

Anxiety Buster can be done alone, in small groups, book clubs, or with family members. Here are some ideas for 4 week implementation

## WEEK 1

#### **TIPS**

- Try to commit to completing at least one template each week.
- Try to allow at least 15 minutes to complete each template.

## GETTING STARTED

- 1. Complete Anxiety
  Dump sheet on pp.3 & 4 of
  Anxiety Buster. (On your
  own prior to the session
  or during session)
- 2. Identify which areas are causing you the most anxiety.

# GROUP DISCUSSION

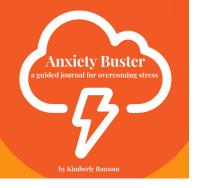
Answer any of the following Questions:

- What topic causes you the most anxiety? Why?
- What would you like to get out of our sessions? What would you like to get out of the book?
- Have you ever gotten professional support or spiritual guidance regarding anxiety? Why? Why not?
- Is there anything else you would like us to know?

## **GROUP ACTIVITY**

- Write your prayer requests down on a card (Name is optional)
- 2. Exchange cards. Commit to praying for the prayer request once a week until the end of the four weeks.
- 3. Go over "How to Use Anxiety Buster Template"
- Pick a topic that causes you the most anxiety and look at the example template for that topic.
- 4. Share any tips or ideas on how you are going to implement the Anxiety Buster.
- 5. Locate Bonus Content section
- Discuss Bonus Content

- 1. Go over the following activities to complete this week:
- Complete at least one template this week
- Write at least 1 scripture in the favorite scriptures(Bonus Content)
- Pray for the prayer request you received at least once this week.
- 2. Dismiss with prayer
- Have someone pray to close out or read prayer on p. 5



Anxiety Buster can be done alone, in small groups, book clubs, or with family members. Here are some ideas for 4 week implementation

## WEEK 2

#### **TIPS**

- Try to commit to completing at least one template each week.
- Try to allow at least 15 minutes to complete each template.

## GETTING STARTED

- Play a song from Anxiety Buster Praise & Worship playlist. https://authorkimberlyran som.com/playlists.
- 2. Show participants how to get to the playlists.

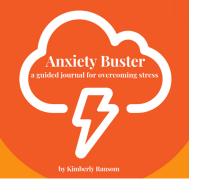
# GROUP DISCUSSION

Answer any of the following Questions:

- What template did you complete this week
- Did you do anything in the Bonus Content?
- How was your overall experience with the book this week?
- Does anyone want to share an excerpt of what they wrote?
- Are there any praise reports?

## **GROUP ACTIVITY**

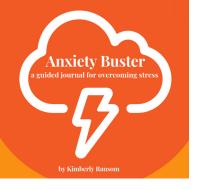
- 1. Compile a list of Favorite Scriptures
- 2. Ask group members to share their favorite scripture of the week. Have someone write down each address for the scripture. Example: Psalms 23:1 is the scripture address for "The Lord is my Shepherd I shall not want."
- 3. Determine how you will distribute the lists of favorite scriptures to everyone in the group.
- 4. Read John 14:26,27 & John 16:33 in various translations.
- Discuss what promises are in this text.
- Discuss how these promises can relate to your current situation.



Anxiety Buster can be done alone, in small groups, book clubs, or with family members. Here are some ideas for 4 week implementation

# **WEEK 2 CONTINUED...**

- Choose at least 2 activities for the week
- Complete at least one template this week.
- Write at least 1 declaration/victory statement from your template and record it in the Bonus Content of the book.
- Set an alarm/alert/reminder and add your favorite scripture so that when it goes off you will be reminded of that scripture. For example: I have a reminder on Alexa that goes off everyday at 11:30am. Alexa says," I am reminding you to be strong and brave, don't be afraid because the Lord, thy God is with you" (Joshua 1:9).
- Exchange phone numbers with someone and text them a scripture from your group's favorite scriptures list at least one time this week.
- Find one song to add to your playlist. (Make sure everyone knows how to find the Anxiety Buster YouTube playlists in case they need an example.) https://authorkimberlyransom.com/playlists.
- Pray for the prayer request you received at least once this week.
- 2. Dismiss with prayer
- Ask are there any new prayer requests.
- Have someone pray to close out or read prayer on p. 5



Anxiety Buster can be done alone, in small groups, book clubs, or with family members. Here are some ideas for 4 week implementation

## WEEK 3

#### **TIPS**

- Try to commit to completing at least one template each week.
- Try to allow at least 15 minutes to complete each template.

