



A 5-Day Bible Study to

Calm
and
Quiet
Anxious
Thoughts

By Vivian Bricker

Crosswalk

Anxiety, anxiety, anxiety. It has caused me to run away from opportunities as well as develop a fear of change.

Whenever I hear about other people's anxiety, my heart automatically goes out to them because I understand firsthand how it feels to be anxious.

Chronic anxiety has the power to control your entire life. Situational anxiety or small amounts of anxiety can be worked through; however, chronic anxiety may need to be addressed in a doctor's office. Therapy is also extremely helpful when it comes to anxiety because your therapist will be able to help you learn healthy coping mechanisms when anxiety starts becoming strong. A few great tips my therapist shared with me are deep breathing and how to allow yourself to feel your feelings without passing judgment on them. If you have been diagnosed with anxiety or you are having a constant wave of anxiety each day, it is normal to want to know if God can help you. After all, God is our wonderful friend and Creator. God also wants us to know that we can receive the help and care we need.

This 5-week Bible study will explore scriptural truths and practical applications to help you calm and quiet anxiety.

Day One: *Do Not Be Anxious about Anything*



“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

- Philippians 4:6-7



God can help your anxiety, and this can be done by turning to the Bible. Through Philippians 4:6-7, the Apostle Paul tells us not to be anxious about anything, but through prayer and petition, we need to present our requests to God. With a heart of thanksgiving, we can turn to the Lord and lay all of our anxieties at His feet. The peace of God will guard our hearts and minds after we have presented our anxieties to Him.

The peace of God is said to transcend all understanding. This means it is wonderful, amazing, and brilliant. Turn to the Lord with your anxieties and trust Him. Tell Him in prayer about your anxieties and how much they are negatively impacting your life. God sees your pain and He desires to give you relief from your anxieties.

Through prayer and petition, give your anxieties over to Jesus. Get into the habit of praying to Him and asking for His help. By going to God in prayer, we are acknowledging our dependence on Him. We cannot remove our anxieties on our own—we need His help. Trust Him today and go to Him in prayer.

Challenge Questions:

- What are you currently anxious about?
- God's peace transcends all understanding. What do you think it would be like to experience this kind of peace?
- The Bible tells us to not be anxious about anything. How might you give these worries over to God today and release them to Him?



Day Two: *Cast All Your Cares on God*



“Cast all your anxiety on him because he cares for you.”

- 1 Peter 5:7

We are also told the extent Jesus will go to help us in our anxiety. From 1 Peter 5:7, we are taught the importance of casting all of our anxieties on Jesus because He cares for us. To know that God Himself cares for us is a far greater blessing than we could ever dream of. The Creator of the Heavens and earth has told us that we can cast all of our anxieties on Him because He cares.

The word “cast” refers to throwing something with force. Therefore, we can hand all of our anxieties over to God, no matter how big or how small they are. He can hold all of our anxieties and He will give us peace. Allow the Lord to change your heart of anxiety to a heart of peace. Continue to cast your anxieties on Him and trust Him with the rest.

God can help your anxiety, but you must turn to Him. Don't try to handle matters yourself, and refrain from trying to manipulate the outcome. Go to God in prayer, cast your anxieties on Him, and allow Him to give you comfort. Your anxieties might return, but you can continue to turn back to God.

Many of our anxieties might endure for the rest of our lives; however, we don't have to suffer. We can choose to give all of these hard feelings over to God and release control to Him. Stop dwelling on the anxiety or the anxious thoughts—it will only make you suffer more. Cast all of your anxieties, fears, and worries unto God because He cares for you.

Challenge Questions:

- Jesus cares about us. Do you have the confidence to cast your cares on Him? Why or why not?
- How have you tried to handle your anxiety on your own in the past? Has it proven to be effective?
- What might it look like to give these anxieties over to Jesus?



Day Three: *Consider the Lilies of the Field*



“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin.

Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?”

- Matthew 6:28-30

Within Jesus' earthly ministry, we are taught many great lessons. One of these wonderful lessons is concerning the lilies of the field. Jesus' followers were afraid they wouldn't have enough food, clothes, or shelter. Jesus tells them to look at the sparrows and see how God provides for them. He also tells them to consider the lilies of the field. If God feeds the sparrows and clothes the grasses of the field, how much more will He provide for us?

