

# ANXIETY

At Summit, we know that anxiety comes with life, but it doesn't have to dominate your life. We believe that through Christ you can find true freedom and experience more joy, clarity, renewal, and contentment through the power of the Holy Spirit.

## BIBLICAL FOUNDATION

- Philippians 4:6
- Matthew 6:31-34
- 1 Peter 5:7
- Luke 10:41-42 (ESV)
- Psalm 55:22
- Psalm 23:4
- Psalm 94:19
- Proverbs 12:25
- Matthew 13:22
- 2 Timothy 1:7



### BIBLE STUDIES

Check out [RightNow Media](#) for additional resources related to Anxiety.

### READING PLANS

A 5 day reading plan: [Anxiety Not](#)

### TALK TO SOMEONE

If you'd like further support surrounding this topic or speak to someone on staff, call 775.424.5683 between 9am and 4pm Mon-Th.

### [Anxious for Nothing](#)

*Max Lucado*

Max knows what it feels like to be overcome by the worries and fear of life, which is why he is dedicated to helping millions of readers take back control of their minds and, as a result, their lives as they delve into the biblical truths outlined in this book.

### [Less Fret, More Faith](#)

*Max Lucado*

This 64-page booklet features practical steps from Max Lucado to help readers overcome anxiety. Eleven weekly reminders in all, each segment includes a scripture verse for meditation, and a prayer to reframe anxious thoughts.

### [Things Might Go Terribly, Horribly Wrong](#)

*Kelly G Wilson*

This book approaches the problem of anxiety a little differently than most. Instead of trying to help you overcome or reduce feelings of anxiety, [Things Might Go Terribly, Horribly Wrong](#) will help you climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in your life to breathe and rest and live—really and truly live—in a way that matters to you.

### [Video | How Strong People Calm Anxiety](#)

*Mike Foster*

Anxiety is an intense and persistent worry or fear that can be caused by genetic predisposition, personality traits, stressful circumstances, past trauma, or substances. Anxious thoughts can leave you feeling overwhelmed and emotionally exhausted. The question is, how can we calm it? Go to: [https://youtu.be/1lx\\_X0oxZCI](https://youtu.be/1lx_X0oxZCI)

### [E-Course "Fearbusters"](#)

*Mike Foster*

In this e-course you will discover why your brain loves worst case scenarios and how it uses descriptive words to increase anxiety. You will also learn 3 easy techniques to conquer even the biggest fears. Go to: <https://www.secondchance.org/fearbusters>

