



HOLIDAY EDITION Bible Study

12.6.22 | Taylor Gibson

It Is Well:

WALKING AWAY FROM ANXIETY AND INTO GOD'S WORD

3 ways we can walk away from anxiety and into God's Word:

1. Prayer
 - a. 1 Samuel 1:12-20
2. Mindset Change
 - a. Philippians 4:6
 - b. John 6:66-69
 - c. Psalm 51:12
3. Stillness
 - a. Psalm 46:10
 - b. Matthew 1:23

Psalm 46

Resources:

- Dr. Caroline Leaf, Science of Thought TEDX, <https://www.youtube.com/watch?v=yjhANyrKpv8>
- Breath Prayer on website
- Try Softer by Aundi Kolber

Discussion Questions:

- How are you taking time this holiday season to slow down and set your focus on the Lord?
- Why do you still love and follow the Lord?
- Share some of your goals/desires you have from grown in your relationship with God this week. Refer to your notes on page 27 if you'd like.
- Galatians 6:2 tells us to, "Bear one another's burdens and so fulfill the law of Christ." Close your group time today praying for one another. You can be as specific or as vague as you need to be in sharing your burdens with one another.

notes