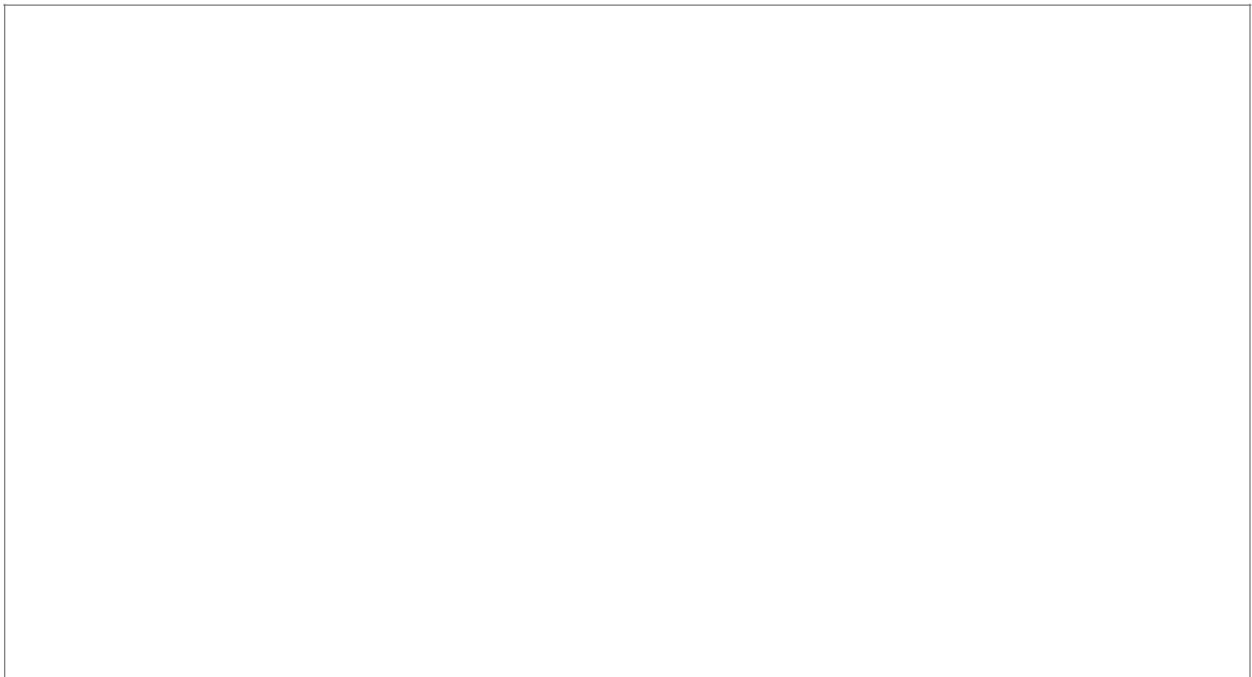
**Do you tend to pray specific or vague prayers? How can you make your prayers more specific?**



