

Anxiety Is a Faith Battle

Fill-in-the-Blank Bible Worksheet

Name: _____

Date: _____

Instructions: Use the Word Bank and your Bible to complete each statement. Scripture references are from the NKJV.

Word Bank

anxious • burdens • captive • cares • Christ • faith • fear • guard • help • mind • peace • prayer • present • strength • thanksgiving • thoughts • tomorrow • trust • truth • unbelief

Part One: Understanding the Message

1. Anxiety often makes _____ possibilities feel more powerful than today's promises.
2. Experiencing anxiety does not mean that a believer has no _____.
3. The battle is found in whether we allow _____ to lead us or continually bring our fears to God.
4. Anxiety says, "Everything depends on me," but faith says, "I will _____ the God who cares for me."
5. Faith teaches us where to carry our _____.
6. According to Matthew 6:34, we should not worry about _____.
7. God gives us grace and _____ for the day we are presently living.
8. Prayer brings our attention back to God's power, promises, and _____.

Part Two: What Does Scripture Say?

9. Philippians 4:6 teaches us not to be _____ about anything.

10. We are to make our requests known to God through prayer, supplication, and _____.
11. According to Philippians 4:7, the peace of God will _____ our hearts and minds.
12. God's peace guards us through _____ Jesus.
13. According to 1 Peter 5:7, we should cast all our _____ upon God.
14. We can give God every concern because He _____ for us.
15. Second Corinthians 10:5 teaches us to bring every _____ into captivity.
16. Our thoughts must be brought into obedience to _____.
17. The father in Mark 9:24 cried, "Lord, I believe; _____ my unbelief!"
18. Faith does not always mean the absence of fearful feelings. Faith chooses to reach for Jesus while those feelings are _____.

Part Three: Biblical Definitions

19. _____ means trusting God's character, believing His Word, and responding obediently.
20. God's _____ is the inward security He gives us through Jesus, even when trouble is present.
21. Taking a thought _____ means refusing to let fear interpret our circumstances without God's truth.
22. God's Word helps us separate fearful assumptions from biblical _____.

Complete the Scriptures

23. "Casting all your _____ upon Him, for He cares for you."
1 Peter 5:7
24. "Therefore do not worry about _____, for tomorrow will worry about its own things."
Matthew 6:34

25. “Lord, I believe; help my _____!”

Mark 9:24

26. “Bringing every thought into _____ to the obedience of Christ.”

2 Corinthians 10:5

Personal Faith Application

27. One concern I need to surrender to God is:

28. One anxious thought I need to replace with biblical truth is:

29. A Scripture I can speak when anxiety rises is:

30. One practical action I can take today is:

My Faith Declaration

Complete the declaration with your own words:

Even when I feel _____,
I will trust God because _____
_____.

I will not allow fear to become the _____ over my life. I will bring my concerns to God, place my thoughts under His Word, and trust His faithful character. Jesus remains my firm foundation.

Reflection Questions

1. What is the difference between experiencing anxiety and allowing anxiety to lead you?

2. How can thanksgiving help redirect an anxious mind?

3. What did God's care for Elijah in 1 Kings 19 teach you about rest and practical care?

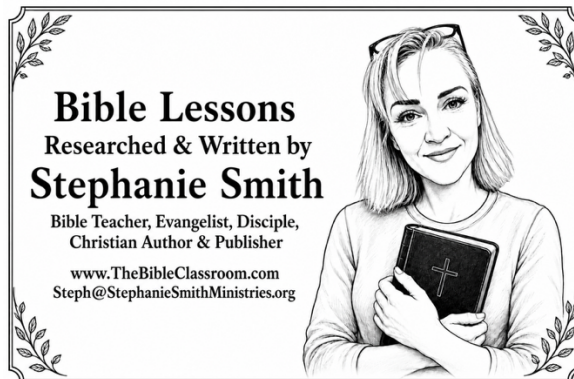
4. Why is asking for appropriate help not a failure of faith?

Answer Key

1. tomorrow
2. faith
3. fear
4. trust
5. burdens
6. tomorrow
7. strength
8. presence
9. anxious
10. thanksgiving
11. guard
12. Christ
13. cares
14. cares
15. thought
16. Christ
17. help
18. present
19. Faith
20. peace
21. captive
22. truth
23. care
24. tomorrow
25. unbelief
26. captivity

Note: Answers to the personal application and reflection questions will vary.

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