

Faith and Anxiety

The spectrum of human experience with anxiety ranges from ordinary and temporary to debilitating and clinical. When anxiety and worry take hold and disrupt life, there are many valuable tools like therapy and medication available to us today. As believers, we can also find deep encouragement and lasting support in our faith. Whether anxiety affects your daily life in small ways or big ways, discover how the Bible speaks to our experiences with anxiety and supports us with God's peace.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- What is anxiety? Do you think anxiety is a sin? Why or why not?
- Is it possible to have a strong faith and still struggle with anxious thoughts or feelings?



LISTEN TO THE EPISODE: [Faith and Anxiety](#)

READ [Matthew 6:25-34](#), [Philippians 4:4-9](#)

REFLECTION After listening, consider the following questions:

- In segment 1, Dr. Chuck DeGroat says: "...I actually think that our anxiety, our depression, are pathways to deeper intimacy with God. They invite us to wrestle with God, and so, jump into...that wrestling ring with God rather than going through a simple behavior modification process that makes the anxiety go away for just a few minutes, but doesn't actually invite you into a deeper relationship with God." Does that resonate or clash with other messages about faith you've heard from Christians about anxiety? Why?
- What do you think about host Scott Hoezee's observation in segment 2 that it would be a misapplication of [Matthew 6:25-34](#) to apply it to a situation in which there is a clear and legitimate need? Do you agree or disagree that it more appropriately applies to situations in which we have enough and yet worry? Read [Matthew 25:31-46](#). How might these verses inform this conversation?
- Read [Psalm 94:18-19](#). What do the words of King David tell you about the relationship between faith and anxiety?
- If you're worried or anxious about something in your life, what do you pray for? What might you say differently if you also prayed to feel God's presence, his joy, and his peace in the midst of your experience? How might that prayer deepen your relationship with God or affect you spiritually?

RELATED PASSAGES for further study

[Luke 15:25-32](#), [John 14:27](#), [Isaiah 26:3](#), [Psalm 94:18-19](#)

CONCLUSION

How might you remind yourself of God's presence in times of great worry or anxiety? Reread [Matthew 6:25-34](#), [Philippians 4:4-9](#), [Isaiah 26:3](#), and [Psalm 94:18-19](#). Rewrite one or two of these passages as prayers that you could pray when anxiety or worry take hold.

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