**What specific things do you need to pray about today?**

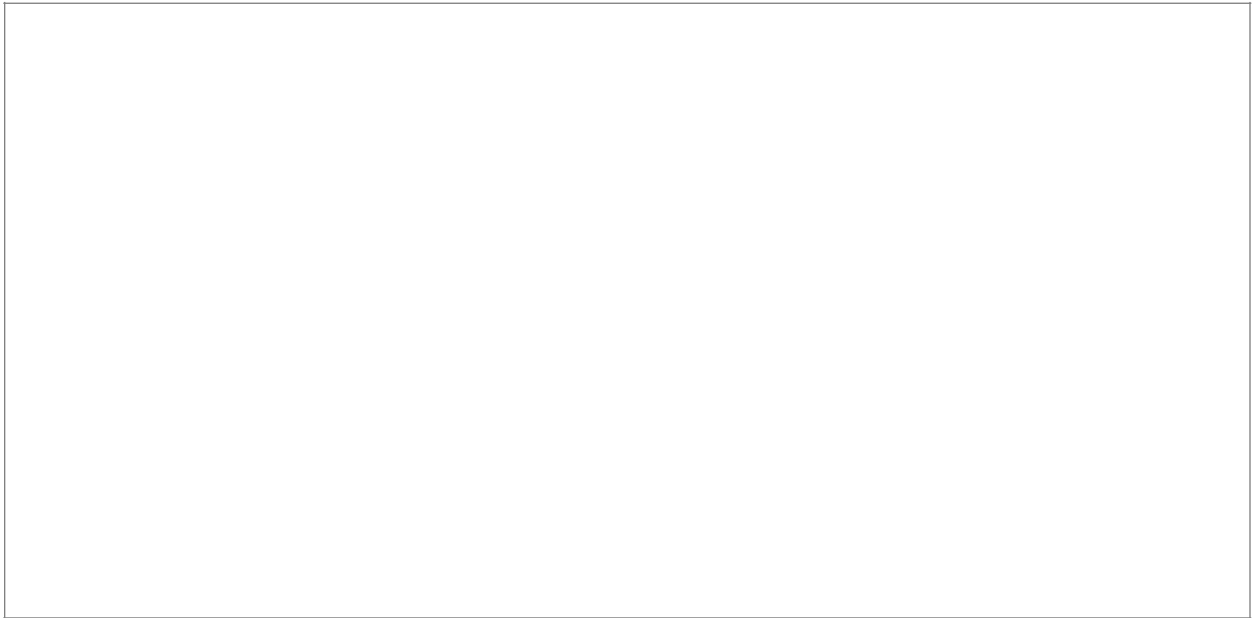


**Why is it a good thing that God doesn't answer all our prayers in the ways or time frame that we prefer?**

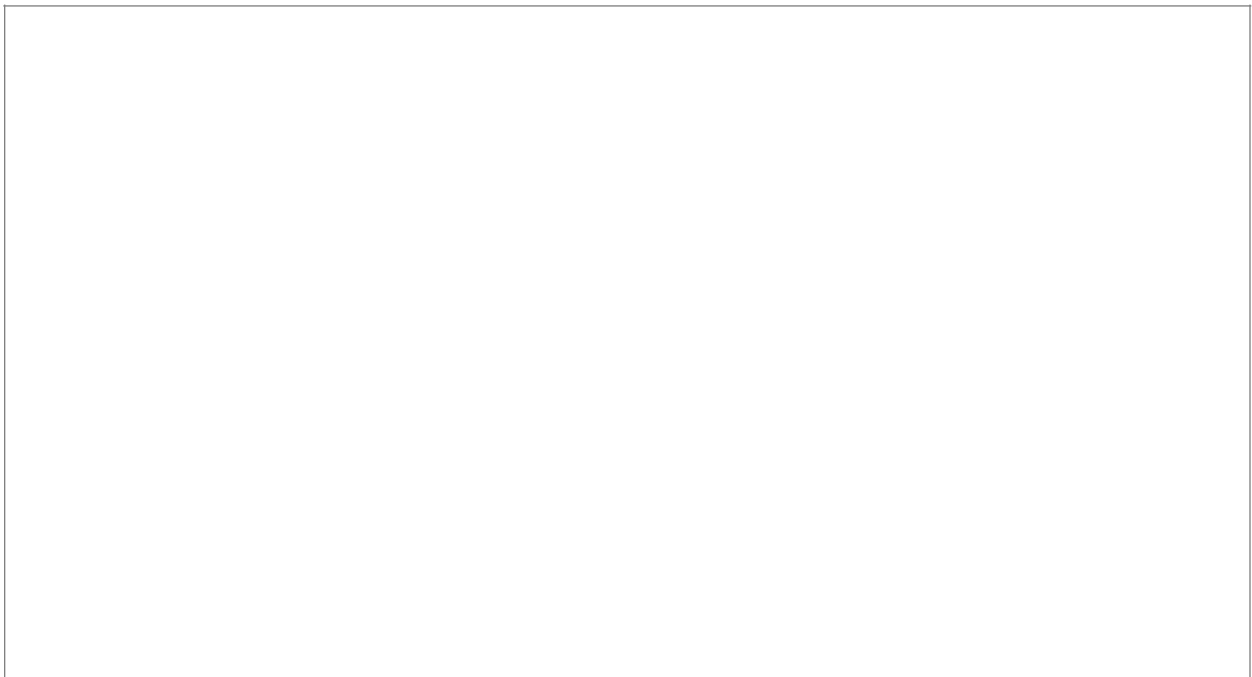


