

- 1 Be concise.** Please share your thoughts and answers, but be considerate so that others will have time to share their answers also. Be charitable and kind. Be willing to share with the group, but do not try to dominate the conversation. Use the time after the class to find help with any personal issues or problems you may be confronting in your life.

“Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”

(James 1:19–20)

- 2 Be thoughtful with your answer.** Consider your words. Do not simply regurgitate what you have always heard. We have the tendency to speak in “Christianese” — words that only people who grew up on the pews would understand. Think about how your words will be heard by others. Will they understand what you are saying? Is what you are about to say going to be useful for the building up of the faith of others? Or will your words be confusing, cause hurt, or worse, damage someone’s faith? Speak without harshness or anger, but with kindness and humility.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

(Ephesians 4:29)

- 3 Rely on the scriptures for truth.** It is easy to rely upon conventional, worldly wisdom as truth. Bible study is about seeking God’s answers for our lives, not dispensing the advice of the world. We must consider that our natural answers may be the wrong answers if they are not founded on God’s word.

“For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.”

(1 Corinthians 1:25)

Have you ever read a chapter in the Bible but then could not remember what you had read? Have you ever fallen asleep while reading? An hour after you read, do you retain what you have read? These problems destroy enjoyment in Bible reading and therefore we must use a method of Bible reading that will solve this problem. To read properly we must be keen observers. We must see words and phrases that stand out while at the same time collecting the whole thought. Remember, the important thing is not how many times you have gone through the Bible, but how many times the Bible has gone through you!

Observe // what do I see?

Every time we study the Bible, the first thing to ask is, "What do I see?" This is the crucial skill of observation, which lays the groundwork for your study. The text is given to you so that you will underline, circle, box, and highlight important words as you read. As you read look for comparisons, contrasts, purposes, results, causes, explanations, conclusions, and conditions. Ask yourself who, what, where, when, why, and how as you read. Keep asking these questions as you read to prevent a lazy brain while reading. Look for themes and main ideas from the passage.

Interpret // what does it mean?

Our observation of a passage should stir interesting yet challenging questions, leading us to the second stage of our Bible study: interpretation. Reread through the passage after your observation notations have been made looking to answer what the passage means. Record your explanations of the text in the workbook.

Apply // how does this affect me?

Our Bible study is not over until we apply what we have learned to our everyday lives. Write down lessons that you have learned for you own life especially things that you see you need to change. Only you know your heart and what is happening in your life to be able to apply God's word directly to you. Bible study is fruitless if we do not take the information we have learned and directly change our lives. Write down how the passage affects you. The transformation section in the workbook will help you in this effort.

Share // how can I share my findings with us?

Now we want to share our findings with others. We want to share our observations, interpretations, and applications with others in the Bible class. This is your opportunity to hear what others have found in their studies and for you to share what you found. By doing this we are able to build one another up and grow up in the unity of the faith (Ephesians 4:12-13). If we do not share what we have found then we will be unable to grow together as the family of Christ.

- 1** Take some time to think about and write down reasons why we feel overwhelmed, anxious, worried, and stressed. Honesty and clarity will be very helpful as we discuss how to destroy stress and anxiety in our lives. Be specific about the situations and conditions that you experience that brings out these feelings.
- 2** What are some of the ways the world says to deal with anxiety, stress, and worry? Do those solutions provide lasting help?
- 3** Read 2 Corinthians 11:28-29. What pressure and anxiety was he dealing with?
- 4** As we move through this study, consider that God is helping us overcome these moments and seasons when we feel overwhelmed and anxious. We will consider when our worries are sinful

NUMBERS 11:4-6

4 Now the rabble that was among them had a strong craving. And the people of Israel also wept again and said, “Oh that we had meat to eat! 5 We remember the fish we ate in Egypt that cost nothing, the cucumbers, the melons, the leeks, the onions, and the garlic. 6 But now our strength is dried up, and there is nothing at all but this manna to look at.” (ESV)

- 5 Why had the strength of the people dried up?

- 6 What were the people doing wrong that was causing their concern?

- 7 What were they failing to consider?

- 8 Write down ways that we make the same mistake as the wilderness generation.

- 9 How does the present not being as good as the past cause us to feel overwhelmed, stressed, anxious, or worried?

TRANSFORMATION:

- ✍ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. Is the present not being what you hoped for or expected a reason for your feelings?

- ✍ What is God teaching us about stress and anxiety from this scripture?

- ✍ What can you do differently when stress and worry comes on you?

