

Worksheet: Getting Free of Anxiety

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

—Matthew 11:28–30

Do not be anxious about anything, but in everything, 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

My current anxiety: _____

What are God's promises and teaching that address it?

What are my incorrect, anxious thoughts that I need to change?

In view of God's truths and promises, what should my new thoughts be?

Jesus says I need to take his yoke and learn from him. What am I learning?

What else do I need to learn?

Do I need to make a practical, spiritually based decision or plan? What might that plan look like? (List as many practical steps as you can.) Who can help and advise me? _____

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