



All Christians' Fellowship International

INTERACTIVE SUNDAY SCHOOL OUTLINE FOR YOUTHS AND YOUNG ADULTS

Dealing with Anxiety

Objective: The students will learn what the Bible says about dealing with anxiety.

We all get nervous, worried, stressed, and fearful from time to time. For example, when speaking in public, about to take an exam, having problem with parents, or when having trouble in a difficult relationship etc.

Anxiety is a feeling of worry, nervousness, or unease, typically about a looming event or something with an uncertain outcome. Having some anxiety is normal but for others, it becomes so frequent, and forceful, it takes over their lives and affects their ability to function.

Let everyone tell the group everything they currently feel anxious about. Tell thee to think about work, school, friends, and family. There are no wrong answers, but they will have to give an example(s).

One way we can do what the Bible tells us to do to deal with anxiety is to meditate on good things.

Watch this short Video clip – Just click on this link below while you hold down CTRL.

[How to Deal with Anxiety: EP 20 - TheHopeLine](#)

Please use the verses and questions below to have a class discussion about the topic.

Also, if your students struggle to volunteer to answer questions or participate, try to call on a random person.

As a group read **Philippians 4:6-8** and discuss the following questions:

1. What does the Bible say to be anxious about?
2. Based on this passage, how can you overcome anxiety?
3. With prayer, what will God do?
4. What is another way to overcome anxiety?
5. What does it mean to meditate?
6. Do you think that prayer and meditation can help your anxiety? Why or why not?

As a group read **1 Peter 5:7** and discuss the following questions:

1. How can you cast your care on Him?
2. How do you know God cares for you?
3. How can you continuously remind yourself that you serve a caring God?

As a group, read **Matthew 6:34** and discuss the following questions:

1. The Bible tells us not to worry about tomorrow. Is this difficult?
2. How can tomorrow worry about its own things?
3. What does the second sentence in this verse mean?

Let the group know that the verse in Matthew is common among youths and young adults because these group of people tends to worry about tomorrow. But they need to understand that no matter what they are anxious about, God will listen. They just must pray about it and meditate on the good in our lives.

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