JEREMIAH 17:5-10

5 Thus says the LORD: “Cursed is the man who trusts in man and makes flesh his strength, whose heart turns away from the LORD.

6 He is like a shrub in the desert, and shall not see any good come. He shall dwell in the parched places of the wilderness, in an uninhabited salt land.

7 “Blessed is the man who trusts in the LORD, whose trust is the LORD.

8 He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.”

9 The heart is deceitful above all things, and desperately sick; who can understand it?

10 “I the LORD search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.” (ESV)

- 1 Jeremiah proclaims that the blessed person “is not anxious in the year of drought.” Explain the “year of drought” and what that would look like for a person. What does that look like for you?
- 2 Look carefully at verses 7-8. Write down all the reasons why a person would not be anxious even in the year of drought. Explain each answer.
- 3 Describe the person who is not blessed from verses 5-6. What is this person doing? Does this person have a reason for worry? Explain.
- 4 What is part of our problem when it comes to trusting God and ridding ourselves of anxiety based on verse 9? Explain what God is teaching.

5 How is verse 10 a comfort for God's people?

TRANSFORMATION:

✍️ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. Is "a time of drought" a reason for your feelings?

✍️ What is God teaching us about stress and anxiety from this scripture?

✍️ What can you do differently when stress and worry comes on you?

MATTHEW 6:25-34

25 “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26 Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And which of you by being anxious can add a single hour to his span of life? 28 And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30 But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31 Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. (ESV)

- 1 When Jesus tells us not to be anxious about our lives, what is included?

- 2 What is the reason Jesus gives in verse 25 why we should not be anxious about our lives?

- 3 What do the birds teach us (6:26)?

- 4 What does worry accomplish (6:27)? What is the message?

- 5 What do the flowers teach us (6:28-29)?

6 What does Jesus teach us about anxiety in verse 30?

7 Why should we not be anxious (6:31-32)? How do we act like people without God?

8 What should be our focus if we are trusting God (6:33)?

9 How are we to handle tomorrow's problems (6:34)?

TRANSFORMATION:

✍ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. What areas does Jesus address that are part of the things you worry and are stressed about?

✍ What is God teaching us about stress and anxiety from this scripture?

✍ What can you do differently when stress and worry comes on you?

6 What does Paul tell us to do in verse 7? How can this help us with anxious feelings? Explain.

7 What does Paul tell us to do in verse 8? How can this help us with anxious feelings? Explain.

8 What does Paul tell us to do in verse 9? How can this help us with anxious feelings? Explain.

TRANSFORMATION:

✍ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. What areas does Paul address that are part of the things you worry and are stressed about? What are some practical solutions you have learned?

✍ What is God teaching us about stress and anxiety from this scripture?

✍ What can you do differently when stress and worry comes on you?

1 KINGS 19:1-18

1 Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. 2 Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.” 3 Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

4 But he himself went a day’s journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O LORD, take away my life, for I am no better than my fathers.” 5 And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” 6 And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. 7 And the angel of the LORD came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.” 8 And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

9 There he came to a cave and lodged in it. And behold, the word of the LORD came to him, and he said to him, “What are you doing here, Elijah?” 10 He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” 11 And he said, “Go out and stand on the mount before the LORD.” And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. 12 And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. 13 And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, “What are you doing here, Elijah?” 14 He said, “I have been very jealous for the LORD, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” 15 And the LORD said to him, “Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria. 16 And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place. 17 And the one who escapes from the sword of Hazael shall Jehu put to death, and the one who escapes from the sword of Jehu shall Elisha put to death. 18 Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.” (ESV)

1 Turn back to 1 Kings 18 and read what Elijah has experienced. What has just happened?

- 2 What is Queen Jezebel's response to what happened in chapter 18?

- 3 What does Elijah do? Why? Explain what Elijah is going through and feeling (19:4-10).

- 4 What is God's first response to Elijah (19:5-8)? What is God doing for Elijah?

- 5 What is God's second response to Elijah (19:9-18)? What is God doing for Elijah?

TRANSFORMATION:

- ✍ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. What areas God do for Elijah? What are some practical solutions you have learned?

- ✍ What is God teaching us about stress and anxiety from this scripture?

- ✍ What can you differently when stress and worry comes on you?

5 What are we able to do (5:9)? How does verse 9 help us with anxiety and worry?

6 What does God promise in verses 10-11? How does this help us defeat anxiety and worry?

TRANSFORMATION:

✍ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. What areas does Peter address with it comes to anxiety? What are some practical solutions you have learned?

✍ What is God teaching us about stress and anxiety from this scripture?