## Chapter 5: All Things For Good

**How does it encourage you that God is all wise?**



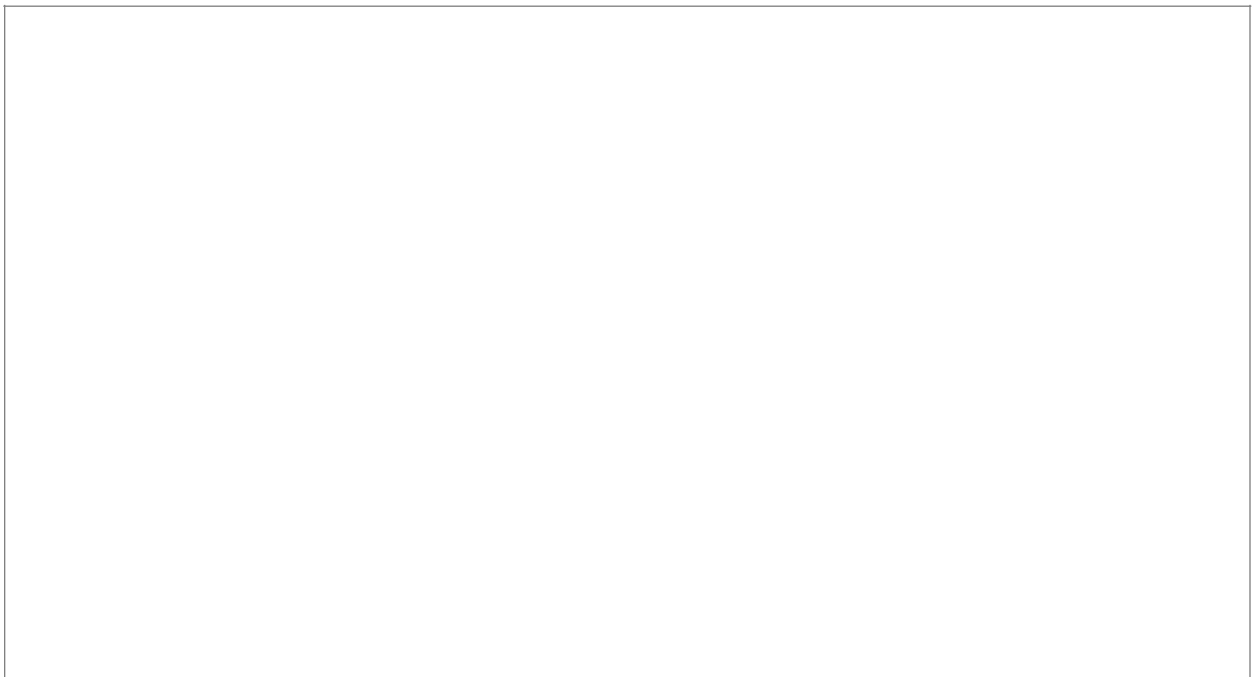
**Is it hard for you to trust God's plan for your life? Why? How does Romans 8:28 help you trust God?**



