



## **HIS House: Bathroom**

### **Week 35: Worry and Anxiety**

#### **Monday**

1) What comfort do you find in the verses below?

Psalm 34:19

Proverbs 12:25, 29:25

Jeremiah 29:11

#### **Tuesday**

2) Read Matthew 6:25-34 – what does Jesus teach us about worrying?

#### **Wednesday**

3) What do you learn about worrying or anxiety from the following verses ?

John 14:27

Romans 5:2-5

I Peter 5:6-7

## **Thursday**

4) How can you apply the following verses in your life?

Proverbs 3:5-6

Philippians 4:6-9

James 1:6-8

## **Friday**

5) Write down 2-3 steps to implement the things you learned this week. Ask yourself what action God is leading you to take.

What things do you need to start / stop doing?

6) Write a personal prayer as you talk to God, asking for His help to apply the lesson you have just studied.