✍ What can you do differently when stress and worry comes on you?

5 How does choosing the “one necessary thing” help deal with anxieties and distractions?

6 How do our anxieties distract us from the “one necessary thing” and “the good portion”?

TRANSFORMATION:

✍ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. What areas does Jesus address with it comes to anxiety? What are some practical solutions you have learned?

✍ What is God teaching us about stress and anxiety from this scripture?

✍ What can you do differently when stress and worry comes on you?

EPHESIANS 5:15-17

15 Look carefully then how you walk, not as unwise but as wise, 16 making the best use of the time, because the days are evil. 17 Therefore do not be foolish, but understand what the will of the Lord is. (Ephesians 5:15-17 ESV)

- 1 We can feel like there are not enough hours in a day. Sometimes we have feel anxiety and worry because we lack the time we need to accomplish our responsibilities, needs, and hobbies. Paul gives us an important teaching about how we use our time that can help us break free from stress and worry.
- 2 How does Paul say we should live our lives and use our time? Why is this so important?
- 3 Are there things we are doing in our lives that are not “making the best use of the time?” Do you feel anxiety because we are not using our time well?
- 4 Are there foolish things we are spending our time doing which only causes more stress, worry, and anxiety?
- 5 What does Paul say is a very good way to make the best use of the time (5:17)? Would doing this help reduce our stress and anxiety levels?

TRANSFORMATION:

- ✍ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. What are some practical solutions you have learned?
- ✍ What is God teaching us about stress and anxiety from this scripture?
- ✍ What can you do differently when stress and worry comes on you?

5 What does honor the Lord with our wealth look like? Give examples and ideas.

6 What does the Lord say he will do if we honor the Lord with our wealth? Read 2 Corinthians 8-9 for the New Testament confirmation of this promise. Jesus taught the same message in Matthew 6:31-33 and Luke 19:13-27. How will doing this help with anxiety, stress, and worry?

TRANSFORMATION:

✍ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. What are some practical solutions you have learned?

✍ What is God teaching us about stress and anxiety from this scripture?

✍ What can you do differently when stress and worry comes on you?

EPHESIANS 6:5-8

5 Bondservants, obey your earthly masters with fear and trembling, with a sincere heart, as you would Christ, 6 not by the way of eye-service, as people-pleasers, but as bondservants of Christ, doing the will of God from the heart, 7 rendering service with a good will as to the Lord and not to man, 8 knowing that whatever good anyone does, this he will receive back from the Lord, whether he is a bondservant or is free. (Ephesians 6:5-8 ESV)

COLOSSIANS 3:22-25

22 Bondservants, obey in everything those who are your earthly masters, not by way of eye-service, as people-pleasers, but with sincerity of heart, fearing the Lord. 23 Whatever you do, work heartily, as for the Lord and not for men, 24 knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. 25 For the wrongdoer will be paid back for the wrong he has done, and there is no partiality. (ESV)

- 1 Work can be one area in our lives that can produce much stress, anxiety, and worry. Read the above teachings that Paul gives to servants and consider the mind God's people are to have regarding work.

- 2 How are we supposed to do our work? What characteristics are we supposed to have while working for others?

- 3 Who are we actually working for? How does knowing this help with stress and anxiety?

- 4 Whose payment/reward should we be focused on when we work? How will this help with anxiety?

TRANSFORMATION:

✍️ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. What are some practical solutions you have learned?

✍️ What is God teaching us about stress and anxiety from this scripture?

✍️ What can you do differently when stress and worry comes on you?

JOB 1:20-22

20 Then Job arose and tore his robe and shaved his head and fell on the ground and worshiped.

21 And he said, “Naked I came from my mother’s womb, and naked shall I return. The LORD gave, and the LORD has taken away; blessed be the name of the LORD.”

22 In all this Job did not sin or charge God with wrong. (ESV)

JOB 2:7-10

7 So Satan went out from the presence of the LORD and struck Job with loathsome sores from the sole of his foot to the crown of his head. 8 And he took a piece of broken pottery with which to scrape himself while he sat in the ashes.

9 Then his wife said to him, “Do you still hold fast your integrity? Curse God and die.” 10 But he said to her, “You speak as one of the foolish women would speak. Shall we receive good from God, and shall we not receive evil?” In all this Job did not sin with his lips. (ESV)

1 Loss is another area in our lives that can produce much stress, anxiety, and worry. Before looking at Job’s responses to his loss in the first two chapters of Job, read Job 1-2 and write down WHAT he lost and write down WHY he lost these things, according the text.