**What does it mean that God is sovereign over all things?**




**When you reflect on the past, where have you clearly seen God intervening in your life?**

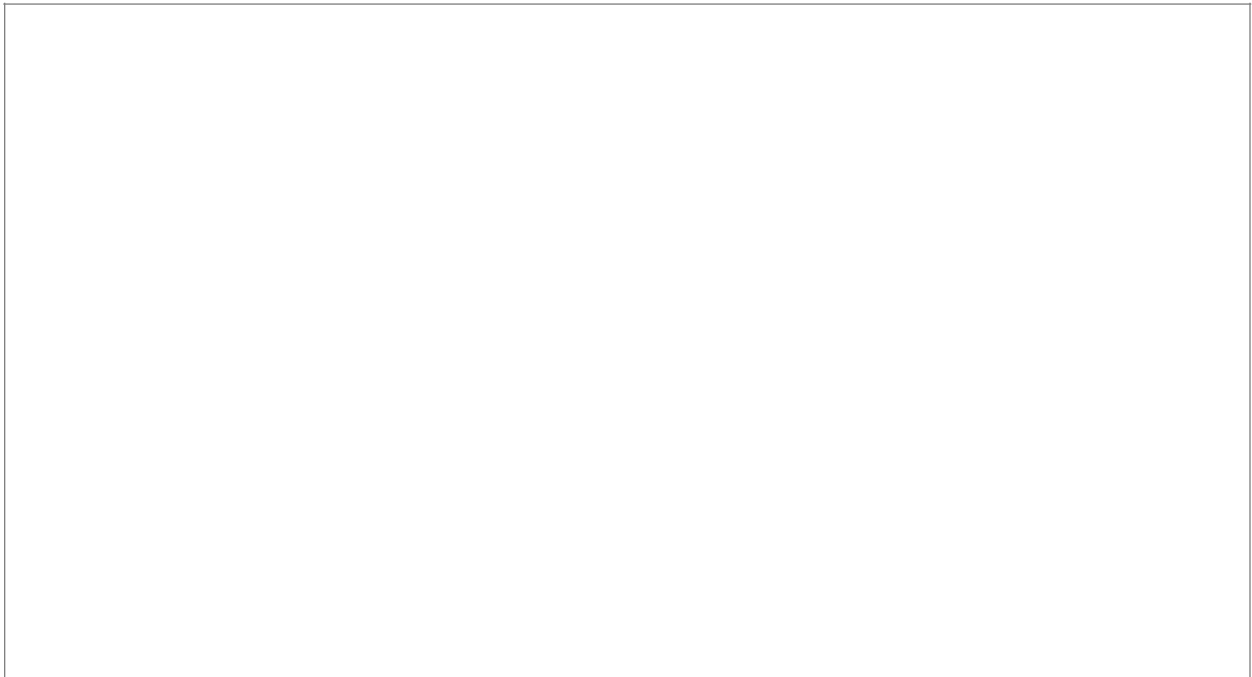


## Chapter 6: God Is Dependable

**What are some ways in which you've seen God writing your life story?**



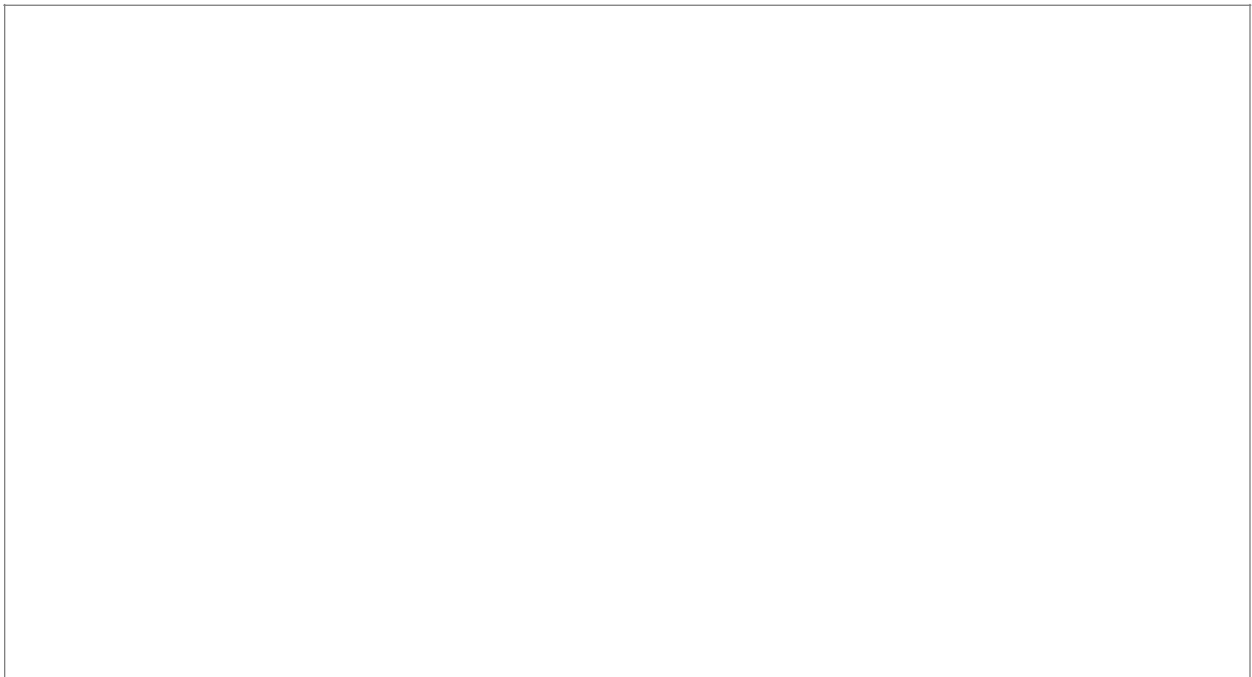
**Do you struggle to believe that God is dependable? Why or why not?**



