

# **Glorifying God in the Midst of Anxiety**

## **A Bible Study on Trust, Transformation, and God's Glory**

### **Overview**

This Bible study invites us to explore how anxiety—often misunderstood and quickly medicated or minimized—can actually become a pathway to deeper trust in God and greater conformity to Christ. The study challenges common misconceptions about peace, offers practical tools grounded in Scripture, and reorients the anxious heart toward the glory of God.

### **Lesson 1: Understanding Anxiety Through a Biblical Lens**

#### **Key Passage:** *Philippians 4:6–7*

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

#### **Themes:**

- Anxiety is not merely a feeling to escape; it’s an invitation to seek God’s presence.
- The Bible uses terms like “fear,” “worry,” and “anxiety” frequently—highlighting both its normalcy and its danger.
- The goal of life is not emotional comfort but glorifying God, even in distress.

#### **Discussion Questions:**

1. What are some ways anxiety has shown up in your life?
2. How does our culture typically handle anxiety compared to how Scripture speaks of it?
3. How might redefining the “end” of anxiety as glorifying God shift your perspective?

#### **Prayer Focus:**

Pray honestly about your fears, confess misplaced trust, and ask God to help you pursue His glory above your comfort.

### **Lesson 2: The Root of Anxiety — Trust and Control**

#### **Key Passage:** *Matthew 6:25–34*

“Seek first the kingdom of God and his righteousness, and all these things will be added to you.”

**Themes:**

- Anxiety often reveals where we are placing our trust—ourselves, circumstances, or people rather than God.
- Jesus commands us not to worry, not because He minimizes our concerns, but because He knows the Father's care is sufficient.
- The anxious heart seeks control. The surrendered heart seeks God.

**Practical Exercise:**

Create a "Worry Web." List specific worries, then draw lines to connect them to what they reveal about trust (e.g., fear of the future = trusting in personal plans, not God's sovereignty).

**Discussion Questions:**

1. What kinds of things do you tend to worry about most?
2. What do your worries reveal about what you treasure or fear losing?
3. How do these verses help reframe your thinking about God's care?

**Prayer Focus:**

Repentance and release. Pray over the specific worries listed. Ask God to replace fear with faith.

**Lesson 3: God's Sovereignty and Our Suffering****Key Passage:** *Romans 8:28–29*

"And we know that for those who love God all things work together for good..."

**Themes:**

- Anxiety does not mean we are failing spiritually—it often means we're in a place where we need deeper trust and healing.
- God uses everything—even anxiety—to conform us to the image of His Son.
- The goal is not merely the end of anxious feelings, but spiritual formation.

**Discussion Questions:**

1. Can you recall a time God used your suffering or fear to produce something good in you?
2. How does this passage reshape your understanding of "good"?
3. What would it mean to trust God with your anxiety for His glory?

**Prayer Focus:**

Ask for endurance and spiritual insight to see God's hand even in hard seasons. Pray for sanctification through the struggle.

## Lesson 4: Renewing the Mind in Anxious Times

**Key Passage:** *Romans 12:1–2, Philippians 4:8*

“Be transformed by the renewing of your mind.”

### Teaching Themes:

- Our thought life fuels either peace or panic.
- Renewing the mind is not just stopping bad thoughts but replacing them with truth.
- God’s Word reorients us when we feel overwhelmed.

### Practical Tools:

- “Thought Bubble” Activity: Write anxious thoughts in bubbles. Then, write biblical truths across them (e.g., “I can’t control my kids’ future” → “God is sovereign over every moment, Psalm 139:16”).

### Discussion Questions:

1. What thoughts tend to dominate your mind when anxiety hits?
2. How do you intentionally renew your mind with Scripture?
3. What truths do you need to remember right now?

### Prayer Focus:

Pray Scripture. Choose a passage (Philippians 4:6–8 or Psalm 27:1) and pray it aloud as a group, replacing personal fears with biblical affirmations.

## Lesson 5: Bold as a Lion — Righteousness and Courage in Christ

**Key Passage:** *Proverbs 28:1*

“The wicked flee when no one pursues, but the righteous are as bold as a lion.”

### Themes:

- When we know we are secure in Christ, we can face anxious situations with boldness, not fear.
- Boldness is not personality—it is the result of righteousness and identity in Christ.
- Gospel-centered identity helps us face social, relational, and personal anxieties.

### Personal Reflection:

Journal or share about a situation where you’ve felt like “fleeing,” and how Christ might make you bold in that place.

### Discussion Questions:

1. Where do you tend to “flee” emotionally, mentally, or socially?
2. What does it mean to be “bold as a lion” in Christ?
3. How does knowing you are clothed in Christ’s righteousness give you peace?

**Prayer Focus:**

Declare boldness. Pray for confidence rooted in Christ—not in your ability to manage anxiety but in His ability to hold you.

## **Lesson 6: Practical Helps & Resources for the Journey**

**Key Passage:** *2 Corinthians 10:5*

“...take every thought captive to obey Christ.”

**Themes:**

- While anxiety is often spiritual, there are helpful disciplines and rhythms to support healing.
- Using biblical tools—Scripture memory, journaling, reflection, confession, and praise—are essential.
- Resources can supplement, but never replace, Scripture.

**Final Discussion Questions:**

1. What has been most helpful in your journey with anxiety during this study?
2. What practical step will you take this week to move toward trusting God more fully?
3. How can we support one another as women in this area?

**Closing Prayer & Commitment:**

Ask women to reflect quietly and write a short prayer of surrender and trust to the Lord.

Conclude by reading *Isaiah 26:3* aloud:

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”

**Recommended Resources:**

- *The End of Anxiety* by Josh Weidmann
- *Running Scared* by Ed Welch
- *Anxiety: Knowing God’s Peace* by Paul Tautges
- *Fear: Breaking Its Grip* by Lou Priolo
- Amy Baker’s work on social anxiety