2 Look at Job’s first response to his loss. How did he handle it? What did he do? What did he think? How was he able to endure all that he lost?

3 Look at Job’s second response to his loss. How did he handle it? What did he do? What did he think? How was he able to endure all that he lost?

JOHN 21:1-19

1 After this Jesus revealed himself again to the disciples by the Sea of Tiberias, and he revealed himself in this way. 2 Simon Peter, Thomas (called the Twin), Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples were together. 3 Simon Peter said to them, “I am going fishing.” They said to him, “We will go with you.” They went out and got into the boat, but that night they caught nothing.

4 Just as day was breaking, Jesus stood on the shore; yet the disciples did not know that it was Jesus. 5 Jesus said to them, “Children, do you have any fish?” They answered him, “No.” 6 He said to them, “Cast the net on the right side of the boat, and you will find some.” So they cast it, and now they were not able to haul it in, because of the quantity of fish. 7 That disciple whom Jesus loved therefore said to Peter, “It is the Lord!” When Simon Peter heard that it was the Lord, he put on his outer garment, for he was stripped for work, and threw himself into the sea. 8 The other disciples came in the boat, dragging the net full of fish, for they were not far from the land, but about a hundred yards off.

9 When they got out on land, they saw a charcoal fire in place, with fish laid out on it, and bread. 10 Jesus said to them, “Bring some of the fish that you have just caught.” 11 So Simon Peter went aboard and hauled the net ashore, full of large fish, 153 of them. And although there were so many, the net was not torn. 12 Jesus said to them, “Come and have breakfast.” Now none of the disciples dared ask him, “Who are you?” They knew it was the Lord. 13 Jesus came and took the bread and gave it to them, and so with the fish. 14 This was now the third time that Jesus was revealed to the disciples after he was raised from the dead.

15 When they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Feed my lambs.” 16 He said to him a second time, “Simon, son of John, do you love me?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Tend my sheep.” 17 He said to him the third time, “Simon, son of John, do you love me?” Peter was grieved because he said to him the third time, “Do you love me?” and he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep. 18 Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will stretch out your hands, and another will dress you and carry you where you do not want to go.” 19 (This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, “Follow me.” (ESV)

1 Failure is another area in our lives that can produce much stress, anxiety, and worry. Peter has experienced a catastrophic spiritual failure with Jesus. Read Luke 22:31-34, 54-62 to read about this failure.

- 2 Why do you think Peter and some of the disciples have returned to Galilee and are fishing after the resurrection of Jesus?

- 3 What is Jesus doing by asking the same question to Peter three times? What had Peter done three times? What is Jesus telling Peter?

- 4 How does what Jesus tells Peter help you when you feel like you have failed? How does this help with anxiety, stress, and worry?

- 5 What does Jesus tell Peter is going to happen to him later in life? Why would this be helpful for Peter to know at this moment? How does this help with anxiety and worry?

TRANSFORMATION:

- ✍ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. What are some practical solutions you have learned?

- ✍ What is God teaching us about stress and anxiety from this scripture?

- ✍ What can you do differently when stress and worry comes on you?

2 CORINTHIANS 12:7-10

7 So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. 8 Three times I pleaded with the Lord about this, that it should leave me. 9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 10 For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong. (ESV)

- 1 Trials are another area in our lives that can produce much stress, anxiety, and worry. Paul describes something that he had been enduring in life. Consider how he looked at his thorn in the flesh.

- 2 Why was Paul given a thorn in the flesh? How did he know this? What are the different ways he looked at this thorn in the flesh (12:7)?

- 3 Did Paul pray about this trial? Did God give Paul what he asked for? How does this help with anxiety and worry?

- 4 What was God's answer to Paul's prayer? How does this help with anxiety and worry?

- 5 Why will Paul gladly rejoice/boast in his weakness all the more? What is Paul focusing on that would help him through this hardship?
- 6 How is Paul content with his weaknesses, insults, hardships, persecutions, and calamities? Some translations read that Paul “delights” (NIV, NASB 2020) or “takes pleasure” (CSB, NLT, NKJV) in these calamities. What do we learn? How can this help us with worry, stress, and anxiety?

TRANSFORMATION:

- ✍️ Look back to the beginning of lesson 1 where you wrote down the reasons you feel anxious and overwhelmed. What are some practical solutions you have learned?
- ✍️ What is God teaching us about stress and anxiety from this scripture?
- ✍️ What can you do differently when stress and worry comes on you?



SELF-STUDY WORKBOOK

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