



# CALM

## How to Manage Stress & Anxiety

We all deal with stress and anxiety. Whether it's from our work, our relationships, or things happening in our world, the things we worry about can weigh us down. God promises to give us peace, but how do we experience calmness in our daily lives? In this Bible study, we'll explore some practices to help us overcome our stress and anxiety with the peace of God.

## 1 - There's Too Much To Worry About

### Read

*“Can any one of you by worrying add a single hour to your life?...Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” - Matthew 6:27,34*

### Reflect/Discuss

- What causes you stress and anxiety?
- Have the things you've worried about turned out the way you expected?

### Consider

There are many things in our lives that cause us stress. While some things are legitimate problems, others turn out to be nothing at all. The worrying that we do results in a lot of wasted time and emotional energy.

Stress comes from thinking about the worst possible outcomes when we don't even know what the future will hold. That's why Jesus tells us to not worry about tomorrow. It doesn't benefit us and won't change the future. And in the context of this passage, Jesus reminds us that God will take care of us.

### Act

- Throughout your week, write down the things that you are anxious about. Review them later on and see which ones turned out the way you expected.
- Whenever you start worrying about anything beyond today, redirect your focus on how you can make the most of the present moment. If there is action you can take, do it! Otherwise, focus only on today.

### Go Deeper

- [A Way Out of Worry](#)

## 2 - You Can't Do It Alone

### Read

*"Anxiety weighs down the heart, but a kind word cheers it up." - Proverbs 12:25*

### Reflect/Discuss

- Do you know someone who seems stressed out over nothing? Is that you?
- Have you ever had your anxiety relieved by encouragement by another?

### Consider

Stress and anxiety often grow in isolation. We take on burdens ourselves and don't let anyone else know about them. Worry tends to linger around, so we are constantly pulled back and held down by our own anxiety.

But when we are in community, we can share our struggles. Even the act of talking about our burdens will make them lighter. We open ourselves up to support and encouragement from others. Sometimes we worry about little things, and getting an outside perspective can help us realize that we have nothing to stress about.

### Act

- Share the things that give you anxiety with a friend, and ask for prayer, advice, and perspective.
- Make a list of people you can talk to when you feel anxious, and ask them to be your go-to people for support.

### Go Deeper

- [The Difference a Word of Encouragement Can Make](#)

## 3 - God Knows Your Struggle

### Read

*“Cast all your anxiety on him because he cares for you.” - 1 Peter 5:8*

### Reflect/Discuss

- Do you ever feel like your problems are either too small or too big for God?
- What things in your life do you try to manage on your own, apart from God?

### Consider

We get our stress from all the things we try to manage on our own. We try to manage on our own because we think our concerns are too insignificant to matter to God, or they're too big or complicated for God to handle. Sometimes we just don't want to admit that we need help.

But the Bible tells us to give all our concerns to God - big and small. He genuinely cares about us and is intimately involved in our lives. God may take care of some obstacles for us, and He may strengthen us and be with us as we handle other challenges. Simply making space for God to enter our lives will push out our anxiety and invite in His peace.

### Act

- Start a journal in which you write down the things that cause you stress daily. Then give them over to God by crossing them off your list.
- Identify the times during the day when you feel the most stress. Set aside a few minutes as intentional prayer time.

### Go Deeper

- [God's Care for Us Is Demonstrated By His Handiwork](#)

## 4 - The Source of Peace

### Read

*“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*

### Reflect/Discuss

- How do you try to calm your own stress and anxiety?
- Have there been times when you've felt at peace when the situation is stressful?

### Consider

We look to a lot of different solutions to get rid of our anxiety such as therapy, meditation, exercise, medication or entertainment. Some of these coping mechanisms are good and helpful for managing stress. But we should go to God as our first response, not as a last resort.

The Bible tells us to share all of our concerns with God, not just the ones we really need help with. It's through continuously inviting God into our lives that His peace starts to transform us. It's a peace so deep that it's unexplainable, but can only be experienced when we have that constant connection with Him.

### Act

- Make time with God a daily priority for you. Use a calendar or an app to track the days you spend in prayer and the Bible, and see how long you can go.
- The Bible verse talks about petition and thanksgiving as a part of prayer. Follow a model in your prayer to help you focus your thoughts. A popular one is A.C.T.S. - Adoration (praise God), Confession (admit your sins), Thanksgiving (what you're grateful for), and Supplication (ask for what you need).

### Go Deeper

- [Taking Time Alone With God](#)

## 5 - There's Some Work Involved

### Read

*"You will keep in perfect peace those whose minds are steadfast, because they trust in you." - Isaiah 26:3*

### Reflect/Discuss

- What are some of the triggers that cause you stress?
- What are some of your default habits when you are anxious?

### Consider

Being calm in times of stress isn't something that will come easily. We are constantly fighting against our old habits and all the distractions in our lives. God will give us His peace, but part of the process of receiving it is to refine our character. There's some work that we need to put in ourselves.

The Bible tells us that we experience His perfect peace when our minds are determined and unwavering. That comes from trusting in God and keeping our focus on Him. When our focus is on God's love and power to take care of us, it blocks out all other doubts and negativity that try to convince us we have to manage on our own. The practice of focusing our minds on God, or meditation, strengthens our relationship and reliance on Him, giving us greater peace.

### Act

- Our minds are connected to our bodies and focusing our minds often involves taking care of our bodies. Focus on healthy physical habits this week like eating healthy foods and exercising to help clear your mind to focus on God.
- We tend to jump into prayer time with all of our stress, then go on with our day when we're done talking to God. We don't allow time for His peace to work in us. In your prayer times, set aside time to just sit in silence and listen. Clear your mind of your thoughts and let God speak.

### Go Deeper

- [The Committee That Lives in Your Head](#)

There will always be things that cause us stress and anxiety in life. They often come from trying to manage everything on our own. But we can share those burdens with our communities and with God. By setting aside the time to be in relationship with God, we make space for His peace to enter our lives and push out all our stress and anxiety.

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