**When are you most tempted to worry about the future?**



**What does it look like when you trust God's wisdom rather than your own?**



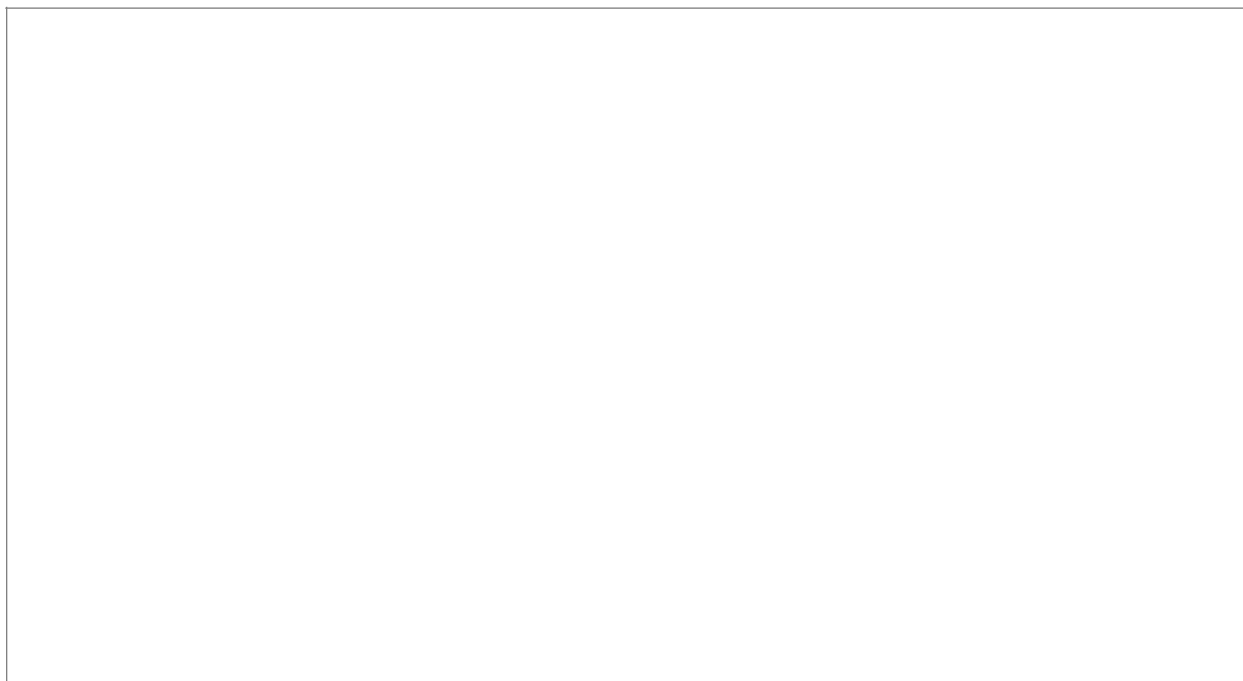
## Chapter 7: Could Anxiety Actually Be A Blessing?

