

Of the four things David calls us to do (trust, take delight, commit, be still) which do you find to be easiest? Most difficult? Why?

List 10 things that should bring you delight in your relationship with God despite (or contrary to) your anxiety.

SESSION 5

Date _____

Lesson: The Third Principle: Desire (pp. 35-42).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- √ Bible Reading: Continue with daily Bible readings (p. 65), or consider a Bible reading plan* of your own. Look up and highlight 3-5 of the *Passages of Comfort/Psalms for the Anxious* (p. 64)
- √ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past four.
- √ Prayer: Using the Triangle diagram, build your time of praise around those three attributes of God (p. 70).
- √ Meditation: Read pp. 43-50 and consider:
How can you maintain an eternal perspective despite your anxiety?
What does your "daily bread" consist of? Are you worrying about things outside of God's clear provision?
If God's goal is your holiness (not comfort), what might he be trying to accomplish in you through the burdens you carry?

SESSION 6

Date _____

Lesson: Do What Jesus Did (pp. 43-50).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- √ Bible Reading: Continue with your personal Bible reading. Look up and highlight 3-5 of the *Passages of Comfort/Psalms for the Anxious* (p. 64).
- √ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past five.
- √ Prayer: Continue with your prayer time.
- √ Meditation: Read pp. 51-58 and 71-73 and consider:
What are some regrets you have from the past, or fears you have for the future?
How can the gospel redeem the way you think about your burden (as opposed to how it became a burden)?
How can you express to God your trust in him (thereby replacing your worrisome thoughts about the future)?
List one positive element related to each of the eight qualities expressed in Philippians 4:8 as it relates to your burden.

SESSION 7

Date _____

Lesson: Follow as the Spirit Leads (pp. 51-58; 71-73).

(1) Review and discuss the answers to your homework questions from the previous week. (2) Share successes or failures in applying these truths.

While this concludes the study, it should not conclude the daily habits essential for growth you have been developing. May you continue to grow in grace and in the knowledge of the Lord Jesus (2 Pet. 3:18).

- √ Bible Reading: Continue with daily readings.
- √ Scripture Retrieval: Select Bible passages in areas of struggle and continue your pattern.*
- √ Prayer: Deepen and develop your prayer time.
- √ Meditation: Consider spending 15 minutes a day reading a spiritual growth book to supplement your daily Bible reading.*

* Check out the resources tab at biblicalstrategies.com for free downloads of many helpful articles and tools.

Accountability Plan Study Guide

Safe in the Storm

biblical strategies
for overcoming
anxiety



Biblical Strategies

How you get to where God's taking you.

BiblicalStrategies.com

STUDY GUIDE & ACCOUNTABILITY PLAN

This guide accompanies the book *Safe in the Storm: biblical strategies for overcoming anxiety*. It is intended to assist you in personal study, counseling or discipleship. It can also be used to lead a small group study through *Safe in the Storm*. Permission is granted to make copies and distribute as needed. Additional resources are available at: www.biblicalstrategies.com.

SESSION 1

Date _____

Lesson: Getting started.

Read pages 5-6 and 59. Briefly familiarize yourself with the practical suggestions (pp. 59-73).

Discussion questions:

Thunder, lightning, and black clouds are elements of a storm.

Take a moment and consider in what elements (ways) is anxiety expressed in your life?

What words would you use to describe anxiety in your life?

To prepare for the next session:

- ✓ Bible Reading: Begin daily Bible readings (p. 65).
- ✓ Scripture Retrieval: Choose a truth or promise (pp. 66-67) and begin memorizing the biblical passage.
- ✓ Prayer: Use the 10-minute prayer pattern (p. 60)
- ✓ Meditation: Read pp. 7-13 and consider:
What things in your life feel out of your control?
Do you ever struggle with believing the Bible? Why? Can you recall an example of when you struggled?
Do our desires for our burdens (i.e. removal or easing) always line up with God's desire for us? What should our prayer be concerning our burdens?

SESSION 2

Date _____

Lesson: The First Principle: Belief (pp. 9-13)

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures

in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: Continue daily Bible readings (p. 65).
Look up and highlight 3-5 of the *Passages of Comfort/Psalms for the Anxious* (p. 64)
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past one.
- ✓ Prayer: Continue with the 10-minute prayer pattern (p. 60), select several of the names of God (p. 63), and praise God for what the truth they communicate about him.
- ✓ Meditation: Read pp. 15-28 and consider:
Why does obedience to the command "do not be anxious" seem impossible? What stands in the way of your obedience to God? On what do you need to focus your thinking the next time you are overcome with a burden? What Scriptures might help? When you feel that your burden is too small or unimportant to God, what informs those thoughts? Do you ever feel as if your problem is too big or complex for God to handle? What informs those thoughts?
If you were to give percentages to your prayer for supplication, thanksgiving and requests, what would the breakdown look like?

SESSION 3

Date _____

Lesson: The Second Principle: Change - Part 1 (pp. 15-28).

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: Continue daily Bible readings (p. 65).
Look up and highlight 3-5 of the *Passages of Comfort/Psalms for the Anxious* (p. 64)
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past two.

✓ Prayer: Continue with the 10-minute prayer pattern (p. 60), select several more names of God (p. 63), and praise God for what the truth they communicate about him.

✓ Meditation: Read pp. 28-34 and consider:
Take time daily to write down ten things for which you are thankful. Do not repeat any one thing. Keep this pattern for a week (or for a month if you're up to a great challenge).
In what ways could you move from worry to dependence? What needs to change in your thinking, attitude, or actions?
Are you being responsible in your thinking? In what ways do you need to be more responsible? How do you plan on taking on greater responsibility?

SESSION 4

Date _____

Lesson: The Second Principle: Change - Part 1 (pp. 28-34).

Also read "Suggestions for Spirit controlled thoughts (pp. 68-69). Use the thought filters and stop sign to check your thought processes.

(1) Discuss your answers to the homework questions from the previous session. (2) Share successes or failures in applying the truths you're learning.

To prepare for the next session:

- ✓ Bible Reading: Continue daily Bible readings (p. 65);
Look up and highlight 3-5 of the *Passages of Comfort/Psalms for the Anxious* (p. 64).
- ✓ Scripture Retrieval: Choose a new truth or promise (pp. 66-67); memorize the new passage and review the past three.
- ✓ Prayer: Use the *Song of Trust*, and build your prayer time around those 4 main ideas (pp.61-62).
- ✓ Meditation: Read pp. 35-42 and consider:
In the midst of the burden, what might God desire for you more than your relief? What other character trait might he be wanting to build in you?