

simple
C H U R C H



HIGHER AIM

The ABC's Of Handling Anxiety

Simple Church | Week 15 | Philippians 4:4-9

QUESTIONS TO CONSIDER

1. What are you feeling anxious about right now?
2. Do you think the way you are currently handling your anxiety is helping your witness? Why or why not?
3. Which of the six ways of handling anxiety would you like to work on more in your own life? How could you begin to implement that particular method of handling anxiety this week?