**Name something that would make your struggles with anxiety worth going through.**

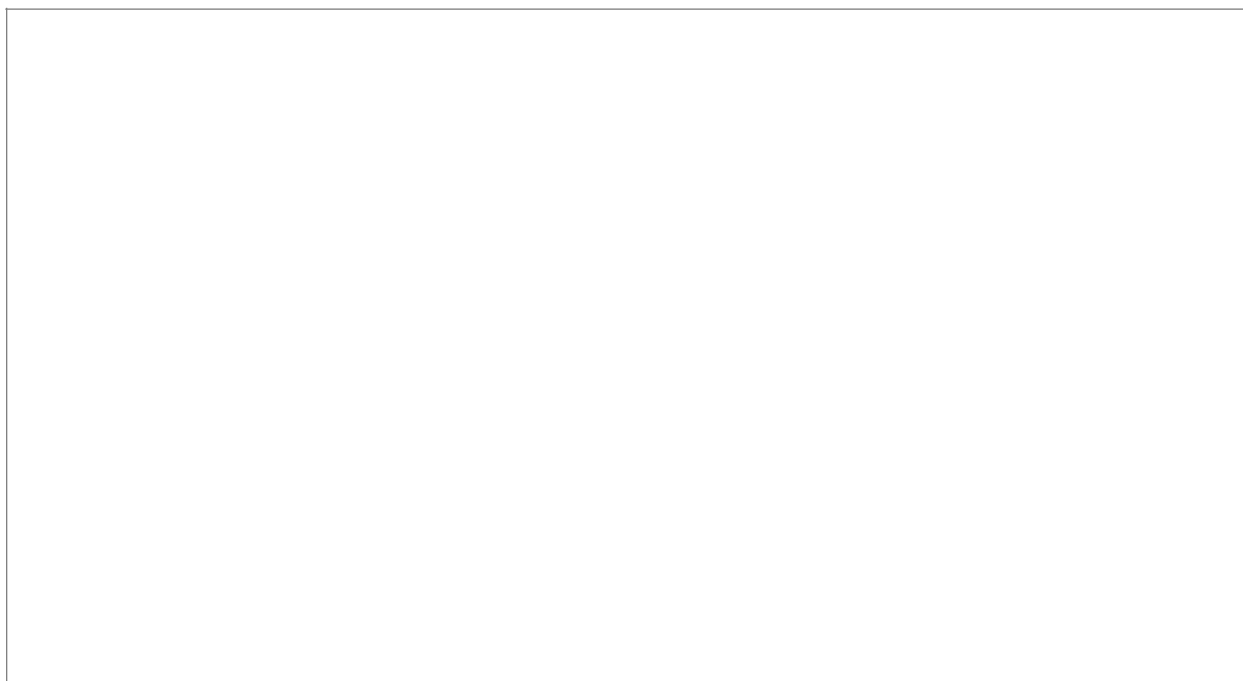
**What are some of the lies you are tempted to believe when anxiety arrives unexpectedly?**



**How can you speak the truth of scripture to yourself when that happens?**

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**How might you change your perspective on anxiety so that you view yourself as a soldier who is equipped for battle?**