### GETTING STARTED

Play a song from
Miscellaneous playlist.
Go to
https://authorkimberlyran
som.com/playlists. Then
click on Miscellaneous
playlists. Show group how
to get to playlists

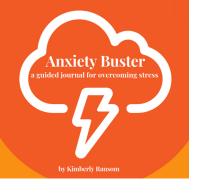
# GROUP DISCUSSION

Answer any of the following Questions:

- What template did you complete this week?
- What activities did you do this week?
- Did anyone create a reminder/alert using their favorite scripture? Share your experience.
- Did anyone send/receive a
- text with a scripture this week? Share your experience.
- What songs did you add to your playlist this week?
- Does anyone want to share an excerpt of what they wrote?
- Are there any praise reports?

## **GROUP ACTIVITY**

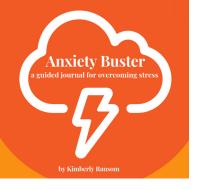
- 1. Share declarations/victory statements
- Ask group members to share their victory statements.
- Create/compile a list of victory statements and distribute them to all group members (email...) or group members can write victory statements in the back of the journal in the "Declarations" bonus content.
  - 2. Read Romans 5:1, Romans 5:3-5, 2 Corinthians 4:8,9,17 in various translations.
- Read vs 17 in The Message translation
- Discuss what promises are in this text.
  - 3. Discuss how these promises can relate to your current situation.



Anxiety Buster can be done alone, in small groups, book clubs, or with family members. Here are some ideas for 4 week implementation

# **WEEK 3 CONTINUED...**

- Choose at least 2 activities for the week
- Complete at least one template this week
- Write at least 1 declaration/victory statement from your journal template and record it in the Bonus Content of the book.
- Say your victory statement everyday this week.
- Exchange phone numbers with someone and text them a scripture from the favorite scriptures list at least one time this week.
- Create a playlist for you to listen to throughout the week. (Make sure everyone knows how to find the Anxiety Buster YouTube playlists in case they need an example. Go to https://authorkimberlyransom.com/playlists.
- Pray for the prayer request you received at least once this week.
- 2. Dismiss with prayer
- Ask are there any new prayer requests.
- Have someone pray to close out or read prayer on p. 5



Anxiety Buster can be done alone, in small groups, book clubs, or with family members. Here are some ideas for 4 week implementation

## **WEEK 4**

#### **TIPS**

- Try to commit to completing at least one template each week.
- Try to allow at least 15 minutes to complete each template.

## GETTING STARTED

 Ask someone to share a song from their playlist or Go to

https://authorkimberlyran som.com/playlists and pick a song.

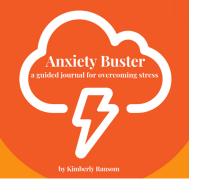
# GROUP DISCUSSION

Discuss any of the following Questions:

- What template did you complete this week?
- What victory statement did you say throughout the week?
- Did anyone send/receive a text with a scripture this week? Share your experience.
- What songs did you add to your playlist this week?
- How was your overall experience with the book?
- Does anyone want to share an excerpt of what they wrote?
- Are there any praise reports?

## **GROUP ACTIVITY**

- 1. Share anything that you may have written in the Bonus Content in the past 4 weeks.
- 2. Read Romans 8:18,28,31,35,37-39 in various translations.
- Discuss what promises are in this text.
- Discuss how these promises can relate to your current situation.



Anxiety Buster can be done alone, in small groups, book clubs, or with family members. Here are some ideas for 4 week implementation

# **WEEK 4 CONTINUED...**

- Choose at least 2 activities for the week
- Complete at least one template this week.
- Write a prayer for the week. Pray it daily.
- Write at least 1 declaration/victory statement from your template and record it in the Bonus Content of the book.
- Say your victory statement everyday this week.
- Exchange phone numbers with someone and text them a scripture from the favorite scriptures list at least one time this week.
- Listen to a playlist you have created or listen to an Anxiety Buster playlist throughout the week or go to https://authorkimberlyransom.com/playlists
- Pray for the prayer request you received at least once this week.
- 2. Have someone pray to close out or read prayer on p.105 Ask are there any new prayer requests.