Since God cares about the sparrows and the lilies of the field, He cares about us even more. We are unique among His creations because we are made in His image (Genesis 1:27). God cares about us immeasurably and He will always love us. The lesson of the lilies in the field shows us that He cares about all of our concerns, worries, and anxieties. Instead of being anxious over these things, we need to become like the lilies of the field. Rather than being doubtful of God, we need to trust Him. The lilies blossom and bloom by God's own doing. In the same way, we will blossom and bloom by waiting on God rather than taking matters into our own hands.

In order to relinquish our anxieties, we have to let go of control. Much of our anxieties are due to a supposed lack of control. If we want to be freed from anxiety, we have to give this control over to God. We don't know what will happen, but we can trust God with the future. He is our best friend and the One who knows us better than anyone else. Trust God with your anxieties today. Just as He provides for the sparrows and the lilies, He will also provide for you and give you everything you need. Anxiety can make us worried we won't have enough money, clothes, food, or time, yet in God, we have been given all things. We only need to trust Him.

He will equip us with everything we need for life and this includes daily necessities. Anxiety doesn't have to be the controlling factor of your life anymore. Become one with the lilies and rely on God. Whenever anxiety rises in your heart, whisper a quick prayer to God, "God, I'm giving this anxiety to You. Please fill my heart with peace. In Your Son's Name, I pray, Amen."

This small prayer can go a long way and provide you with lasting relief. God is worthy of our trust and He will extinguish every anxiety once we give them over to Him. Peace will be given to us in abundance (John 14:27).

Challenge Questions:



- God cares about all parts of His creation. How does this make you feel since you are part of His cherished creation?
- We have been given all things in Christ. How does this change your heart and mind to focus on Him rather than your anxieties?
- Anxiety doesn't need to be the controlling factor in our lives anymore. How can you step out in the freedom of Jesus today?

Day Four: *Jesus Will Carry Our Burdens*



“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

-Matthew 11:28-30



The Lord tells us in this passage that we are to come to Him. Upon reflecting on ourselves, we most likely meet the requirements of weary and burdened. Due to the stressors of work, life, and personal relationships, it can be hard to be at ease. Whenever we are feeling weak and burdened, we need to turn to the Lord. He will carry our burdens and give us rest.



The word “rest” has often been demonized in the modern day, but it is actually a beautiful blessing. To be able to rest is to be able to recharge and recover from the events of the day. When we rest at Jesus' feet, we will be graced with His peace and love. Even when the anxiety is overwhelming, we can stop, reflect on the Lord, and take a seat before Him. He can calm our hearts and give us rest.

Challenge Questions:



- Are you currently finding rest in the Lord? If not, what can you do to change this?
- Jesus will carry your burdens. How does this make you feel?
- Anxiety can make us feel overwhelmed, yet God can give us peace. When do you think you will go to Him in order to receive this rest?

Day Five: *God's Consolation*



*“When anxiety was great within me, your
consolation brought me joy.”*
-Psalm 94:19



From this passage of Scripture, we are told that God's consolation will come to us and provide us with great joy whenever anxiety is great within us. Anxiety will come and go throughout our life, yet God can help us manage it. While it is still important to seek out help from a therapist and a doctor, it is equally as important to have God's help as we are dealing with anxiety. By reflecting on Psalm 94:19, it can help us to know that God will bring consolation into our hearts just as He did for the psalmist.



Think about the last time you had massive anxiety. Did you feel alone? Did you feel afraid? Most of us tend to feel alone and very afraid when anxiety rises in our hearts. Instead of giving in to these feelings, we need to turn to God and trust Him. Even though anxiety might be great within us, God's love for us will bring our hearts peace and joy.

Challenge Questions:




- Have you felt God's presence when you are having anxiety?
- How can you stop to reflect on God the next time you feel anxiety rising in your heart?
- What might life look like if you were freed from anxiety?



End of Study Prayer

“Dear Jesus, I’m choosing to cast my anxiety onto You today. I have often tried to manage my anxiety on my own, but I’m giving all of these feelings over to You. Please fill my heart with Your peace that surpasses all understanding. I praise You, Amen.”



Vivian Bricker

loves Jesus, studying the Word of God, and helping others in their walk with Christ. She has earned a Bachelor of Arts and Master's degree in Christian Ministry with a deep academic emphasis in theology. Her favorite things to do are spending time with her family and friends, reading, and spending time outside. When she is not writing, she is embarking on other adventures.