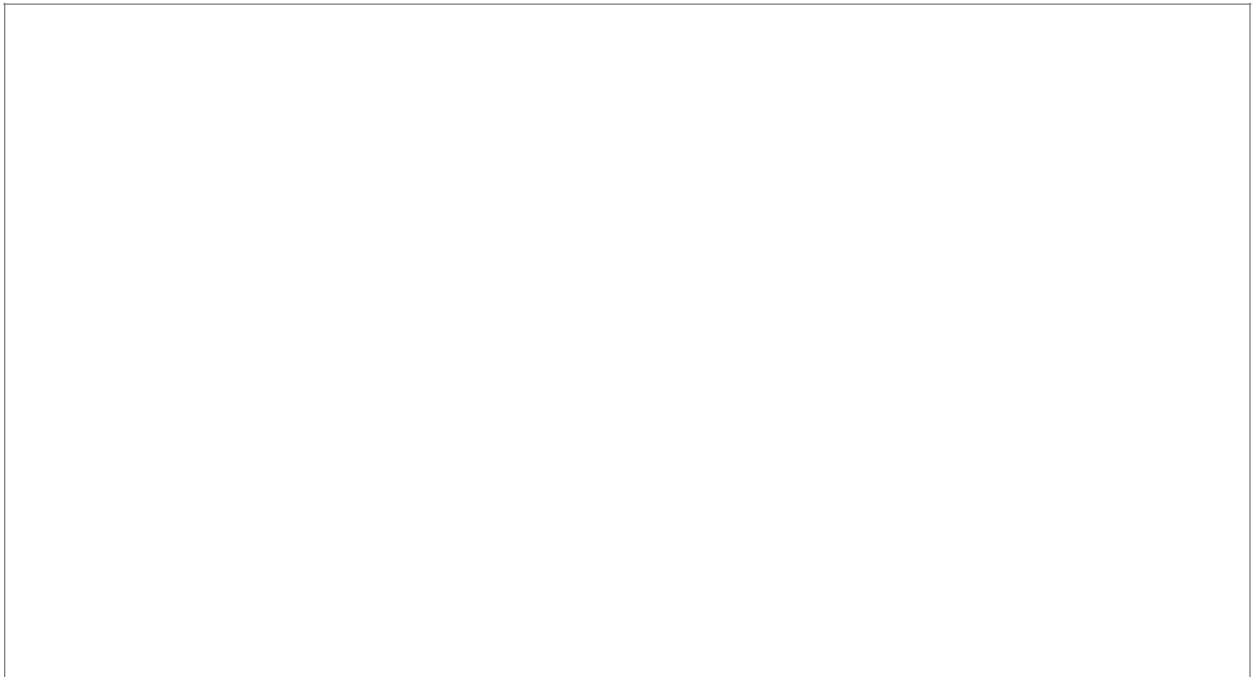
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## Chapter 8: Never Alone

**How does it encourage you that God will never leave you?**

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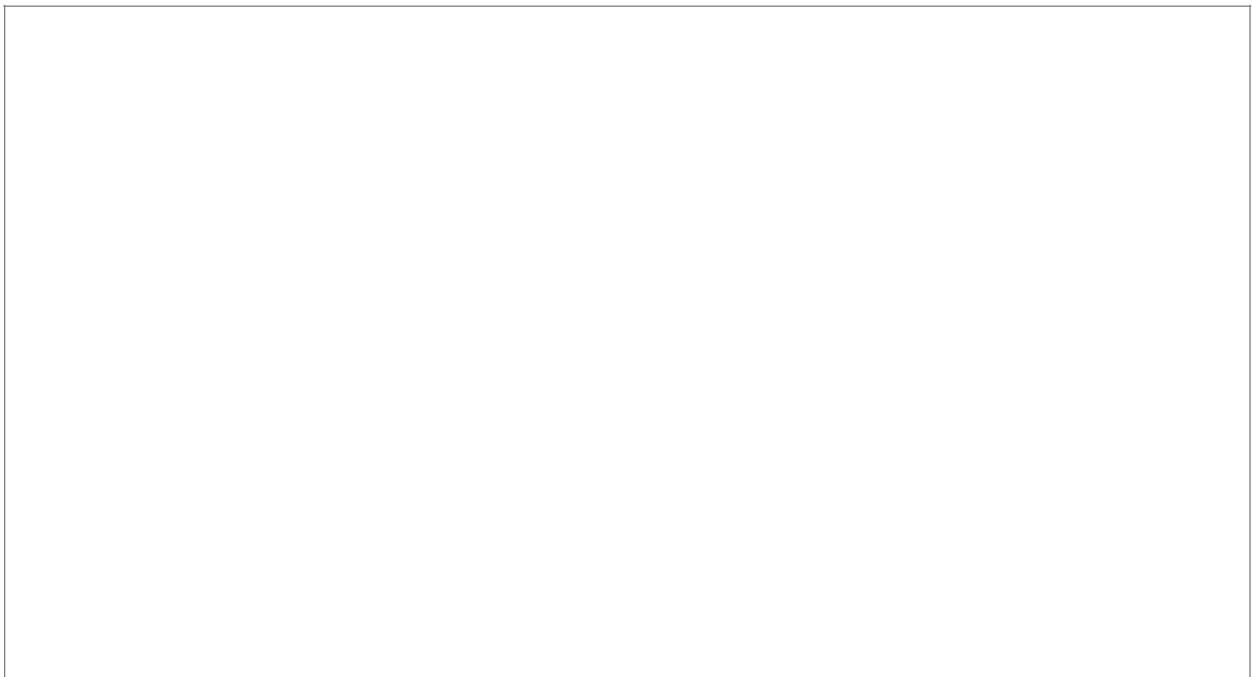
**What does it mean that God is your shepherd?**

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**How does it change your perspective on past events knowing that God was with you every step?**



**What scriptures can you turn to when you feel alone?**

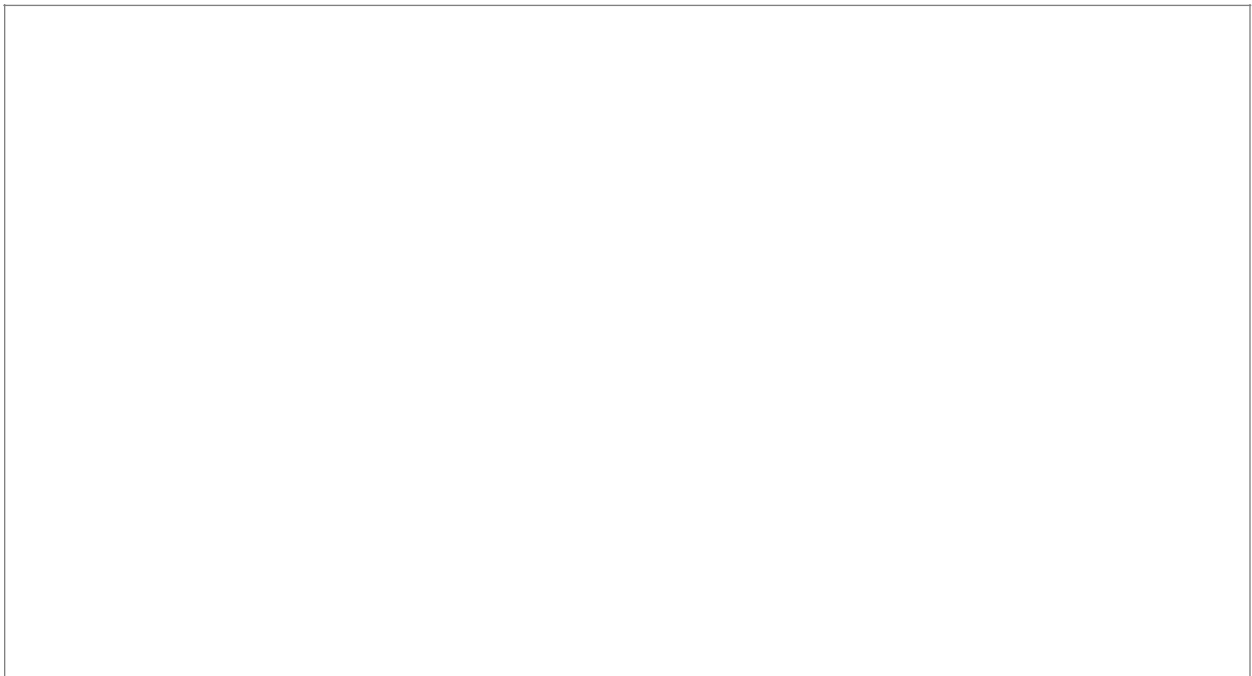


## Chapter 9: Anxiety Is A Liar

**What are some of the “lies” that anxiety tells you?**



**What Bible verses can you use to dispel those lies?**



**What practices or daily habits do you think would help you arm yourself to battle anxious thoughts?**



**How would it change your life if you spent less time worrying and more time trusting God?**

